

# **ROC** *Metaphysical*

*Our Mission is to Enlighten and inform*

**January 2024**

<https://www.rocmetaphysical.com>

**Here's a Sampling of Articles for the month:**

**Abundantly Living In New Earth By Queen D. Michele**

**Who Is Delores Cannon- Hypnotherapist, Author, Investigator?**

**Does A Coincidence Exist If No One Notices It? By Beitman, MD**

**Streamlining Goals: The Power And Impact Of Three  
Chosen Words By Rev. Colleen Irwin**

**Are You A Body Electric? By Jamie Linn Saloff**

**Tarot Tendencies for January By Doreen Scanlan**

**Deep Lesson For All Crystal Lovers By Geoff Hindmarch**

**Awareness of Love By Lee Carroll/Kryon**

**HAPPY NEW YEAR**  
**From ROC Metaphysical**





Another Fresh Year is Here

Another fresh new year is here ...

Another year to Live!

To banish worry, doubt and fear,

To love and laugh and give!

This bright new year is given me

To live each day with zest ...

To daily grow and try to be

My highest and my best!

I have the opportunity

Once more to right some wrongs,

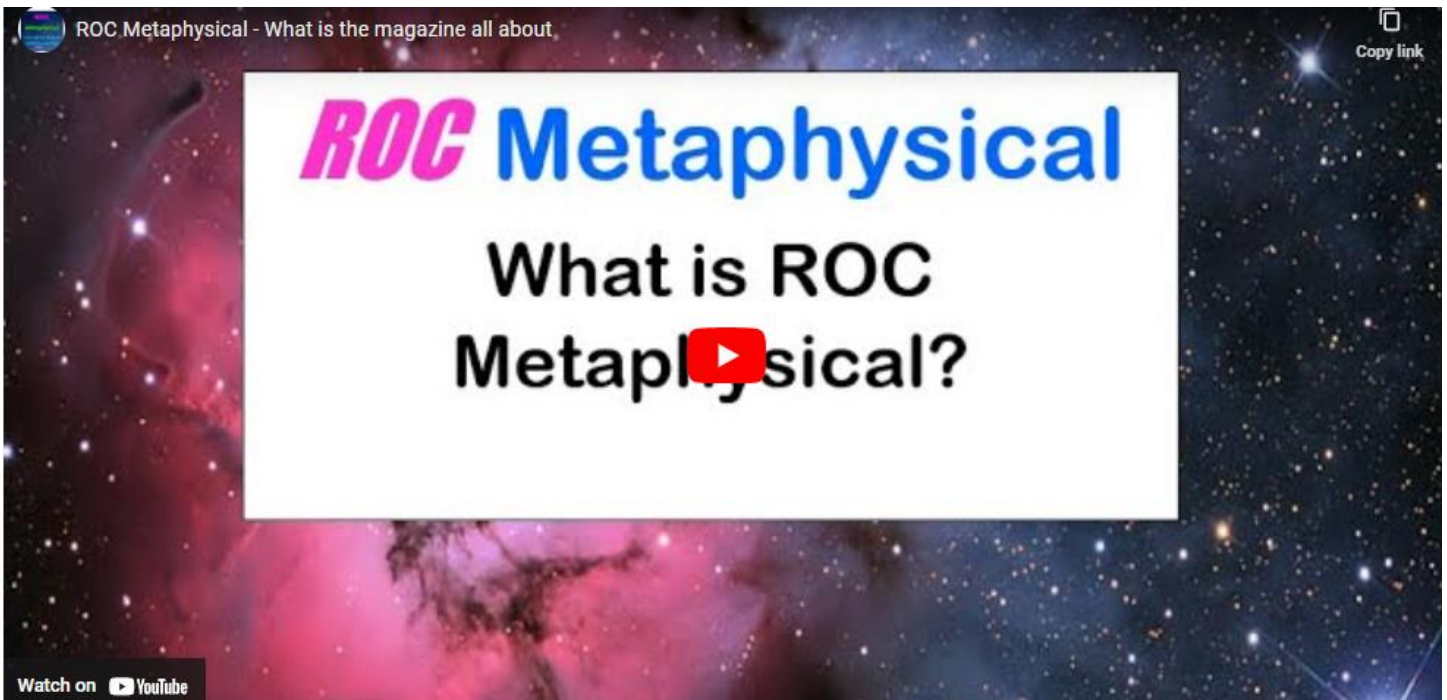
To pay for peace, to plant a tree ...

And sing more joyful songs!

By William Arthur Ward

<https://ramblingsoftheclauary.wordpress.com>

## What Is ROC Metaphysical All About?



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 on the articles page on the bottom as a list of pdf's.**

**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 some how 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 Youtube 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, 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.

### *Find ROC Metaphysical At These Sites*



<https://www.youtube.com/channel/UCUckLvvdvS3diMGuUR-muQ>



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

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## Highlights of The Magazine



### Read Interesting and Informative Articles

We have writers from around the globe who voluntarily share their articles on all kinds of metaphysical, spiritual and alternative health to make this a great online metaphysical magazine.



### Read Channeled Messages

Channeling is a unique way messages are sent to be shared with us. They come from a variety of Spiritual Beings to help us on our path.



### Learn About Incredible Alternative Businesses

We have a variety of metaphysical businesses that advertise. Be sure to check out their details and their expertise.



### Lots of Interesting Events

There's so much to do and make time. Go to the Event page to see what activities are coming up that you should sign up for.

## We Have A YouTube Page



Learn about paranormal investigations from two people who have a spiritual background and use tools and investigative techniques

Listen to Galina Krasskova about northern traditions, heathenry and of course Odin



Listen to Bernie Beitman, a MD who looks at synchronicity from the spiritual side and also the analytical side

## Go To Our YouTube Page



<https://www.youtube.com/@rocmetaphysical/featured>



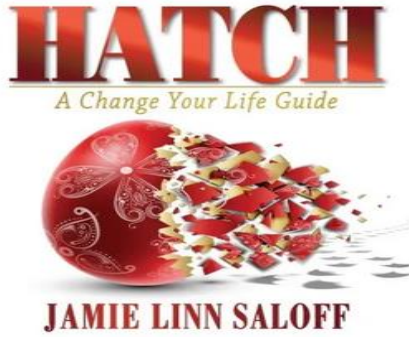
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By Queen D. Michele

ROC Metaphysical Book Review



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Dolores Cannon



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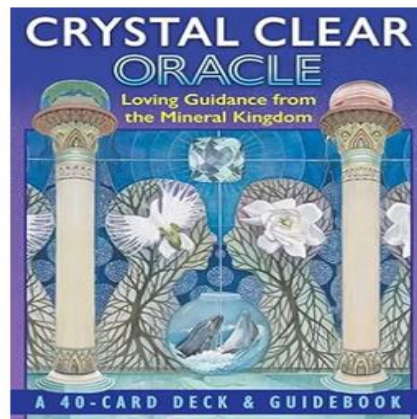
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By Bernard Beitman, MD

Galina Krasskova



Gangler's Grove - The Musings Of Galina Krasskova

ROC Metaphysical Oracle Card  
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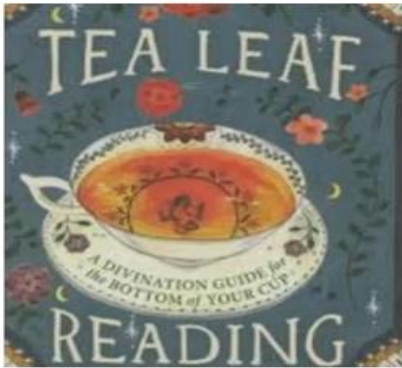
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Vicky White



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Sound Healing



What Can Sound Healing Do For You?

Jill Mattson



Ancient Hindu Music  
By Jill Mattson



Doreen Scanlan



**Tarot Tendencies for January**  
**By Doreen Scanlan**

## *Channelings*



**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.**

Ronna Vezane



**The Path Of Initiation**  
By Ronna Vezane



Geoff Hindmarch



**Deep Lesson For All Crystal Lovers**  
By Geoff Hindmarch

Nancy Leilah Ward



**The Divinity Within And The Power Of Love**  
By Nancy Leilah Ward

Lee Carroll/Kyron

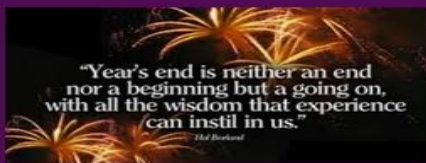


**Awareness of Love**  
By Lee Carroll/Kyron

Patricia Cota Robles



**When Will We See Progress?**  
By Patricia Cota Robles





## Abundantly Living In New Earth By Queen D. Michele



Most believe to be abundant means to have a lot of money. However, abundance is a state of wellBEing (ness). More importantly, financial abundance is only one *aspect* of one's well-being. The other *aspects* that form the totality of your wellbeing are; Spiritual, Emotional, Mental, Physical, and Social. One concept which stands in opposition of abundance is the Egoic collective consciousness of *scarcity*. A scarcity mentally is the belief (even if one is wealthy) that there is not enough. This community of thought through the centuries has only led people to feel as if they *must* get, keep and hoard abundance for their very survival. That 3D (Old Earth) operating system has only produced greed, thievery, oppression, war, and death. Nevertheless, abundantly living within and throughout all six aspects is indeed possible, and it is what New Earth Inhabitants (NEI's) experience on a consistent basis. New Earth living is a state of consciousness (5th dimensional and beyond). Inhabitants live consciously, maintaining a deep sacred connection to their Soul/Self.

New Earth inhabitants embodying an abundant Spiritual aspect are easy to spot. Most have discovered, through a spiritual awakening, *who* they truly are, a direct extension of God/ConsciousEnergy/SourceEnergy. Also, *what* they truly are not... their thoughts/beliefs/body. When one embraces those truths, their Ego is put on a very short leash. They consciously go about their lives "tapped in, tuned in, and turned on" to the harmonic rhythm of their environments. Many are allowing, and graciously accepting the inevitable contrasts that present in their daily lives. New Earthers, understand that when contrast presents, it's an opportunity to choose their highest good. The majority have very little stress in their lives. A spiritually abundant person carries a high vibe persona, and their very presence can change the atmosphere of a room when they enter.

You can notice an emotionally abundant New Earther by how they navigate through a sea of emotions. They tend to feel, embrace, examine, and then released their feelings, without becoming consumed by them. They are some of the most honest people you'd ever meet. Most live by the creed that whether in

word, action or deed if it's not kind, helpful, useful and true, it will not be supported or spoken. They use their emotions as a guide to tune their frequency. These people are brave, courageously facing the not so pretty truths about themselves and the motives that drive their behavior. An emotionally abundant person may ask themselves hard questions like;

*Ø Was that shade I just threw?*

*Ø Am I jealous?*

*Ø Am I being petty?*

*Ø Am I truly wishing the best of outcome here?*

*Ø What insecurity am I feeling about myself, that I would intentionally say one thing...but deep-down mean another?*

Very seldom do emotionally healthy people over-react to negative circumstances that present. They practice intentionally looking on the bright side of given situations. Many have a meditation practice, memorized affirmations and mantras on the ready to help them stay emotionally balanced.

New Earth Inhabitants tend to have a focused mindset as they navigate through life's demands of work, family, community, and self. Most have a very high percentage of follow through when completing projects. They routinely stimulate their minds through great reads, conversations and viewing practices. You will find many NEI's to be very open-minded and respectful of where people fall on the spectrum of mentality. Mentally abundant people believe that when one knows better, they'll do better. Non-judgment is a platform they embody. New Earthers spend most of their waking hours acquiring deeper insights through their daily habits, hobbies and relationships. A great deal of them enjoy sharing their newfound insights or perspectives with family, friends and their communities, which in turn creates more opportunity for them to continually sharpen their mental state, *to flow and to grow*.

I equate our body to life... you only get one. It houses our senses, our Soul/Self and is the vessel from which we experience the world. How we treat our body and what we put into it directly reflects our physical well-being. We have four major gateways into our BEing (ness); our eyes, ears, mouth and genitals. Whatever we view, eat, listen to or have sex with enters our bodies through those gateways. Each gateway is equally important to the body's physical abundance and well-being. It has long been established that *we are...* what we eat. However, not much has ever been said about *we are...* what we continuously watch, or *we are...* what we continuously listen to. Yet, it's widely known that a tactic utilized while brainwashing, is to bombard a person with sounds and images for long periods of time. Eating healthy along with regular exercise, aids in abundant physical health. New Earthers, and those who have an abundant physical aspect are doing three things consistently. They are mindful of their gateways and what gets in, they eat healthy and exercise regularly.

An abundant social aspect, outside the bubble of our family, speaks to our ability to connect, and connection is a reason for our very existence while here. Everything is energy. We were created from Source Energy and therefore, carry the very energy that created us...withIn us. Through our vibrations/energy we have created the very reality in which we are living. There is an internal need to connect to Earth (Gaia), animals and other humans. Belonging is a natural emotion that fuels positive energy, and positive energy is always available in abundance. A person with a socially abundant aspect is involved in hobbies, causes, social groups, fraternal organizations, and community activities that resonate with how they see and connect to their world. Many give their time, talents and gifts over, but not to the extent that it stresses them out. Upholding their commitments means more to them than an abundance of memberships anywhere. NEI's and those who have an abundant social life understand that quality is more important than quantity.

Someone with an abundant financial aspect lives within their means. More than likely, they have a good credit score and a decent savings account. Some even have portfolios. Others have residual income which results in several streams of income for them. They understand that in transitioning back to nonphysical, money has no value. Many choose to live simplistically within their style of comfort. They find no reason to boast, brag, over-indulge in luxuries or keep up with the next big trend of frivolous spending. The majority find charitable work or giving back extremely rewarding. In whatever way these financially abundant people came into their abundance, they have maintained it. New Earthers, and those who have financial abundance, encompass two things consistently. They have good financial management, and a charitable heart. If you are resonating abundance across all six aspects, more than likely you are (unknowingly) an inhabitant of New Earth consciousness on a consistent basis. If not, which aspect needs your attention?

About Queen D. Michele: Author, Blogger, Light Worker, and New Earth Representative. Queen gives her readers considerations and insights to ponder which are designed to assist them in living New Earth (heaven on Earth) now.

Visit her website [www.considerationsofthesoul.com](http://www.considerationsofthesoul.com) for more information.

Facebook Page: <https://www.facebook.com/onelightonelove>

Facebook Group: <https://www.facebook.com/groups/thesoulstirringcommunity>

Instagram: <https://instagram.com/considerations2020>

LinkedIn: <https://www.linkedin.com/in/COTS>

SoundCloud: <https://soundcloud.com/considerationsofthesoul>

Twitter: <https://twitter.com/1light1luv>

YouTube: <https://www.youtube.com/c/MovingInwardOnward>

### Queen's Books



Find her books on Amazon:

<https://www.amazon.com/stores/author/BoBNC96V59>

## Queen's Video



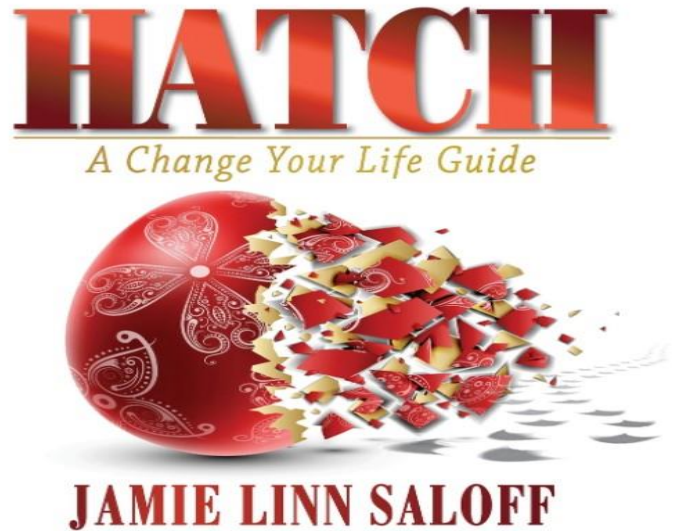
**Link:** <https://www.youtube.com/watch?v=FoaJXNEVakk>

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## ROC Metaphysical Book Review

### Hatch - A Change Your Life Guide



**If you could, how would you change your life?**

**Even if you are a positive-thinking, go-with-the-flow, fiercely-independent person, a twist of fate can turn your life upside down in a moment.**

**Whether loss of employment, financial hardship, accident, illness, or even death of a loved one, the maze of life can leave you stranded in a situation you didn't personally create.**

**Nonetheless, you may feel a deep yearning for something more, a happier, more fulfilling life that permeates your being and awakens your soul's destiny. This calling of your heart may appear illogical or impossible, and yet it persists, despite your efforts to silence it.**

**This book was written to share how to answer that call by recognizing and acting upon the internally generated, guiding messages sent from within your physical and spiritual body-mind.**

**By thirty-something, bearing the brunt of illness, grief, trauma, and tragedy, Jamie sought to escape fate's traps. Having lost thirteen significant relatives, overcome cancer, birthed a pre-mature child, and survived two near death experiences, she quickly realized no one-size-magic-wand fix could ever deliver the life-changing results she desperately needed.**

**With Divine guidance, she developed a method to recreate her life. She began by listening to her body groan and her soul weep. She then used those intuitive messages to dramatically transform her life, one step forward at a time. Soon, friends, relatives, and clients flocked to Jamie, asking for her help so they too could create a happier, more fulfilling life.**



In *Hatch — A Change Your Life Guide*, Jamie shares her story and teaches you the necessary steps to tap into your divine destiny and access the guidance you need to achieve your highest and best life. In *Hatch*, you'll learn the method she's honed over thirty years to:

- Awaken your soul's purpose by listening to your heart's voice
  - Find confidence in your next step forward by hearing your body speak
  - See messages of guidance everywhere by learning how and where to look
  - Uncover your future in your past by examining your ancestral heritage
- And much, much more. . .

Are you ready to Hatch a life worth loving?

Jamie Linn Saloff is passionate about aiding fiercely independent, misfit, square pegs trapped in an unfulfilling life. Author, teacher, story weaver, spiritual counselor, seer of visions, pathfinder, she teaches how to reignite your heart by listening to your body groan and your soul weep. She is the author of twelve books including her *Marvelous Messages™* series.

Walk forward bravely using your body's inner intelligence as a guide. Access your peak potential. Regenerate your life.

Jamie's website: <https://marvelousmessages.com/>

## Jamie's Other Books

Find Jamie's Books on Amazon: [https://www.amazon.com/stores/Jamie-L.-Saloff/author/Boo2BMGN5Q?ref=ap\\_rdr&store\\_ref=ap\\_rdr&isDramIntegrated=true&shoppingPortalEnabled=true](https://www.amazon.com/stores/Jamie-L.-Saloff/author/Boo2BMGN5Q?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)

### Marvelous Messages from Your Body



JAMIE LINN SALOFF

### Marvelous Messages from Your Childhood



JAMIE LINN SALOFF

### Marvelous Messages from Your Faith



JAMIE LINN SALOFF

## Interview with Jamie



**Link: <https://youtu.be/xMqrDot1eAk>**

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## Who Is Dolores Cannon - Hypnotherapist, Author, Investigator?

**THERE ARE NO LIMITATIONS,  
UNLESS YOU CREATE THEM  
YOURSELVES. ANYTHING IS  
POSSIBLE. YOU ARE ONLY  
LIMITED BY YOUR OWN  
IMAGINATION.  
- DOLORES CANNON -**

Dolores Cannon's career as a hypnotherapist specializing in past life regression spanned almost 50 years and had taken her on an incredible journey along countless fascinating destinations. As the range of topics her work covers and sheer volume of original material she had produced places her in a category of her own, this section has been provided to give you insight into each stage of her career and how it has progressed over the years. Read about her early days in hypnotherapy when she first discovered reincarnation, learn how she developed and refined her own unique method of hypnosis known as Quantum Healing Hypnosis Technique® (QHHT®), discover all the captivating areas of research she had explored on her path.

### **Part 1: Early Life and Pre-Hypnosis**

Dolores Cannon was born in St. Louis, Missouri, USA in 1931 where she lived and grew up with her family until completing her academic studies in 1947. She married her husband Johnny in 1951, a career US Naval man with whom she spent the next 21 years traveling all over the world to accommodate his various overseas assignments. She raised her family as a typical navy wife throughout the 1950s and 1960s until 1968 when several major events ultimately changed the course of her life forever.

### **Part 2: First Exposure to Reincarnation**

In the 1960s, Dolores and Johnny were using simple hypnosis for habits (stop smoking, lose weight, etc.). Dolores was first introduced to reincarnation in 1968 when she and her husband were asked by one of the doctors at the naval base he was stationed at in Texas to help one of his patients using hypnosis. The woman suffered from Nervous Eating disorder, was extremely obese, had high blood pressure and suffered from kidney problems. The doctor thought it would be extremely beneficial if hypnosis could be used to help the woman simply relax.

Midway through the session, the woman unexpectedly began describing scenes from a past life where she was a flapper, living in Chicago in the roaring 1920s. Dolores and Johnny watched as the woman literally transformed into a different personality with different vocal patterns and body mannerisms. Despite being highly strange and completely inexplicable, they decided to go with the flow of the session and see what they could find out by exploring. Over the next several months, Dolores and Johnny regressed the woman through five different and distinct lifetimes back to when she was created by God. The entire story of this event is told in the first book Dolores ever wrote, *Five Lives Remembered* (2009).

These sessions took place at a time when past life regression was a nearly unheard of concept. There was no New Age movement yet, Metaphysics was still decades away and there were simply no books, instructions to guide or resources she could use for a case like this. This, however, proved to be a blessing in disguise as it prompted Dolores and Johnny to write their own set of rules, develop their own technique without oversight from an established medical body and meant that they were not limited or confined in their approach in any way. As a result of not having anyone to tell her what to do, how to do it or what was or was not possible, they experimented with insatiable intrigue and enthusiasm.

Later that same year, Johnny was almost killed by a drunk driver in a horrendous automobile accident on his way to the Naval Base. As a result of his injuries and being confined to a wheelchair for the rest of his life as a partial amputee, Dolores and Johnny decided to relocate to the hills of Arkansas where they thought they would be able to afford living on a military pension with their four children. During this time, Dolores' explorations in hypnosis and reincarnation took a back seat as she was completely focused on her husband and raising her children.

### **Part 3: Practicing Hypnosis Full Time**

Once her children had grown and left home to start their own lives, Dolores decided to begin consistently practicing hypnosis again with clients in the late 1970's. Although she lived in a small country town with a very small population, she was able to successfully attract a diverse range of clients due to her desire to take on any case, regardless of the circumstances.

Her early work was heavily focused on reincarnation, which got her acquainted and comfortable with the concept of time travel. Many of her early clients described scenes from past lives where they had lived in past decades, past centuries and even past millennia in a variety of social settings in different locations all over the Earth. She would then spend weeks researching the characteristics of life in the locations and time periods her clients had described living in to verify the authenticity of the results she was recording. Dolores would ensure the food they ate, the clothing they wore, the language they spoke, the money they used, the job(s) they described, the social norms they abided by, the entertainment they enjoyed/participated in, the religious philosophies they believed in and the geographic scenery they described were all typical of what life would have been like in “that” particular time. It was through this vigorous verification process that Dolores ensured the authenticity of her results.

Her early understandings of reincarnation seem rather simplistic compared to how far her work has evolved. However, in looking back at where she started and how she received the information, Dolores realized “they” were starting slowly to lay the foundation upon which she would understand, communicate and explain far more challenging and complex ideas and concepts she would be receiving in the future.

### **Part 4: “The Subconscious” And The Quantum Healing Hypnosis Technique®**



Having conducted sessions with thousands of clients, recording the same results time and time again and spending vast amounts of time and energy verifying the authenticity of her clients' past lives, Dolores was able to decisively conclude that her results were indeed genuine and that she had tapped into an incredibly powerful source of information. As she explored further, she gradually became aware that the information she was receiving about past lives, different periods in time and a variety of other topics were not actually coming from the conscious minds of the clients she was hypnotizing.

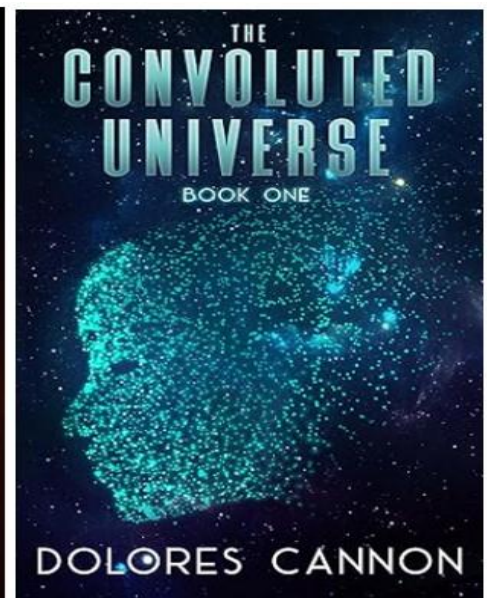
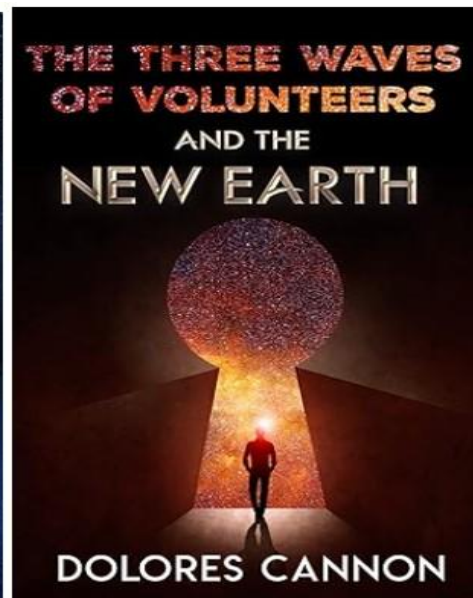
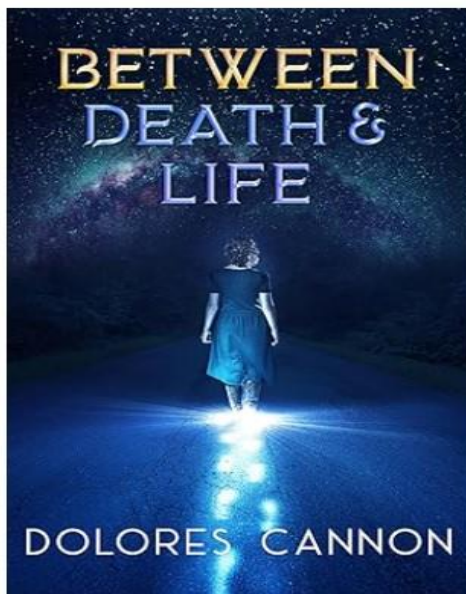
Just as developing her technique of hypnosis came slowly and with great patience, so too did the answers to these questions. After many years of practice and investigation, Dolores eventually realized that the memories of past lives and the additional information she was receiving through clients was being supplied by a much larger, more powerful and more knowledgeable portion of her clients' selves, which their conscious minds were completely unaware existed.

She decided to label it The Subconscious as it was a part of every person's mind that absolutely exists, but lays just below the level of our conscious minds, observing. When contacted and communicated with, there is simply no question it cannot answer about an individual's current life, or about any of their past lives. After developing and refining her technique over many years, replacing time-consuming and tedious induction methods with an approach that involves the use of voice, imagery and visualization, Dolores established her Quantum Healing Hypnosis Technique<sup>SM</sup>. This technique enables direct contact and communication with the Subconscious of any individual for answers to any questions and can also provide the basis for instant healing.

This is just part of her background. She has written over 30 books and has many videos where she shares what she has found out as she calls herself "an investigator."

To read her complete biography go to: <https://www.dolorescannon.com/about/>

## Dolores' Books





These are just a few of the books that Dolores wrote. She has published more than 30 books. Go to: [https://www.amazon.com/stores/Dolores-Cannon/author/B001K818HK?ref=ap\\_rdr&store\\_ref=ap\\_rdr&isDramIntegrated=true&shoppingPortalEnabled=true](https://www.amazon.com/stores/Dolores-Cannon/author/B001K818HK?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)

## Dolores' Video



**Link:** <https://www.youtube.com/watch?v=MCjUv10HLog>

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## MBO's By Tom T. Moore

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

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

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

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

**\*\*\*\***

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

**Tom asks that we do this each day:**

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

**\*\*\*\*\***

**MBO FOR BUSINESS TRIP, BPs FOR POISONING**

**Severine in China writes: MBO to be a miracle magnet!**

**On Thursday I was inspired to request this:**

**"I request an MBO to be a miracle magnet today and for the rest of the week thank you." As a young soul I was dealing with all sorts of issues this week. Moreover, we were in Mercury retrograde pre-shadow.**

**We had to have a “team building” event this Friday and Saturday and had to stay overnight in a city by the sea, 2 hours away. After my work week, I was not looking forward to it. The company did not give us the room arrangements, and I was hoping they would not ask us to share rooms... They would not share men and women but same sex people for non-managerial positions. I am a senior project manager but no one of us was sure.**

**As soon as we arrived I noticed the great hotel environment; it was a Sheraton Hotel, super nice. Then during the check in process the receptionist found out I was assigned a room by myself, but with 2 queen beds. He immediately said that this is an error and he will give me a room with a King sized bed. I didn't have to ask anything, just to thank him and my guardian angel. It was a huge and beautiful room. We had amazing food for each meal and the atmosphere was great. Each time I said BP for all of us to be safe on the road on both ways.**

**BP for school students and adults who got a carbon monoxide intoxication.**

**I posted a BP in our wonderful WhatsApp group that 15 joined in saying. When I posted the BP yesterday, it was because 80 people were intoxicated, and 7 people, including kids, were in I.C.U from a school in Saint Alban, Brittany, France.**

**Today the news said they were ALL discharged and home safe and sound.**

**Thank you to all WhatsApp group members who are helping the world every day and helping me daily with our group BP and specific BPs.**

**For those who wish to join and practice the Gentle Way regularly, feel free to join. We post BPs requested for each other and the world. We also talk about the newsletter and the disclosure often Disclaimer it is on WhatsApp and there several posts per day. You may turn off notifications in WhatsApp settings to avoid disturbance. This group is 100% free of charge and voluntary.**

**To join us please email Severine at severinechinavasion (at) gmail (dot) com.**

**We don't share our group publicly to prevent trolls.  
Thank you Tom for this wonderful tool.**

### **MBO TO WIN MONEY AT A CASINO**

**Ron writes: Today I said an MBO to win some money at our local Casino. I am not a gambler Tom. They have a special for Veterans on Tuesday Nights. I have a special Veterans card they issued to me for just \$5.00. So once the \$5.00 is used I stop playing.**

**So today I went to the casino and played for about 44 minutes. I only play 20 cent bids. I made my MBO for winning some money today. I ended up winning \$13.00. No big money, but I believe my Angel was there to either help me or led me to the right machine. I thanked them too. And thank you Tom, too. Made me happy too.**

#### **BP FOR FERAL CAT TO BE LEAD TO SHELTER**

**Pamela writes: I requested the following to our WhatsApp-MBO/BP miracles group: “Asking and thanking any and all benevolent beings across all timelines to aid, comfort, protect, and assist Joyce’s feral cat with healing white light and miracles in leading her cat to the insulated cat shelter she made for it, or lead the cat to Joyce’s garage where there are heated pet beds. Expecting and receiving miracles. Thank you!”**

**Four days later, my cousin Joyce sent me a video of the cat going in the shelter protected from the cold rain.**

**I’m so grateful to you, Tom, for everything you do, for the amazing MBO/BP miracles group and to everyone who says them out loud. They do work!!**

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

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



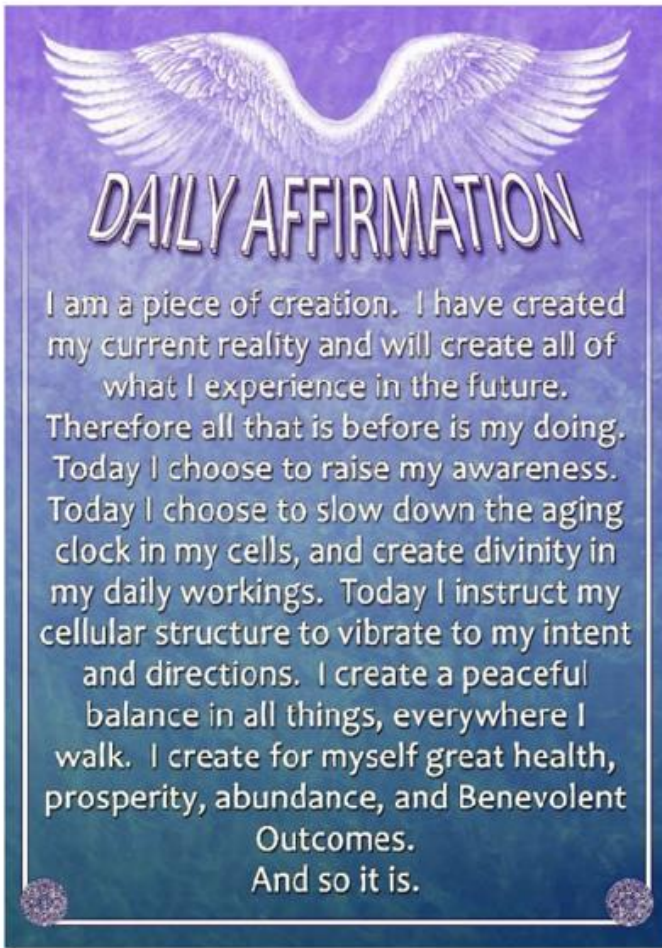
**Link:** <https://youtu.be/RJHpBt4sTv8>



## Tom T. Moore's Books

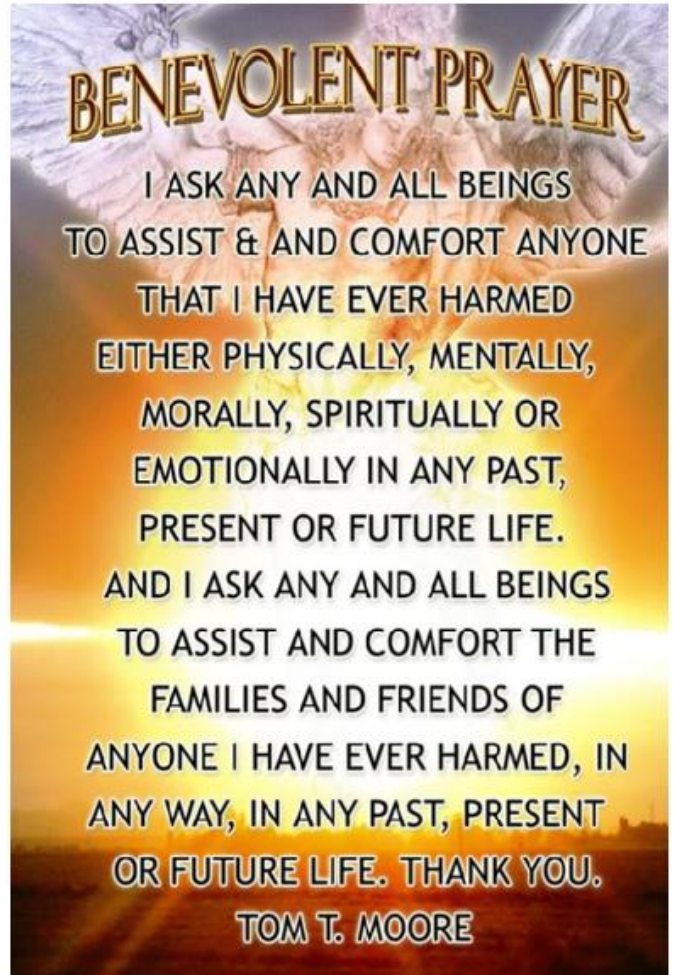


Tom is also a prolific writer and these books you see can be found on Amazon at: [https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp\\_byline\\_cont\\_book](https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp_byline_cont_book)



**DAILY AFFIRMATION**

I am a piece of creation. I have created my current reality and will create all of what I experience in the future. Therefore all that is before is my doing. Today I choose to raise my awareness. Today I choose to slow down the aging clock in my cells, and create divinity in my daily workings. Today I instruct my cellular structure to vibrate to my intent and directions. I create a peaceful balance in all things, everywhere I walk. I create for myself great health, prosperity, abundance, and Benevolent Outcomes.  
And so it is.



**BENEVOLENT PRAYER**

I ASK ANY AND ALL BEINGS TO ASSIST & AND COMFORT ANYONE THAT I HAVE EVER HARMED EITHER PHYSICALLY, MENTALLY, MORALLY, SPIRITUALLY OR EMOTIONALLY IN ANY PAST, PRESENT OR FUTURE LIFE. AND I ASK ANY AND ALL BEINGS TO ASSIST AND COMFORT THE FAMILIES AND FRIENDS OF ANYONE I HAVE EVER HARMED, IN ANY WAY, IN ANY PAST, PRESENT OR FUTURE LIFE. THANK YOU.  
TOM T. MOORE

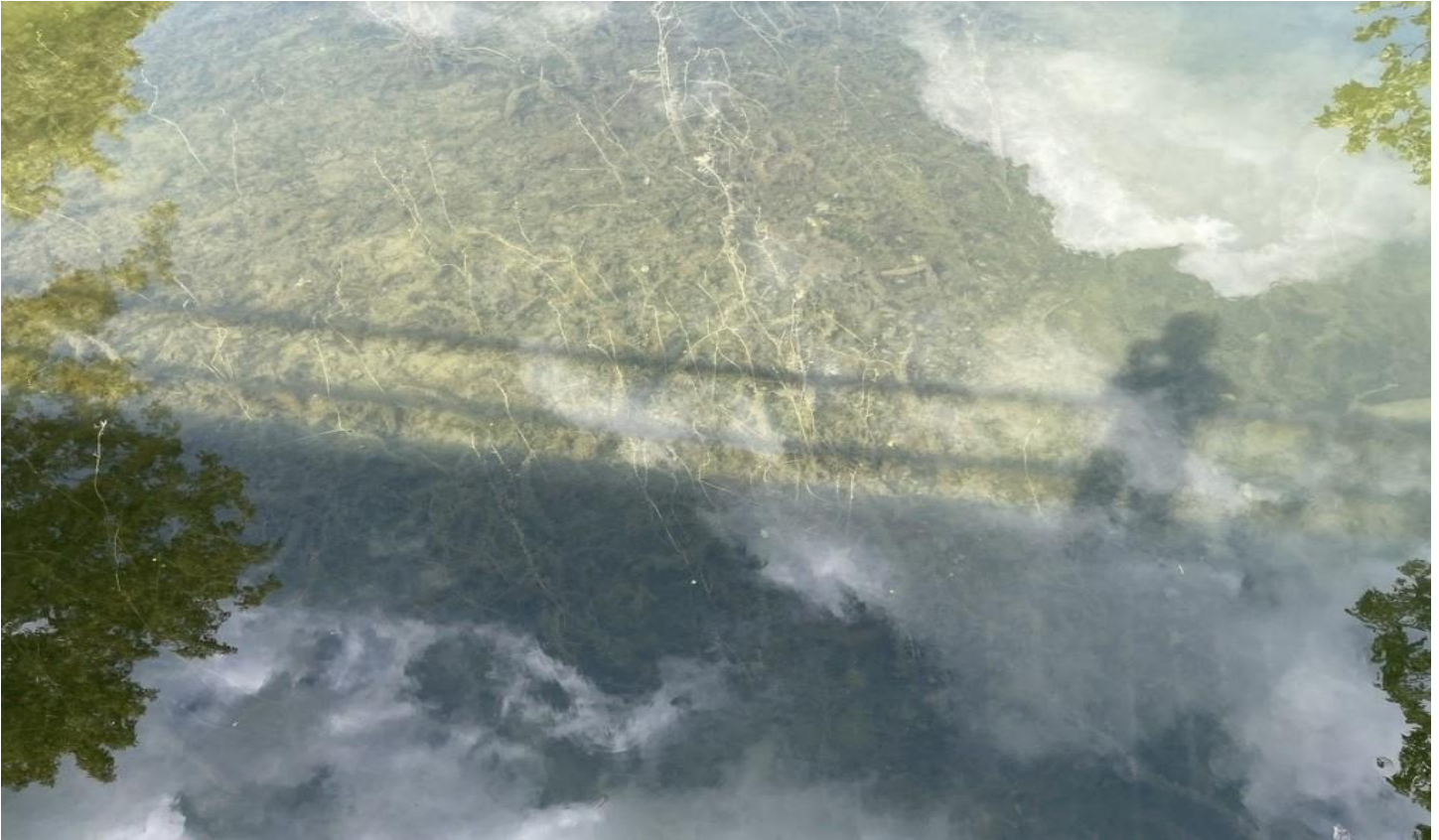
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**Find other signs on Tom's website**

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## point of view By Monique Lang



**Which is up and which is the reflection?**

**We each see the world and what happens from our own view point.**

**Some times it is difficult to determine what is up and what is down?**

**What is the real thing and what is reflection?**

**What is correct and what is not? How do you decide?**

**What informs your point of view?**

**How do you deal with other people's different view point?**

*Remember, be kind to yourself it will naturally follow that you will be kind to others*

**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.**

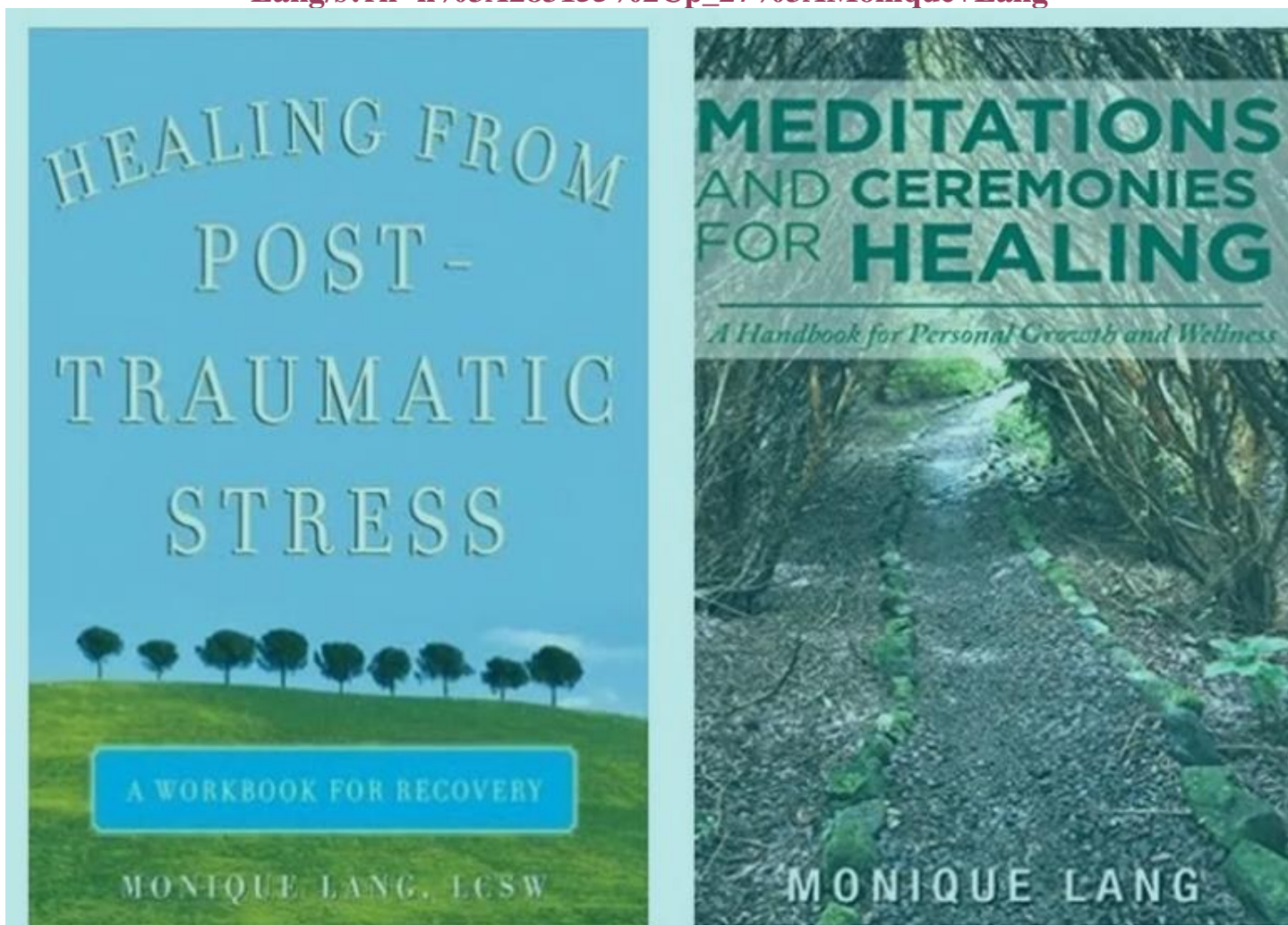
**Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual 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>

Find her books on Amazon at: [https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp\\_27%3AMonique+Lang](https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp_27%3AMonique+Lang)



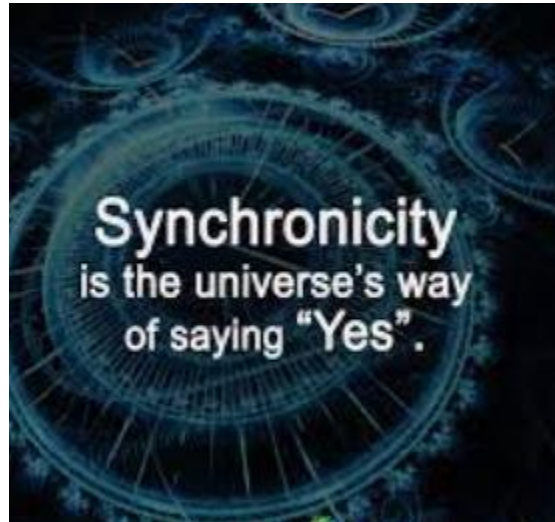


## Monique's Video



Link: <https://www.youtube.com/watch?v=WIEwVdIRDgo&t=5s>

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**The mind's ability to notice similarities is fundamental to synchronicity.**

### **Key Points**

**The human psychological capacity to recognize similarity is fundamental to creating a synchronicity.**

**"Does a tree falling in the forest make a sound?" is a weak analogy.**

**Synchronicities are paired events, while a tree falling is a single event.**

**Several readers have called into question the idea that the mind is the necessary starting point for a coincidence to occur, as I suggested in this post. Several people have suggested that another mind could notice a coincidence happening with a person who does not notice it.**

**One alert reader wrote:**

**"The claim is then made that without us noticing 'unlikely coincidences,' synchronicities do not exist. I believe this claim is equal to saying, 'If I didn't see it, it didn't happen.' It's also saying that our interpretation dictates whether or not events are synchronistic. There are certainly circumstances where that is the case, but in all cases?"**

**The reader then described a situation in which another person observed a coincidence that the reader did not notice:**

**“I was beat boxing (vocal percussion mimicking drums using one’s mouth, lips, tongue, and voice) at an old job next to pet crickets. I didn't know it was happening, but a co-worker of mine pointed out to me that my beat was in perfect timing with the cricket’s noises. This moment was caught on camera, and we could analyze the audio with software to show that the timing was indeed there.”**

**The reader then reaches this conclusion:**

**“You can see how my lack of perception of this event did not mean the synchronicity was not happening. Suppose then that events like this happen consistently during my life (they do). ... The role of one’s experience with self-observation and spirituality certainly play a role in the detection (or imagined existence) of synchronicity, but to claim that it doesn’t exist beyond the mind is a little presumptuous.”**

**The sound of trees falling**

**The reader evokes this question: If a tree falls in the forest and no one hears it, does it make a sound?**

**The question of whether a tree makes a sound when it falls in a forest and no one hears it has been the subject of philosophical debate. This philosophical question has been attributed to George Berkeley, an Irish philosopher who proposed the theory of subjective idealism, which suggests that the world exists only in our minds and is dependent on our perception.**

**Different perspectives offer different interpretations. Much depends on how sound is defined.**

- \* Sound as vibrations. If we define sound as vibrations in the air, then the falling tree does make a sound because it produces vibrations, regardless of whether there is anyone around to hear it.**
- \* Sound as a conscious experience. If we define sound as a conscious experience, then the falling tree does not make a sound if there is no one around to hear it. In this view, sound requires a perceiver.**

**A fundamental difference between a falling tree and a synchronicity is that synchronicity is composed of two or more events, while the falling tree is a single event.**

## **Recognition of similarity requires a mind**

**Whether sound is considered a vibration in the air or something to be heard by a living creature does not provide a direct analogy to perceiving synchronicities. Jung (1973) claimed that synchronicity was also a new form of explanation: explanation through similarity of meaning. That meaning must be noticed by a mind before it can be used as an explanation.**

**The recognition of similarity between two events typically requires someone to perceive the similarity. The perception of similarity is fundamental to the concept of coincidence. The need for human perception in coincidences relates to the recognition of the connection through similarity of the incidents comprising the coincidence. Of course, each incident must be noticed before the similarity can be registered.**

### **Comment**

**The claim that another person can recognize an unnoticed coincidence involving someone else is, of course, true. The second-party witness is also seeing the similarity between two patterns that had been missed by the primary person.**

**With the increasing sophistication of artificial intelligence and the potential of freely moving robots, computer algorithms programmed to observe events and estimate similarity become imaginable. Currently, algorithms can be used to analyze and identify patterns in data, which may include occurrences that some individuals might interpret as synchronicities. For example, algorithms can be used in data mining or social network analysis to identify correlations or connections between different events or entities. However, the interpretation of these patterns as synchronicities would still rely on human perception and understanding (Wang, Miwa & Moridawa, 2020). The human psychological capacity for recognition of similarity remains fundamental to the existence of synchronicity.**

### **References**

**Jung, C (1973) Synchronicity. Princeton: Princeton University Press.**

**Wang D, Miwa T, Morikawa T. Big Trajectory Data Mining: A Survey of Methods, Applications, and Services. Sensors (Basel). 2020 Aug 14;20(16):4571. doi: 10.3390/s20164571. PMID: 32824028; PMCID: PMC7472055.**

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



*Learning Psychotherapy.* The founder of The Coincidence Project, he lives in Charlottesville, Virginia.

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

Bernard's Youtube channel: <https://www.youtube.com/@Coinciders/videos>

### Bernie's Podcast

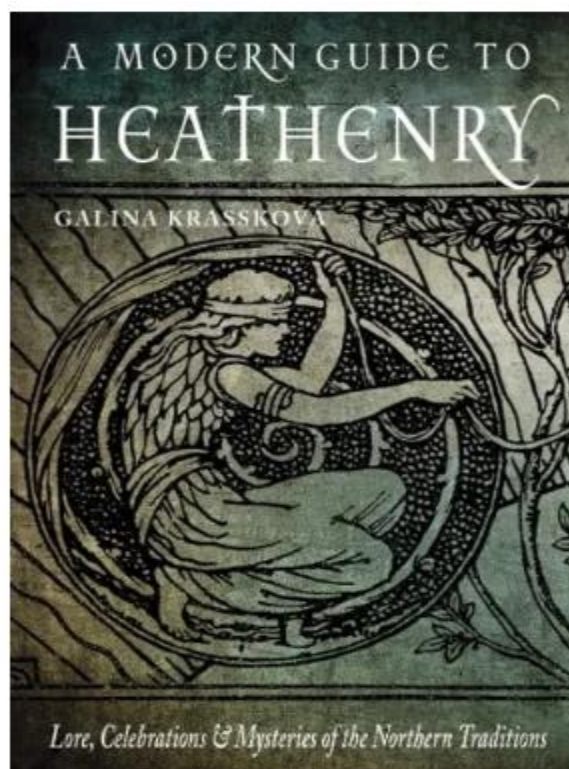


Link: <https://www.youtube.com/watch?v=mjd89HGqMIY>

### Interview with Bernie



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



### Some Days...

Every morning, before ten am, I take the omens for the day. I want to know, in good Roman terms if the day is favorable (fas) or unfavorable (nefas) and to what degree. I rely on the birds quite a bit for insight into this process – they’re terrible gossips and I take full advantage of the fact. Today was unfavorable. That’s annoying, but ok. It might mean any number of things: pain levels might be unusually high, there may be vexations, things might not work, things might break, and most importantly of all: if unfortunate things happen, it will be harder to turn the day to one’s advantage. Usually on nefas days I hunker down and just stick close to home but today I have to head to work. I’ll make extra offerings, extra prayers. The Romans were sensible: when a day was nefas, no business was conducted.

One of the biggest lessons I’ve learned from this is to be patient when things aren’t working out. Come sundown, the day with all its sacred inflections has come to an end and I have a bit of a breather before Dagr rides across the sky heralding Sunna’s coming at the next dawn. I can take stock and evaluate my work, my responses, my behavior, how various omens played out throughout the day, where I might have interpreted less accurately, where I was spot on, what I’d like to do differently, or what I did that worked

really well, and how it all feels. That way, I can recognize these things later and course correct more efficiently without having to do a full intellectual analysis of the whole process each and every time, especially when sometimes, one must act quickly.

Today has been particularly strange already. Yes, my pain levels have been high and perhaps that's why, along with various conversations yesterday, that my time in ballet has been on my mind this morning with a keen, sharp pain. I miss it. I miss entering into the precincts of the sacred in the way that I was able to do when I was dancing. I miss touching the Holy in the way I did when I could move and soar. I miss the deep accomplishment and pride of making a body in pain productive, and not just productive but productive of beauty. I miss the state of being that was two parts agony one part exaltation, with a dash of deep, bone-weary satisfaction all rooted in hard, sweaty work. It's like being turned inside out sometimes when the longing comes on me like this. It's a holy longing and all I can do is give thanks to my Gods and spirits, breathe, and center myself, and allow the memories to flow through my body, where my bones remember what it was like once, long ago to be so physically connected to that lineage and its ancestors. I am grateful, and sometimes gratitude comes with a sweet, dark pain unlike any other. I am truly, deeply grateful for my Gods and all the gifts They've poured into my hands.

Holy longing (1) opens one up and while it renders one vulnerable, it also brings with it a deep joy. It's a very fruitful river in which to swim. So today, I will hold the memories of my time in ballet close to my heart, cherished and dear. I will give thanks to my Gods for having led me into that crucible and formation, and I will give equal thanks to the lineage ancestors, dancers long dead, who inspired me and shepherded me, who receive honor on my shrine, and who remained caregivers and teachers in the world that I learned to inhabit. I will also thank my body, the bones and tissues, muscles, tendons, and ligaments that carried me through from child to dancer, from dancer to priest, from priest to spirit-worker, to teacher, to being who I am today and who will become tomorrow.

I will embrace this state of holy longing and see where it takes me.

About Galina Krasskova: Galina Krasskova has been a priest of Odin and Loki since the early nineties. Originally ordained in the Fellowship of Isis in 1995, Ms. Krasskova also attended the oldest interfaith seminary in the U.S.- the New Seminary where she was ordained in 2000 and where she later worked as Dean of Second Year Students for the Academic year of 2011-2012. Beyond this, she took vows as a Heathen gythia in 1996 and again in 2004. She is the head of *Comitatus pilae cruentae* and a member of the Starry Bull tradition.

Ms. Krasskova holds diplomas from The New Seminary (2000), a B.A. in Cultural Studies with a concentration in Religious Studies from Empire State College (2007), and an M.A. in Religious Studies from New York University (2009). She has completed extensive

graduate coursework in Classics (2010-2016), received a Masters in Medieval Studies at Fordham University (2019) and is currently pursuing a PhD in theology. from Fordham University. As part of her academic career Ms. Krasskova has written a number of academic articles, and also presented at various academic conferences including Harvard University, Claremont University, Fordham University, Ohio State University, Villanova University, Western Michigan University, and the City University of New York.

Galina's website: <https://krasskova.wordpress.com/>

Find her book on Amazon: [https://www.amazon.com/stores/Galina-Krasskova/author/B001JP4KUQ?ref=ap\\_rdr&store\\_ref=ap\\_rdr&isDramIntegrated=true&shoppingPortalEnabled=true](https://www.amazon.com/stores/Galina-Krasskova/author/B001JP4KUQ?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)

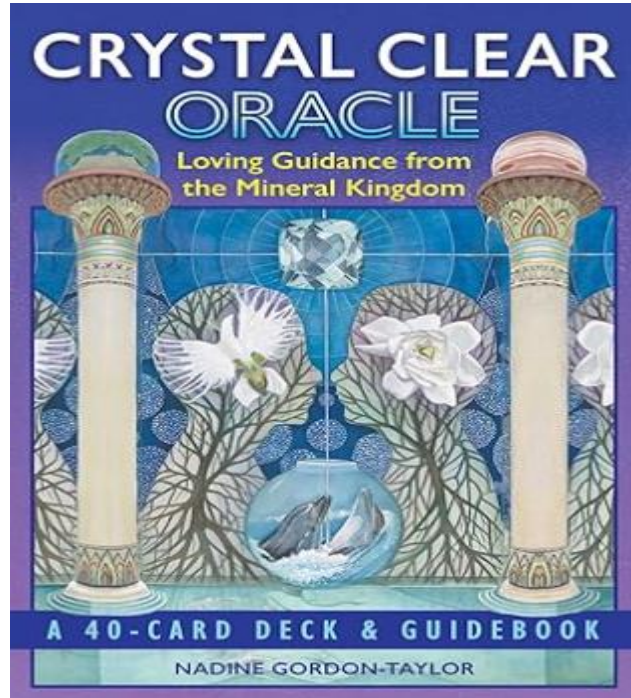
### Interview with Galina



Link: <https://youtu.be/m4QweXeuBUo>



## ROC Metaphysical Oracle Card Review



**Nadine Gordon-Taylor**

**Oracle Deck**

**An intuitive oracle deck imbued with the ancient wisdom of crystals**

- Includes 40 full-color cards featuring crystals, animals, plants, elementals, and ancient symbols
- The accompanying guidebook interprets each card's message and shares affirmations to support you in embodying the wisdom
- Each card features one crystal “guide” including Moldavite—the Interplanetary Visitor, Smoky Quartz—the Astral Protector, Amethyst—the Eternal Caregiver, Labradorite—the Grounded Invigorator, and Lapis Lazuli—the Wisdom Keeper

Intricately illustrated with images of crystals, animals, plants, elementals, and ancient symbols, the 40 full-color cards of the *Crystal Clear Oracle* provide a hands-on, intuitive way to work with crystal wisdom, unite with your higher consciousness, and access loving energies to inspire, empower, and awaken your spiritual journey.

As artist Nadine Gordon-Taylor explains, crystals are conduits to the past, storing within their matrices important information about Earth's true history and the people who inhabit it. Each vivid card features one crystal “guide” that introduces itself and its spiritual and healing qualities and then assists you in understanding and decoding the messages of the other symbols and beings that also appear on the card. The messages you receive from each card come directly from the voice of the crystal featured. In the accompanying guidebook, Gordon-Taylor explains how to intuitively use the deck. She shares the crystal guide's message and interpretation for each card along with affirmations to support you in embodying its wisdom. Crystals and stones featured on the cards include Moldavite—the Interplanetary



Visitor, Smoky Quartz—the Astral Protector, Amethyst—the Eternal Caregiver, Celestite—the Heavenly Mediator, Labradorite—the Grounded Invigorator, and Lapis Lazuli—the Wisdom Keeper.

Created to help you activate and align with the sacred geometries of higher frequencies of consciousness, this deck allows you to reunite with your higher self and release what no longer serves you. When you choose a card from this deck, you are intuitively guided to what is right for you at the moment. By working with these cards and the crystal guides, you reawaken to the intuitive knowledge of the ancients as you are held in the heart of Divine love.

Nadine's website: <https://spiritevegallery.com/nadine-gordon-taylor/>

### Interview with Nadine



Link: <https://youtu.be/9GKUzTY-GkU>

# Streamlining Goals: The Power And Impact Of Three Chosen Words

By Rev. Colleen Irwin



**As you read this, the new year has started. With a canvas of possibilities before us, offering a chance to set intentions and navigate the journey ahead with purpose. In the realm of resolutions and goals, one simple yet profound approach has proven to be a guiding light for many: the concept of choosing three words. I speak from experience when I say that it has changed the way I think.**

## **Unveiling the Power of Three:**

**In a world inundated with complexities, the elegance of selecting three words as guiding principles cannot be overstated. This minimalist approach is not about crafting exhaustive lists of resolutions; rather, it is about distilling focus into three words that serve as the lens through which individuals can navigate daily decisions and actions. The power lies in the simplicity and intentionality of these chosen words.**

## **Clarity through Simplicity:**

**Choosing three words may seem like a minimalist approach, but therein lies its brilliance. This practice forces individuals to identify and prioritize core values and aspirations. Think of it as a de-cluttering process for goals, providing clarity and focus. When faced with decisions, simply referring to these three words makes decision-making more straightforward.**

## **Active Engagement in Your Journey:**

**Imagine these words as dynamic companions, urging individuals into action. They are not static resolutions but active agents, guiding choices and propelling individuals forward. Each word serves as a catalyst for positive change, harnessing the power of language to shape mindsets and actions. By consciously selecting three words, individuals are not merely setting intentions – they are actively participating in personal revolutions.**

**Instead of a resolution of losing 20 pounds, choosing the word healthy may be more powerful. As you go through your daily life looking at choices you make in the context of being healthy may make you successful.**

### **Crafting Your Trio of Words:**

**The process of choosing three words is both personal and empowering. Individuals can reflect on their values, aspirations, and the areas of life that need attention. Is it time to focus on relationships, take action in a particular aspect of life, or ground oneself in the present moment?**

**Words should be yours alone – don't let someone else tell you what they should be. Some possible words include love, adventure, patience, action, learn, or write. Stay away from phrases like “write the book.” Write and book are similar and the word “the” isn't going to propel you forward. This year I selected Nurture, Action and Today.**

### **Navigating the Year Ahead:**

**As individuals embark on this transformative journey with their trio of words, they can anticipate the impact these words can have. They become a compass, providing direction when faced with decisions, challenges, or opportunities. The beauty lies in their adaptability – they can evolve with individuals as their journeys unfold. Being open to how they evolve allows for a continuous tapestry of personal growth.**

**In a world filled with noise and distractions, the power of three words offers a refreshing alternative. As we step into each new year, let's embrace the profound simplicity of these words – allies in nurturing excellence in our lives.**

**About Colleen: Rev Colleen is a natural born medium. Discovering how to share this knowledge with others has been an adventure that she captured in her book "Discovering Your Stream". In addition to volunteering time at Lily Dale, her speaking engagements, private readings, and spiritual classes she teaches across the country, Colleen is also a volunteer Docent sharing the experiences of Susan B. Anthony to visitors of the Susan B. Anthony Museum.**

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

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

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

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

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

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

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

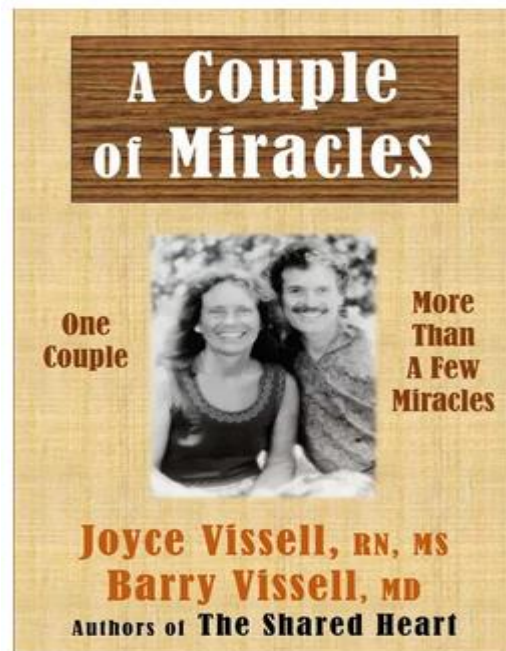
Pinterest: <https://www.pinterest.com/talkwithcolleen/>

### Interview with Colleen



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

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**(The following is an excerpt from our new book, A Couple of Miracles: One Couple, More Than a Few Miracles)**

**In 1969, while Barry and I were living in Nashville, Tennessee, where Barry was in medical school, I began to have a very strong desire to go back to school and get another degree. I had an RN and BS degree, and worked as a public health nurse, but it didn't feel like enough. I didn't even know what I wanted to study, I just felt that I needed to be back in school learning again. I could hardly think of anything else. Barry and I talked and decided that, when he finished medical school, I would go back to school. We needed my salary, and neither of us could figure out a way for me to return to school and support both of us at the same time. Waiting three more years seemed almost impossible to me.**

**Our friend Jim invited us to a party and told us we would meet a special professor from USC in Los Angeles. Without much enthusiasm, we went and were not prepared for the force of love that hit us when we met Dr. Leo Buscaglia for the first time. Right away, he hugged us. Then, he launched into the deepest appreciation we had ever received.**

**We had never been hugged by anyone other than each other and our parents. It's hard for people to believe but, especially in the Eastern United States in the late sixties, most people did not hug. They shook hands. Leo's parents were Italian immigrants, and Leo learned from them and hugged everyone. In all of our lives, we had never experienced such an open loving man who included all of us in his love.**



Throughout that evening, we could hardly stop looking at Leo, and marveling at his ability to reach out, hug and love complete strangers. After that evening, we longed to be around Leo and his amazing energy. We felt changed by our connection with him. The next day, he traveled back to his home in Los Angeles and we stayed in Nashville. Seeing him again seemed very unlikely.

With my urging and desire to leave the South, and with Leo still in the back of our minds, Barry applied for a transfer to two schools in Los Angeles, USC and UCLA, to finish his last two years of medical school. And, miracle of miracles, he was accepted by both! He flew to Los Angeles to choose between the schools, and decided upon USC, the more clinical and less research-oriented school at the time.

Barry: Boarding my flight back from Los Angeles, I walked down the aisle, ticket stub in one hand, carry-on bag in the other, looking for my seat. It was a window seat in a small plane with a two-by-two configuration. I saw my seat, and saw that the aisle seat was occupied by a man quite a bit older than me. He smiled warmly and, when I stowed my bag in the overhead bin and pointed to the seat past him, instead of getting up, he gestured to the seat. It felt a bit strange. Did he expect me to climb over him to get to my seat?

I said, “Excuse me, would you mind letting me get to my seat?”

His response, “Sure. You’re a young buck. Just hop over me.”

I thought maybe he was crippled and was brought to the seat in a wheelchair.

I said, “Are you able to stand up?”

He said, “Sure, but I just thought it would be more fun for you to climb over me.”

I was starting to feel uncomfortable. I said, “If you don’t mind, I’d rather you stood up.”

He looked slightly disappointed, but obliged.

I was happy to walk rather than climb to my seat. I sat down, buckled in, and looked out the window, hoping to avoid any more weirdness.

Then I heard him say, “Hi, my name is Bill. What’s yours?”

Cringing inside, I turned away from the window and there he was, smiling and offering his hand. I reluctantly shook hands and noticed that he held my hand a bit longer than was comfortable to me.

**Finally, I got it. He was obviously picking up on me. Sometimes, I'm a bit dense. I needed a quick way to change gears.**

**“Good to meet you. My name's Barry. I'm excited to be going home to my wife in Nashville.”**

**I noticed the briefest flash of disappointment on his face, but he recovered quickly and said, “I'm also going home to Nashville but, alas, I'm single. But it looks like I'll be moving to Los Angeles. I just got a job at USC.”**

**That perked my interest. And it seemed he had let go of me as a possible love interest.**

**“Wow,” I said, “We're also moving. I just got accepted for my final two years of medical school at USC. What's your new job at USC?”**

**Bill sat up straighter in his seat, letting the conversation change gears, “I just got hired to manage a new master's degree program for a professor there.”**

**“My wife, Joyce, and I just met a USC professor visiting Nashville who completely blew our minds. His name was Leo Buscaglia.”**

**Bill burst out laughing. “What a small world! That's who I'll be working for!”**

**My heart nearly skipped a beat. “What an amazing coincidence! (I didn't yet believe in miracles or divine guidance.) What exactly will you be doing for Leo?”**

**Bill answered, “I've been hired to enroll ten students in a brand-new master's degree program that will last only one year under the direct supervision of Dr. Buscaglia.” He continued, “These ten students will be given a full scholarship plus living expenses and take most of their classes with Leo. I've been hired to interview the many students who will apply for this special program and pick out just ten.”**

**I was beginning to wonder if this was really happening or just a dream, but I found my voice, “My wife has an RN and BS, but really wants to go back to school. I think she would be perfect for the program.”**

**Bill closed his eyes and was silent for a few seconds, then opened his eyes and said, “Okay, she can be my first student to be accepted.”**

**Just like that!**

I could not believe this great blessing. Not only could Joyce go back to school and have it all paid for, but she would be having most of her classes with this amazing man that we had met in Nashville. It would turn out to be a year that completely changed her life.

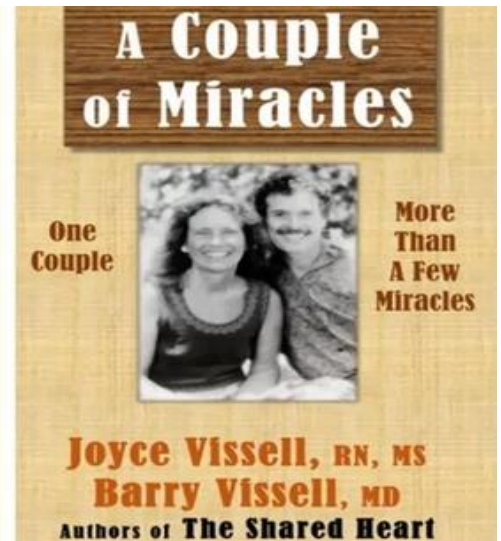
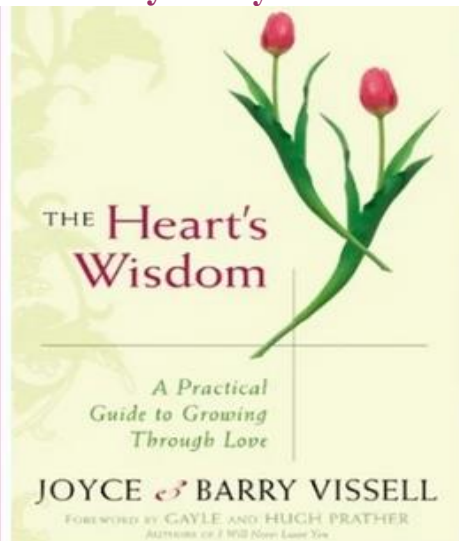
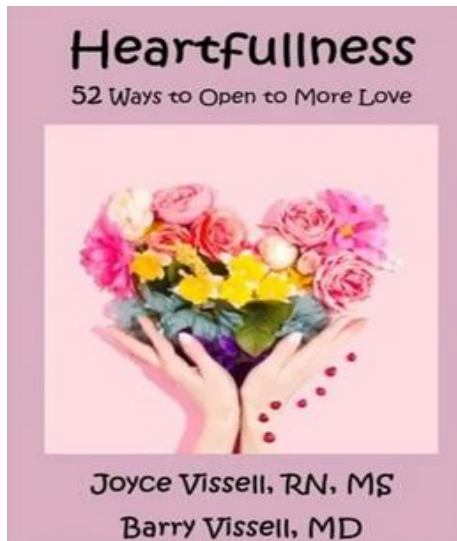
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About Joyce & Barry Vissell: Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and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

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

### Barry & Joyce's Books



Find all their books on Amazon: [https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref\\_=dbs\\_p\\_ebk\\_r00\\_abau\\_000000](https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref_=dbs_p_ebk_r00_abau_000000)

## Barry & Joyce's Video



**Link:** <https://www.youtube.com/watch?v=PtHy8bv0dAU>

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# The Greatest Gift – Hope – And How To Access It In All Circumstances

By Marjorie Baker Price



Hope is meant to be experienced as its own unique element – ongoing and separate from all the other ways we deal and authentically respond to living all aspects of our lives. So in addition to being emotionally free, we need to free, in order to unleash, our authentic selves – it's all we've really got, anyway.

## My Year of Transcendence

It has been awhile – a long while – since I've posted. According to Numerology, this year – the 9 vibration – is a year of completion of that many years cycle – said to be a year of transcendence from personal to universal being-ness. I've definitely had a wide-ranging year, beginning with successful hip replacement surgery to seeing my expatriated brother-in-law, niece and her children in Yorkshire, England, followed by roaming around the Scottish Highlands . . . and all the additional inner and outer related and unrelated extended adventures.

Tomorrow I expect to be scheduled next month for shoulder replacement surgery. How does all this hit me across all my corresponding "dimensions"?

## Hope Unleashes Transcendence

I find myself in considering this question focusing on hope, realizing just how much of an explosive inner center it is for healing, empowerment, expanding consciousness, and transcendence. Like the Pandora myth, compared to major challenges and the multiple wear-down daily grind of life, it organically surfaces surprisingly and seemingly minimally at the real bottom of our tough and ongoing stressors.

It can't be forced. It surfaces in surprising times and places – and it profoundly changes the overall balance of experience and response – not to mention outcomes.

## Hope Heals



**Hope is intrinsically linked to recovery and healing, as well as courage and creative initiative. It is what I view as the unleashed imagination of our core spirit and our authentic Self.**

**Is hope a part of your emotional psyche? Mind-body explanation of all addiction views these as diseases of hopelessness – which also happens to be the fourth stage (before the fifth and last stage – acceptance) of grief.**

### **The Truth About What Hope Needs**

**When we feel at our core that we are emotionally free we intrinsically hope. As a Tolkien fan my whole adult life, I recall Gandalf responding to Merry, who asks if there was any hope that Frodo and Sam would achieve the seemingly impossible quest of destroying the Ring of Power "to rule them all . . . and in the darkness, bind them": "There never was much hope . . . only a Fool's hope".**

**Does hope not objectively feel in the worst circumstances like a Fool's hope? The moral – truly – of this tale, described as the greatest literature of the twentieth century, says somehow that is enough to sustain, support, even produce success. To me this is the heroic journey – our true purpose in what Native Americans call our Earth walk.**

### **Hope Inspires Miracle-Making**

**Hope is an act of daring and persevering against seemingly impossible odds to insist no matter what to bring forth a better and restorative vision, while continuing to experience life in most precarious circumstances. It is not delusional – it is how we transcend and become miracle makers.**

**There is every reason – not no reason – to hope today. I see it as a necessity to most effectively meet personal, family, community, national and global challenges.**

### **The Real Price of Hoping is Giving Away Your Lesser Self to Uniquely Grow**

**Hope is meant to be experienced as its own unique element – ongoing and separate from all the other ways we deal and authentically respond to living all aspects of our lives. So in addition to being emotionally free, we need to free, in order to unleash, our authentic selves – it's all we've really got, anyway.**

**The price is to risk all else; and let go of any and all delusion of control – as well as "what if" and "if I do/don't" – both of which leak presumption and scripted dependence as poisons to kill hope and personal power. The universe always supports the greater good and seeks expansion as evolution.**

**However these divine forces are interfered with dooms us to endlessly experience a stuck past and dictated limits that truly destroy. So dare to hope ... experience the new ... and create, as you truly, grow.**

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

**She has authored a nationally acclaimed series of audio guided meditation and self-hypnosis recordings as well as several related books and self-study courses. She is a featured columnist with Nature's Wisdom**

magazine on counseling and integrated health topics. Marjorie presents numerous related workshops nationwide on self-healing, wellness, recovery therapies, goal achievement, creative expression and empowerment, as well as counseling and consulting for individuals and small groups. She is a sought after public speaker and frequently makes appearances nationally on radio and television.

Marjorie's website: <https://centeringtools.com/about/about-marjorie-baker-price/>

### Interview with Marjorie Baker Price



Link: <https://youtu.be/9SnGsVipFgI>.

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## **Are You A Body Electric? By Jamie Linn Saloff**



**Light bulbs bursting, computer blown, vacuum broken? You're not unlucky, you're a walking talking, burning brightly, spiritually-enhanced, flashlight. (Say, what?)**

**Pat was the first to say it. We were sitting at our favorite restaurant sharing what had become a monthly ritual of three friends, for several years. She leaned forward saying, quite matter-of-factly, "You are both flashlights." Then she handed us each a penlight key ring for our purses as a reminder. "Most of us follow a dimly lit path," she said, "but every once in awhile you meet someone who carries a flashlight, you two are among those who do."**

**We were honored she felt enlightened by us, yet stunned. Like a supernova, Pat's insights had increased as time wore on. In the months leading up to flashlight day, Pat had been channeling messages from angels, constantly amazing us with the illuminated brilliance she generously shared. Unfortunately, not long after the flashlight meal, life changed. We stopped meeting. Pat, the giver of lights, passed away.**

**Pat's message stayed with me, though, however, I must admit, I considered it more of a metaphor than a statement of fact.**

**I was wrong.**

**Years before the flashlight incident, I knew nothing about the energies inside and surrounding us. I had yet to hear the words aura, Merkabah, meridian, or any other of the numerous terms energy workers know, feel, and often see—energies western medicine baulks at and the science community often ignores or deplors. Energies with the ability to illuminate the mind, heal the body, soothe the soul. But illuminate physically? That sounds like something out of a science fiction movie.**

**Energy workers, healers, readers, mediums, and other spiritual folk pull in energy that they use to do what they do. Psychic Andrew Jackson Davis drew drawings of this in the 1800s. This energy helps make possible our ability to see, hear, or understand what's beyond the veil. It also affects those items around**

them which conduct and share in that energy. (Do you like to talk to plants? You're sharing your energy and light with them.) The energy enhances our ability to manifest healing and miracles.

What is this energy and what does it do?

The first time I heard of "it," my husband-to-be had just pulled an age-worn watch from his jeans' pocket in response to my asking him the time. While it seemed unique to carry a pocket watch in the mid-1970s, he explained, "I can't wear a normal watch, they run backwards."

Literally.

The hands on his wrist watches would cycle around the wrong way. Many of his cell phones required long tech support calls, or we made multiple return trips to stores to find one... agreeable. His energies are just... different. To this day, even though he does occasionally wear watches, neither he nor my youngest son can hold a compass that will point true north. Their inner energies just don't seem to allow it.

Back in the early 1980s, the company I worked for employed a new accountant. Everyone liked her. She knew her stuff. She could sharpen a pencil with the best of them. But electronic equipment did not like her. It stopped working, blew fuses, went haywire, or worse, just plain died. I can't tell you how many pieces of equipment they replaced or repaired for her. (It happened a lot.) Though she seemed in no way inept, she did respect the fact that she had limits with anything that plugged into an outlet. She honored its boundary by not trying to fix or fuss with anything that acted up. She would just give it space or hand it off to a qualified repairman.

As I began to expand my mind and become more open to new age practices, read more, learned more, became more aware of unexplained things, the appearance of strange energetic occurrences began to show up more and more. Though most of the awakened individuals I spoke to chalked up their burst light bulbs and blown electronics to coincidence, shoddy workmanship, or just plain bad luck. They had yet to realize the phenomena happening around them as a signal their energies had become... "enhanced."

During the 1990s, I finally ran into a woman who acknowledged it openly when I skeptically scheduled a hypnotherapy session. As she fumbled with recording equipment, hand wrote a receipt, and apologized for multiple lamps that would not light, she explained she had affected them, or, more specifically, her energies had.

What was this "disturbance," this power she wielded—seemingly without control?

Fast forward to late in 2008 when I enrolled in the Fellowships of the Spirit program in Lily Dale, New York. No longer were the worlds of the spiritually enlightened veiled to me. Many of the mysteries I'd wandered about attempting to discover on my own, were brought into the light, including one particularly interesting tidbit about... let's call it... flashlights... human flashlights, to be exact.

Studying spiritual anatomy, a mentor suggested that our bone structure's spiritual purpose represented a radio tower, a pillar of height designed to send and receive communication from above and beyond.

That we might be literal towers of communication and reception fascinated me. I wanted to learn more. My father had built stereo equipment as a hobby in the 1950s, my cousin had been nicknamed "kilowatt," my husband enjoyed collecting old radios, and my youngest son enjoyed dabbling in all things



electric. Electronics were something that always seemed to be around me.

Were they also “in” me—in all of us?

Shortly after my school experience, I came upon an obscure medical article (or at least, obscure in my world). The article written by H. Coetzee, Ph.D. entitled **Bio-magnetism and Bio-Electromagnetism: The Foundation of Life**, included this short, but powerful statement:

**“The bone matrix is a bi-phasic (two-part ) semiconductor,  
i.e. a crystalline solid with an electrical conductivity.”**

(You have heard of crystal radios, right?) This statement served as confirmation for what I had been looking for in regard to receiving radio signals, but the article offered much more than that:

**“Researchers found that bone was an LED that required an outside source of light before an electric current would make it release its own light, and the light it emitted was at an infrared frequency invisible to us, but consistent.”**

Did you catch that? In plain English he said human “bone was an LED.” LED as in “light-emitting diode.” (A flashlight!)

But there was even more, and what he said next stunned me:

**“With the use of an applied current of a few micro amperes regeneration of the spinal cord, optic nerve and bone has been demonstrated and naturally generated electric currents have been linked to changes in developing embryos and in regenerating limbs.”**

and

**“It has been considered by this author that tRNA molecules may play a central role to cause cells to alter their normal properties which will then receive the original genetic transmission, given through a ‘spin point’ to a cell. These transmissions at the spin points, as discussed through research at The Academy For Future Science, may provide regenerating instruction for the manufacture of enzymes and proteins which are the building blocks for the ‘new tissue’ or the ‘new organ form’ which is regenerated on the physical plane.”  
(emphasis mine)**

That’s right, we ARE flashlights—literally and figuratively—that conduct our own energy to power and project light, light that heals, restores, and can physically change our being. This light is designed to work better when it comes in contact with other sources of light.

Therefore, know when we come together we are “amping” our faith, but we are also revving up our electrical capabilities and the power to do so. An old gnostic verse states, “one is a thousand, two ten thousand...” (Maybe they were talking about kilowatts...)

So the next time you find light bulbs blowing out, computers acting oddly, or the vacuum taking on a life of its own, know that you are an electrical being, you are, as Katie Perry sings, a "Firework." You are not demonstrating bad luck, you are demonstrating the power within you. The power to create change, create miracles, and create what you need in your life. So keep shining your light. Keep harnessing that power.

**About Jamie Linn Saloff:** Jamie Linn Saloff: Author, teacher, story weaver, spiritual counselor, seer of visions, pathfinder. For over thirty years Jamie has taught type-A driven free spirits how to be happy, healthy, and wealthy by listening to their body groan and their soul weep.

Jamie's website: <https://www.marvelousmessages.com/>

### Interview with Jamie



**Link:** <https://www.youtube.com/watch?v=eVAUTfYof8s>

## Tea Leaf Reading: Predicting The Future One Sip At A Time By Carmel Brulez



Discover the ancient art of tea leaf reading with this beginner's guide. Unveiling the Mysteries takes you on a journey into the fascinating world of divination through tea leaves. Learn the history, symbolism, and techniques behind this mystical practice. From selecting the right tea leaves to interpreting the patterns and symbols they form, this article provides a comprehensive introduction to tea leaf reading. Unlock the secrets of the leaves and embark on a captivating exploration of the unknown.

### Introduction

Tea leaf reading, also known as tasseography, is an ancient divination practice that has captivated people for centuries. This mystical art involves interpreting patterns formed by tea leaves at the bottom of a cup to gain insights into the past, present, and future. Whether you are a skeptic or a believer, delving into the world of tea leaf reading can be a fascinating journey of self-discovery and intuition. In this beginner's guide, we will explore the history, techniques, and symbolism behind tea leaf reading, allowing you to unlock the secrets hidden within your teacup. So, grab a cup of your favorite brew and prepare to embark on a mystical adventure as we unveil the mysteries of tea leaf reading.

### History of Tea Leaf Reading

Tea leaf reading, also known as tasseography, is an ancient divination practice that involves interpreting patterns formed by tea leaves in a cup. This mystical art has a rich history that dates back centuries.

### Origins in Ancient China

Tea leaf reading is believed to have originated in ancient China during the Tang Dynasty (618-907 AD). Tea was highly valued in Chinese culture, not only for its medicinal properties but also for its spiritual significance. It was during this time that the practice of tea leaf reading began to emerge.

### Spread to the Middle East and Europe

As tea became more popular, the practice of tea leaf reading spread to other parts of the world. It is said to have reached the Middle East through trade routes, where it became known as "tasseography." The Middle Eastern cultures embraced this form of divination and developed their own unique methods of

interpretation.

In the 17th century, tea was introduced to Europe, and with it came the art of tea leaf reading. It quickly gained popularity among the upper classes, who saw it as a form of entertainment and a way to gain insight into their futures.

### **Victorian Era and the Golden Age of Tea Leaf Reading**

Tea leaf reading reached its peak during the Victorian era (1837-1901) in England. It became a fashionable pastime for both men and women, and tea parlors dedicated to the practice began to emerge. These tea parlors provided a cozy and intimate setting for individuals to have their fortunes told through tea leaves.

During this time, tea leaf reading became more structured and standardized. Symbol dictionaries were created, outlining the meanings behind various shapes and patterns that could be found in the tea leaves. This allowed for a more consistent interpretation of the symbols and enhanced the accuracy of the readings.

### **Modern Revival and Popularity**

Although tea leaf reading experienced a decline in popularity in the early 20th century, it has seen a revival in recent years. With the growing interest in spirituality and alternative forms of divination, tea leaf reading has once again captured the fascination of many.

Today, tea leaf reading is practiced by individuals all over the world. It has evolved to incorporate various tea traditions and cultural influences, making it a diverse and dynamic form of divination.

Tea leaf reading continues to be cherished for its ability to provide guidance, insight, and a deeper connection to the spiritual realm. Whether it is seen as a mystical art or simply a fun activity, the history of tea leaf reading remains an intriguing testament to humanity's enduring fascination with the unknown.

## **Tools and Materials Needed for Tea Leaf Reading**

### **Tea Leaves**

The most essential tool for tea leaf reading is, of course, the tea leaves themselves. Loose leaf tea is preferred over tea bags, as it allows for a more accurate and detailed reading. Different types of tea can be used, such as black tea, green tea, or herbal tea, depending on personal preference and the desired energy or symbolism associated with each type.

### **Teapot or Teacup**

A teapot or teacup is necessary for brewing the tea. It is recommended to use a teapot with a built-in strainer or a separate tea strainer to prevent the leaves from ending up in the cup. Alternatively, a teacup with a lid can be used to brew the tea and then poured into another cup for drinking, leaving the leaves behind.

### **Hot Water**

Boiling water is needed to steep the tea leaves. It is important to use water that is at the appropriate temperature for the type of tea being used. Different teas require different water temperatures to bring out their flavors and properties fully.

### **Saucer or Small Plate**



A saucer or small plate is used to cover the teacup during the brewing process. This allows the tea leaves to settle at the bottom of the cup, making it easier to read the patterns and symbols left behind.

### **Teaspoon**

A teaspoon is used to measure the appropriate amount of tea leaves for brewing. It is important to use the recommended amount of tea to ensure a flavorful and accurate reading.

### **Napkin or Cloth**

Having a napkin or cloth on hand is useful for wiping any spills or drips that may occur during the tea leaf reading process. It helps to keep the reading area clean and tidy.

### **Notebook and Pen**

Keeping a notebook and pen nearby is essential for recording the interpretations and symbols observed during tea leaf readings. This allows for future reference and comparison, aiding in the development of one's tea leaf reading skills.

### **Candle or Natural Light Source**

A candle or natural light source, such as a window, is beneficial for creating a calm and focused atmosphere during tea leaf reading sessions. Adequate lighting helps to clearly see the patterns and symbols formed by the tea leaves in the cup.

### **Optional: Symbol Dictionary or Guidebook**

For beginners, having a symbol dictionary or guidebook specifically designed for tea leaf reading can be helpful. These resources provide interpretations and meanings for various symbols that may appear in the tea leaves, assisting in the interpretation process.

Remember, while these tools and materials are important for tea leaf reading, the most crucial aspect is developing one's intuition and connection with the tea leaves. With practice and an open mind, anyone can begin to unravel the mysteries hidden within the patterns and symbols left behind in a cup of tea.

### **The Art of Making Tea for Reading**

To properly engage in the art of tea leaf reading, it is essential to prepare the tea in a specific manner. The process of making tea for reading involves several key steps that contribute to the overall experience and accuracy of the reading.

#### **Choosing the Tea Leaves**

The first step in making tea for reading is selecting the appropriate tea leaves. It is recommended to use loose tea leaves rather than tea bags, as loose leaves provide a more authentic and nuanced reading. Opt for high-quality tea leaves, such as black tea or green tea, as they tend to yield clearer and more distinct patterns in the cup.

#### **Preparing the Teapot**

Before brewing the tea, it is crucial to ensure that the teapot is clean and free from any residual flavors. Rinse the teapot with hot water to warm it up and remove any impurities. This step helps to enhance the flavor and aroma of the tea, creating a more enjoyable experience.

#### **Measuring the Tea**

The next step involves measuring the appropriate amount of tea leaves for the desired strength of the brew. Generally, one teaspoon of loose tea leaves per cup of water is a good starting point. However,

personal preferences may vary, so feel free to adjust the amount according to taste.

### **Boiling the Water**

To achieve the optimal flavor and infusion, it is essential to use fresh, filtered water. Bring the water to a rolling boil, ensuring it reaches the appropriate temperature for the type of tea being used. Different teas require different water temperatures, so refer to the specific instructions for the tea you have chosen.

### **Brewing the Tea**

Once the water has reached the desired temperature, carefully pour it over the tea leaves in the teapot. Allow the tea to steep for the recommended time, usually between two to five minutes, depending on the type of tea. Steeping the tea for too long may result in a bitter taste, while steeping it for too short a time may yield a weak flavor.

### **Straining the Tea**

After the tea has finished steeping, it is time to strain the leaves. Using a fine-mesh strainer or a tea infuser, pour the brewed tea into the cup, ensuring that no leaves or debris make their way into the cup. This step ensures a clear and unobstructed view of the tea leaves during the reading.

### **Serving the Tea**

When serving the tea for reading, it is customary to use a plain, white cup without any patterns or designs. This allows for a more accurate interpretation of the tea leaves' patterns and symbols. Additionally, it is important to handle the cup with care to avoid disturbing the settled leaves.

By following these steps, you can create a conducive environment for tea leaf reading and enhance the overall experience. The art of making tea for reading is not only about the physical preparation but also about setting the intention and creating a serene atmosphere that allows for a deeper connection with the tea leaves and their messages.

### **How to Interpret Tea Leaves**

Tea leaf reading, also known as tasseography, is an ancient divination practice that involves interpreting patterns formed by tea leaves at the bottom of a cup. While it may seem mysterious, anyone can learn to interpret tea leaves with practice and an open mind. Here are the steps to effectively interpret tea leaves:

#### **Step 1: Preparation**

To begin, you will need a cup, loose tea leaves, and hot water. Choose a cup with a wide rim and a plain interior to make it easier to see the patterns. Use loose tea leaves rather than tea bags, as they provide more intricate shapes and patterns. Once you have your materials ready, follow these steps:

**Pour boiling water into the cup to warm it up.**

**Add a teaspoon of loose tea leaves to the cup.**

**Pour hot water over the leaves and let it steep for a few minutes.**

**Hold the cup in your hands and focus your energy on the question or area of your life you want guidance on.**

#### **Step 2: Drinking and Swirling**

After the tea has steeped, it's time to drink the tea while leaving a small amount of liquid in the cup. As you drink, keep your mind clear and focused on your question or intention. Once you have finished drinking, hold the cup with your non-dominant hand and swirl it gently three times in a clockwise direction. This swirling motion helps distribute the tea leaves evenly around the cup.

### **Step 3: Draining and Observing**

Next, carefully turn the cup upside down onto a saucer or plate, allowing the excess liquid to drain away. Take a moment to observe the remaining tea leaves stuck to the sides and bottom of the cup. These leaves will form unique patterns that hold symbolic meanings.

### **Step 4: Interpretation**

Interpreting the tea leaves requires intuition and an understanding of common symbols and their meanings. Here are some key elements to consider when interpreting the patterns:

**Shapes and Symbols:** Look for recognizable shapes or symbols in the tea leaves, such as animals, objects, or letters. Each symbol may have different interpretations based on cultural or personal associations.

**Placement:** Pay attention to where the symbols are located within the cup. Symbols near the rim may represent future events, while those closer to the bottom may indicate past or present situations.

**Lines and Patterns:** Examine the lines and patterns formed by the tea leaves. Straight lines may suggest stability or progress, while wavy or intersecting lines could indicate challenges or changes.

**Colors:** Take note of any colors present in the tea leaves. Different colors may evoke specific emotions or represent different aspects of life. For example, green may symbolize growth and abundance, while red may signify passion or energy.

**Intuition:** Trust your intuition and personal connection to the symbols. Your own feelings and impressions are valuable in interpreting the tea leaves.

### **Step 5: Recording and Reflecting**

After interpreting the tea leaves, it is helpful to record your observations and interpretations in a journal or notebook. This allows you to track patterns over time and reflect on the accuracy of your interpretations. Remember that tea leaf reading is a personal practice, and the meanings you derive from the symbols may vary from others.

By following these steps and practicing regularly, you can develop your skills in interpreting tea leaves and gain insights into your life's questions and concerns. Enjoy the journey of unraveling the mysteries hidden within the delicate patterns of tea leaves.

### **Common Symbols and Meanings in Tea Leaf Reading**

Tea leaf reading, also known as tasseography, is an ancient divination practice that involves interpreting patterns formed by tea leaves in a cup. These patterns are believed to hold symbolic meanings that can provide insights into a person's past, present, and future. While the interpretation of symbols can vary depending on the reader and their cultural background, there are some common symbols and meanings that frequently appear in tea leaf readings.

#### **Animals**

Animals often appear as symbols in tea leaf readings, each carrying its own significance.

For example:

- **Bird:** A bird symbolizes freedom, good news, and opportunities. It can also represent communication and messages from the spiritual realm.
- **Cat:** A cat is associated with intuition, mystery, and independence. It may indicate that secrets or hidden knowledge will be revealed.

- **Dog:** A dog represents loyalty, companionship, and protection. It can signify the presence of a trustworthy friend or the need for support.
- **Fish:** Fish symbolize abundance, prosperity, and fertility. They may indicate financial gains or the fulfillment of desires.

### **Objects**

Various objects can appear in tea leaf readings, each carrying its own symbolic meaning. Some common object symbols include:

- **Key:** A key symbolizes opportunities, solutions, and unlocking potential. It may suggest that important doors will open or that answers to questions will be revealed.
- **Clock:** A clock represents the passage of time and can indicate the need to make decisions or take action promptly. It may also suggest a sense of urgency or the importance of managing time wisely.
- **Heart:** A heart symbolizes love, affection, and emotional connections. It may indicate the presence of a romantic relationship or the need to nurture existing relationships.
- **Book:** A book represents knowledge, learning, and wisdom. It may suggest the need for further education or the discovery of hidden information.

### **Shapes and Patterns**

The shapes and patterns formed by tea leaves can also hold symbolic meanings. Some common shape and pattern symbols include:

- **Circle:** A circle symbolizes unity, wholeness, and completion. It may suggest harmony, balance, or the cyclical nature of life.
- **Triangle:** A triangle represents change, growth, and ambition. It may indicate the need to take risks or embrace new opportunities.
- **Spiral:** A spiral symbolizes personal transformation, spiritual growth, and evolution. It may suggest that a period of change or self-discovery is approaching.
- **Cross:** A cross represents protection, guidance, and spiritual connection. It may indicate the presence of divine intervention or the need for faith during challenging times.

### **Numbers**

Numbers can also hold significance in tea leaf readings. Some common number symbols include:

- **One:** One symbolizes individuality, independence, and new beginnings. It may suggest the start of a new chapter or the need for self-reflection.
- **Three:** Three represents creativity, communication, and collaboration. It may indicate the presence of a supportive community or the need to express oneself creatively.
- **Seven:** Seven symbolizes spirituality, intuition, and inner wisdom. It may suggest the need for introspection or the presence of divine guidance.
- **Nine:** Nine represents completion, fulfillment, and spiritual enlightenment. It may indicate the successful conclusion of a project or the attainment of personal goals.

By familiarizing yourself with these common symbols and their meanings, you can begin to interpret the patterns and messages revealed in your tea leaf readings. Remember that the interpretation of symbols is subjective, and it is essential to trust your intuition and personal connection to the symbols that appear to you.

### **Tips for Beginners**

#### **Choose the Right Tea Leaves**



Selecting the appropriate tea leaves is crucial for a successful tea leaf reading session. Opt for loose-leaf teas rather than tea bags, as they provide clearer and more distinct symbols. Additionally, consider using black tea or green tea, as they are commonly used for this practice.

### **Prepare the Tea Properly**

To ensure accurate readings, it is important to prepare the tea correctly. Begin by boiling fresh water and allowing it to cool slightly. Then, place the tea leaves in a teapot or cup and pour the hot water over them. Allow the tea to steep for a few minutes before straining it into a separate cup, leaving behind the leaves.

### **Focus on Your Intention**

Before starting the reading, take a moment to set your intention and focus your energy. Clear your mind of any distractions and concentrate on the purpose of the reading. This will help create a stronger connection between you and the tea leaves, enhancing the accuracy of the symbols and messages they reveal.

### **Use a White or Light-Colored Cup**

When conducting a tea leaf reading, it is recommended to use a white or light-colored cup. This allows for better visibility of the tea leaves and their patterns. Dark-colored cups may make it more challenging to interpret the symbols accurately.

### **Trust Your Intuition**

While there are traditional interpretations for various symbols in tea leaf reading, it is important to trust your intuition and personal connection with the symbols. Each individual may have unique interpretations based on their own experiences and beliefs. Pay attention to your gut feelings and let your intuition guide you in deciphering the messages within the tea leaves.

### **Practice Patience and Persistence**

Tea leaf reading is a skill that requires practice and patience. It may take time to become proficient in interpreting the symbols and understanding their meanings. Don't get discouraged if your initial readings seem unclear or confusing. Keep practicing regularly, and over time, you will develop a deeper understanding of the tea leaf reading process.

### **Keep a Journal**

Maintaining a journal of your tea leaf readings can be immensely helpful for tracking your progress and improving your skills. Record the symbols you encounter, your interpretations, and any insights or messages you receive during the readings. This will allow you to reflect on your experiences and identify patterns or recurring symbols, aiding in your development as a tea leaf reader.

### **Seek Guidance and Learn from Others**

Don't hesitate to seek guidance from experienced tea leaf readers or join communities and forums dedicated to this practice. Engaging with others who share your interest can provide valuable insights, tips, and support. Learning from their experiences and sharing your own can enhance your understanding of tea leaf reading and help you grow as a beginner. And, of course, you might want to be more laid back about this and consult a tea leaf reader rather than do it yourself. You should be able to find a good psychic clairvoyant medium who lives near-ish to you who can do this but if you cannot go online and look up websites that advertise these services, a good psychic medium and clairvoyant can do this from a distance and does not need to meet you. You can also go to someone who advertises that they are a clairvoyant psychic offering scrying.

## **Conclusion**

**Tea leaf reading, also known as tasseography, is an ancient practice that has captivated people for centuries. Throughout history, it has been used as a tool for divination and self-reflection, offering insights into the past, present, and future. By examining the patterns and symbols formed by tea leaves in a cup, individuals can unlock the mysteries hidden within.**

**Understanding the history of tea leaf reading provides a deeper appreciation for this mystical art. From its origins in ancient China to its spread across different cultures, tea leaf reading has evolved and adapted over time. The tools and materials needed for this practice are simple yet essential, including a teacup, loose tea leaves, and a willingness to explore the unknown.**

**The art of making tea for reading is a crucial step in the process. The intention and focus put into brewing the tea sets the stage for a meaningful reading. By following specific techniques and rituals, such as using a white or light-colored cup and infusing the leaves with positive energy, the tea becomes a conduit for messages from the universe.**

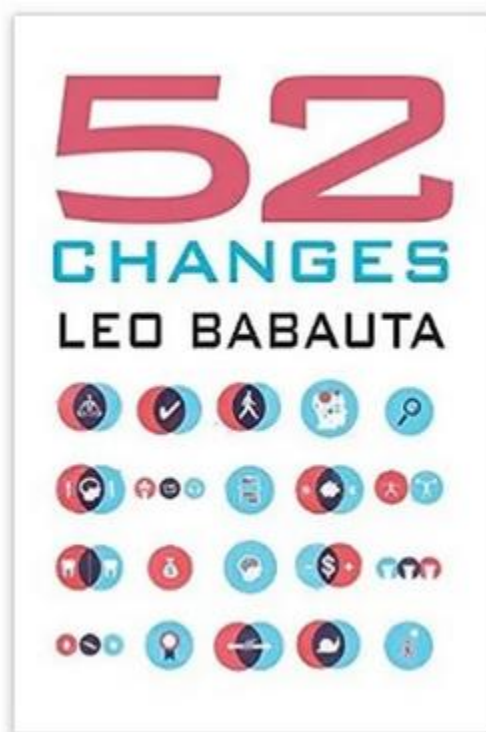
**Interpreting tea leaves requires a keen eye and an open mind. Each symbol and pattern holds significance, and understanding their meanings is key to unraveling the messages they convey. While there are common symbols in tea leaf reading, it is important to remember that personal intuition and context play a role in interpretation. With practice and patience, beginners can develop their own unique understanding of the tea leaves' language.**

**For those starting their journey into tea leaf reading, it is helpful to be aware of common symbols and their associated meanings. From hearts representing love and relationships to birds symbolizing freedom and opportunities, these symbols provide a foundation for interpretation. However, it is essential to trust one's intuition and allow personal experiences and emotions to guide the reading.**

**As with any new skill, beginners can benefit from a few tips to enhance their tea leaf reading practice. Creating a calm and focused environment, keeping a journal to track patterns and interpretations, and seeking guidance from experienced practitioners are all valuable strategies. Embracing the process and allowing oneself to explore the mysteries of tea leaf reading with curiosity and an open mind will lead to a deeper connection with this ancient art.**

**In conclusion, tea leaf reading is a fascinating and enriching practice that invites individuals to tap into their intuition and explore the hidden realms of the subconscious. By delving into the history, understanding the tools and techniques, and interpreting the symbols, beginners can embark on a journey of self-discovery and spiritual growth. So, grab a cup of tea, let the leaves settle, and unveil the mysteries that await within.**

## How To Create, When You're Feeling Overwhelmed By Leo Babauta



**Our days can be overwhelming, and because of this, many people put off their creative work — it just doesn't feel possible.**

**If you're in this camp, one or more of these will sound familiar to you:  
I'm too busy right now, I can always do (insert creative work here) later**

- **Things have to be just right before I can do (creative work)**
- **When things are settled, that's when I'll start**
- **I need to clear out my desk, my office, my life before I can start**

**Of course, the time never comes when you're feeling settled, when you're not busy or stressed or overwhelmed, when your life is cleared out and things are just right. So there's always a reason to put off the creative work. Conditions are never perfect.**

**So the opportunity is to work with the conditions just as they are. So that you can create no matter what the conditions around you.**

**Let's talk about how to do that.**

### **How to Create Despite Overwhelm**

**The first thing is to notice that you're feeling busy, stressed, overwhelmed, etc. What does it feel like in your body? Can you bring some breath, presence, or love to help calm it down?**

**Once you've gotten present to the stress in your body, then decide if you'd like to take responsibility for creating what you want to create in your life. Are you up for choosing into something new?**

**If you are ... then create the space. You can create it right now, or block off some time for later. What do you need to do to create the space? Set things aside, clear off your desk, close apps, play some music?**

**Now that you've created the space, see if you can calm down your nervous system some more. Breathe. Sit in stillness for a minute.**

**Now take a single step: one brush stroke, one sentence, one note on the instrument. Notice that you can take that one small step in the midst of chaos — that means you can take another. And possibly another!**

**And soon you are proving your old narrative wrong — you can create even when you're overwhelmed.**

## **How to Practice**

**I suggest a daily practice — possibly every weekday, or several times a week. Something that's regular and more frequent than once a week.**

**Commit yourself to creating something specific — writing blog posts or a book, painting, sketching, making music, making videos, writing a research report, making a marketing campaign, etc.**

**It also helps to commit to sharing it with someone — an accountability partner, a group of beta readers, an audience for your work. This will call you forward when you're feeling resistance.**

**Create the space — every morning as I'm having coffee, every evening after I close out my work day, every day at lunch, etc. Block it off on your calendar, clear out distractions as much as you're able to. It doesn't have to be perfect.**

**Then practice as described above — show up and start creating despite your overwhelm and chaos.**

**Notice when you get pulled away by distraction, or shut down by overwhelm or not knowing. Just notice, no need for harshness. Breathe, and come back. Over and over.**

**Create a new story for yourself — a powerful one where you can show up for yourself and your art in the midst of a storm.**

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

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



## Leo's Video



Link: <https://www.youtube.com/watch?v=Xm8MiogcwDo>

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## Poetry By Carolyn Chilton Casas

### Yearning

*"Did you then have your life?" the black crow will ask.*  
"Each We Call Fate" by Jane Hirshfield

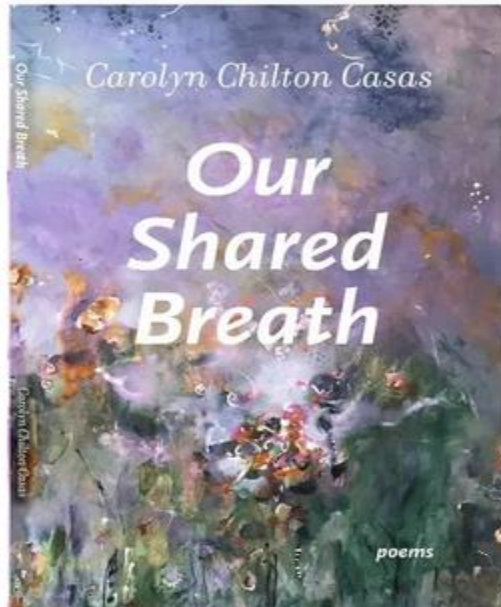
*When it's over, I don't want to wonder  
if I made of my life something particular, and real.  
I don't want to end up simply having visited this world.*  
"When Death Comes" by Mary Oliver

On an Instagram post,  
I watch the video of a young couple,  
maybe in their late thirties,  
celebrating the renewal of their vows.  
The husband is dying.  
You can see it in his gaunt face,  
the patch over one eye,  
the looseness of his clothes.

At the video's end,  
these startling words—  
*We cherished the hell  
out of the time we had.*  
Their awareness rings a bell  
in my core, reminding me  
of the overriding philosophy  
I have chosen for living.

The desire that drives me,  
the one that has the deciding vote  
on every choice I make,  
is the yearning to be able to say  
at *my* life's end—  
Yes! I really did cherish the heck  
out of the time I had here!  
It's what pushes me out  
of my comfort  
and into the staggering unknown.

~By Carolyn Chilton Casas



About Carolyn: Carolyn Chilton Casas is a Reiki master and teacher whose favorite themes to write about are nature, mindfulness, and ways to heal. Her articles and poems have appeared in Braided Way, Energy, Grateful Living, Reiki News Magazine, and in other publications. You can read more of Carolyn's work on Facebook or Instagram, and in her collection of poems, *Our Shared Breath*, as well as in a forthcoming collection, *Under the Same Sky*.

### Interview with Carolyn



Link: <https://www.youtube.com/watch?v=7s5LCnNtff4&t=28s>

## 10 Tips to Feng Shui Your Office & Boost Your Prosperity By Vicky White



**Feng Shui (fung-shway) is the study of arranging your environment to enhance your life. Every minute of every day your environment is either supporting you or draining you. Feng Shui teaches you to join forces with your environment to make living your best life effortless.**

**Not only does your environment reflect your consciousness, but also the flow of energy in your home and workplace determines the overall quality of your life and its outcome.**

**By balancing the energy in your environment, your own energy will be in harmony, and you will draw to you, people and opportunities that reflect this balance. Your environment indirectly determines the type of relationships, finances, career opportunities, etc you attract.**

**Because we spend so much time in our workplaces, these spaces have a huge influence in our lives. These feng shui enhancements will support you in creating prosperity and balance in your work.**

### **1.CLEAR THE CLUTTER IN YOUR OFFICE**

**Clutter is anything unfinished, unused, unresolved, tolerated or disorganized. When you clear your clutter you create space for new things and your energy and creativity will increase.**

**Clutter is like emotional constipation - it bogs you down. Filing cabinets need to be regularly purged and desktops kept clutter free.**

### **2.PLACE YOUR DESK IN THE ‘POWER’ POSITION**

**The ideal placement for your computer and desk is in a position that allows you to see the door of your office. If this is not possible, you can restore good Feng Shui by arranging a mirror that gives you a clear view of the door. A small convex mirror designed for use on car side mirrors can be purchased and stuck to the edge of your computer. cost – about \$3.00.**

### **3.MAKE SURE EVERYTHING AT YOUR DESK ALLOWS YOU TO BE COMFORTABLE**

A good combination glare screen/radiation filter to prevent headaches and eyestrain, a comfortable chair that doesn't squeak, comfortable keyboard and arm position, a mouse that fits your hand etc. Anything that causes you discomfort will drain your energy.

**4.KEEP YOUR COMPUTER CLUTTER-FREE** How is your Inbox? If you see hundreds of emails when you open your Inbox you will feel overwhelmed. Create Folders to file emails you want to refer to. Go through your folders regularly to delete emails no longer needed. Once a week empty your Delete folder. Is your Desktop full of shortcuts to programs from a past life? Do you have programs on your computer you never use? Computers are great clutter collectors, and like us, they work better if we keep them de-cluttered.

**5.ENHANCE YOUR PROSPERITY CORNER** As you enter the door of your office, the far left hand corner is your Wealth and Prosperity corner. What do you have there? Clutter here will definitely be affecting your prosperity.

This would be a good place for a small tabletop fountain, a valuable item or even an affirmation. Blues, purples and reds are the colors of prosperity. Can you include these colors in something that makes you feel prosperous?

**6.CREATE A NOURISHING VIEW** What do you see when you look up from your desk? If you see a brick wall, this could explain why you feel stuck! Paint the wall a color you love, hang a favorite painting or poster. Make sure what you see as you are thinking, uplifts you and nourishes your creativity.

**7.CLEAN YOUR WINDOWS, DUST AND VACUUM** What do you see when you look out your window? Do you look at the world through a murky lens? Regularly cleaning your office, and emptying garbage bins daily will keep the energy fresh.

**8. BUY A HEALTHY PLANT** A plant will bring life into your workspace and will also absorb toxins in the air.

**9.SEPARATE YOUR WORKSPACE** If you must have your workspace in your bedroom, try to partition it off with a screen. Work and sleep are two conflicting energies and having a relaxing sleep will enhance your work time.

**10. REPAIR OR REPLACE BROKEN OBJECTS** Anything that isn't working represents a block to the flow of energy. For example, light bulbs, clocks, doors that don't open smoothly – why risk not being at your best?

By consciously creating your environment, your environment will in turn create a quality of life to support you in reaching your potential. Feng Shui has a powerful effect in your life and you can use these enhancements to create a flow of prosperity, energy and creativity in your work life.

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About Vicky White: Vicky White is a Certified Feng Shui Consultant and Life Coach who works with clients both locally and internationally.

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## 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.**

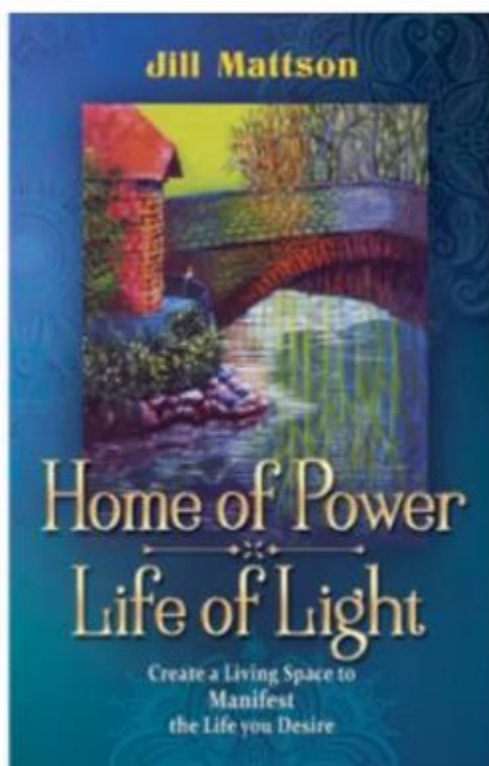
## Sandra's Video



**Link:** <https://www.youtube.com/watch?v=MSTYwquoL2I>

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## Ancient Hindu Music By Jill Mattson



There are no living masters performing ancient healing music, except a few using the ancient Hindu musical system. These musicians allow us to walk through a doorway to experience this incredible musical and magical past. I have been honored to meet two of these world-renowned masters, Sri Swamiji and Ali Akbar Khan. [1]

Sri Ganapathy Sachchidananda Swamiji, or simply Sri Swamiji, of India uses music to heal the body and advance the progress of the soul. He is renowned by millions for his uplifting music and high level of consciousness. He is a supreme channel of divine energy that comes in the most beneficial form for the audience.

Many Indians believe that musicians are mere vehicles that receive divine energy flowing down from the heavens. Forces flowing into the master musician influence his performance and subtly massage the listener with beneficial energy transmissions. Absorbing music can be a sublime path to enlightenment. Music has been touted to be "the easiest way to attain salvation" and points to an intimate relationship between music and the heavens. To underscore this point ancient sages said, "God is nothing but personified music."

Swamiji tells us, "Naadopaasana (worship of Sound) is a great spiritual science. Our scriptures declare Naada (sound) as Naada Brahma, meaning that Sound is the Supreme Power. When devotedly meditating on Sound the doors of the divine open and help the aspirant merge and be one with the Supreme Lord." [1] "There is an intimate relationship between music and God, but this relationship is established only when 'Naada' (sound) is approached with reverence and devotion." [2]

Swamiji's musical compositions are rooted in the ancient Raga Ragini Vidya and yet are on the cutting edge of scientific energy medicine. Sri Swamiji incorporates ancient ayurvedic [3] wisdom into the ragas

(songs) while playing an electronic synthesizer. Musicians accompany him on classical Indian instruments.

Swamiji is Hindu, but Hinduism is non-dogmatic and accepts all religions as valid. Sri Swamiji's musical energy transmission helps listeners across backgrounds, cultures and religions. Swamiji describes the openness of music, "Music is no religion, yet it is all religions. It has no caste, no creed and contains no discrimination."

Sri Swamiji sings in Sanskrit, Hindi, Telugu, Kannada and English to as many as fifty thousand people. He has performed at the Lincoln Center, N.Y., Coventry, London and other large venues. Swamiji's music reaches millions globally through daily Indian television, and a large variety of musical tapes, videos, DVDs and CDs.

Sri Swamiji's CDs are beneficial, but live concerts incorporate frequencies adjusted to the time and each audience's needs. Concert attendees receive diverse benefits through uplifting, energizing music such as: physical healing, spiritual guidance and experiences of bliss/divine love.

Swamiji annually tours Canada, and the United States in the late spring/early summer. His schedule is posted at [Dattapeetham.com](http://Dattapeetham.com). You Tube videos are also available, but the music is much stronger in a live concert, as it is tailored to the audience and the time. Swamiji's presence and energy mingles with you at the concert.

I heard Sri Swamiji live in concert several times. Even with high expectations due to my knowledge of ancient musical healing systems, I was not prepared for these extraordinary experiences. At one concert I was mesmerized and quickly fell into a deep trance, becoming immobile. When I "awoke" I felt renewed and refreshed. At another concert I experienced feelings of acupuncture needles in meridian and nadi intersections in my body and the release of negative energy. Purified energy swirled into my body after the purification session. Some of the claims in antiquity seem fairy tale like, but after my experiences with Sri Swamiji's live concerts I realize that music is more powerful than even I imagined.

[1] Dattaretreat: To Follow Him is to Follow His Words! Jan. 17, 2011.

[2] Dattaretreat: To Follow Him is to Follow His Words! Dec. 2, 2011.

[3] Ayurvedic medicine is a native to India yet practiced in other parts of the world as alternative medicine. In Sanskrit, the word ayurveda consists of the words āyus, meaning "longevity," and veda, meaning "related to knowledge" or "science." The earliest literature on Indian medical practice appeared during the Vedic period in India. Ayurvedic practitioners developed medicinal preparations and surgical procedures for the treatment of various ailments and diseases.

[1] Ali Akbar Khan (1922 -2009), was a Hindustani classical musician of the Maihar gharana, known for his virtuosity in playing the sarod. Khan was instrumental in popularizing Indian classical music in the West, both as a performer and as a teacher. He established a music school in Calcutta in 1956, the Ali Akbar College of Music in 1967, located in San Rafael, California and a branch in Basel, Switzerland. Khan composed several classical ragas and film scores. He was a Distinguished Adjunct Professor of Music at the University of California, Santa Cruz. Trained as a musician and instrumentalist by his father, Allauddin Khan, Khan first came to America in 1955. Khan was nominated for five Grammy Awards and received India's second highest civilian honor, the Padma Vibhushan. He has also won a MacArthur Fellowship and the National Endowment for the Arts' National Heritage Fellowship.

About Jill Mattson: My personal interests in Sound Healing, helping people and expanding consciousness were the result of my lifelong love affair with music, coupled with my personal spiritual quest, which I started in earnest about 40 years ago. I was drawn to the study of antiquity; specifically, I extensively

examined methods employing Sound Healing and music to alter and improve mind, body, emotions, energy and spiritual aspects of practitioners' lives. I collected voluminous materials on Sound Healing over many years. This prompted me to write my first book on the field of Sound Healing where I interview leading researchers and scientists in the discipline. Concurrent with my research, I began producing my own Sound Healing recordings. In the early 2000's I built a studio in my home to record my own compositions. I blend my original music with ancient techniques and embed special sounds in the tracks. The end result is pleasing and beneficial on multiple levels. Many people enjoy the music as a normal listening experience; more significantly, other people have been able to reach new levels of consciousness, peace and wellness by focused listening to my compositions.

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

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

### Interview with Jill



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



**Jill's Art & Music**



Go to Jill's Website to see her art [www.jillswingsoflight.com](http://www.jillswingsoflight.com)



Go to Jill's website to view her music [www.jillswingsoflight.com](http://www.jillswingsoflight.com)

## Tarot Tendencies for January By Doreen Scanlan



Instead of just looking at January we are going to look at the wheel of the year. If you look at this like a clock , the months will coordinate with numbers. Each month will be just a snippet of what to look for throughout the year.

- **January:** Don't be afraid to stand in your truth especially when it comes to making changes starting in January. Having a strong conviction will make the success of the change more likely to succeed.

- **February:** As you move towards personal growth you may find that others are resentful that you are leaving them behind vibrationally. Don't let this stop you from moving forward. It is your time.
- **March:** Your sense of purpose is much stronger now. Step into your personal power.
- **April:** This is the month to step out of any negative emotions that you still carry. Things like guilt, shame and resentment have no place where your path is taking you. If you don't release them willingly you may find yourself in a Universal whirlwind to wake you up to the better way.
- **May:** Time to further your career goals. Focus in on your strongest skills and feature them. If you have to do it outside of your current occupation that is okay too.
- **June** is the time to reflect on childhood dreams and remember how they used to make you feel . It may be too late to redirect your course but you can still strive for the feelings that those dreams invoked and find them in your world now. But maybe you can actually achieve the original goal. Keep those dreams alive.
- **July:** t is time to expand. Do you need or want to learn something new? There are more opportunities for you but you have to reach for them. They are just outside your reach.
- **August** is a great month to dig a little deeper into your spiritual practices. As you do you may find that your beliefs have evolved some. Good time for a check in.
- **September:** That same self empowerment energy that you started the year out with gets challenged . You may need to take a step back and make sure you are still staying the course.
- **October:** This is the month to collaborate with others to accomplish a goal. Everyone brings a special talent and working together makes things much more smoothly.
- **November:** Of the year this is the most challenging month for some. You may find that you are on alert more than you would like. If you prepare yourself before entering the world each day it has much less chance of throwing you off.
- **December:** Make plans to gather with friends and family throughout the month not just for the holidays. Find the value in true friendship. The ones that want to be with you not just because of holiday obligation.

**Theme of the year:** this is a great year to take great journeys on your path and find ways to express your ascending self. You might want to save this so you can check in throughout the year. Happy New Year.

**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.



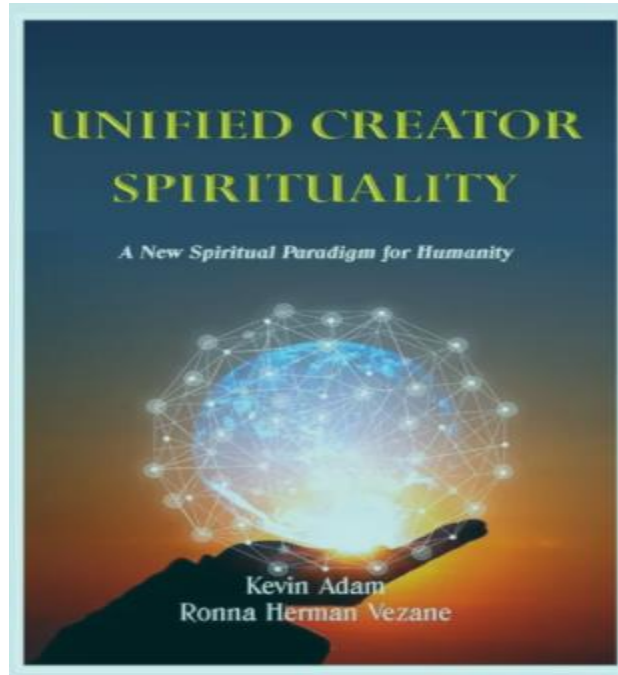
Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to provide a general monthly forecast to help everyone understand the tone of the month. If you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

### Interview with Doreen



Link: <https://youtu.be/ILT-0PvKbcw>

## The Path Of Initiation By Ronna Vezane



**Beloved Masters: Shall we gaze into the future —your future— and see what is in store for you over these coming months and years? These are the most important times you will ever spend on planet Earth. The decisions you make now, or the energies you radiate out from you to create the force field within which you live, will determine your reality and how quickly you will move deeper and more fully into the energies of the New Age. It is time to decide whether you will move forward on the spiral of ascension through the gift of the life process or through the old energies of the death process.**

**You are reversing the process that you initiated thousands and thousands of years ago, as you descended into the realm of materiality and began the process of building a temple of flesh to contain your precious gift of life, your Spark of Divine consciousness — your Spirit Self. You are in the process of finding your way back to the “LOVE OF THE SACRED HEART,” which is unconditional love. Love with conditions became the norm as humanity sank into the density, and from these negative thought patterns all other self-limiting concepts sprang forth and became your truth.**

**We will give you ways to monitor your thoughts and still the mind in order to reprogram your sub-conscious and conscious minds with higher wisdom from your Divine Self. We will help you to bring the multiple-minds of your chakra system into balance so that, once again, they are working in harmony, one with another. As you begin to experience peace within the mind, you will begin to experience joy and bliss within the heart, for they are inexorably connected. It is time for you to release all those concepts that do not support your highest, most-empowering vision for the future. Remember, whether you believe it to be so or not, each and every day you are becoming more powerful cocreators.**

**Just as in the drama that is being played out on your planet today, there was a time in your ancient past when you, too, stepped forward, saying, “I am ready to serve.” You left the beauty, safety and comfort of your homeland and journeyed out into the unknown. You spent thousands of years, as you count time, in preparing yourself for your mission, and you were tested over and over again to see if, indeed, you were ready. You took an oath and agreed to allow yourselves to be diminished in Light, wisdom and power to whatever degree was necessary by fragmenting your wondrous Self, over and over again, in order to**



**fulfill your assigned task. Your loved ones wished you well and watched you go with great sadness, but also with pride welling up within, for they knew that you were going forth on a great mission, a mission mandated by our Father/Mother God.**

**It is now time for a spiritual reunion of monumental proportions. The cosmic trumpet call for the battle to end has sounded, and it is time for you to return to your true estate as a full-fledged Emissary of Light for the Creator. A new assignment is being offered to you, an assignment that requires that you reclaim all of that which you left along the way on your descent into the material realm of reality. It is time to recapture the might and majesty of your “True Self.” Come, together we will recapture the glory of those times as you release the ancient core fears and illusions that are holding you back from Self-mastery and your highest potential. I am ever near to guide, guard and protect you. You are loved profoundly, I AM Archangel Michael.**

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**<>THE PATH OF INITIATION <> RONNA / SACRED SCRIBE<>**

**Dearest friends: The first level of initiation takes place when the ego personality merges with the Soul. You must strive to bring your ego-desire body Self into harmony with the Soul. You must endeavor to make your Soul-Self your constant companion as you seek to reestablish your connection with your Higher Self /OverSoul. You will gradually begin the process of realigning your multiple levels of reality so that you know, without a doubt, that you are a Spark of our Father/Mother God and that you have a Divine destiny. Most likely, at this time, you will not be in direct communion with your Higher Self; this will happen later.**

**After a period of time, you will be drawn to a teacher or a guide. This may also be through organized religion or some group of students on the Path in the early stages of awakening. You most likely will follow others ahead of you on the Path, and you may even give up some of your power and venerate them. One day, you will understand that this is not the appropriate path to Self-mastery, and you will begin to seek your own truth from many different sources. It is proper to listen to others and learn from them; however, you must always validate your own truth from within.**

**You may become enamored with some of the glamor’s on the Path; which means undue emphasis and desire for wealth, power, possessions or special relationships, which can be detrimental to your spiritual growth. We have access to the universal flow of Divine substance, and we need to be aware that an unlimited supply of abundance is ours for the asking; however, we must develop the right frame of mind and a sense of worthiness. We must understand that wealth is our Divine birthright; however, it is on loan to us. We must hold the gifts of Spirit lightly, allowing the frequencies of abundance to flow through us, taking what we need, and then allowing the remainder to flow out into the world of substance. This is so we may be filled again and again with Adamantine Particles of Creator Light.**

**There are decisive sub-dimensional bands of energy (density) or frequency patterns of higher consciousness that we will tap into as we lift and refine our personal frequencies. The vibrational patterns of our physical Being and auric field within the third and lower fourth dimensions are called our Energetic Signature. The vibrational patterns consisting of higher frequencies that we incorporate along the upward Path are called our Soul Song. We integrate these vibrational patterns as we become attuned to the more refined levels of our Higher Self. Our thought forms begin to vibrate at a higher frequency rate and our outer world gradually rearranges itself to fit our current picture of reality. This is the appropriate time to begin an interaction with your Higher Self. It is advantageous to begin to visualize and imagine what you wish your personal world to look like and what you desires are for the future. Now**

**is the time to begin to allow yourself to accept and visualize a reality beyond the confines of Earth. You will also begin to break free of the confines and restrictions of mass consciousness belief structure.**

**In our third- / fourth-dimensional reality, we are affected by frequency bands of race karma, country karma, family lineage and personal karma. As you go through the process of breaking agreements, forgiving and being forgiven, as well as severing any energetic cord attachments that you brought forward to resolve, you will accelerate the process of moving beyond all the karmic debts of the past. Your refined frequencies will lift you above the vibrational bands of chaos, conflict and scarcity. These lower frequencies can only affect you if you have compatible frequencies patterns within. That is why we have often been told, “Stay centered within your Sacred Heart as you radiate the frequencies of unconditional love out into the world.” This is when you begin to experience a State of Grace.**

**You must develop a strong belief in yourself and in your abilities. You must learn and endeavor to sustain the Universal Laws of Manifestation and abundance. You must learn to distinguish between desires of the ego and the desires of the Soul. The desires of the ego are outward-focused and never satisfied. The desires of the Soul are inward focused and are for our greater good. We have been given explicit directions as how to Live Each Day as a Master, and also how to understand and use the Universal Laws of Abundance.**

**You must become an Initiator of Action and not just a reactor to other people’s actions or to circumstances. Our Sub-universe is an experiment in duality, polarity and opposites. We have been given a opportunity to “play god” by using our free will to create our own version of material reality. Negative actions result in painful and uncomfortable lessons which, hopefully, show us the errors of our ways. An aware person learns through the validity of his/her experiences. Our learned lessons become the wisdom of mastership.**

**You must understand that time is malleable, and you are not limited to a third- / fourth-dimensional reality of structured time or a linear, event-oriented basis of time keeping. Time as we know it has speeded up dramatically over the past twenty years, and it will continue to do so as our frequency patterns accelerate. You have the ability to expand time or contract time, and it is important to learn not to limit your manifestation abilities by placing limits of time or conditions on your visions for the future. When you place a vision or a project on the crystal table in your work pyramid, always ask for, “This or something greater, to be manifested at the appropriate time, for the greatest good of all.”**

**You must be patient with those around you and know that where they are in the awakening process is appropriate for them. You are not responsible for anyone’s spiritual growth but your own. You are to be an example and supportive; however, you are not to force your personal truth or desires on others. The journey of the Soul is a very personal experience and each person must move through the multiple levels of consciousness in their own way and in their own time.**

**You must learn to be comfortable within the silence of Spirit and within the Sanctuary of the Soul. You must experience solitude to discover who you truly are. You are learning that your inner world is even more important than your physical reality. You must turn inward in order to learn how to function from an intuitive level as you strive to upgrade your emotional and mental abilities. It is important that you develop your meditative abilities so that you are comfortable with your own thoughts, and eventually with communications between you, your Soul and Higher Self. There is both active and passive meditation. Active meditation is conveying to your God Self that which you wish to manifest or understand. Passive meditation is stilling the mind so you may hear/receive the answers.**

**As you evolve in consciousness and inner radiance, you will become a person of peaceful, decisive action. You will undergo a personality change over time, as you learn to use the wisdom of your Sacred Mind, filtered through the loving energy of your Sacred Heart. During your sleep time, higher, more refined frequencies of Light will gradually be downloaded into your Etheric Replica which is lying in repose in your personal fifth dimensional pyramid of Light. Over time, all negative, inharmonious frequencies or dark crystal energies will be replaced with more refined, higher vibrational Seed Crystals of Light.**

**Over time, your attitudes, desires, ways of being and interacting with others will change dramatically. Many of the activities or entertainment that you enjoyed in the past will no longer interest you. As you become attuned to the higher-dimensional energies, many of your friends will become uncomfortable around you and you will no longer have anything in common. AA Michael tells us, “You can monitor the level of your frequency patterns by the friends and circumstances that you draw to you. Are your interactions with others mostly kind and mutually satisfying, or are you consistently experiencing conflict and/or stressful situations with those around you?”**

**Gradually, you will withdraw from social situations of lower vibrations. You will become more sensitive to the vibrations and energies around you. You will gain an understanding of how important it is to meet your own needs, and you will value the stability and serenity that you are creating around you. You may become very selective as to which events or interactions within mainstream society you are willing to participate in. Many of you may change jobs or even your vocation as your consciousness is refined and new opportunities are placed before you by your Higher Self and angelic helpers. When you begin to say and truly mean “Thy Will be Done,” you give Spirit permission to intercede for your greatest good, which will always be in alignment with your Divine Blueprint. As you become a living example of a God-inspired Self-master, you will begin to have a beneficial effect on all those around you. You will exude an aura of peace and love as you calmly and diligently strive to stay focused and empowered within your Sacred Heart Center.**

**You will become proficient in living your higher truth as it has been revealed to you. You will exude self-confidence and determination in any situation when your beliefs are based on the wisdom of your Sacred Mind and Heart. As your proficiency increases as a Self-master, you will begin to view challenges and opportunities for growth from the higher vantage point. There will be many opportunities for change and expansion of consciousness on your journey of ascension. There will also be opportunities to strengthen your patience and to accept certain situations as they are presented to you. As we have been instructed, there will be times of great joy and even bliss, and there will still be stressful situations to overcome, as well as times of sadness and uncertainty. However, as we evolve, we will be able to move through these experiences without throwing ourselves too far off center and into a field of negativity.**

**As you progress and move into the vibrational frequencies of the mid-fifth dimension, you will have integrated several Facets of your Higher Self. You will now be in the flow of the River of Light/Life whereby you will have access to a constant flow of Adamantine Particles of Light. By this time, you will feel comfortable in your interactions with your Over-Soul/Higher Self, and perhaps, also with a master teacher or an advanced angelic guide. You will have gained access to an appropriate level of higher wisdom teachings and your higher sensory abilities will become enhanced and grow stronger over time.**

**When the Initiations of FIRE BY FRICTION: FIRE OF BODY <> SOLAR FIRE: FIRE OF SOUL <> ELECTROMAGNETIC FIRE: FIRE OF SPIRIT have been completed, you will understand that mastership is a never-ending process of merging with greater and greater Facets of your God Self. You will be guided to or shown your true mission as a World Server.**

**YOU MUST LEARN TO LIVE PEACEFULLY IN THE MUNDANE WORLD OF THE THIRD / FOURTH DIMENSIONS; HOWEVER, IT IS VITALLY IMPORTANT THAT YOU SURROUND YOURSELF IN AN AURIC FIELD OF HIGHER DIMENSIONAL FREQUENCIES OF YOUR OWN MAKING. THIS IS THE CONCEPT OF “BEING IN THE WORLD BUT NOT OF IT.” YOU MUST LIVE YOUR TRUTH AS IT HAS BEEN REVEALED TO YOU. YOU MUST PRACTICE NON-JUDGMENT AND STRIVE TO INTEGRATE AND RADIATE THE MAXIMUM AMOUNT OF GOD LIGHT THAT YOUR PHYSICAL VESSEL CAN ACCOMMODATE. IF YOU CAN DO THIS, BEYOND QUESTION, YOU WILL HAVE FULFILLED YOUR EARTHLY MISSION. Eternal Love and angel blessings, Ronna**

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

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

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

**Ronna's website: <https://www.starquestmastery.com/>**

**Ronna's Youtube: [www.youtube.com/c/StarQuestmastery](http://www.youtube.com/c/StarQuestmastery)**

## Ronna's Video



Link: <https://www.youtube.com/watch?v=UYHI4dfyDks>

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# Spiritual Dictionary

**Geoff shares his messages with all. As you see below he uses shorthand - Geoff (G) and Sharon (S) meditate daily. Geoff either talks with spirit thru “Instant understanding” or one of the Guides/Teachers takes over and talks through him.**

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**Crystal energies in Earth for Nature and Animals (and humans), and under the ocean bed for Fish and everything there. A regular Guide talks through Geoff**

**So tonight, we are going to talk about crystals.**

**Now all the crystals, according to your culture, have a certain vibration and they are good for specific things. This information again, has been handed down through generations. What do you think happens with the crystals, where do you think they get their energy from and how do they work?**

**S: Earth, because they come from the Earth. And?**

**How is that energy used? Let’s answer the first question. Where do they get their energy from?**

**S: Earth. Because that is where they come from. But once they are out of the Earth, from everything, planets, stars, sun, moon, you name it. Because they channel energy.**

**Yes, there are crystals throughout the Earth’s crust. And they have been formed over millions of years. And the energy that they pick up is from distant different planets. So, planets go into the crystals and there are different types, different colors.**

**So how is the crystal energy used? Why does this one cure this and this one cure that?**

**S: Is it color related?**

**Um, yes, it’s colors that you don’t know of at this stage.**

**S: Yes, but no. lol.**

**Let’s just go back a step. There’s a variety of crystals and we know where the energy comes from. Which was where did you say?**

**S: The planets.**

**Yes. So, are all the planets the same energy?**

**S: No. So specific planets (energies) into specific crystals.**

**Correct. And how does that link up with astrology?**

**S: Which is why they have associated crystals to certain star signs.**

**Ok, now the important part, how are crystals used?**

**S: They are used in healing. People just love them; they are attracted to them. Mmm, how is the energy in a crystal used? What creates that energy? What gets it out into the open?**

**What you need, to draw the energy from crystal is.....?**

**S: Thought. Or touch.**

**Just explain a little more.**

**Imagine a crystal sitting on a rock and you walk past that crystal.**

**S: loving it because it just vibrates that energy. Sunshine, air, everything around it. It just vibrates that energy.**

**There's a little more to it than that. What activates a crystal. We know it stores energy. We know it stores different types of energy. What activates that energy?**

**S: Other energies.**

**You are thinking too hard, it's simpler than you think. How would you use a crystal?**

**S: With intention. Again touch. Holding it.**

**Yes. So, if you hold it, what activates the energy?**

**S: My energy.**

**Yes, so you pick up the energy, knowing that this crystal is good for a specific thing, and as you hold it, that activates the crystal to send that energy where you want it to go. So, you humans, basically, activate all the crystals. Again, we can't activate crystals from here, it has to be through you**

**So now think of some colors of crystals. What crystals would you use for specific types of healing?**

**S: So here we can link them to the chakras. There are the zodiac signs as well. But generally blue stones will work on the throat chakra, communication. Yellow ones for the solar plexus and for emotions and sensing. Green and pink are generally used for the heart chakra. But ya, I would kind of link them to the chakras. Amethyst for the 3rd eye. Then again, some of them have different energies which they can be used specifically for. So although they are color connected, relating to all the chakra's, I know that there**

are specific ones that have specific energies.

What you have developed so far will be the average of what you're told basically ~ is that these specific colours do specific things. What they don't realise is there is a whole variety, if you take an amethyst for example, it's one colour, but if you look at the spectrum of an amethyst, it goes from one extreme to the other. And as you use it, all those colours are available for you to use, not just the one. What do you think of it's just one, and it does just this? But what it actually does is a lot of things on the outside, surrounding that.

**S:** It's the same with all of them, rose quartz as well, all of them, yes.

Now it doesn't matter if you use the wrong crystal for a specific idea. It's a bit like somebody brings you a bunch of flowers and you think you like yellow flowers but there are some red ones there and you like the red ones as well. So when you pick up a crystal, if you use the wrong information, we can change that information, because your thought is the right way. So we will correct that information for you and 99% of the time you simply don't know.

Now people have never needed to learn all this about crystals. But then you look at all the crystals that are surrounding the Earth, in all of the Earth's crust there are crystals from one extreme to the other. And there is a whole variety of different colours, and of course they are all filled with energy from different planets. Now it is all available for use, but nobody is really using it to its true value, to its true extent. You use what you know, that's all.... But you could for instance, with your awareness now of nature, you could look upon an area the size of a huge field, you could visualize all the Crystals below that and then visualize all the different colours and then draw the energy out.

Now that is something you must try, because you are very aware now, you will become even more aware. Now when you are healing big things in nature, this works very, very well because you can draw in a huge amount of energy and send it to a huge area.

Now for individuals, what you will do is, once you start working on that level, you'd imagine this huge number of crystals, there's a field full of crystals with all the different colours, you would bring in all the energy into one being, and put it into one person. So what you are doing is you are refilling them with all the energies that are missing. So for instance when granny was about to pass over, you could have done exactly the same thing. Not that it was necessary then and you did nothing wrong. But that's an idea, an option rather, of what can be done.

Now you will be doing these in future. And these will link up to thought is creation. If I can give you an example, you will be walking along next to a field and the field will be full of horses and the horses don't look too good, and you will think "ah, they should be in better condition"; that simple thought will draw in all that energy and send it to the horses. That is a huge amount of energy. Now, you haven't been able to do that before but now simply having the knowledge that this can be done, it's an automated process in your body and that is exactly what will happen. So now you must understand that when you are walking around anywhere, walking, driving, flying, simply because you are thinking the right way, you are automatically using the process of using all of these crystals and sending it to everybody who needs. Or everybody that you see that needs. So, you can't just blanket a whole country. Good theory but it doesn't work too well.

**S:** Focus the energy.

**Yes. So, you direct energy. Now this is particularly useful for when you pass for instance, a car accident, it's simply a matter of you drive past, and the thought is automatically there. You don't have to stop and think about it. The thought is automatically there. Now, it works mainly on plants, animals and so on. It works on humans of course. But mainly it's to do with nature, healing animals and so on. Nature where it needs more development. A building site for example.**

**S: It's a beautiful energy to play with.**

**It is indeed. Now that energy is mainly to be used for animals and nature and so on. What do you think is at the bottom of the ocean?**

**S: I'm getting sidetracked by coral.**

**Again, let your mind pick it up, it is simpler than you think.**

**So there are crystals under the earth's surface that are used for nature and animals. It can be used on humans. In the ocean there is...**

**S: Also crystals.**

**Yes, that's right, covered in years and years of silt. But with the underwater eruptions, these are brought to the surface and so on, and it does exactly the same thing. Except there is nobody really there to use it. Now that's why you can draw so much energy from the sea, it's been built up over the years but all that energy is there. And you can access it.**

**Now just imagine the size of the ocean. It's a huge solid energy that is there but imagine how much energy is there. Absolutely huge. Now, that looks after fish and coral and all the bits and pieces there. It won't be used for, it won't be used by you, for a long time. But you will find later that it is available for use, and maybe we can show you at a later stage, how it can be used. It gets a little bit more complicated.**

**S: And when people swim in the ocean, so they get that energy as well.**

**Yes, they do. They pick up that energy. A very refreshing energy. They feel invigorated.**

**S: I'm getting a sense that it is only due to crystals that this planet is still alive. Lol.**

**Lol. That seems to be all there is on crystals.**

**About Geoff Hindmarch: I am so lucky. My life has been understanding Spiritualism. My parents and wife were all mediums, my daughter still is. Whenever I tuned in to the other side, there were always Teachers and Guides waiting to show me something new. Sometimes I would travel though different dimensions – often the past and occasionally the future. What I learnt and experienced was beyond my wildest imagination. On this site, you can share these adventures, and you will find them hard to believe. I experienced them and understood them. And with each new adventure I understood that there were fewer and fewer people that I would be able to discuss them with.**

**I met some beautiful souls during this period. When you meet a soul on the other side you have an instant understanding of who they are – but you see and sense right into their inner being and experience the huge amount of love that they have to give – and their willingness to help and teach.**

**It is a very humbling experience.**

**Geoff's website: <https://spiritualdictionary.com/about-us/>**

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## The Divinity Within And The Power Of Love By Nancy Leilah Ward



I have a question about the energy on this planet – there is a destructive energy that keeps repeating over and over again. It’s like we are stuck in a loop of hatred and greed, swirling and churning - along with love and compassion. As I write this, I am seeing this swirling energy of destruction and creation trying to form the Yin Yang symbol. The darkness of that symbol has been stronger than the light for far too long. Now, I’m seeing much more light in this swirling. So that’s hopeful.

We are seeing this energy of suppression and hatred running through leaders who are dictators and autocrats, and many people who claim to be religious but do not live a life of love as the Christ spoke of. They want to control the people, hoard the money and are addicted to power and the creation of suffering. These leaders influence people who are easily manipulated to follow and obey. They are petty and vindictive, small-minded, hateful beings who have no creativity or intelligence and are jealous of those who do.

If I look at this simply as energy, it’s like a ravenous serpent that wants to consume and destroy. Over and over this has happened. Is this just the nature of things, or can it be changed? Can love and compassion ever prevail on this beautiful planet?

I am asking Galactic Council this question – and the Vastness of Being – and my guide team – and my Arcturian Soul Family – I realize all are part of the Vastness of Being... but I want to specifically put it out to you all...

We have shown you an image of a huge black spider, and an octopus of density and darkness, sending its tentacles into the hearts of humans. The spiritual growth of Humanity has been about extricating this darkness from your own being – in the form of uncovering guilt, shame, self-hatred, envy, jealousy, fear in all its guises. And you, all who read this, have been doing this – some of you for many, many years. And as you do this, you are also doing it for your entire ancestral line. You are making room within you to embody your unique Soul Essence, as well as more and more love and compassion and at the same time, you radiate it into the world.

Clearing out all the false beliefs and patterns that kept you enslaved to fear has been the incredible work you have been doing, which opens you to be your authentic selves, radiant with love. This has been our message to you for many years. Now we show you the serpent – all of these images are connected – the serpent, the spider, the octopus, (but not in relation to those beautiful creatures that inhabit the physical Earth). The octopus gleefully reaches its dark tentacles of hatred and fear into human hearts, the spider

**weaves the dark web of beliefs and patterns that ensnare the mind and when groups who are aligned with these same frequencies form, they create the serpent that slithers across the physical plane, through their group actions, consuming innocence and snuffing out love. The fear and trauma of this feeds the octopus and so it goes. The energy of this destructive evil was unleashed on this planet in what you would call ancient times, when humans became consumed with power. The power of their creation, and the jealous desire to protect that creation has caused great destruction.**

**But Humanity is now in a time of transformation and remembering their Divinity. The individual and collective act of learning to love yourselves will bring you out of this destructive loop.**

**We have shown you an image of an orb of love. You can envision creating this orb – from your heart - and surrounding the serpent and all those riding the serpent, with this orb, and filling it with love and compassion for those who are ensnared with the tentacles of the octopus and the lies of the spider’s web. In certain situations, there is more than one serpent and we see both contained in this orb and, like the parting of a sea, those caught in the middle can be offered love, comfort and protection from the serpent. The intention is for the transformation of fear into the surrender into love. Some people are in so much pain, that love actually hurts them, so compassion offers a healing balm. However, some people will not be able to embody love and it is likely that they will be consumed by their own hatred. That is their soul path.**

**When you have partaken in observing the energies in the world around you, through looking into “the news”, you can visualize this orb of love surrounding whatever situations come to your attention. Whether in your immediate surroundings, or in places out in the world, you can place the discordance into an orb or sphere and fill it with love, knowing that this provides an opportunity for transformation.**

**You are bringing love to the Earth plane; it is rising within you because you have made room for it. Pay attention to this in your own life, and then send that love into the hot spots – the places that need love the most. You are all becoming more and more sensitive to energy. This is a form of prayer – when people say they are praying for peace and love to prevail, this is what that prayer can look like. Work with the energy – everything is energy. Everything is Source.**

**When you “pray” asking for a “higher power” to bring love and healing to anything, it is not as effective as tuning into your Divinity and sending that love from your heart and divine soul essence into whatever situation you are focused upon. For “God” is not outside of you. God, Source, Creator, Divine Essence is what birthed your very Soul. You ARE God, you ARE Creator. YOU are All That Is. Humanity is rising into this knowing, and along with it is a great responsibility to BE love in the world. To BE peace in the world. Every day, every moment is an opportunity to radiate this essence into your world. You are transmitters and receivers of energy. Creator Source flows through you.**

**So, when you want to pray for someone, send them love and peace from your heart, that it may fill them and radiate to those around them, bringing comfort, helping them to know they are not alone, helping them to remain in the light of the moment of now.**

**When you want to pray for situations happening in the world, send love and peace into the conflict. Contain those serpents in the orb of love and you will begin to notice something shift in the world. There is power in numbers. If many people do this, you will be participating in the transformation of Humanity into an Age of Love.**

**Yes, that serpent has been running rampant on Earth for centuries. Now, the consciousness of Humanity is growing into awareness of how powerful love and creativity is because, Human Beings, you are**

remembering who you are. You are awakening to your Divinity. It has always been within you. Begin to channel this Divinity throughout your being. Believe in your Divinity and embody the Divinity that you are. Channel your divine love into the grid of consciousness – the crystalline grid that surrounds the Earth and is connected to your Human Consciousness. The more you do this, the more you will feel it. You will not have to reach for the crystalline grid, for you have been creating a crystalline grid around yourselves. You are becoming part of this crystalline grid of light that surrounds the Earth. Channel the energy of love and peace into the world. More and more people doing this creates waves of love. You are creative energy transmitters and receivers – know this about yourselves and do your best not to allow the threats to love to send you into fear. Instead, double down on the love and peace frequency and radiate it out into all the situations that arise into your awareness.

Where there is a big conflict on the world stage, as it were, that conflict spreads into the hearts of people who feel themselves to be on one side or another of the conflict and this creates smaller conflicts in communities that may be on the other side of the world – all over the world. When you observe this happening in your social media, you can send the gentle sphere of love into these smaller conflagrations as well.

You have the power to bring more love to Humanity and the Earth. Your love is needed now, more than ever before. Allow your Divinity to be in your heart and step up to the power of your love. Thank you. Thank you for hearing me and offering your guidance.

We are collaborators, dear one.

I have created a glyph, which is embedded in this message. I have been using this and sending it out into different situations of conflict. It is imbued with love and compassion, to soothe the hearts that have been traumatized. I offer it here in this message. For those of you who are seeing this message through some other platform where the image isn't shared, you can go to the blog on my website [www.integralsoul.love](http://www.integralsoul.love) to see the glyph. You can spin this image out into whatever situations you want to send love to. It may help to create the bubble or sphere of love.

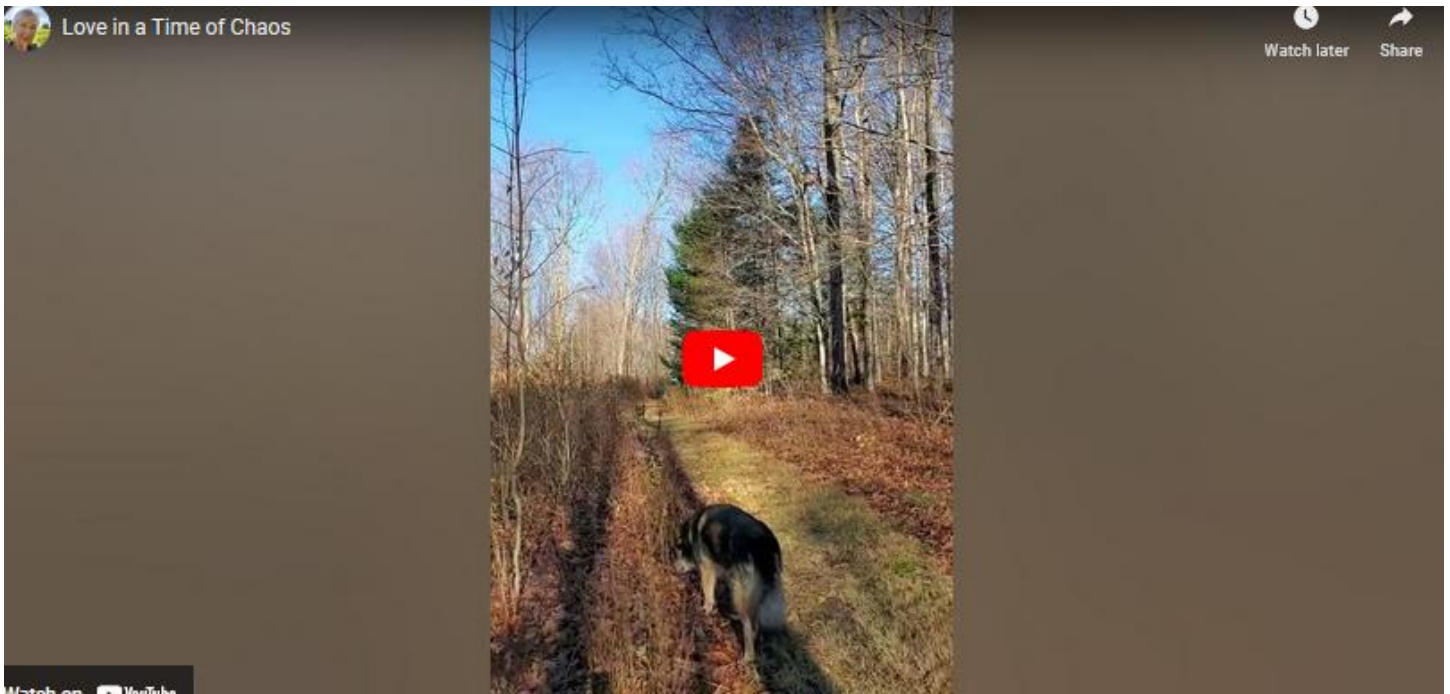
May all who read this be filled with love and comfort.

Copyright © 2023 by Nancy Wallace Ward (aka Leilah).

About Nancy Leilah Ward: Leilah is an intuitive empath and seer and has been providing soul guidance for people worldwide since 2005. In 1981, when living in Brooklyn, NY, she experienced a spontaneous awakening, which led her onto a path of healing the pain of self-loathing, unworthiness, self-criticism, shame and guilt. This eye-opening journey awakened her psychic-intuitive and empathic abilities as she learned to listen to and trust her heart, body and mind. In this process, she came to a realization that Humanity is wounded and traumatized from eons of teachings and dogma which instilled the very aspects she had been focused on healing within herself. Through trainings that began in 1990 including Usui Shiki Ryoho Reiki I, II and Master, mediumship, channelling, and reading the Akashic Records (she was a Soul Realignment™ practitioner for 10 years), she has gained much wisdom and developed her own process of seeing inner visions and deep listening to guidance from her – and her client's – spirit guides, angels and soul essences. She has authored the blog The Vibe Report since 2003 and shares wisdom from The Vastness of Being, a group of Arcturians and other intergalactic and interspecies souls that are part of Leilah's soul family. Leilah is a mystic, seer, visionary artist, musician and writer and currently resides in Ontario, Canada.

Nancy's website: <https://www.integralsoul.love/>

### Nancy's Video



**Link:** <https://www.youtube.com/watch?v=Lh8LPMzs0AU>

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## Awareness of Love By Lee Carroll/Kryon



**Lee Carroll has moved to technology as his primary way of sharing his knowledge and information. Here is one of his recent videos below.**

**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=DIO7\\_OrcfM0](https://www.youtube.com/watch?v=DIO7_OrcfM0)

## Time To Focus Our Attention By Patricia Cota-Robles



**The Company of Heaven is reminding us that we are in the midst of a 40-day intensified assimilation of Light that is more powerful than anything we have ever experienced. That means that every thought, feeling, word and action we express is being amplified in ways we have not previously known.**

**During the month of November, in order to remind us once again that we are Co-creating our Earthly experiences, we at Era of Peace were asked by the Beings of Light to replay Vlogs 10, 11, 12 and 13 from our Bigger Picture series. These Vlogs clearly describe how our thoughts, feelings, words, actions, memories and beliefs have caused the good as well as the painful things we are witnessing and experiencing at this time. The Vlogs also reveal what we can do to change the things we want to improve.**

**Today, the Beings of Light in the Realms of Illuminated Truth are asking us to stretch our Consciousness and to listen to the inner guidance of our I AM Presence, so that we will fully comprehend the magnitude of the awesome shift that has just occurred for Mother Earth and our entire System of Worlds. This Sacred Knowledge will help each of us to realize that even in the face of the horrific adversity manifesting in the outer-world, Mother Earth and all her Life are moving forward in the Light. That demonstrates the profound Truth that the Light of God and the Heartfelt pleas of the masses of Humanity invoking Love, Peace, Compassion, Healing, Oneness and Reverence for ALL Life are infinitely more powerful than the fear-based and fragmented behavior patterns and distortions of our fallen human egos.**

**The 40-day intensified assimilation of Light we are now experiencing began on November 11, 2023 with a powerful activation of the 11 and 11:11 and 11:11:11 Divinity Codes in Humanity's Twelve 5th-Dimensional Crystalline Solar Strands of DNA. The Sacred Geometry of the Master Number Eleven reflects the TRANSFIGURATION FROM THE PHYSICAL INTO THE DIVINE. November = 11: November 11th = 11:11: November 11, 2023 = 11:11:11 - (2+0+2+3= 7) 11+11+7 = 29 = 11. Our 40-day intensified assimilation of Light will be completed during the December 21st Solstice.**

**On November 11, 2023, in the embrace of the fully opened 11:11:11 Portal, Mother Earth and ALL Life evolving upon her reached a critical mass of energy, vibration and Consciousness that allowed the masses of Humanity to at long last align the AXIS of our individual 5th-Dimensional Crystalline Solar Spines with the AXIS of Mother Earth, the AXIS of the Suns beyond Suns in Earth's Lineage and the AXIS of**

**all of the Celestial Bodies in our Galaxy.**

**This alignment allowed us, for the very first time since our fall from Grace, to align with and to be Breathed into the full embrace of the System of Worlds associated with our Grand Central Sun which pulsates beyond our Galaxy. This alignment and this Cosmic Inbreath is something our Sisters and Brothers throughout the Cosmos have been waiting for us to achieve since our human miscreations formed the oppressive Veil of Maya. Aeons ago the weight of Humanity's grossly mutated energy in the Veil of Maya actually bent the Axis of the Earth and caused Mother Earth and all her Life to fall into the abyss of separation and duality which tragically trapped us on the "wheel of karma."**

**During the past several decades, through the unified efforts of Heaven and Earth, the adverse affects of our fall from Grace have been reversed step-by-step. Now, we are moving forward in the Light at warp speed. The Company of Heaven revealed that the Cosmic Inbreath that Breathed our Galaxy through the 11:11:11 Portal into the full embrace of the Grand Central Sun in our System of Worlds amounts to a Quantum Leap up the Spiral of Evolution beyond anything that has ever been attempted in any System of Worlds.**

**The Beings of Light have joyously affirmed that the success of this facet of Mother Earth's Ascension process has exceeded the greatest expectations of Heaven. Now, in the full embrace of our Grand Central Sun, Mother Earth and ALL Life evolving upon her are able to Breathe through our Prana and Life Force higher frequencies of the Infinite Light and Patterns of Perfection within the Heart of our Father-Mother God than we have been able to previously withstand at a cellular level.**

**The gentle, but intensified, assimilation of the awesome Light of our Grand Central Sun is what we are experiencing during the 40-days and 40-nights leading up to the December 21st Solstice. During that Celestial Event this assimilation of Light will be completed and the incredible expansion of Light from the System of our Grand Central Sun will be permanently available to each and every one of us with every Breath we take.**

**To help us comprehend just what this means, we have been given a very simplified chart. I know it seems complicated, but our I AM Presence is fully aware of this information. The Company of Heaven has asked me to share these details with you because of the shift that has occurred within each of us. They said it will be beneficial if we know this on a more conscious level as we Cocreate the patterns of perfection for the New Solar Earth.**

**The Sacred Geometry associated with our System of Worlds involves the number Twelve and the Power of the 12X12.**

**Our Physical Sun is responsible for Twelve Planets. The Solar Logos for our Physical Sun are Helios and Vesta.**

**Our Physical Sun belongs to a Central Sun. The Solar Logos for our Central Sun are Alpha and Omega. Alpha and Omega are responsible for Twelve Physical Suns, including Helios and Vesta, and each Sun is responsible for Twelve Planets. Therefore the Central Sun of Alpha and Omega consists of Twelve Physical Suns and 144 Planets.**

**Our Central Sun of Alpha and Omega belongs to a Great Central Sun. The Solar Logos for our Great Central Sun are Elohae and Eloha. Elohae and Eloha consist of Twelve Systems exactly like Alpha and Omega. Elohae and Eloha consist of Twelve Central Suns, 144 Physical Suns and 1,728 Planets.**

**Our Great Central Sun of Elohae and Eloha belongs to a Great, Great Central Sun. The Solar Logos for our Great, Great Central Sun are El and Ela. El and Ela consist of Twelve Systems exactly like Elohae and Eloha. El and Ela consist of Twelve Great Central Suns, 144 Central Suns, 1,728 Physical Suns and 20,736 Planets.**

**The System of Worlds beyond our Great, Great Central Sun of El and Ela has been pulsating at a frequency of Light that is beyond our reach. Our Sisters and Brothers in that highly advanced System have been waiting patiently for Mother Earth to catch up with the rest of our Solar System after our fall from Grace.**

**Now that Mother Earth has Ascended off of the wheel of karma, transmuted the Veil of Maya, and aligned with the AXIS of ALL of the Celestial Bodies in our Galaxy, we have at long last reached a frequency of vibration that enabled us to reclaim our rightful position in the System of El and Ela. With that glorious achievement, on November 11, 2023, the entire System of our Great, Great Central Sun El and Ela was Breathed through the Portal of 11:11:11 into the Solar System of our Grand Central Sun.**

**Our Great, Great Central Sun El and Ela is now held in the full embrace of our Grand Central Sun. The Solar Logos for our Grand Central Sun are Sanat and Luz. Sanat and Luz consist of Twelve Systems exactly like El and Ela. That means that Sanat and Luz consist of Twelve Great, Great Central Suns, 144 Great Central Suns, 1,728 Central Suns, 20,736 Physical Suns and 248,832 Planets.**

**What our Father-Mother God and the Company of Heaven want us to fully comprehend during the remainder of the 40-day assimilation of Light we are in the midst of is that when this facet of our Divine Plan is God Victoriously completed, which will occur during the December 21st Solstice, the Infinite Light and the full Divine Momentum of ALL of our Sisters and Brothers in the System of our Grand Central Sun Sanat and Luz, will be available to assist us in what will seem like miraculous ways during the remaining Ascension process we have been preparing to Cocreate for myriad Lifetimes.**

#### **An Interesting Observation**

**Interestingly, after the victory of this amazing shift into the full embrace of our Grand Central Sun, on November 23, 2023 CNN reported that scientists have detected a Cosmic Ray that is almost as powerful as the “Oh-My-God” particle.**

**Space scientists seeking to understand the enigmatic origins of powerful Cosmic Rays have detected an extremely rare, ultra-high energy particle that they believe traveled to Earth from beyond the Milky Way Galaxy.**

**It rivals the single most energetic Cosmic Ray ever observed, the “Oh-My-God” particle that was detected in 1991.**

**This recently discovered particle was named by scientists Amaterasu after the Shinto Sun Goddess in Japanese mythology. The number of electron volts in the Amaterasu particle is 244,000,000,000,000,000,000. By comparison, the typical energy of an electron in the Polar Aurora is 40,000 electron volts according to NASA.**

**The source of these ultra high-energy particles is baffling scientists. They say that the Amaterasu particle comes from a region that looks like a local empty space. It is a void where nothing is supposed to exist.**

**Dear One, our Father-Mother God and the Company of Heaven are encouraging us to contemplate the magnitude of the shift that is now occurring within each of us, including the Elemental Kingdom and**

**Mother Earth. During this critical facet of the Divine Plan, we need to carefully monitor what we are empowering with our thoughts, feelings, words, actions, memories and beliefs.**

**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/>**

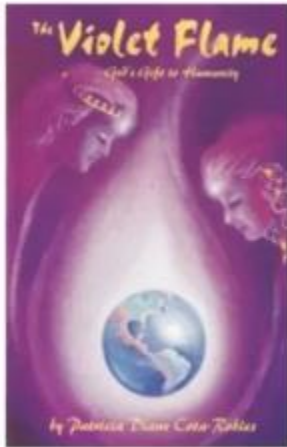
### **Interview with Patricia**



**Link: [https://youtu.be/hTX11kQV\\_2A](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 Video



She's providing her video only on her website. Go to: <https://eraofpeace.org/pages/premium-content>

## ROC Metaphysical Business Advertising



## Plymouth Spiritualist Church

### Have You Experienced Our New Energy?

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



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

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

Sundays at 10:30 a.m.

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

29 Vick Park A



### Come Join Us on Sunday

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

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

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

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

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

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

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



**Mythic Collective Fair**  
**1225 Jefferson Rd Jewelry, Tarot Readings, Art & more Saturday 1pm-7pm Free Admission**

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## Events At Nightwing

### Sacred Sunday



## Sacred Sunday

9am-noon

2509 Browncroft Boulevard  
Suite 209



Sacred Sunday is a place where people are free to come be a part of a judgement free healing circle each week. Through the use of guided meditation, compassionate group healing, and shamanic drumming we come together to release the troubles of the weeks before and build up new energy for the week ahead. Won't you join us, and step into the bliss?



**Come to the event they offer to the public.**

**2509 Browncroft Boulevard , Rochester, NY, United States, New York**

**(315) 480-4921**

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



**4-8 pm**  
**Thursdays**  
2509 Browncroft Boulevard  
Suite 209

Enlighten Reiki Clinics are designed to give the community the opportunity to experience the benefits of powerful energy healing modalities in an environment which is safe, friendly and fun. Our clinics are donation based so people are more free to explore what these modalities can offer. Please feel free to come in and try us out!

**Enlighten Reiki Clinics are designed to give people the opportunity to experience the potentials of energy healing modalities in a safe and fun environment. These clinics are donation based so we can provide low cost care to those who seek it. Practitioners are allowed to come for free on the agreement that your providing energy with us counts as your donation. New practitioners are strongly encouraged to come and use this as an opportunity to gain experience, explore your own innate talents, and learn from other practitioners in real time. Recommended donation is \$20, but no donation is refused. Services are provided on a walk-in, first come first served basis. No appointment necessary. We hope to see you soon!**



## Events At Plymouth Spiritualist Church



We are excited to invite you to a special workshop focused on the power of visualization and faith in action! Join us for a Vision Board Workshop, where we will come together to explore the creative and spiritual process of crafting vision boards.

**What is a Vision Board?** A vision board is a powerful tool that combines visual imagery, positive affirmations, and faith to help us clarify and manifest our dreams and goals. It's a tangible representation of the future we desire, infused with the belief that the Universe's plan for us is one of prosperity, purpose, and joy.

By regularly looking at your vision board, you reinforce your goals in your mind and keep them at the forefront of your consciousness. Many people find that the act of creating a vision board and regularly engaging with it helps to clarify their goals, maintain motivation, and attract positive outcomes into their lives.

### **Workshop Highlights:**

- 1. Opening Prayer:** We'll begin our workshop with a prayer, seeking guidance and inspiration from the Divine Spirit as we embark on this creative journey.
- 2. Reflective Meditation:** Take a moment for personal reflection, inviting your guides, angels, and ancestors to assist you in this process.

**3. Creative Expression: Engage in the hands-on process of creating your vision board. Bring your dreams to life through images, words, and symbols that resonate with your heart.**

**4. Group Sharing: Share your visions with fellow participants, fostering a sense of community and support.**

**What to Bring:**

**We will have supplies on hand, but additional resources will be helpful!**

- Magazines, pictures, and other materials for your vision board.
- Scissors, glue sticks, and poster boards

**Come join us for an inspiring and uplifting workshop as we align our dreams with the Spirits purpose for our lives. Let us create visual reminders of Their promises and walk confidently toward the future They have prepared for us.**

**We look forward to seeing you there!**

**Get your tickets at: <https://www.plymouthspiritualist.org/sign-up/p/build-your-vision-board-for-2024>**

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## Discover Your Angels

A promotional graphic for 'Discover Your Angels' classes. The background is a light teal color with a faint image of a person's hands. The text is centered and reads: 'Discover Your Angels' in a large, elegant script font; 'Classes begin January 13, 2024' in a bold, sans-serif font; '10:00am to 11:30am EST' in a bold, sans-serif font; 'Ten Online Classes' in a bold, sans-serif font; and 'Register Now' in a bold, sans-serif font. On the left side, there is a circular inset photo of a woman with short blonde hair and glasses, smiling, with green foliage in the background.

*Discover Your Angels*  
Classes begin January 13, 2024  
10:00am to 11:30am EST  
Ten Online Classes  
Register Now

Marion Andrews (and the angels) are ready to share with you what she has learned and practices daily. In these classes, you will learn how to communicate with the angels and recognize their unique vibrations and presence. You can enjoy less anxiety and stress and sleep more soundly at night knowing that you have angelic help for each day.

I believe that many of you are in that place that you are feeling a yearning inside your heart for "something more" That something more could be a deep need for spiritual growth. I felt that way when I started learning about angels and how communicating with them can help me every day, in many ways. If you want more..more happiness, more peace, more direction ... join me on January, 13th 2024 for Discover Your Angels Class.

Register now at <https://www.marionandrews.com/discover-your-angels>

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## Gathering of Angels First Event 1/20/24



**Gathering of Angels 2024 Kick Off Fair on Jan 20th from 10-5 in the New Artisan Cove in East Rochester.**

**You will find unique and experienced readers, healers and vendors. You can also browse and shop at the Cove which has over 90 artisans offering all handmade items. The event will be happening monthly, 3rd Saturday from 10-5.**

**The location is conveniently located off the 490 at the East Rochester exit, in the Piano Works Mall on Commercial Street. There is plenty of free parking and the event location is handicap accessible.**

**Experience is Back**



To find about all their shows go to: <https://www.experiencepsychicfair.com/copy-of-upcoming-fairs-3>

**January 13, 14 & 15**

**Batavia Downs Gaming and Hotel**

**8315 Park Road**

**Batavia, NY 14020**

**January 21 & 22**

**Finger Lakes Gaming & Racetrack**

**5857 NY Rt. 96**

**Farmington, NY 14425**

**February 3, 4 & 5**

**Hamburg Fairgrounds- Grange Building**

**5820 South Park Avenue**

**Hamburg, NY 14075**





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

**And it's offered monthly.**

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

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

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

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

# February Winter Reset

**Winter Reset  
with Muktima**  
**Body.Mind.Spirit Connection**  
**Half day Workshop**  
**February 4, 2024**  
**9am-2pm**  
**At The Assisi Institute**  
**1400 N.Winton Rd.**  
**Rochester NY14609**  
**\$48.00**  
**Includes:**  
**Reiki,Meditation, Mindful Activity Vegetarian Lunch,**  
**Snacks,Tea, Supplies for activities.**  
**Space is limited to 15 participants. RSVP today to**  
**585-734-9232 text or call**  
**You may bring a yoga mat**

**Need to take a winter break? Come to the Assisi Institute for a day of ease and inner focus. Call to save to your space 585-731-9232.**

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## The Earth-Spirit Expo is Coming



**The Earth-Spirit Expo is a highly anticipated Holistic and Wellness Trade show that is going into its 18th year of service to the communities surrounding Buffalo/ Rochester and Western New York .**

**The Earth-Spirit Expo has one main show which kicks off the 3rd week of each February and brings with it much anticipation and excitement! It also has brought smaller festivals throughout the Summer and Fall. The Earth-Spirit Expo has been a tradition in the local metaphysical community for more than 18 years.**

**Get rid of stagnation and increase your spirit! The Earth-Spirit Expo is a unique and fun event, with many vendors, artisans, psychic, mediums, practitioners, speakers, and lectures.**

**You will find a wide range of practitioners from various popular spiritual, metaphysical and holistic disciplines. This is an enlightening gathering that can offer you many modalities to help increase your spirituality and health.**

**Come explore meditation \* Qigong \* astrology\* palmistry \* numerology\* Reiki Healing \* Tea Leaf Readings \* energy healing \* mediumship\* aura photography \* and so much more.**

**Market vendors and artisans offer music, books, crystals, unique stones, jewelry, angel paintings, incense, art and more. They also have divination tools, holistic and natural wellness products. Essential oils and unique gift items. We are proud to have served our communities and know we have an unmatched level of service.**

**For more info go to: <https://www.earth-spiritexpo.com/>**

**Location: Michael's Catering & Banquets 4885 Southwestern Blvd. Hamburg, New York 14075  
Admission Fee at the Door**

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# Metaphysical Business Cross Promotional Advertising



Since 2004 people have come to our Health and Wellness Directory because they know they will find everything holistic, from practitioners, products, classes, talk radio, videos, retreats, books, magazines, newsletters, blogs & more.

Alternatives for Healing's mission is to be the bridge to help those on their journey to Health and Wellness, with the goal to provide natural alternatives for those that are searching for a holistic path to wellness.

<http://www.alternativesforhealing.com>



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

<http://www.BodyMindSpiritDirectory.org>





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

# ROC Metaphysical Alternative Directory



**Rev. Vicki Snyder-Young**

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

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

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



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

**585-645-4221**

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



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

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



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

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

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





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

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

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



*The Lotus Blossoms*



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

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

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

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



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

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

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

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

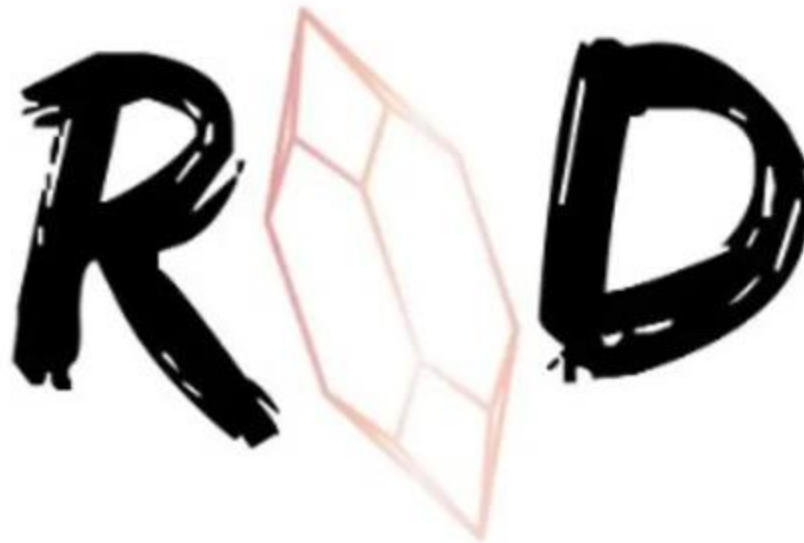
**Learn more about Sage at: <https://youtu.be/v9AzKAJx7Lg>**



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

**Where magic and healing begin!**

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



ROCK DUDE

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

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





Healthy Alternatives Wellness Center

**Carol Scheg-Morrisette**

**4358 Culver Rd**

**Rochester, NY**

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

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

**(585)663-6454**

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



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

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

**585-455-1953**

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

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



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

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





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

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

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



Marjorie Baker Price , RN

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

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

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



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

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

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



Sheila B.

***Recovery Metaphysician & Galactic Grandmother Channel***

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

**SHEILA B CAN HELP YOU FIND ANSWERS**

**Find your purpose and connect with you**

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

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

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

**<https://sheilatillich.com>**

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

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

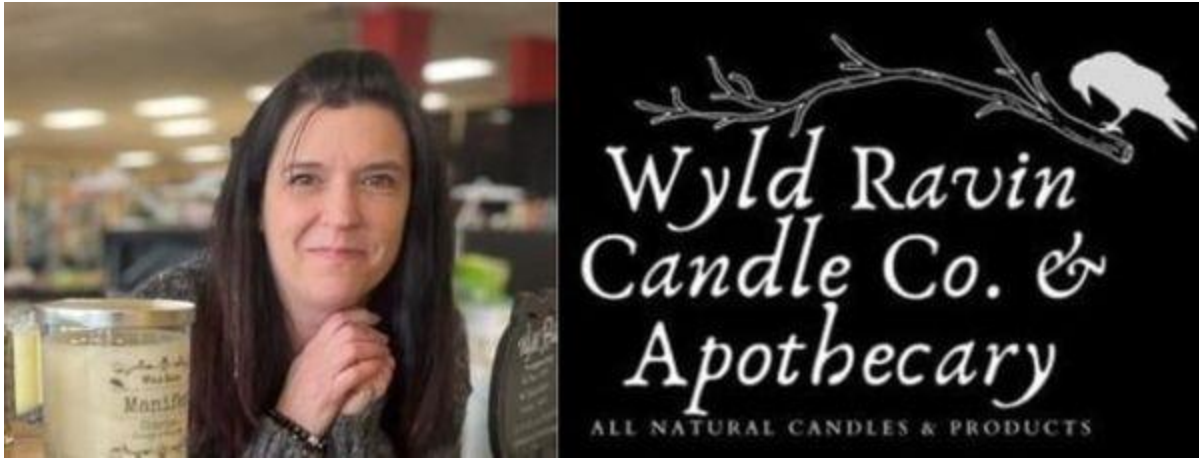
**Join the Lightworkers Connection Circle Facebook Group:**

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

**Follow me on Instagram: [https://www.instagram.com/sheila\\_b\\_he...](https://www.instagram.com/sheila_b_he...)**

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

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



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

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

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

**To contact email at [wyldravin@yahoo.com](mailto:wyldravin@yahoo.com)**

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





Share International

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

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

**888-242-8272**



Rev. Bunny DuPuis

716-241-1414

[revbunnydupuis@gmail.com](mailto:revbunnydupuis@gmail.com)

<http://www.bunnydupuis.com>

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

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



# THE CRESCENT COLLECTIVE

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

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



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

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

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

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



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

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

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





Judy Lynn  
5 East Main Street  
Earlville, NY 13332  
[www.judylynn.org](http://www.judylynn.org)  
[jlspiritualadvisor@gmail.com](mailto:jlspiritualadvisor@gmail.com)  
607-316-3260

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

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

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

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

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



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

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

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

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



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## 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.**



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