

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

May 2023

Rochester, NY USA

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for May:

What We Focus On Makes Our Life By Dean Fraser

Candle Magic By Aurora Raven Dragonfly

Partner With Nature In 10 Easy Ways

By Dr. Jim Conroy & Basia Alexander

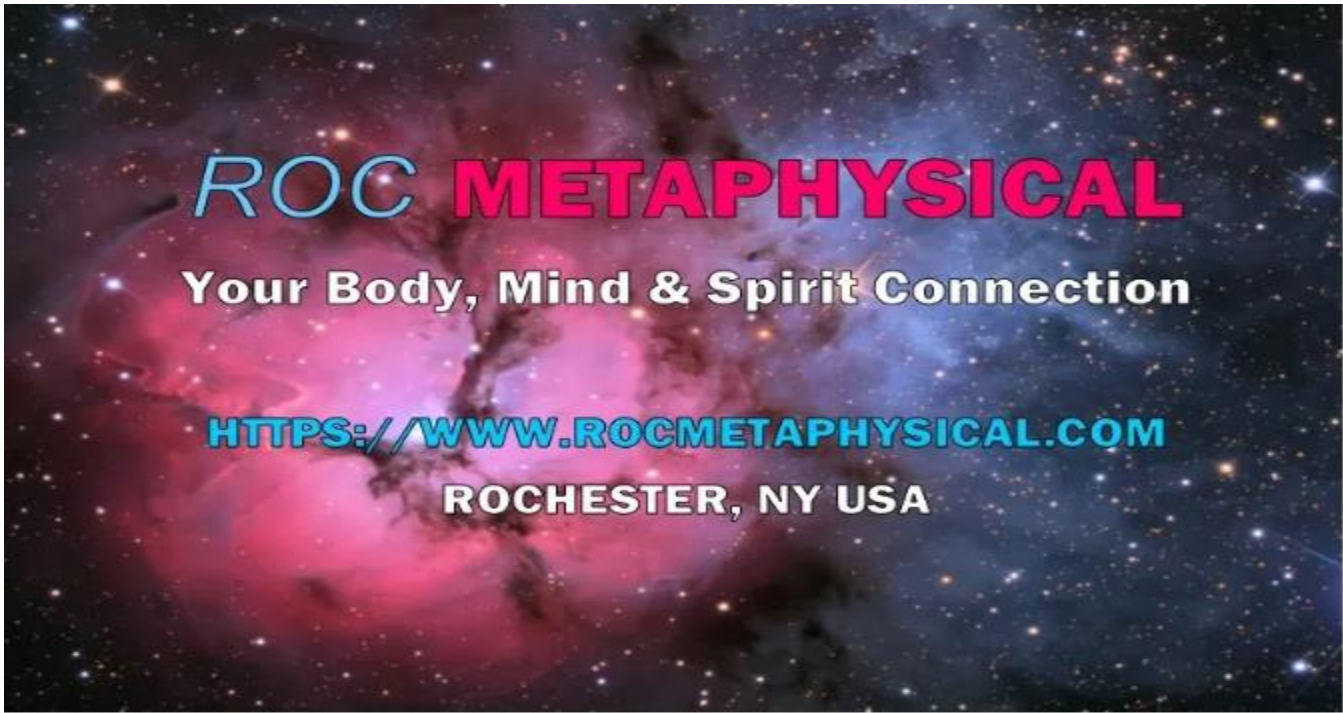
The Health Intuitive By Susan Fiandach

Why Is It Important to Examine Our Internal World?

By Patti Fields

Taming Your Inner Task Master By Dr. Judith Orloff

The Parable of Luminous Reality By Leo Babauta



Sections



Read Great Articles

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



Alternative Businesses

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

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



Calendar of Events

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

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

Video About ROC Metaphysical



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

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

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

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

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

I have been a seeker of knowledge about metaphysical information for as long as I can remember. I have a metaphysical meetup which helped me connect with teachers and speakers about all kinds of topics. Because of running the meetup and knowing that my presenters also wanted to reach out farther, it seemed like the next logical step was to share the information on a much wider scale.

Every month the magazine is new because of the writers and their articles. The writers somehow magically find me and voluntarily share their articles. It's so exciting to see what comes to my email.

Some of the info may click with you and some may not. In my opinion it's always good to question your understanding. But we're all in a different

place in our knowledge and desire to learn.

I'm a studious soul, always reading books on all kinds of topics, checking out websites and you tube to find that right info plus I have attended loads of classes. I thought hmmm - what if I took all that and put it into a magazine to help you have a place where you can go without having to search high and low like I had to.

Here is the result - ROC Metaphysical. I hope you find the magazine wonderful, interesting and thought provoking. Our Mission is to Enlighten and Inform is our tag line.

And for folks who are techie, to keep connected in other ways, the magazine is found on Facebook, Instagram, Issuu, Pinterest, LinkedIn and MeWe. Be sure to check us out on those platforms. If you have any questions email me at Rocmetaphysical@gmail.com

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

Write and Advertise with Us

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

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

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

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

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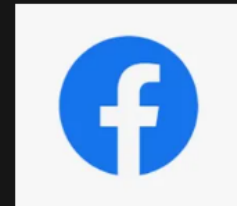
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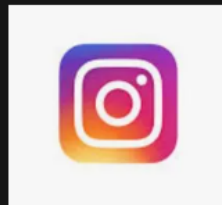
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roc_metaphysical



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ROC Metaphysical Interviews



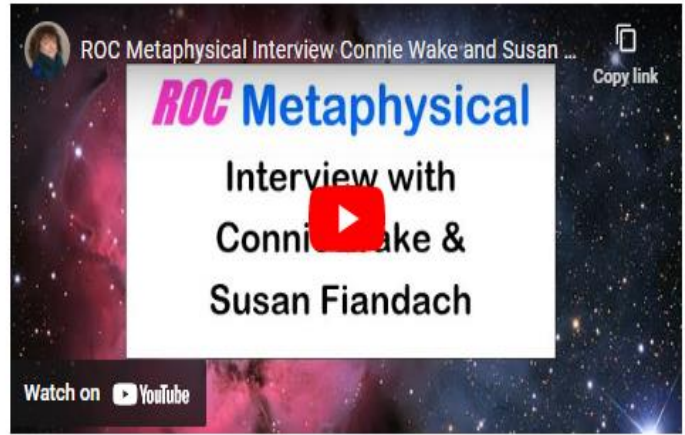
Judy Lynn

ROC Metaphysical interview with Judy Lynn. Learn more about her background being a psychic medium.

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

Sue Fiandach & Connie Wake

Interview with Connie and Sue to learn more about their background as psychic mediums. They share info in their articles to help us understand what these gifts are and how they can be used.



Link: <https://youtu.be/l6DdLY2dsj0>



Marjorie Baker Price

ROC Metaphysical interviewed Marjorie who has such a diverse background as a nurse, teacher, workshop facilitator, energy worker and much more.

Link: <https://youtu.be/aw5IFhVfhNc>



Learn more about the Buddhi Institute and its owner Melinda Johnston who offers classes on the yoga sciences.

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

Erika Buenaflor has written a few books about healing and energy work especially from her healing heritage..



Link: <https://youtu.be/RLXyK8SXePs>

Discernment/Disclaimer

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

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

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

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ROC METAPHYSICAL LIST OF ARTICLES	PAGE NUMBER
List of Metaphysical Articles	13
What We Focus On Makes Our Life By Dean Fraser	17
Witchy Tips with Aurora Raven Dragonfly	23
Psychic or Medium? What's The difference? By Frank Chodl	27
Partner With Nature In 10 Easy Ways By Dr. Jim Conroy & Basia Alexander	31
On Hearing Voices By Bernard Beitman, MD	38
MBO's By Tom T. Moore	43
The Health Intuitive By Susan Fiandach	49
Messages from Maggie Day 4: How Can We Heal From Guilt? By Dr. Seema Khaneja	52
Tarot Tendencies for May By Doreen Scanlan	57
Why Is It Important to Examine Our Internal World? By Patti Fields	59
Miracle In The Storm By Barry & Joyce Vissell	62
Unfurl By Monique Lang	66
Taming Your Inner Task Master By Dr. Judith Orloff	69
Portal of Light Activation on May 1st `	72
ROC Metaphysical YouTube Channel	75
The Parable of Luminous Reality By Leo Babauta	76
An “Urglaawe” Soul Rescue for PA Dutch Earthbound Spirits By Rev. Vanessa Hanks	79
What Can Sound Healing Do For You?	84
The Mystical Month of May By Patricia Cota-Robles	86
The Old Soul Defined By Lee Carroll/Kryon	94
It Is Time To Shine Your Light and Share Your Vision By Ronna Vezane	104
Observe, Not Absorb By Rebecca Couch	111
I’m Home Within Myself By Brenda J. Hoffman	114
ROC Metaphysical Business Advertising	117
Metaphysical Business Cross Promotional Advertising	125
ROC Metaphysical Alternative Directory	128

Metaphysical Stores in NY and More	156
Spiritual Churches & Retreat Centers	161
ROC Metaphysical Calendar of Events	162

ROC Metaphysical Online Magazine

Articles for May 2023

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Frank Chodl



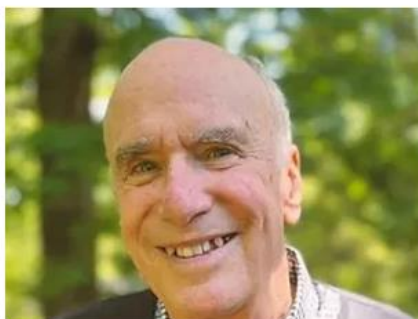
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The Tree Whisperer



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Unfurl By Monique Lang

Dr. Judith Orloff



Taming Your Inner Task Master
By Dr. Judith Orloff

Portal Of Light Activation



By We Love Mass Meditation

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ROC Metaphysical Youtube



ROC Metaphysical Has A Youtube Channel

Leo Babauta



The Parable of Luminous Reality
By Leo Babauta

Rev. Vanessa Hanks



An "Urglaawe" Soul Rescue for PA Dutch Earthbound Spirits
By Rev. Vanessa Hanks

Sound Healing



What Can Sound Healing Do For You?


A vertical rectangular image with a background of a sunset over a body of water. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The text is written in a white, hand-drawn, all-caps font.

AND SUDDENLY
YOU JUST KNOW
IT'S TIME TO START
SOMETHING NEW
AND TRUST
THE MAGIC
OF BEGINNINGS

“

Do the difficult things
while they are easy and do
the great things while
they are small. A journey
of a thousand miles must
begin with a single step.

—
LAO TZU

A vertical rectangular image with a background of a beach at sunset. The sky is filled with soft, white and yellow clouds. The ocean is calm, and a small figure of a person is visible on the beach in the distance.

Just for the
record darling,
not all positive
change feels positive
in the beginning.

—S.J. Lewis



What is Channeling?

Channeling is a natural form of communication between humans and ascended masters, angelic beings, nature spirits, or non-physical entities. A channeler is very similar to a language translator or interpreter. They allow themselves to sense the non-verbal communication from another being and then translate it into human words.

Channeling is often defined as the act of allowing a spiritual entity (e.g., angel, archangel, ascended master, guide, deceased loved one) to merge, join, or enter your body and use your vocal cords to communicate directly with those on the Earth plane or provide knowledge and the channeler can write down the shared information. For some people who channel, the entity will also move the channeler's body (e.g., open your eyes, move your arms/legs, have you walk around).

Channeling can be done in two different ways:

Conscious channeling is done while being fully aware of what is happening, including being able to stop the experience at any time. The channeler can remember what was said to varying degrees. Often conscious channels will say that they hear themselves speaking as if they were at a distance . . . as if they were listening from another room. When told about what was said, they often feel as if they are remembering a dream. There are many people currently alive on the Earth plane who consciously channel. For example, Esther Hicks brings through the group of entities that refer to themselves as Abraham (no relation to the Old Testament). They speak about the Law of Attraction.

Trance channeling is channeling done while in a deep trance state. Arguably one of the most famous trance channelers was Edgar Cayce. He was referred to as "The Sleeping Prophet" because he only channeled when

he was in a deep trance state. This meant that he lost all muscle tone and had to be lying down. He was also unable to remember what he said, which meant that his secretary had to be present to take dictation and then transcribe the notes from the channeling session.

Our channelers are providing their information to help us on our path.

Channelings

Patricia Cota-Robles



The Mystical Month of May
By Patricia Cota-Robles



Lee Carroll/Kryon



The Old Soul Defined
By Lee Carroll/Kryon

Ronna Vezane



It Is Time To Shine Your Light And Share Your
Vision
By Ronna Vezane

Rebecca Couch



Observe, Not Absorb By Rebecca Couch

Brenda J. Hoffman



I'm Home Within Myself
By Brenda J. Hoffman

“I believe luck is preparation meeting opportunity. If you hadn't been prepared when the opportunity came along, you wouldn't have been lucky.”

“And suddenly you know:
It's time to start
something new and trust
the magic of beginnings.”

Master Eckhart

zannaakeithley.com

YOU ARE THE MOST
LUCKY PERSON IN THE WORLD,
ONLY IF YOU BELIEVE SO.

What We Focus On Makes Our Life By Dean Fraser

*Energy flows where
attention goes.*

*What we choose to go looking for
in life — the good or the bad —
can have a dramatic affect on
not only our view of the world,
but on our sense of well-being as*

I met a woman at one of my events a few years ago who declared that she always imagines worst-case scenario or that things won't work out the way she would like. I asked her how that life-plan was working out for her and she sadly said she felt constantly disappointed with life. And it could all be so different for her...

If we spend all our time consciously thinking about how stressed we are, how many problems we have and how we can't cope...we are constantly adding all our energy to the situation.

I realise some of these things are far easier to write about than actually transform away from. What we will do throughout the rest of our time together is give you some ways to move away from any self-defeating thoughts and behaviours to take personal control.

If we decide we just don't care how is anyone else supposed to care either?

It seems like the easiest choice in the world to not care, after all we are never going to be disappointed if we decide nothing matters.

Yet...and yet. The paradox here is by not really caring we are setting ourselves up for disappointment after disappointment, until unfortunately this becomes kind of the accepted normality for us. Learned helplessness.

Caring about our own life, our own future path, requires commitment and for sure although life may well still present challenges (it's how usually we grow as people!) caring will ensure we find a way around, over or through

the issue before us. And the reason is because we care to care, this involves us directly in the process of creating our own life.

We need to be bold enough to be in the driving seat of our own life...

FEELINGS ARE OUR FEEDBACK

The way we feel about a situation or indeed an individual is invaluable feedback about our stress levels relating to that exact thing or person.

So, our feelings act as our feedback barometer. The emotions that we feel about anything or anyone tells us the effect the situation or person is having on us.

Naturally we want to have all only those good feelings and buy out of all the bad feelings, right?

Well partially yes, however, the things that we feel good about are those which do not usually require any work. We are perfectly happy with the situation and we need to treasure those moments, those things we feel good about - then more or less put them metaphorically to one side for now.

Next let's focus on the bad feelings, because our bad feelings are far more valuable to us when wishing to deal with stress.

In fact truthfully there are not really any genuinely good or bad feelings. Feelings are only feedback from our subconscious minds. Our bad feelings really are invaluable as these show us areas of our lives that we need to work on, areas of our lives we now need to act upon and change.

Feelings are energy. Now that we know those areas of our live that we feel worse about, bad about, there are strategies or actions we can take in order to transform them. It has long been scientifically proven that our thoughts are indeed an energy wave that emanates outward from our brains into the bigger world and then boomerangs straight back to us in the form of our experiences in our actual life...

THE POWER OF OUR MIND TO AFFECT HEALTH

To give an example of how this can affect us in a negative way, I have witnessed perfectly fit and healthy people who have fixated on the extremely unlikely chance of developing a certain illness. Perhaps someone in their extended family once had this illness, however, this does hardly compel them to also go ahead and develop it. What we think about constantly is what our life becomes, so these people fixate, they learn

everything there is to know about the illness. They tell everyone about how much they don't want to get this illness and imagine they can feel the first signs or symptoms in their bodies, often going to the point of visiting their chosen healthcare provider just to be sure they are okay. Sure enough, inevitably at some point, doesn't always happen quickly, often it can take years, yet sadly the exact illness they so feared does develop in their body. The very illness they fixated on, which scared them so. Even more unfortunately they now feel vindicated in their original fear...

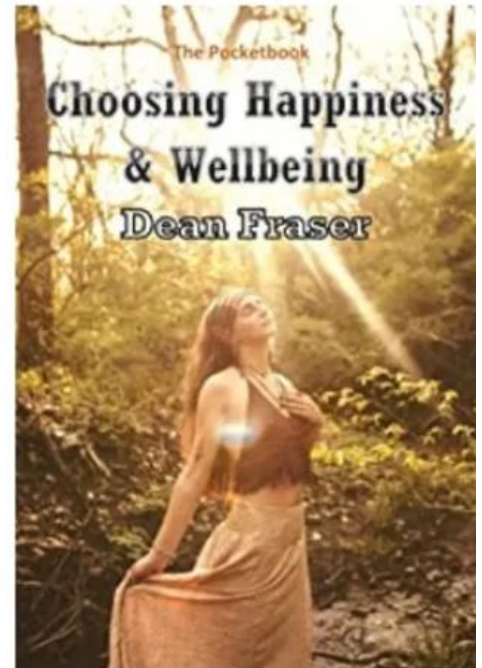
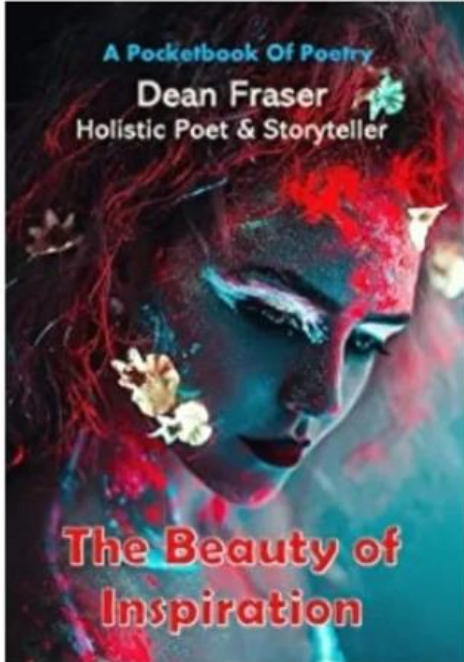
At the other end of the scale, I found myself with a bit of a health challenge a few years ago. I will spare you the finer details, but needless to say a few specialists had "the conversation" with me, which certainly gave me plenty to think about!

I quit work for a year to focus all of my energy on ways I might heal. Through following my intuition I adopted a new dietary regime, opted to become as physically fit as my current situation allowed me to be, spent many hours meditating (meditation will be covered shortly) and focused my attention on all of those things I could feel gratitude for in my life. I recovered and now lead a fuller more contributory life than ever before. In fact I remain convinced this health challenge only occurred to lead to my own greater understanding and so I could then better help others!

About Dean Fraser: My quest to learn more about human potential started all the way back in 1988 when in a bookstore I experienced what turned out to be a paradigm changing moment. Linda Goodman's Star Signs literally fell of the shelf at my feet, naturally I bought the book and so commenced the gradual opening of all of my eyes. Taking what I believed at that time would be a year out from my then corporate life, I read hundreds of books, travelled to visit ancient sacred sites and networked with fellow seekers of wisdom from around the world. Each year I write for around thirty magazines across the world on ways of living more authentically harmoniously within ourselves. And I never did return to the corporate world.

Dean's website: www.deanfrasercentral.com

Dean's Books



Find Dean's books on Amazon: https://www.amazon.com/stores/Dean-Fraser/author/BooMF8YSAS?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

Witchy Tips with Aurora Raven Dragonfly



Candle Magic.

Everyone loves candles. Folks use them at birthday parties, weddings, at church, and dinner parties. They make occasions special and mark milestones in people’s lives. Even if you are not a pagan or witch, you feel their importance. Witches adore candles and use them on their altars and for spell-work. The question is-What kind of candle do you use when creating magic? There is no a simple answer. There are as many different candles as there are answers from witches.

One can find long elegant tapered ones, short and thick ones, large, small and in every color imaginable. Should they be hand-crafted or store bought? Some only use bees-wax candles. I personally love these types of honey-colored and sweet-smelling ones. Today, there are ones with added scents and embedded herbs, fruits and flowers. On top of it all, the new “fake” tapers without a real flame look awesome and won’t burn down your home when you forget to blow them out.

Now, we have to consider the candle holder as well. No help here because there are so many lovely ones from have a deity form, to being made of gold, to ceramic and the ones we inherit from our grandparents. It boils down to your personal preference and your intention of why you use a candle. We, witches, love to have an array of different candles and holders

of all shapes on our altars. Outside, I would suggest using votives since wind will blow the flame out or just use torches.

I would start with color magic, plain and simple in my selection of candles. Colors are assigned to the elements and directions; Yellow-East/Air, Red-South/Fire, Blue-West/Water, Green -North/Earth and White or Purple-Center/Spirit. I like to use White for Goddess.

Candles are used to increase focus on what we want to manifest and help invite the spirits and Elementals to work with us creating a spell. In the next few articles, I will be sharing more details about candle magic, giving some examples of spell-work.

For now, buy any white candle of your choice. Match it with a candle holder you enjoy looking at. Sit comfortably and light the candle in front of you. Focus on the flame and allow your mind to clear. Drop your eyelids ever so slightly and open your mind. Ask the Goddess a question, letting your imagination/younger & playful-self awaken. Watch the flickering flame and see what comes up for you whether it's a word, feeling or vision. Blow out the candle and thank yourself and the Goddess for insight. Grab a journal, date it and write down your experience. Do this 3X and see what happens next.

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

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

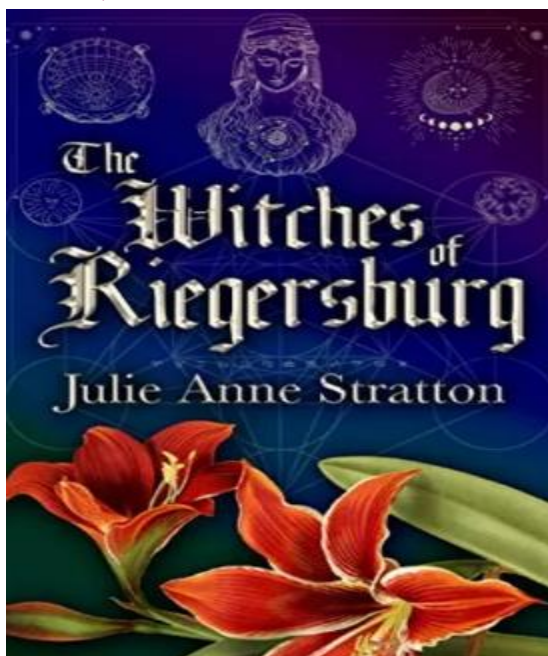
I have led and participated in many covens over the years; The Circle of the Rising Phoenix, Sacred Daughters of Her, and Reclaiming the Radiant Wild. I did a green witch intensive for a year with Susan Weed and have taught workshops at witch camps, organized for VWC and was on the World Witch Council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

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

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

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

Check out her book aka Julie Anne Stratton



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

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

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

In 1938, Hitler takes over Austria, and Katarina Lilienthal fears for the lives of her Jewish husband and daughter. Armed with the secret Book of Shadows, her legacy passed down from Baroness von Galler, and her intuition will she be able to save her family before the horror begins? Seventy years later, Sarah Lilienthal inherits her beloved Oma's secret book. Katarina's deathbed wish is for Sarah to travel to Austria—the place Sarah's grandparents barely escaped with their lives on the verge of WWII—and make amends with Oma's estranged family. Sarah is cast on a quest to find her true self and the origins of the book by traveling to Riegersburg, where the Book of Shadows' journey began.

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

Interview with Aurora Raven Dragonfly aka Julie



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

Psychic or Medium? What's The difference?

By Frank Chodl



Psychics vs. Mediums. Call them Shamans, mystics, prophets or priests, the names are as varied as the cultures they serve. In western societies we commonly refer to them as mediums or psychics, or seers. Let me begin defining who we are by saying that all mediums are psychics but not all psychics are mediums. Psychics are intuitives. They can get messages, impressions, or gut feelings. They may use any or all of the senses, or Clairs. They may employ the use of divination tools like crystals, cards, spirit boards or any of the hundreds of other methods used throughout time. They might use elaborate ceremonies or simply just receive and deliver messages.

Mediums tend to be more directly connected to spirits or entities while psychics just seem to “know” things. I like to tell people that the difference between psychics and mediums is that the psychic can tell you where your lost keys are while the medium tells you who moved them and why.

Channeling vs. Mediumship. As I noted earlier, mediums are more in touch with the spirit realm. They receive their messages through various sensory methods and then deliver those messages to the intended recipient. They are the messengers or the conduits for delivery. There are different levels of connections between the medium and the entity.

I can start with three general classifications of mediumship: the conscious medium, the trance medium, and the channeler. The conscious medium is completely aware of what is happening, both within themselves and around them. The trance medium connects on a deeper mental level. Often, they are not cognizant of what is happening and may have no memory of what may have been said during a session. They may experience temporal disassociation or time loss after the reading. The channeler actually allows the entity to use their physical body to communicate. While the medium is usually in deep trance while this happens, they may be aware of what is said or done. During these experiences the medium may be heard to speak in a different dialect, accent, or language than their own. They may exhibit abilities that they didn't possess before like writing legibly with their non-dominant hand or skillfully playing a musical instrument they had never studied.

Different Types of Mediums. Whether they are conscious, trance, or channeling mediums their abilities can be applied to a wide range of purposes. The most commonly seen work of mediums may be in seances and paranormal investigations. Mediums provide a bridge between the living and those who have passed in order to facilitate closure and transitioning.

Beyond the obvious, mediums have been engaged by law enforcement agencies to acquire information about people or events that may not be readily detectable to the investigators. These are referred to as Forensic Mediums. Medical Mediums or Intuitives are being called on more frequently to assist doctors in diagnosis and applied therapies when traditional methods may be less effective. Even the CIA has employed the use of psychics in remote viewing for information gathering.

In many cases the information provided by the medium can be supported by verifiable evidence. I always ask my clients to not reveal specific facts or details to me before any session. That way, what comes through can be supported later on. Sometimes, the information is about things or events

that haven't happened yet. In those cases, there was no way for the medium to have had prior knowledge.

Regardless of the classification or methods used, psychics, mediums, and channelers are not fortune tellers. Our predictions are not set in stone. The future is fluid and changeable. What we provide is the probability of events based on the current course of actions. Having the information provides the recipient with the opportunity to use their free will to make informed decisions.

Again, these are very brief and generalized answers to the questions about mediums and psychics. I offer much more, in-depth discussions in my books and seminars, as well as links to a long list of references for further study. Stay curious my friends.

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

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

Partner With Nature In 10 Easy Ways

By Dr. Jim Conroy & Basia Alexander



#1 Love NATURE, Befriend a Tree

That feeling of appreciation in your heart when you see a beautiful tree or take a walk in a park is first and foremost for Nature Interplay™ the BioBalia Way... and becoming a Partner With Nature. Open your heart to NATURE. Send caring feelings. Nature needs you as an ally. You will feel good in the warmth of your own loving feelings. Begin to develop a "friendship" with a tree.

#2 Go for Walks; Really Take In the LIFE of Nature

To do Nature InterPlay™ the BioBalia way and become a Partner With Nature, go for walks in your neighborhood or a local park.

Be quiet.

Look around. Yes, really look closely at the life around you. Don't take it for granted. See trees' differences.

Know that there are millions of important micro-organisms under your feet.

Enjoy the bird's songs.

Perceive, feel, imagine, breathe!

Take it all in through all of your senses.

Once you open your heart and take it all in, think about how each part of this ecosystem is a living Being.

Be mindful of the fact that they are as alive as you are! Just different.

#3 Come From the Other's Point of View; Take Nature's Perspective

You have a point of view, a perspective about life that is your own. It's how you perceive your world. Your point of view is also probably human-centric. Unwittingly, people think of most things from the mindset of being a person. It's natural.

But, when you are with a tree or other Being of Nature, try coming from that their point of view. It's a really good way to be a Partner With Nature.

Think about what their life is like:

how do they make food for themselves or eat food from others?

how do they move?

how do they live with other Beings?

go through the seasonal cycles?

experience extremes?

That's coming from the other's point of view and being Nature-centric.

Being a Partner With Nature, you can put yourself in a tree's roots or butterfly's wings or animal's feet to understand what they need to survive and thrive. And, so doing, you can alter your own behaviors as needed.

When you can take Nature's viewpoint--come from her perspective not the human point of view--you get on the Path to Partnership.

#4 Clean Up/Plant Trees. Be a Tree Protector.

Pick up and bag litter while you go for a walk.

Join with others by:

Volunteering to pick up trash in the neighborhood.

Participating in broader efforts to 'clean up' the pollution, or the businesses, or the laws which have contributed to ecological degradation.

Planting trees. But plant the right tree in the right place, the right way. Don't just plant what you think looks good.

Be a Tree Protector.

Just as the name sounds, you'll be doing enjoyable and practical things to help trees become healthy and protect them from dangers.

Go to our sister website www.TreeProtector.org.

#5 Celebrate and Have Gratitude

Find some fun ways to celebrate Nature and you'll be a Partner with Nature. You could simply:

honor trees when you walk by them.

say a quiet “thank you” and broadcast that feeling to a whole ecosystem as you walk through it.

Have a little party with your children or friends under a tree and thank it for giving you a pleasant and safe place to be.

Or in a quiet moment, focus on the whole planet with a feeling of gratitude.

#6 Join the Millions of People who Talk TO and WITH Nature

Go on. Go out in your backyard or find a quiet corner of a park.

Walk slowly or stand and whisper to Nature Beings in your heart: tell them whatever you appreciate them for!

Talk about anything: unburden your feelings or express your ideas. That's talking TO Nature. Millions of people already do it. It's satisfying but it's a one-way communication.

Then, try having a 2-way conversation. Every living Being has a kind of innate intelligence. Nature has a deep wisdom. Each Nature beings has an inner Spirit or Life Force that brings forth its existence. You can open your inner hearing or knowing to receive their message to you. It's not your imagination. The Spirits within them use your body's sensory instruments, your mind's symbolic interpretations, and your intuitive sensitivity to convey their meanings.

Find more on how to do Nature Communication.

#7 WHISPER® or do Mindful Visualizations or Meditations with Nature Beings

"Whispers" are intentional messages that you convey from your heart that empower you and help Nature Beings survive and thrive.

Mindful Methods™ include visualizations or meditations that you can do while in NATURE INTERPLAY™ the BioBalía Way.

All over the world, trees are sick; ecosystems are dysfunctional. It doesn't matter what the causes are, what matters is that they need YOUR help now. Governments, businesses, or big projects are starting to help but they won't be able to reverse the damage.

It's up to each person to do practical things AND also to use their conscious intention and attention for interacting with trees and plants in mutually healing ways. Learn how at BioBalía Institute School.

#8 Open Up Dinner Conversations

When the chat gets dull, ask your friends:

"Do you have a favorite tree?"

"How do you feel when you are with that tree?"

"Did you have a special place with trees to go when you were a child?"

"Have you ever felt as if that tree or place was trying to tell you something?"

Share your story and you'll be surprised, someone will have another wonderful story.

Also, share some of your Nature stories with us here at PartnerWithNature.org through the Contact Page.

#9 Do Holistic Care

Don't assume that Nature Beings are healthy. They may be stressed in ways you don't see.

Just as you would want to care for yourself with pure air and water, clean nutrients, low stress, and the freedom to be yourself, Nature needs those same things. While conventional approaches and products have value at the right times, it's the holistic approaches that keep trees, plants, and

other Nature Beings in healthy inner functionality and in dynamic balance within their environment.

#10 Speak FOR Nature

Be an advocate. Speak FOR Nature. When Nature is threatened in your neighborhood, sign a petition or go to city hall and register your opinion.

Be brave: join or lead the efforts. Don't take "no" for an answer. There are ways to turn around people's minds, change laws, alter behavior, and come up with reasonable alternatives.

If you want local or regional environments—or the global biosphere—to become more livable and to support future human generations in health and prosperity, speak WITH Nature and speak FOR Nature.

Many groups—including PartnerWithNature.org—are doing good and reversing damage. Research the best organization for your participation. We hope it will be PartnerWithNature.org.

Even if you feel resigned, don't give up. With courage and kindness, you CAN make all the difference to yourself, your family, your home, your world.

The Result:

Apply the 10 simple ways we've just outlined so you will be a Partner With Nature. You can begin to turn your backyard and your world into a zone of dynamic balance and good habitat for all living Beings of Nature.

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

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

Tree Whisperer's websites: BioBaliaInstituteSchool.org

PartnerWithNature.org, NaturePartner@PartnerWithNature.org

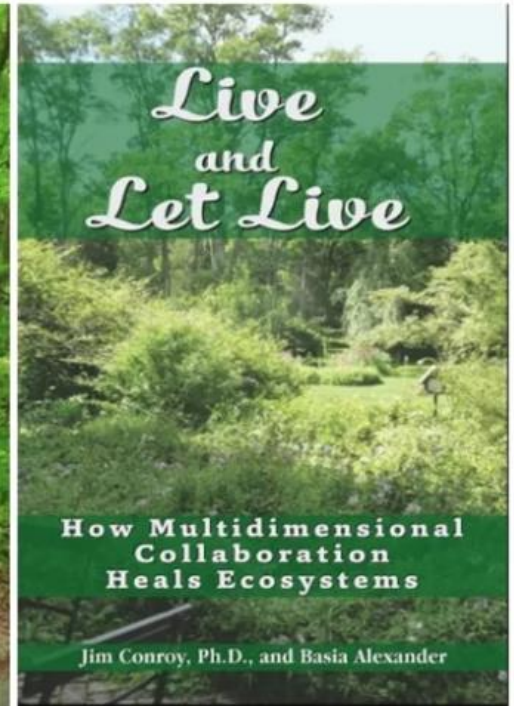
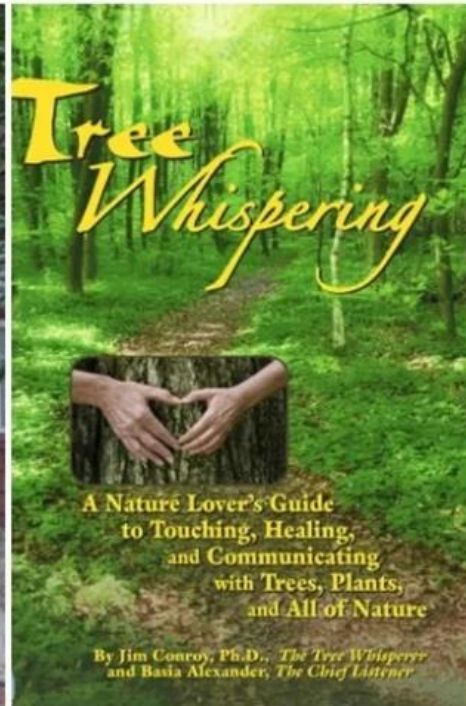
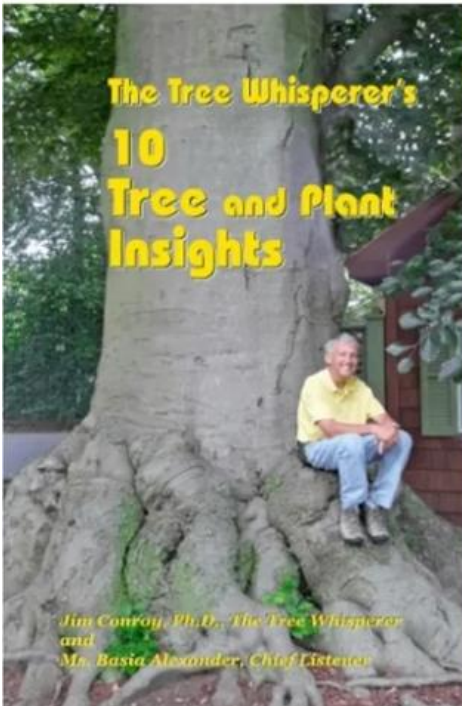
TheTreeWhisperer.com, whisperer@TheTreeWhisperer.com

The Tree Whisperer's Video



Link: <https://www.youtube.com/watch?v=uNDjf9JULH8>

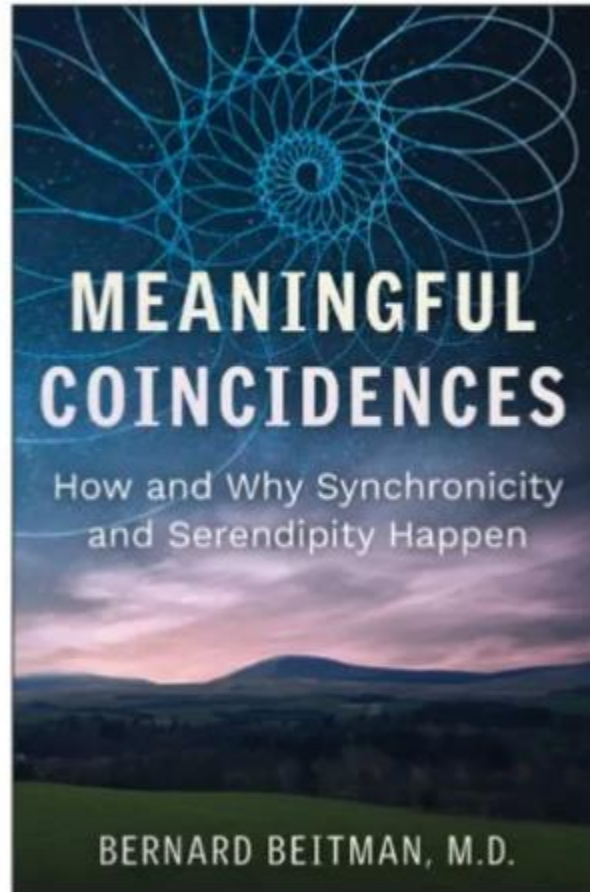
Check out the books



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

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

On Hearing Voices By Bernard Beitman, MD



Auditory hallucinations are not always signs of psychosis. They can be helpful.

KEY POINTS

Hearing voices with no one there is considered to be a sign of pathology, but this may not always be true.

Voices may be precipitated by disruptions in ego function and have both beneficial and detrimental sequelae.

They tend to be supportive rather than critical and may offer truths with a validity beyond the limits of the ego.

Auditory hallucinations are defined as the sensory perceptions of hearing noises without an external stimulus. (Thakur and Gupta, 2022)

Psychiatric reasoning, like medical reasoning in general, tends to be categorical. A certain symptom means a certain diagnosis. Hearing a voice

coming from outside of one's mind immediately places the person in the psychosis direction—schizophrenia, mania, psychotic depression, hallucinogens. For people who are disturbed enough by this experience to seek psychiatric help, this assumption is likely to be correct. However, some non-psychotic people do hear voices that seem to be coming from another person who is not physically present. (Thakur and Gupta, 2022)

Hearing voices that are easily recognized as one's own commonly occurs. Negative self-talk or criticism of oneself by one's inner critic may be the most common.

On the other hand, external voices have been reported to provide helpful guidance to normal people. According to Psychology Today blogger Joe Pierre M.D., it is well known that many historical luminaries were voice-hearers, including Socrates and Plato, Joan of Arc, Sigmund Freud, Carl Jung, and Martin Luther King, Jr. External voices are reported to increase in frequency after near-death experiences. (Greyson and Liester, 2004)

Writing in the *Journal of Transpersonal Psychology*, Liester clarifies the distinctions:

Non-pathological auditory hallucinations are similar to psychotic hallucinations in that they are heard in the mind rather than in the ears and yet appear to have an external origin. They speak in the experiencer's native language, they may be precipitated by disruptions in ego function, and they may have both beneficial and detrimental sequelae.

Non-pathological auditory hallucinations differ from psychotic hallucinations in that they tend to be supportive rather than critical; they may offer truths with a validity beyond the limits of the ego; they generally enhance personal, interpersonal, and societal functioning; they usually speak in complete sentences or long discourses; and they are not associated with brain malfunctions. (Liester, 1996)

Three Cases

I report three case examples of meaningful coincidences between the advice of the voice and the resulting positive outcome from following that advice. They are coincidences because we have yet to understand how following the advice of an external voice leads to a positive outcome. They are meaningful because each led to positive outcomes.

1. The wife of one of my patients was visiting her sick mother in another state. As she was making a turn onto another road, she took the left lane as was indicated. However, she heard a strong, commanding voice that seemed to be coming from someone inside her vehicle telling her to get over in the right lane. There was no one else in the car. She quickly obeyed. Had she stayed in the left lane, she would have been hit by a truck barreling through the intersection.

2. Carolyn Pokres from Philadelphia reported this instance:

"While waiting for the public transportation bus to Temple University, something very unusual happened. I normally sat on steps adjacent to the bus stop, every day, while waiting. My routine never varied. This one day, I kept hearing a voice in my head telling me to go stand near the sign about 30 feet away. I ignored it for a couple minutes, but it was very insistent. I walked over to the signpost, and not 10 seconds later, a flatbed truck with a car on it came careening around the corner, causing the car to fly off and straight on to the steps where I had just been sitting!"

3. The experience that prompted me to write this post took place along the river in Charlottesville. I was sitting among the trees, wondering if I should go right, which led back to the parking lot, or left, which led to an open area. Thunder was getting louder: The darkening sky was a harbinger of rain. As I considered the two options, I heard a voice saying, "Go left." I said to the voice, "Why?" The voice said, "You will see."

So I went left and started to hear music. Great! I was ready to dance. Someone was doing a sound check on the outdoor stage. It was Devon Sproule, a singer-songwriter that I had wanted to see. She was going to open the first set. However, the ticket person told me that the concert was sold out, so I was left to linger outside the fence to listen.

A woman came over to me, offering a ticket. The ticket taker had told her that I wanted to get in, and the woman had an extra ticket. I met her husband, and the three of us had a great time together, so we went to dinner the following week. As our dinner ended, they asked me if I wanted to have a party to celebrate the publication of my new book *Meaningful Coincidences: How and Why Synchronicity and Serendipity Happen*. I readily agreed.

I had wanted to see Devon, having heard a lot about her but never seen her perform. I had wanted to find a way to publicize my book in my hometown

of Charlottesville, and here I was presented with a good start. As the voice suggested, I did see. I saw two desired futures become realized.

Comment

Just as mental health professionals tend to label high-frequency coinciders (coincidence experiences) “psychotic,” we also tend to label voice hearers as psychotic. The tails of the bell-shaped curve suggest that outliers are likely to exist. And so it is with hearing external voices. Pathological diagnoses rely on whether or not the symptoms interfere with daily functions. Here are three examples in which an external voice saved the lives of two people and helped me find what I was looking for.

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

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

Interview with Bernie



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

MBO's By Tom T. Moore

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

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

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

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

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

Tom asks that we do this each day:

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

Urvish from India writes: I wanted share a heartwarming fulfilling BP and a personal MBO.

BP:

I was riding to work in morning and this happened 2 weeks back roughly. When I was going past a crossing, I saw 2 folks engaged in a very heated argument, as their vehicles got involved in an accident. They were close to their chests almost touching, but at least they didn't engage in fighting physically.

As they were arguing in the middle of the crossing, traffic was also piling up.

As I made my way around the crossing I asked for a BP for both to resolve their argument quickly and peacefully, hoping they see each other's point and get going with their commute.

To my surprise one of the person's eyes locked with mine in those few moments and he quickly wrapped up the argument and both started making their way to their vehicles! Seems like peace won that day. 😊

Mantej writes from the UK: MBO to see a Shooting Star.

I was talking to a neighbor, and then immediately he saw a shooting star in the sky behind me. Annoyed that missed it, I said "why have I never seen one?!"

Later on that evening, I requested a MBO to see a shooting star. Not thinking any more of it, a few weeks went past. And there in the sky, a shooting star shot past. I immediately started laughing, and was elated.

Not expecting anything else, a few weeks to a month after that.... I suddenly had an urge to go in the garden in the evening, to get some fresh air. And blink and you'll miss it, a shooting star when past again!

I had literally nothing of any real significance, that I needed to go out in the garden for. Except to be there in that moment, to see the second shooting star. I went out the door, looked up, and saw it in that second.

Haven't seen any more since then. But saw 2 shooting stars in a relatively short time period, despite having never seen one in my life prior to that.

MBO TO GET ASTHMA UNDER CONTROL

Lisa writes: This was my first MBO and I am asking everyday as I don't want it to wear off! I have severe asthma and am allergic and sensitive to a number of things. My MBO is to get my asthma under control as it was

getting worse. Spent most days exhausted and out of breath at the least little bit of exertion, years of just sitting in my chair, hadn't slept more than 4 hours at a time. Well I am happy to say I am much better! Haven't had to use the nebulizer for 3 weeks and have slept so much better that I am able to do normal things! Thanks so much for your book and your newsletter. I am still saying the MBO daily to insure that I stay on the healing path for my lungs.

BPs FOR LAYOFF, FAMILY TRIP, MBO TO RECONNECT

Severine writes from China: Any MBO and BP sayers can join. We also talk about the newsletter/disclosure and this is for free.

<https://chat.whatsapp.com/E5LN7ebE6AWo7GEF3ejtLr>

1) Important talk:

A friend had to deliver a bad news and tell his employee he wouldn't be able to renew their contract. He gave them enough notice, and will provide severance pay, + a final bonus, + recommendation letter. The outcome was better than expected. The employee took it quite well.

BP: I ask any and all beings to aid and assist—— to deliver the news to —— in the most benevolent way, and I ask any and beings to assist their employee in taking the news well, and that they are sent an even better job soon with a great employer, thank you!

2) Great family trip with surprise business flight:

This was our First family trip with my in laws since COVID (3 years for China).

I requested MBOs for our trip to go perfectly well, and to be protected from any negativity, and attract lots of miracles along the way, and May the outcome be better than expected, thank you!

On the way the flight was delayed and we were almost late but we were offered to fly business for a small fee; we did it and was awesome. Then the weather was great over there, nice food, perfect sea water temperature to swim, great hotel, etc.

3) Hearing from a friend

I requested an MBO to hear from a specific friend. I did enough efforts in the past. Therefore I considered it was their time to reach out, if it were for the highest of both of us.

They did it was a great!

MBO FOR DRIVE HOME

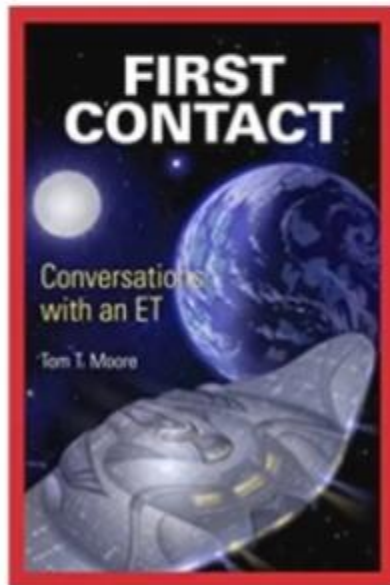
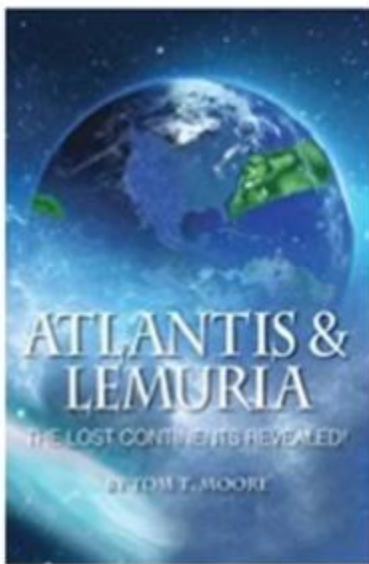
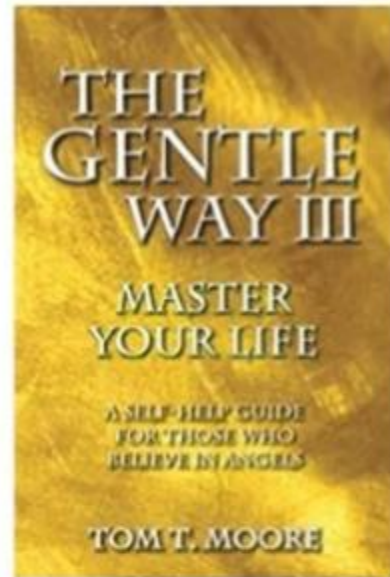
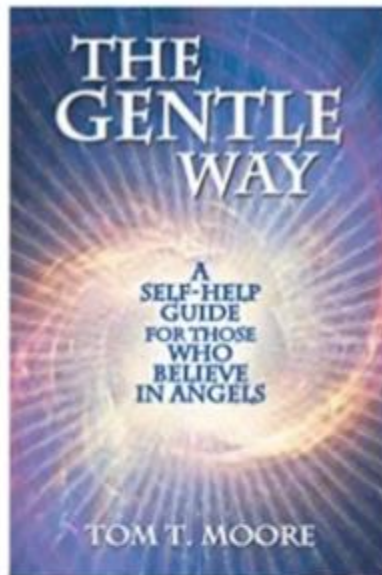
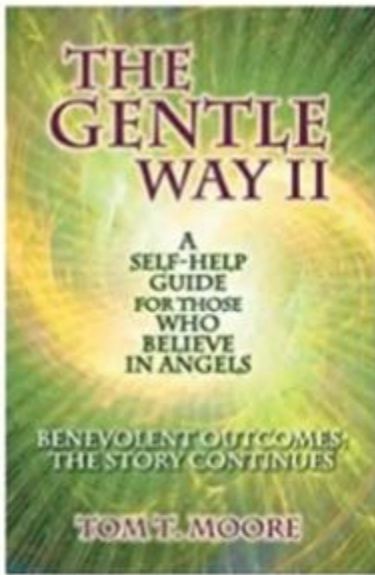
This is just a short MBO I had the other day. I had just gotten out of Yoga, when my daughter called me to take her to pick up her car at a garage that had been detailing it to sell. I had requested MBOs from my house to Yoga, for my interactions with the instructor and other yogis, and my drive home, but I forgot to request an MBO for the drive to my daughter's house, the garage, and home.

On my way home I suddenly remembered to request the MBO for the drive home. I immediately requested the MBO and continued the drive. Only about 3 or 4 minutes later, while I was in the left lane of a six lane thoroughfare, a car only about one car length in front of me in the middle lane cut directly across my lane into the turn lane for a local street. I slammed on my breaks, avoiding plowing into the rear of their car. That's as close as I've come in quite a long time in avoiding a collision. Thanks to my GA Theo!

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

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

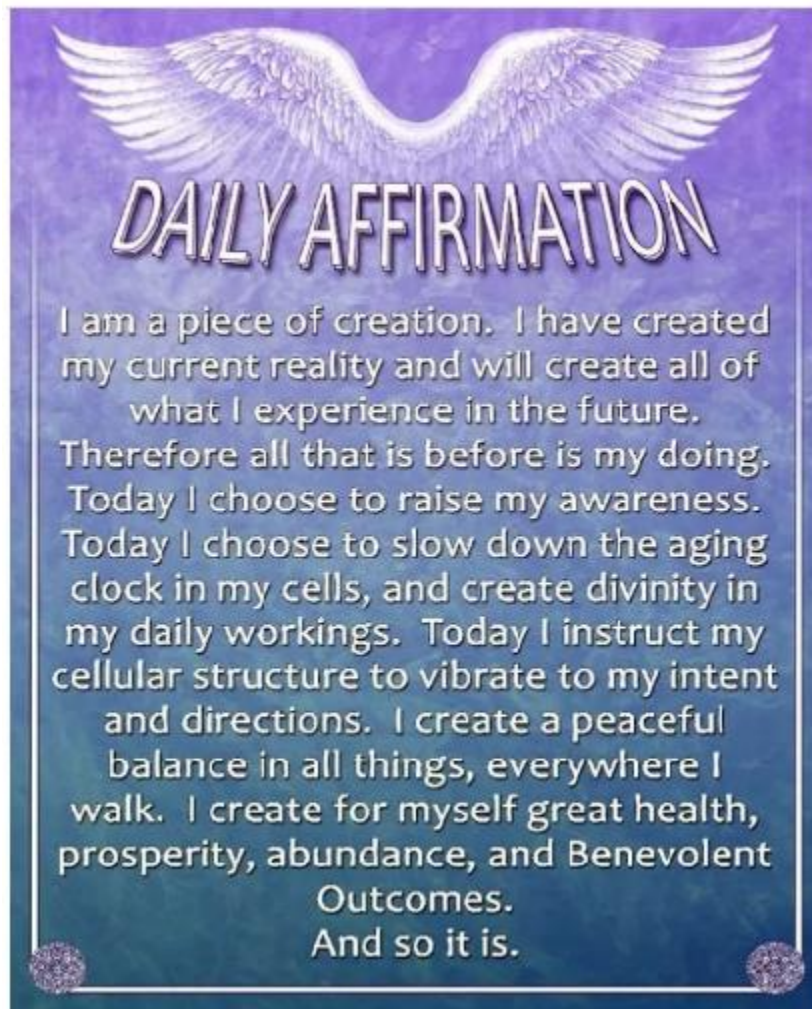
Tom T. Moore's Books



Tom is also a prolific writer and these books you see can be found on Amazon at: https://www.amazon.com/Tom-T-Moore/e/BooCR1C23I/ref=dp_byline_cont_book



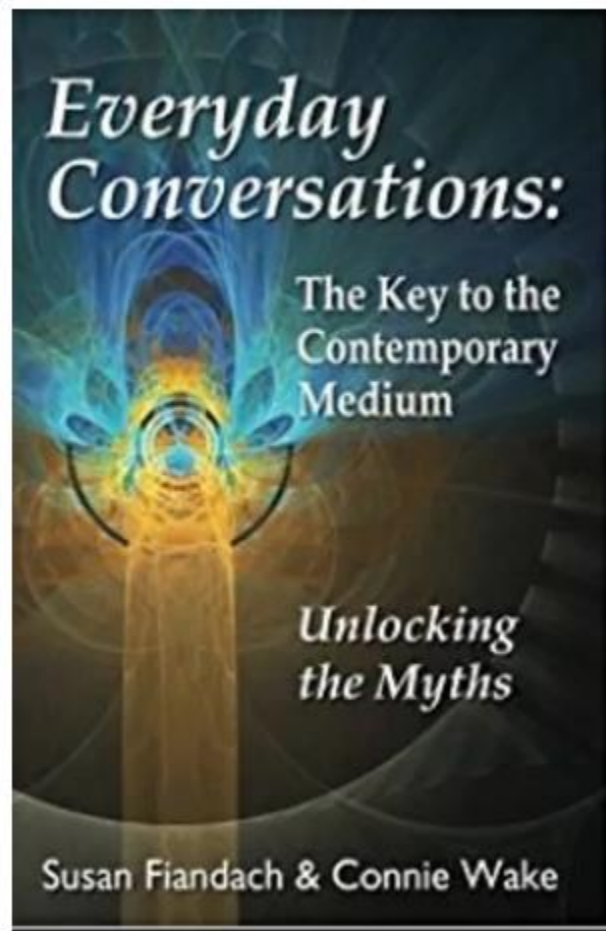
Link: <https://youtu.be/RJHpBt4sTv8>



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

Find other signs on Tom's website

The Health Intuitive By Susan Fiandach



As a Health Intuitive, I am asked a variety of questions on the source and value of the information that can be provided in a Health Intuitive reading. The Health Intuitive is a service that can be described as a process to incorporate physical and energy information about a person's health. These definitions may range from the body's energy system to emotional causes of concern and physical pain, to spiritual well-being.

The Health Intuitive service can be considered as a valid and valued assist in the overall care of an individual, supplementing the medical professional. Doctors and medical personnel have clearly defined roles and specific knowledge largely based on education, practice, and studies. They possess what is called AR, or Analytic Reasoning, basing their diagnosis on science and information. They would also enlist NAR, Non-Analytical Reasoning, or intuition which adds or leads to analysis.

While a Health Intuitive (HI) is not a medical professional, we can work in conjunction with them. Our role is to peer intuitively into the body and all its systems to locate dis-ease within. The Health Intuitive is not looking for

a diagnosis but rather locating areas of interest that may help lead a professional medical provider down the road less traveled to a diagnosis. Many HI will also associate emotional components to health issues and while this is important, it is not the primary role of the service. To speak solely about the emotional aspects can convolute a physical resolution.

The HI does not prescribe or unprescribed any medications or supplements. Working with alternatives such as vitamins, minerals, supplements, and herbs may come into play, but the caution would be as suggestions and not a prescription. A responsible HI will ask the client to do their due diligence with their health care provider to be certain there are no contraindications with current medications. The HI will also educate the client in using a muscle-testing technique, such as a pendulum, to lead them to food intake as a source of healing.

It truly is using the body and mind to access information regarding another's health and wellbeing. Chakra work is not a necessary piece of the HI nor is energy movement per se, and while these things can be used in the healing process, they are not part of the health intuitive assessment and information that is shared professionally with the client.

The Health Intuitive reading begins with an overall scan of the body, which is done through psychic visualization or physical empathy. Through those visualizations, the HI imagines the inner workings of the physical body and is observant of anything that looks or feels out of sorts or place. That basic information is then shared with the client and through deeper conversations, narrowing down to probable root causes and avenues for explore with the medical community.

Once the physical has been established, the emotional components existing in a state dis-ease are compelling, and then allow the HI to continue toward the mental and emotional wellbeing of the client.

While the health intuitive reading is a powerful tool, the HI is not the healer, but facilitates further medical opportunities. As a client seeking the advice of a HI, your part would be clear and honest regarding your current state, with specific concerns to explore and gather more information to bring to your health care provider.

About Susan and Connie: Susan Fiandach and Connie Wake are owners of The Purple Door in Rochester, NY. They are professional psychic-mediums and teachers of psychic-medium studies on a mission to de-mystify our psychic sense. They are co-authors of "Everyday Conversations: The Key to

the Contemporary Medium – Unlocking the Myths” and “The Student Guide to the Daily Medium – Unlocking Your 6th Sense.” They can be contacted through The Purple Door, at their new location: 3450 Winton Place, Rochester NY. 585-427-8110.

Connie & Susan's website: <http://www.PurpleDoorSoulSource.com>

Interview with Susan And Connie



Link: <https://www.youtube.com/watch?v=l6DdLY2dsjo>

Messages from Maggie Day 4: How Can We Heal From Guilt?

By Dr. Seema Khaneja



Seema: Maggie, please help me understand how we can heal ourselves of feelings of guilt, and how we can better understand what is our true responsibility towards ourselves and towards others.

Maggie: This is a beautiful question because it allows us to go deeper into the source of this confusion in the mind. Many spiritual traditions talk about this sense of separation, the fall from grace. There are stories in many world mythologies that try to explain why the human condition is so fraught with misery and pain and suffering, and what the remedies are for this suffering.

So, let us look at this from the teachings of the Course in Miracles. When the separation seemed to happen, and I use the word “seemed” because from the highest realms we know we are with you, and you are with us, and there is no separation. Yet when the mind believed itself to be separate from Source or God or the Divine or the Oneness—whatever word you

would choose—in that moment, it became an alien to itself, a foreigner, an exile from home. Yet the memory of home never went away, because that cannot be destroyed.

So now, in this sense of separation, there was a split. And in this split, you took on all kinds of false beliefs all stemming from the belief in separation. Before there was only love and oneness and truth and innocence. No opposites. But then fear was born and then with it came guilt— a sense of being wrong, doing wrong. And from that a sense of I am not worthy. I am not good enough. And so it continues.

You are not responsible for the errors in thinking or believing. And the attraction to the guilt is as if there have been layers and layers and layers where you have gone further and further and further and further away from Home. So, the foreign alien spaces have started to feel like home. And yet there is a discomfort.

It's like the story of the princess and the pea—no matter how many cushions are put, she can sense that little pea all beneath. So, something in your mind tells you, “This can't be it.” And yet it's like being in quicksand—the more you struggle, the further you fall. So, the attraction to guilt, once you realize it's an attraction of the false to the false—confusion for confusion. And that by yourself, you will not be able to free yourself. It's like being in quicksand—you need someone else to hand you a branch, a hand, a way for you to escape and be free.

You need not worry about the state of your mind, or the condition of the world, or the condition of anyone that comes to you for help. The world would teach the more you study the more you will understand. Yet, if you don't have a clear purpose for your studies, a clear purpose for how you want to allow this to be used, it'll be like quicksand. You will just go deeper and deeper. And that is why many who come to help and share often burn out.

You need a way to look at yourself, not from the lens of the ego that studies itself to make more complicated designs and theories and gets sort of stuck in its web of its own making. But a way to step apart. Have perspective. See it from a distance. See it from a more holistic and global perspective.

That is why we ask you to pray. I ask you to invite me in—the guides, the angels, the light. When you can come to this realization that you are lost, and you don't know your way out, and you need the light of an elder sister, an elder brother— because that is all how we see ourselves as your guides.

We are equal to you, but we have traversed this path. So, we know the pitfalls. We know where you want to tread lightly. We know the way. We know the destination. We know the means. And we are that part of you that has not forgotten home. So, we are within you. And yet we also know the whole journey, the script, your part and responsibility, the ability to respond, the ability to respond to each situation instead of a knee-jerk reaction. When you react, it's like flailing in the quicksand—the more you flail, the further you sink. But letting yourself be still and allowing yourself to know this—my responsibility is to accept the love that will set me free, to accept the light that will illumine the darkness in my mind, to accept the comfort that I so long for, to accept the rest that I so desperately need, to accept the warmth of the embrace of the Beloved that will never falter.

You see, you are not responsible for how things look on the outside. Your responsibility is to not give it the purpose of reinforcing guilt, which is the quicksand. But give it the purpose of healing, the purpose of liberation, the purpose of transformation, the purpose of opening. There is never a lack of love, dear child, dear sister—never ever a lack of comfort, never ever a lack of wisdom or light. Because the truth of you is love. It is light. It is wisdom. And it is fully intact—nothing can harm it, nothing can destroy it, nothing can change it. These ideas of fear and guilt were manufactured in the mind that forgot its source. They are manufactured—make-believe. They are not real. Invite my presence in. Invite your guides. So, we can show you that they are not real. And like a child who's having a nightmare can only be shown that it is a nightmare by waking up. And that can happen when a loving elder, a loving parent shows up, embraces the child, lets the child cry or be angry or say whatever they're saying.

And the elder will simply stand and comfort them and say, “I am here. Love is here. You are here. You can open your eyes. You are safe. You are safe, beloved child. You are safe.”

So, whenever you face a seeming nightmare while you are seemingly awake—something that just wrestles you to the ground, that seems to overwhelm you or trouble you to whatever degree. When the feelings of guilt/responsibility show up, know I am here for you. We are here for you. Cast your worries and cares onto us. Allow us to help you wake up into the safety of love's embrace.

And so it is.

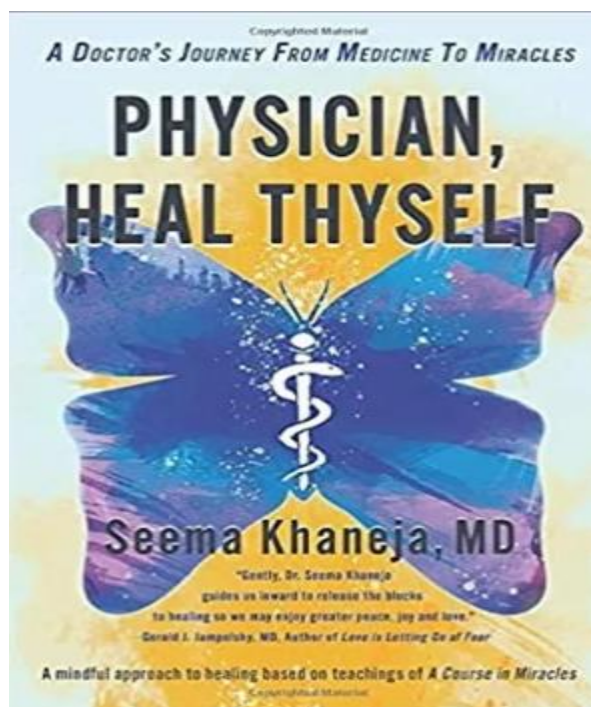
About Dr. Seema Khaneja: My search actually began with my roots as I was born in India in a family of herbalists and homeopaths. I completed

my medical school and residency in pediatrics in NYC at Mount Sinai School of Medicine and NY Hospital-Cornell Medical Center. I then went on to study integrative healing arts including homeopathy, Ayurveda, yoga, and mind body medicine. I practiced integrative medicine for children and adults for almost ten years (mostly in Rochester NY as well as NYC). After my peak experience in India, I seemed to draw a series of many different spiritual teachers to me and delved deeply into studying Hinduism, Buddhism, Vedanta and this eventually led me to A Course in Miracles.

I then faced a chronic pain/ illness that forced me to go even deeper with healing – to look at the mind in a very profound way. While I used conventional methods to heal including surgery and medications, I feel that the shift for healing happened first in the mind and then the rest of the pieces fell into place. My experience of healing inspired me to create Coaching for Inner Peace along with an online learning academy called Shanti Academy where I share tools for this deep healing with my clients. My deep desire is to share the tools that helped me heal with others facing similar challenges.

Dr. Seema Khaneja's website: <https://coachingforinnerpeace.com/about-drseema/>

Seema's Book



https://www.amazon.com/stores/Seema-Khaneja-MD/author/B083R1HX9G?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

Tarot Tendencies for May By Doreen Scanlan



I'm working with a new deck this month. It is the Enchanted Dreams deck. This is my first official reading with it.

The ten of wands starts out the month recognizing that you have way too much on your plate.

In light of that you have some choices to make. Do I muster up the strength to take them all on or do I reprioritize them and do my best not to disappoint someone in the process?

All too often we involve ourselves in things that are worthy of our attention but we also don't know when to stop saying yes to requests for our time and energy.

It is time to become more aware of your limits and do your best stop before you reach that point. What you do decide to take on will be magical. The finished products will bring you the recognition you deserve for jobs well done. Two jobs well done is much more impressive and satisfying than five done just okay. Time to specialize moving into summer.

About Doreen Scanlan: I am pleased to have been asked to join the ROC Metaphysical Family. I have been doing Tarot readings for over 20 years both through local shops and festivals and on my own. The past 2 years I have been invited to the Gypsy Camp at the Sterling Renaissance Festival. I have a very eclectic spiritual background that I draw upon to guide and inspire.

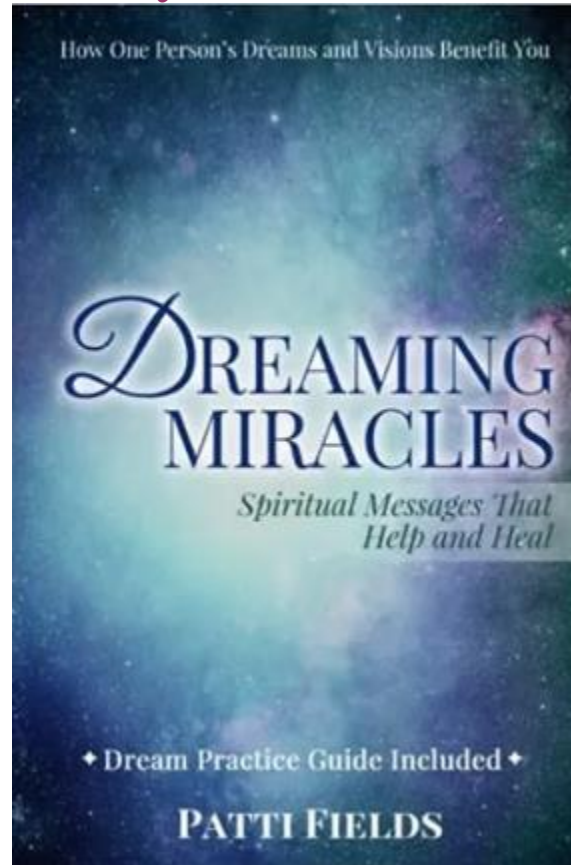
Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to provide a general monthly forecast to help everyone understand the tone of the month. If you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

Interview with Doreen



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

Why Is It Important to Examine Our Internal World? By Patti Fields



You are embodying the attributes of a spiritual being. The old patterns, beliefs, and emotions are what we call the “human” side of beingness. How you act in the world, what you believe about yourself and others, and how you feel can either be of a spiritual nature or from the made-up role of being human. When you drop old ways of being it is because you are ready to express your spiritual attributes. This process of releasing beliefs, healing emotional wounds, changing destructive and unhealthy behavior patterns is for the purpose of allowing your spiritual attributes to shine through your human form.

When you ask yourself, “How do I want to be in the world? What is alive and meaningful to me now?” you will find your answers represent your spiritual attributes. For instance, if you value feeling unconditional love for everyone it must mean that you no longer want to hate or judge others. Hating and judging are expressions of human attributes. Whereas unconditional love is your spiritual nature. Another example would be: If you decide that the old pattern of wanting others to validate your goodness because when they don't you feel worthless no longer suits you, and

instead you KNOW your own worth regardless of the opinions of others – you are in touch with your spiritual nature.

Do you see how important it is to recognize your internal struggles, traumas, emotions, and behavior patterns? It is not to change yourself to be a better person. The value of this type of reflection is to drop what is NOT who you are, so your spirit can shine in the world.

What you are does not have to be perfected. You already are perfect, as your Creator is perfect. Imagine if you embodied your spiritual attributes who you would be in the world, how you would feel, and how your life would be a living expression of your Divine nature! If this is meaningful to you then examine what no longer belongs in the picture of your new life and let it go, so who you are can shine in this world.

Here are a few reflection questions to help in this process:

What do I no longer want to feel?

What behavior and response patterns am I ready to let go of?

What do I no longer want to believe?

What is meaningful to me now? What emotions do I want to feel?

What do I want to be true about myself, about others, and about the world?

When you notice what does not fit your identification as a spiritual being, do not judge. You are being strong and courageous in that moment. Honor yourself and then gently remind yourself that it is present so you can let it go and let your spiritual nature shine through. These reminders are enough. Refrain from doing more. Your willingness to let it go because it does not fit the picture of who you are is enough. It may be helpful to do something loving for yourself while you are letting go. Neither you nor others deserve chastisement. You are all doing your best to be who you are.

About Patti Fields: Why do people suffer? How can we be free of pain?

What is the purpose of suffering? These questions were swirling around in Patti Fields' mind on the darkest day of her life. That night she experienced her first spiritual dream and learned an important lesson—when we are willing to contemplate deep questions and search for true understanding, we naturally open to the healing power of the spiritual realm.

Patti's quest for answers led her to the teachings and practices of A Course in Miracles, during which time her dreams and visions became numerous and profound. Applying the spiritual messages she received to situations and relationships her negative belief patterns, grievances, and unhealthy

self-concepts fell away. As a result, Patti had experiences that were truly miraculous.

Patti's desire to help others prompted an unexpected spiritual dream where she met her spirit guide, who taught her how to channel messages while awake. The numerous transformational messages Patti receives are foremost for herself. Yet, she willingly shares these teachings to support your healing and connection to Divine wisdom.

Patti's website: <https://pattifields.com/>

Interview with Patti



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

Miracle In The Storm **By Barry & Joyce Vissell**



Living in Santa Cruz County, California, has been quite a wet and wild experience this winter. We have experienced storm after storm oversaturating our ground, flooding our creeks and rivers, blowing down our trees. The weather experts refer to it as an almost nonstop atmospheric river pounding our coastline.

The good news: our drought is finally over. The snowpack in the mountains is more than adequate. The reservoirs are full.

The bad news: flooding and destruction of property have displaced thousands. People have drowned or have been killed by falling trees. The ocean caused so much coastal damage that President Biden made a visit to our tiny town of Aptos, speaking in front of our destroyed pier.

Yet in all of this devastation, miracle stories abound. Joyce and I deeply believe in angels, great beings who are tireless in their protection of all of us. Just because some “bad” things are allowed to happen, we may not know how many catastrophes are prevented because of angelic intercession. Or why? But sometimes the sheer number of miraculous details become too hard to explain away as random happenings.

Here's what happened to us on Tuesday, March 21. I was in the middle of a counseling session with a woman, while her husband sat in their car in our driveway watching their four-year-old daughter. Our cell phones all beeped with a severe wind warning. The wind became so strong, reaching 80mph, that we could not hear each other speak. Then the ground shook, followed by a thunderous crash. Moments later, there was a loud knock on the door and the man stuck his head in and said to me, "Sorry for interrupting but you better come out and see what happened."

I ran outside and around the garage to the driveway. For the thirty-three years since we built and lived in our home, we have coexisted with a giant Monterey Pine tree on the side of our driveway. It was a beautiful and majestic tree, providing welcome shade on warm summer days. But it wasn't all good. Also on those warm summer days, it rained sap onto our driveway, so parking underneath the tree could really mess up your vehicle.

Then there were the squirrels. As cute as they are, and as much as we love them, they loved to chew through the branches that held pine cones in place. It's interesting to us living here on the central California coast that the largest trees on earth, the mighty Redwoods, have the smallest cones, maybe one inch long and weighing perhaps less than an ounce. However, the Monterey Pines, although not the smallest coniferous tree, have perhaps one of the heaviest cones. Especially before they open to release their seeds, they can weigh over a pound each. And this is for some reason the squirrel's favorite time to release their bombs. We have had several broken windshields, dented vehicle roofs, not to mention the major risk of a broken skull. We have even wondered if the squirrels sometimes planned their attacks, aiming their bombs just for the fun of it.

People have over the years urged us to remove this tree, fearing the possibility that it might fall on our house or the apartment above our garage. But I have studied that tree carefully. I'm not an arborist, but in my time, I have taken down many a tree that needed to be removed. This particular giant was clearly leaning away from our buildings. I knew it would fall someday, but I calculated its trajectory as nearly missing our 250-gallon propane tank and landing well above a mobile home down the hill on our property.

The behemoth did fall mostly where I predicted, but nature had other plans. The massive root system pulled out of the earth, leaving large sections of asphalt pavement in disarray, looking more like the aftermath

of an earthquake than a tree falling down. The roots lifted the nearly full propane tank into the air, where it perched at a forty-five-degree angle, amazingly still attached to the gas line coming out of the ground. Miraculously, there was no leaking, hissing, or smell of propane gas.

The huge root system also unearthed an electrical conduit, lifting it eight feet into the air. Inside was the power line connecting the garage solar panels and generator to our main service panel. Again, miraculously, the power line was still attached to the panel, although the conduit broke off the panel and the exposed wires were pulled out about three inches.

Then there was the final miracle. From where I stood, I couldn't see my new truck parked in front of our camper. I feared the worst, imagining both with severe damage from the tree falling not perfectly where I planned it would fall. I always remember one of my mother's favorite Yiddish sayings, "Mann tracht, und Gott lacht," meaning man (or woman or they) plan and God laughs.

I rushed over, squeezed past all the branches, saw branches actually touching both the truck and the camper, without even a scratch on either vehicle.

That's simply too many miracles to ignore. Yes, many would say we were just lucky. But we don't believe that for a minute. We deeply trust that, at least this particular time, we were protected by spiritual forces that we cannot explain. And we feel we have a clear choice to be thankful for this protection, and for all the protection we have received in the past, or will receive in the future.

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

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

Barry & Joyce Video



Link: <https://www.youtube.com/watch?v=Q87Fe5CX364>

Unfurl By Monique Lang



So often we keep our fullness folded in.

This is the time to unfurl, to allow the bigness of who we are to be fully visible without arrogance. It is actually a gift to those around us to allow ourselves to show the fullness of who we are.

What in you do you want to unfurl - to be made visible?

What stops you?

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

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

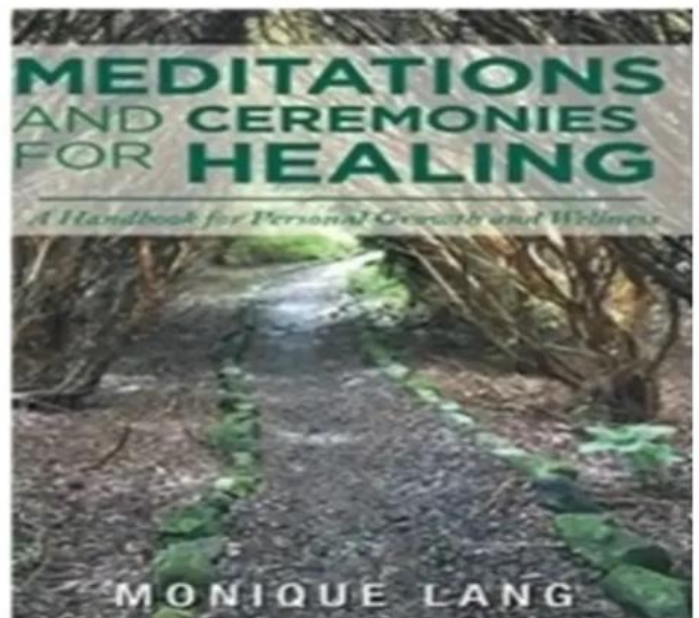
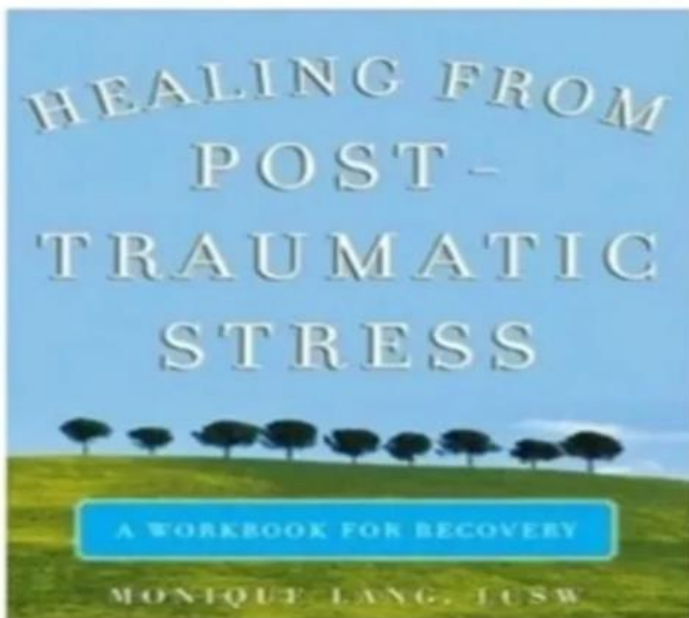
Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual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

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

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

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

Monique's Books



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

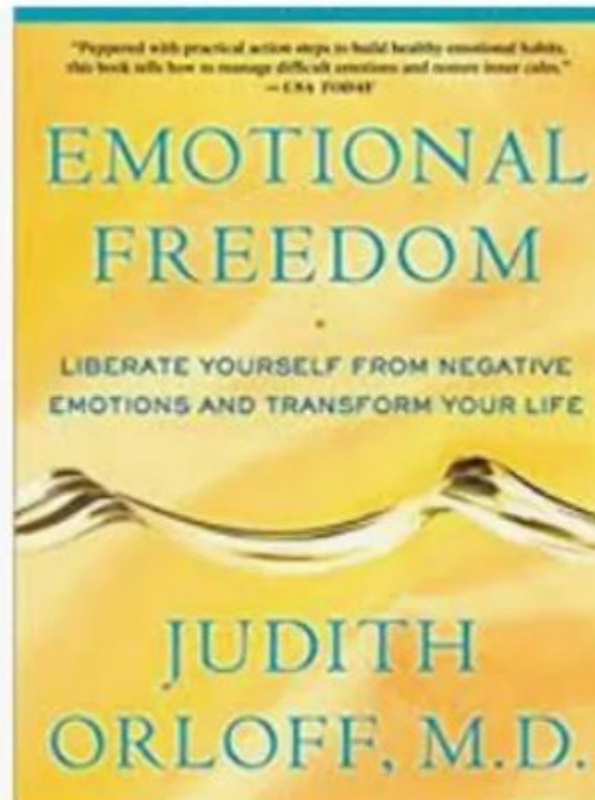
Monique's Video



Link: <https://youtu.be/h1VVKj8lQ2I>

Taming Your Inner Task Master

By Dr. Judith Orloff



Your inner task master must be tamed if you want to have a happy, balanced life.

Your inner slave driver is the part of you that's addicted to workaholism, rushing, and going nonstop until you drop. If you don't put in a ten-hour day, you get anxious. Also, you feel guilty relaxing or taking time off from work or solving emotional problems. In your mind, to feel calm is to feel guilt, a linkage you must first notice and then reprogram. The inner slave driver shows no mercy. Unchecked, it'll whip you into an anxious state of physical and emotional collapse. To transform anxiety, rein in your slave driver by treating yourself with more compassion, turning down the tension, and regularly planning stress-free interludes.

Once, during an anxious period when my inner slave driver took over, I dreamed that a ceramic mug I loved with "Dance-Sing-Play" on it, cracked. This upset me because I couldn't drink tea from it anymore. Upon awakening I got the message: to have more fun and put less pressure on myself so that I didn't crack. Similarly, oversee your inner slave driver.

Staying mindful of this voice and saying an emphatic “no” to it preserves calm.

Perfectionists are run by their inner slave drivers. They hold themselves to impossible standards, beat themselves up over mistakes, and are unforgiving when others make them. Perfectionism can motivate you towards accomplishments, but these are often hard to enjoy because, in your own eyes, they never seem good enough. You aggravate your anxiety with all-or-none thinking, a list of “shoulds” about how life must be led, and fear of not measuring up. See if you find something of yourself in any of these traits.

5 Signs of Perfectionism

You believe you must always be “perfect” to be considered likeable or worthy

You find it hard to compromise or tolerate shortcomings, yours or others’

You keep your home spotless in case a neighbor drops by

Your outfit and make-up must be flawless even if you’re only going to the car wash

You get a B on a test or a performance review and see yourself as a failure

You say or do something you regret, and can neither make amends nor forgive yourself

In my book Emotional Freedom I suggest refocusing on your positive traits, what you have to be grateful for to counter perfectionism. Your inner slave driver is obsessed with perfectionism, and gratitude can help your inner slave driver to relax.

With patients, I work with perfectionism in two basic ways. First, I advise that they take the pressure off themselves by setting realistic goals and affirming those successes. For instance, with a patient who was chronically anxious because she couldn’t complete her never-ending “to-do” list, I suggested aiming for only two tasks per day, then telling herself what a great job she’d done. This is a behavioral way to scale down excessive expectations and practice positive self-talk.

Second, I help patients discover what’s motivating the anxiety of perfectionism so that it can be re-programmed. Did their parents equate success with perfectionism? Were their teachers intolerant of mistakes? Did they lack role models for self-compassion? Knowing these answers pinpoints where their anxiety began so it can be replaced with new beliefs and behavior. Unless you are aware of these psychological influences, it’s easy to click into automatic with perfectionism. Then setting realistic goals

to combat workaholism or other over-conscientious habits may feel intolerable. Instead, try to catch perfectionism by seeing what motivates it and showing yourself compassion so that real change is possible.

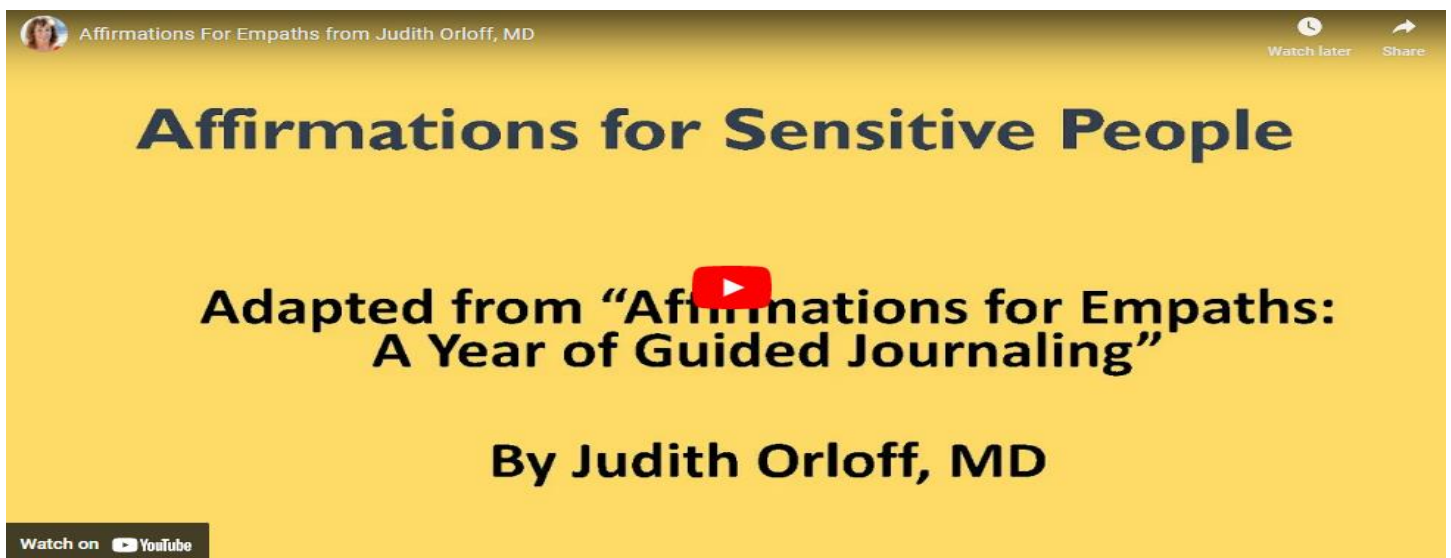
We're all imperfect; that's part of the beauty of being human. I'd like you to try to see it this way. Learning tolerance and self-acceptance, particularly when confronting limitations, fosters calm.

Whether you're a perfectionist or internal slave driver finding inner calm is predicated on finding self-worth through love – that means not beating yourself up or working an all-nighter. Such self-care is a way of honoring yourself.

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

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

Video by Dr. Judith Orloff



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

Portal of Light Activation on May 1st



On March 23rd, Pluto entered Aquarius for the first time after more than 200 years. From that date, the energy wave of the Portal of Light began to reach the surface of planet Earth.

This energy will reach its peak intensity on May 1st when Pluto is stationary, just before it turns retrograde. It is the moment of stillness and the most powerful moment.

We are going to use this very powerful energy for the Portal of Light Activation.

It will be held on May 1st at 5:06 PM UTC. This is done at the best possible moment that will have the maximum positive effect on humanity.

This activation comes at the moment of the completion of a very powerful cycle. According to Cobra, this is the most powerful planetary activation of our lifetimes until now!

This moment demarcates the point when the energy from the Galactic center will begin to flow toward the surface of this planet with full force.

If we manage to gather 144,000 volunteers doing this activation, the energy from the Galactic center will be anchored on the surface of the planet in a balanced way. This will ensure the fastest and most harmonious

transition for this planet and will actually create an energetic upgrade for the whole planet.

If the critical mass is not reached, the ultra-powerful energies from the Galactic center will reach the surface of the planet anyway, but this will then manifest in a much more chaotic and disharmonious way.

At the moment of the activation of the Portal of Light on May 1st, Pluto will be at 0 degrees 21 minutes Aquarius, which is almost exactly the position of great Jupiter Saturn conjunction which marked our final part of the Age of Aquarius activation:

<http://2012portal.blogspot.com/2020/11/make-this-viral-age-of-aquarius-final.html>

Therefore the Portal of Light activation will bring the energies of the Age of Aquarius to the next level.

Also at the moment of the activation, Pluto will make an exact grand trine with Alcyone (our local central sun in the Pleiades) at 0 degrees 18 minutes Gemini, and M87 galaxy (a major galaxy in the Virgo cluster, as source of galactic love for this sector of the universe) at 1 degrees 14 minutes Libra. This grand trine will bring extremely powerful energies of cosmic love to the planet and this will be the trigger that will allow the energies from the Galactic center to start flowing to our planet freely. The flash of cosmic love energies will originate from the M87 galaxy in Virgo supercluster and it will be much more powerful than the flash which reached the Earth from M87 during the AION portal activation:

<http://2012portal.blogspot.com/2013/11/intel-update-before-aion-portal.html>

It will also be more powerful than the flash which happened during the final Age of Aquarius activation.

At the Age of Aquarius Final Activation in December 2020, an energy pulse from the M87 Galaxy reached the surface of the planet for about 10 to 15 seconds, and promptly eliminated about 10% of the remaining anomaly. As the energy this time is even stronger than that time, it is expected that more anomaly can be removed.

The grand trine of Pluto, Alcyone and M87 galaxy will be active for the whole period Pluto is in Aquarius, from March 23rd to June 11th. Pluto in

Aquarius will signify a focused effort of positive extraterrestrial races towards the First Contact, and Pleiadians will have a very active role in this.

So the energy of the Portal of Light will also give an initial boost to the energy of Pluto in Aquarius that will ultimately lead to the First Contact. Overall, this is one of the most important activations for humanity and for the universe. And it only takes 20 minutes of our time to have a big influence on the First Contact and Ascension timeline.

So please make every effort to join this activation.

Please also spread the word and ask as many people as possible to join this activation. You may use the hashtag #PortalofLightActivation and let our voice be heard on social media.

This can make more people aware of this activation and encourage them to join.

Video About the Meditation



Link: <https://youtu.be/lZVzgqusmbE?t=1>

ROC Metaphysical YouTube Channel

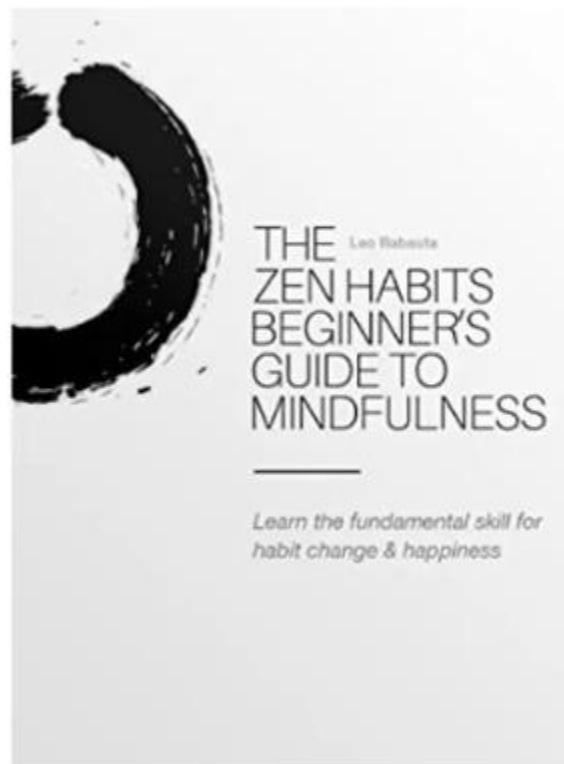
The magazine has started doing interviews with our contributing writers, advertisers, authors and more. This is just another option to help you be "Enlightened and Informed."

Go to: <https://www.youtube.com/channel/UCUckLvvdvS3djiMGuUR-muQ>



zen habits by Leo Babauta

The Parable of Luminous Reality



The boy awoke one morning to a startling discovery — that everything he believed was not the truth. He realized that the way he'd been seeing things was only one way of seeing things. His view of things was not absolute but tentative.

What he saw this morning is that everything was made up of a luminous cloudlike substance, an energy. Including himself. Including the air and wind and light. Luminous and full of wonder.

His body was made up of this energy — there was no difference between inside himself and out. Even his emotions were forms of it — anger, sadness, love, fear, grief, frustration, loneliness, all were made up of this luminous, wondrous, cloudlike energy.

The energy was all the same everywhere, but it was swirling and cloudlike and changing in form. His body, for example, might have seemed like a separate thing from everything else, but it was constantly shifting like a

cloud, breathing out and emanating parts of itself to the rest, taking in new parts from the rest.

This discovery of the luminous energy making up all of reality ... it changed his life that day. He felt connected to everything around him, because it was not separate from him.

He was no longer held back by anything. He could do things he was afraid of before, because he saw that fear was just the same energy as everything else, beautiful and delicious. His old habit of avoidance melted away, as he had no difficult feelings to avoid — all was luminous energy.

He was no longer a slave to his addictions, because the craving that caused the addictions was simply a form of this wondrous energy. He could simply feel the craving, and love it as he loved everything else.

He no longer felt worried about being adequate, because there is no fear of inadequacy when you are a part of the luminous energy of everything. He no longer had to worry about getting love, because he was a part of the love of everything.

He was liberated. And so he decided to liberate all other beings by sharing his story of awakening to luminous reality.

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

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

Video with Leo Babauta



Link: <https://www.youtube.com/watch?v=qd9mTifkB4Q&t=101s>

An “Urglaawe” Soul Rescue for PA Dutch Earthbound Spirits

By Rev. Vanessa Hanks



Have you ever heard of Urglaawe? Urglaawe is a Heathen tradition in America that has developed from Pennsylvania Dutch folklore, mythology, folk healing and magical practices (“Braucherei” – folk magic for healing & protection & “Hexerie” – witchcraft). I recently discovered this homegrown form of Heathenry stemming from Germanic PA Dutch descendants.

Their ancestors came over from Germany during the Thirty Years War and were often called “German Palatines” here in New World. These are my ancestors too on my father’s side who came to New York in 1710 on a ship called the Leon. From there, some of my German ancestors continued onward to Pennsylvania and others settled in the Schoharie Valley and Hills of New York. These German immigrants kept their folk healing and magical traditions often Christianized as one would expect for that time. I am presently working on a short compilation of folklore regarding such practices here in New York called “Granny Apple Magic.” This title reflects that “granny” was a term for certain witches in NY folklore...and apples, well they go together with New York like PB&J.

Urglaawe presents a rich and vibrant lore regarding psychopompery – the transition of souls to the afterlife. I have been a practicing psychopomp for earthbound souls (a.k.a, “ghosts”) for a decade. Much of this work is done through astral travel at night where I find individuals, or more often groups of earthbound souls, that my guides would like me to help. I spent last night among the earthbound dead of the Pennsylvania Dutch.

As I interacted with a community of women, men and children dressed in Amish clothes, a group of psychopomp spirits appeared. They were tall, beautiful women holding hunting bows. I immediately thought of the Wild Hunt and felt that they were loving hunting for souls to transition. They said “we are like the Valkyries” and then talked to me about soulmates. They explained that part of why it is important to transition earthbound spirits is because your soulmate is a part of our own soul that has split off. That part needs to be reunited at some point to determine the soul’s next steps in its journey. They showed me a beautiful ball of bright golden-white energy and I watched as a part of it split from the whole.

Through a soul journey today, I revisited the place where I found the PA Dutch souls and worked with the Valkyrie-like spirits to transition them into the Light. Afterward, I went down a rabbit hole into Urglaawe mythology, and boy did it make sense with what I had experienced.

Let me start by saying that for me, the Wild Hunt is over by now. The Hunt is a massive earthbound spirit transitioning event – or more accurately “events” – that occur from Samhain (October 31st) through the Winter Solstice (December 21st), and occasionally, through to Imbolc (February 1st). But then comes the Light Half of the year and I am back with the living more than the dead – although I still do psychopomp work, just not in as great of numbers.

For the Urglaawe, the Wild Hunt – called the “Wildi Yacht” is still occurring. It runs from “Allelieweziel” (October 31st) through “Walpurgisnacht” (April 30th). The Wildi Yacht is headed by the goddess Holle, the main deity in Urglaawe who processes the souls of the dead between lives. She is a “Wane” (Vanir) goddess who oversees the life, death and rebirth cycle. She finds souls who have fallen out of the cycle of reincarnation (the Lewesraad cycle) and helps them to get back on track, so to speak. Holle in Old World Germanic lore was the goddess of fertility, rebirth, weaving and agriculture, as well as a sky and weather goddess who was one of the leaders of the Wild Hunt.

Urglaawe practitioners believe that Holle takes the souls of the dead to her mill (or hall) called “Die Miehl.” There Holle separates the soul into its part – the “Urleeg” (Orlog in Norse tradition), the “Hoch” (the Higher Self), the “Glick” (Luck or Hamingja in Norse lore) and the “Folyer” (the Fetch or Fylgia in Norse mythology). The Glick, Hoch and Urleeg sometimes remain together or are separated after life into new “constructs,” essentially new incarnations, for the spiritual development

of the soul. At the mill, the Folyer is also freed to find a new incarnation to attach to.

Remember the soul I saw splitting in my dream – this may be what I witnessed! Soulmates might not be another person but instead a piece of our own soul that we seek to be reunited with if we split apart during a particular incarnation for soul learning. This reuniting cannot happen if one part of the soul does not transition, but instead stays earthbound. Perhaps people are looking for their soulmate in others when they have always been really seeking a part of themselves. It is interesting to contemplate.

The Urglaawe faith believes that Holle has always been a part of Braucherei – especially when the healing work is connected to lost souls. Holle’s role as a psychopomp has a long history in Old World Germanic folklore through her role as a leader of the Hunt.

As a Wane goddess – a “Vanir” deity – she is connected to fertility, wisdom and magic. Fertility is another way of saying – the growth of nature. From Allelieweziel to Walpurgisnacht, Holle is on the Hunt – finding the souls of the deceased in order to transition them; and after Walpurgisnacht, during the Urglaawe Light Half of the year, she tends to the fertility of the land. I have long believed that psychopomps are both life and death beings – helping souls to be released from Earth in fall and winter to provide the energetic room for new souls, and therefore new life, to be guided to the Earth in spring. Life and death are two sides of one coin.

I believe that the Valkyrie-like women in my astral dream were helpers of Holle on the Wild Hunt with their bows. I felt blessed that they shared their knowledge and wisdom about soul parts and soulmates. In the Urglaawe faith, the Valkyrie are the “Walkyrie” – semi-divine female spirits whose role is generally not to bring the slain to Valhalla, as is it in mainstream Heathenry. They are less defined, thought to possibly be death harbingers like the banshees of Irish lore, guardian spirits, or...wait for it.. “soul hunters” who find the dead and take them to deities to begin the rebirth process. The stately women with their bows makes sense in Urglaawe lore.

I want to thank the Urglaawe Walkyries who took the time to share their wisdom and blessed me with the opportunity to be a part of their Hunt. Hail Holle! And hail the Walkyries!

Bibliography:

~ “The First Book of Urglaawe Myths,” by Robert L. Schreiwier (2014)

~ “A Dictionary of Urglaawe Terminology” by Robert L. Schreiwier & Ammerili Eckhart (2012)

About Vanessa Hanks: Hello! Here is a little bit about me. I am a down-to-earth spirit medium, psychopomp, folk witch, pagan and shamanic practitioner, and energy healer, who believes that each of us is here to contribute to our world in beautiful and unique ways. I see the magic and spirit in all things and believe that of us is an incredible, intuitive and magical being. I hope to share this perspective with you through my store and services.

Like many intuitives, I come from a spirited family line. On my mother’s side, my great-grandmother Matilda read Lenormand and gypsy cards. I feel very blessed to have inherited her original set of Lenormand oracle cards from 1905. They are one of my most prized ancestral possessions. My maternal grandmother Francis saw spirits her entire life – and my father, was born an astral traveler who grew up with out-of-body experiences and shadow figures from the time he was very young. He often tells the story of waking up one night floating on the ceiling and watching his parents come into his room to check on him! All of these intuitive gifts manifested in me from a very young age. I grew up seeing spirits, and as I got older, these experiences became more intense until I decided to discover why the spirit world was calling me. I started my journey in mediumship but over time fell in love with shamanic practice and folk healing and magic. All of these experiences have blended into how I do my spiritual and healing work.

Vanessa's website: <https://vanessahanks.com/>

Interview with Vanessa



Link: [https://www.youtube.com/watch?v= HDuWExBGwg](https://www.youtube.com/watch?v=HDuWExBGwg)

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Makes positive changes to our whole being.

Removes blockages and toxins.

Self-regeneration.

Stimulates circulation.

Stimulates endocrine glands and regulates hormonal functioning.

Affects all cells in your body.

Balances both hemispheres of the brain.

Cleanses negative energy and emotions.

Connecting with your higher self. Helps to cope with life's challenges.

Improves sleep. Strengthens immune system.

Stress reduction.

Deep relaxation.

Take some me time and listen to the video.

Video



Link: <https://www.youtube.com/watch?v=d2xsgfy9kbE&t=976s>

The Mystical Month of May By Patricia Cota-Robles



***** Editor's Note - The message is from May 2, 2008. I like to share her messages since I think they're still relevant. *****

The month of May is always a very spiritual and auspicious time. It is considered a mystical month because of some very important activities of Light that take place. This year, we have a greater opportunity than ever before to utilize the gifts of May.

The first of May is known as Saint Germain's Ascension Day. Every year on this day, Saint Germain and the Legions of the Violet Flame bless the Earth with a monumental outpouring of the Violet Flame. The Violet Flame is the perfect balance of our Father God's blue Flame of Divine Will and our Mother God's pink Flame of Divine Love. Due to the incredible activities of Light that have been accomplished by Lightworkers all over the world during the last few years, this May 1st, and continuing throughout the entire month of May, Saint Germain and his Legions of Light are blessing Humanity with unprecedented 5th-Dimensional frequencies of the Violet Flame. These frequencies of Sacred Fire pulsate with the infinite perfection of God's Freedom, Divine Justice, Victory, Liberty, Mercy, Compassion, Forgiveness and Transmutation.

These celestial gifts of the Violet Flame are being greatly amplified because this year May 1st falls within the embrace of two very powerful Wesak Full Moons. The first was April 20th, and the second will be May 19th. During this Cosmic Moment, Saint Germain and his Legions of the Violet Flame are blazing this Sacred Fire in, through and around every electron of precious Life energy on Earth. The Violet Flame is now building in momentum daily and hourly with every breath we take. This will continue

throughout the entire month of May. This is the most powerful frequency of the Violet Flame Humanity has ever experienced. Please, do not let this opportunity pass you by.

Saint Germain and the Legions of the Violet Fire have volunteered to be the Open Door for these new and unprecedented 5th-Dimensional frequencies of the Violet Flame. In order for this wondrous facet of the Divine Plan to be fully experienced in the physical plane, however, these Beings of Light must have our help.

In alignment with Universal Law, the call for assistance must come from the realm where the assistance is needed. In order for this powerful frequency of the Violet Flame to manifest in the physical plane of Earth, it must first be drawn through the Divinity in the Heart Flame of someone abiding in the physical plane. Even though Saint Germain and the Beings of the Light are committed to being the Open Door for this incredibly powerful frequency of the Violet Flame, unless this Sacred Fire passes through the Heart Flames of embodied Lightworkers, we will not have access to its transmuting power.

What this means is that once again we are being called to a higher service. We are being asked by our Father-Mother God, Saint Germain and the entire Company of Heaven if we are willing to put forth the necessary effort to be the heart, head and hands of God in the physical plane of Earth. This is not a monumental task; it is a simple matter of invoking these new frequencies of the Violet Flame and decreeing them into action through our Heart Flames. Please join with me and the Lightworkers all over the world who are volunteering to be powerful instruments of God. Together we will be the Open Door that no one can shut.

These invocations are stated in the 1st person so that we will all experience them personally and tangibly, but know that we are serving simultaneously as surrogates on behalf of every man, woman and child on Earth.

INVOKING THE VIOLET FLAME

Through the Beloved Presence of God, I AM, now blazing in my heart, I invoke Beloved Saint Germain and ALL of the Legions of Light throughout infinity who are associated with the new 5th-Dimensional frequencies of the Violet Flame of God's Infinite Perfection.

Blessed Ones, I invoke through my Heart Flame the most intensified frequencies of the Violet Flame that Cosmic Law will allow for myself, my Loved Ones and all Humanity.

Beloved I AM, blaze, blaze, blaze the full momentum of this Sacred Violet Fire in, through and around every electron of precious Life energy I have ever mis qualified in any time frame or dimension both known and unknown. Transmute these patterns of imperfection cause, core, effect, record and memory into God's Infinite Perfection.

Beloved I AM, blaze the 5th-Dimensional frequencies of the Violet Flame through every thought, word, action or feeling I have ever expressed that reflects anything less than the Immaculate Concept of my full Divine Potential.

Beloved I AM, look into my life now and see what yet remains to be balanced by me to any person, place, condition or thing I may have wronged at any time, in any way, for any reason whatsoever.

Beloved I AM, reach your great loving hands of Light into all of the positively qualified energy I have released throughout my Earthly sojourn, and draw forth a thousand times as much perfection as I have ever done wrong.

Fashion from this substance of perfection a Gift of Divine Love, whatever is necessary to balance every debt I have created which still remains unpaid to any part of Life.

Beloved I AM, I ask you to forgive through the power of the Violet Flame every person, place, condition or thing, which may have wronged me in any way, and balance, all debts owed to me by Life everywhere.

I accept that this is God Victoriously accomplished right here and right now through the Power of God I AM. And so it is.

Mother Mary is another very powerful Being of Light who is associated with the Mystical Month of May. Every year, during the month of May, Mother Mary's Temple of The Immaculate Heart is opened in the Inner Realms. This year, because of the need of the hour, Mother Mary is giving Humanity an unusual blessing. While we sleep at night, our I AM Presence will escort us in our finer bodies into Mother Mary's Focus of Light. Once we are there, Mother Mary is going to invest each of us with a cloak of Divine Love. This sacred gift will infinitely increase our ability to be a powerful force of Love while we are fulfilling our Divine Plans on Earth.

Mother Mary is working tenaciously to help each of us balance the Immortal Victorious Threefold Flame in our hearts. Since the return of our Mother God, which is the Feminine Aspect of Deity within each of us, this balancing process has been unfolding according to each of our Divine Plans. Now it is time for this process to take a quantum leap forward within every Heart Flame.

The masculine and feminine polarities of our Father-Mother God are BOTH necessary in order for any facet of Life to exist. This is true whether we are talking about a grain of sand, a flower, a Human Being or a Solar System. Both polarities must be present for Life to exist, but for Life to thrive and to reach its highest Divine Potential, both polarities must not only be present, they must be BALANCED.

Prior to Humanity's fall from Grace, the masculine and feminine polarities of God were balanced within every evolving Human Being. The masculine polarity of our Father God blazed into our left-brain hemisphere activating our rational, logical mind. Then it expanded into every cell and organ of our bodies through the power center of our Throat Chakra. The Light from our Father God is sapphire blue and forms the blue Flame of Power within the Immortal Victorious Threefold Flame in our heart.

The feminine polarity of our Mother God blazed into our right-brain hemisphere activating our creative, intuitive mind. Then it expanded into every cell and organ of our bodies through the love center of our Heart Chakra. The Light from our Mother God is crystalline pink and forms the pink Flame of Love within the Immortal Victorious Threefold Flame in our heart.

When our right- and left-brain hemispheres are balanced and the masculine power of our Father God in our Throat Chakra is balanced with the feminine love of our Mother God in our Heart Chakra, the pink and blue Flames merge and become one magnificent Violet Flame. This Violet Flame activates our spiritual brain centers, our pituitary, pineal and hypothalamus glands and the ganglionic centers at the base of our brains. When our brain centers are activated, our Crown Chakra of Enlightenment opens, and we experience the birth of Christ Consciousness.

The yellow-gold Light from our Christ Self, the true planetary Child of God, then blazes through our Crown Chakra into every cell and organ of our bodies and forms the gold Flame of Wisdom within the Immortal Victorious Threefold Flame in our heart.

The blue, pink and gold Immortal Victorious Threefold Flame in every heart is the perfect manifestation of the Holy Trinity. It is the Divine Balance of our Father God's Power, our Mother God's Love, which is also known as the Holy Spirit, and the Son or Daughter of God's Wisdom, which is often referred to as Christ Consciousness or the Christ. This is the very essence of the Immaculate Heart in every evolving soul.

As we enter the Temple of the Immaculate Heart during the month of May, Beloved Mother Mary will embrace each of us in her loving arms. With her embrace, she will awaken within us the remembrance of our sojourn in her sacred temple prior to this embodiment. We will remember that we came to Earth during this Cosmic Moment with one desire; to do God's Will. We will understand that we volunteered to be powerful instruments of God during this critical time and that we have been training for aeons of time for this mission. We will also remember that we promised to be the full manifestation of Divine Love while serving the Light in this embodiment. Mother Mary's gift of our cloak of Divine Love is designed to greatly empower our ability to fulfill this Divine Mission.

With Mother Mary's assistance, we will remember that we chose to bring a portion of the Divine Plan, encoded within our Heart Flames, through the veil of physical birth. And she will remind us of the vow she took to come and assist us during this time of the fulfillment of our missions. Mother Mary will also help us to remember the capacity we have within our Lifestreams to fulfill our Divine Purpose with the highest level of integrity.

During the holy month of May, Mother Mary will assist our I AM Presence to expand the Chalice of our Immaculate Hearts, which cradle our Immortal Victorious Threefold Flames. The expansion of the Chalice of our Immaculate Hearts will allow our Heart Flames to pulsate in perfect balance. As this occurs, our Heart Flames will blaze forth as a great Transfiguring force of Divinity within us. We will become aware of the Presence of God in every cell and atom of our Beings. This will pave the way for the integration of the perfection of our crystalline Solar Light Bodies into our physical, etheric, mental and emotional bodies. This is a miraculous process that has been unfolding for a time now. During this Mystical Month of May, it will move forward a quantum leap.

Functioning within the frequencies of our Solar Light Bodies, we will be able to consciously magnify the Divinity within ourselves and all Life until our up-reaching consciousness conducts the substance of God's Infinite Perfection into the world of form. All of this will further prepare Humanity and Beloved Mother Earth for the anchoring of the first archetypes for the

New Earth. These are the archetypes of God's Infinite Abundance and Eternal Peace, which will be anchored August 16-21, 2008.

The following is an affirmation that has been given to us by the Company of Heaven. It will help us secure our newly acquired cloak of Divine Love.

I AM ALL LOVE

O, Supreme Presence of God within all Life, into your Eternal Heart of Love do I immerse myself now and forever. I consciously surrender my vehicles to be merged with the Love nature of Your Being until I AM a pure focus of Love—a living jewel in Your Crown of Adoration.

The path I walk in life leads only to Love. My physical body filled with Love becomes shining and invincible. My etheric vehicle radiating Love transmutes the past. Love in my mind ensures the expression of Your Divine Thoughts. Love in my feelings affirms that God is the only power acting.

As I AM thinking, feeling and remembering only Love, I know that my I AM Presence is working through me, radiating forth the perfection of my omniscient, omnipresent, omnipotent Father-Mother God, All That Is, to Humanity and all Life, which I have promised to Love free.

In this awakened consciousness of Divine Love, my spirit becomes Holy Spirit, and I AM the Love of God reaching out to claim this Earth.

In Love, I magnetize all of God's blessings to me and, in Love, I radiate these blessings forth to all Life around me. I AM the Spirit of Love permeating form until all is drawn back into the indivisible whole.

I feel the pulse beat of Love in all Life and the continuity of Love in all of the experiences I have ever known. It is ALL Love.

I was born out of Love. I AM evolving through Love, and I AM Ascending back into Love.

I AM ALL LOVE, and I AM Grateful. And so it is, Beloved I AM.

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

Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, a free monthly email newsletter, global meditations, and YouTube presentations, all of which are designed to help Humanity add to the Light of the world.

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A

Learn About The Violet Flame



Want to have a hard copy book with information about the Violet Flame? You can purchase the book at:
<https://eraofpeace.org/collections/products>

Patricia's Weekly Vlog



Link: <https://youtu.be/b5gR7ne3g1A>

The Old Soul Defined By Lee Carroll/Kryon



***** Editor's Note: These articles are older and I feel still have value. Some info may have been updated since the date of the channel. Included is the actual date when the channel was shared.*****

Sunday, 29 March, 2015

Greetings, dear ones, I am Kryon of Magnetic Service. There's always a system in place, and in this particular case of the new energy, the system honors the old soul as much as any system today.

Dear ones, we have told you many times before that the ones who are making the difference on your planet at this new point in time are the ones who have the most experience. When we say the most experience, we mean those who have lived lives on this planet again and again within the energy of your Earth. This is indeed the old soul we are talking about, and this is the one with lifetimes of experience.

I would like to tell you something if you didn't already know it. The old souls are the ones who are awakening right now to new ideas and perceptions. An old soul can be under 20 years old or over 80. It doesn't matter, for your chronological age only measures this life. Your Akashic age refers to how many lifetimes you've had and how wise you are today because of it.

Even now there would be those who would ask, "Am I an old soul?" Before you can answer this, I want to give you some old soul parameters to think about in these last moments of this meeting. But before I do that, I again want to tell you something. I see the sweetness and the beauty and the purpose of your being here. I come from the other side of the veil where there is no time and a perception of reality that is far different from here. In that place where I am, if you want to call it a place, there is

acknowledgment of all that you are. We see the frustrations of the single life you live and at the same time the beauty of the lives you've lived before. We've seen what you've been through and what you believe you are here for. We see it all at once in its grandness, and still you wonder, "Am I an old soul?" It's amazing for us as you sit here listening that you would ever ask the question at all.

Dear ones, there is so much here that I want you to feel that I cannot even speak of. I want this message to ring with truth so that you know who you are. I want to start a journey that helps to validate that which you already know at some level. You are an old soul. Let me make a statement. I know who is here, and everyone who is listening to my voice at this moment in this room are old souls - all of you, every single one.

There is a vast variety between you regarding the length of time each of you has been on the planet. Think of what you've experienced, the various cultures that you have been in, the battles you've been through and the reasons you came. I want to tell you that the experience of this group is amazing and it's not what you think. You think linear and you think you simply live a number of lives as different kinds of Humans. Instead, we see your lives as Earth catalysts.

We call a lifetime an "experience" or an "expression" of a soul on the earth. What do you think about a soul who comes in for three months and leaves? You might think there is something wrong there, that it's a tragedy of a lost child. But in reality, it is done with pre-agreement with the parents' souls. This is so a lesson might be learned or delivered or an opportunity would be given for the parent to become spiritual through their sorrow. What about that? So it represents a lifetime that is profound by its potentials, which is only three months long! Often, this lifetime experience is only given by an old soul. Did you think that you might have done something like that? It's so basic and so profound and so meaningful! Perhaps a mother has awakened spiritually and asked the questions of her life because of what you did and what you agreed to do, and you come and go in only three months.

What about coming to this earth to only live until you are 19 and then be terminated on the battlefield by a knife that goes through you? You might say, "What good does that do anyone? It's a waste of a life!" I would like to say to you, dear Human Being, that every breath you take as an old soul on this planet is meaningful, is countable, is recorded, and is beautiful. Some of you had to be on the battlefield as the ones who fell and some of you had to be on the battlefield as the victors. That is experience, and it's all needed

by the old soul at this moment in time. What good does it do? Perhaps you'd remember it enough that someday you might have the power to say, "There will be no more battlefields!" Your wisdom would realize that it doesn't matter whether you are the winner or the loser, for they both represent inappropriate low energy for a new earth. War is not acceptable! Only an old soul would know this through experience.

I want to give you the attributes of the old soul, slowly, and I'm going to ask you for introspection. In other words, I want you to analyze these things personally. Don't lie to yourself. Don't be in denial. I want you to sit and clear yourself for this right now. Are these your attributes?

Attribute One

The first reason to know you're an old soul is because you're here listening to this! I don't have a room filled with Human Beings in front of me who are simply curious. At the level of learning represented here, in this kind of energy, it only attracts old souls.

Did you want to come? Most say yes, but a few of you were dragged here by someone who wanted you to observe what takes place. I will tell you that this is synchronicity and not by accident. Even those who may not have selected to be here and are here due to others are old souls. This also applies to the listeners who are perhaps listening for the first time. It's not an accident!

The first reason you know you're an old soul is because you're here. Dear ones, what do you hear or think about when we speak? Do you hear Kryon, or are you thinking about dinner later? Be honest. Old souls are curious! When it comes to this energy, they are attracted to it like a moth to a flame. Old soul, you recognize why you are here and at some level you want more. A sponge for the information, you are, and not through curiosity but because the information is beginning to ring with the truth of the age. That's number one.

Attribute Two

Some of you are starting to have what I will call profound remembering experiences. You have called these déjà vu, a phrase which means that you may think you have experienced the energy before. "I have the feeling of remembrance, although I cannot remember if it happened or not." Some of you are having this happen more and more. Perhaps you will meet a person, then walk away from the meeting and at some level be convinced that you have seen that person before? Later, you realize that you have never met them. Perhaps you might go to a gathering and you meet

somebody who is friendly and feels very familiar, like family, yet you've never met them. Somehow, through it all, you realize this must be an old friend and you're rekindling a profound friendship with Akashic family. Perhaps you've met a mother or a daughter from a former life? Men will meet former comrades who they somehow feel an affinity for, and they will call them "mates" and "chaps" or whatever is needed to verbally signal that they want to be with them. It's even more than that.

Some of you will find a similarity of consciousness with others, but it's more than that. You're starting to remember things, an energy I'm going to call Akashic awakening. More and more of you are being led into situations that seem familiar, and you see faces that you think you know, yet it's the first time in this life! My partner has it happen when he goes to countries and cultures that he has never been to before, and there he meets brothers and sisters. It's hard for him to leave. Many don't speak his language and can only be available through interpreters, yet he looks in their eyes and he knows they are family. As far reaching as it might seem, his experiences all over the planet are with ones he knows. He is meeting family.

This is a sign of being an old soul and some of you are having it happen over and over. In addition, how many of you are seeing 11:11 on the clock regularly? It's out of synchronicity of being seen by chance. You are seeing these number combinations too often for chance? Did you know that this is a delivery system to old souls so that they know they are old souls? That's what it's about. It is a system of communication, of love, that says, "We know who you are, old soul!"

Attribute Three

Perhaps you are a woman who has never had children, yet at some level you have! You know it and can feel it. Perhaps you have never had children and you decide that you are not going to! You don't need to, because you feel you've had children over and over and now it's time for a rest. But you know what it's like, don't you? You really do, old soul. You've been here enough times that your Akash rings with being a profound mother. It is the same for men. A man who is a gentle-natured man and who would never hurt another Human Being may intuitively know he has been a warrior. He feels, or even dreams, that he has put a sword through another Human a few times and knows what it feels like to take a life. Now if you're a man listening to me now, I challenge you to go there in your mind with me. You'll feel it, and you know you have been part of despicable deeds. It rings in your Akash, and it is part of your cellular structure. As gentle as you might be, or as respectful as you might be this time around, you know you have the warrior inside.

Now, if you really want to get esoteric, listen to this. Women in the audience, you know you have a warrior inside as well and you can feel it. You have participated on the battlefields of Earth and you know it. Although you may not respond to being a male, you can respond to the energy of being in the drama of battle. You know what it's like to survive or not on the battlefield. So much history involved battles being won and lost that it means all of you in the room have participated to the fullest in many of them. Sometimes you died for your God and sometimes you died for nothing, but you've all had the experience of knowing what it felt like to come and go quickly and have dramatic death. Men and women, you carry that energy of the past, and the next time around it affects you, and you can decide if you wish to do it again or not. In an older energy, many of you have decided to do it over and over, and families of military men and women are born. Others awaken to a feeling of being finished with it all. Some battle-weary men become mothers. [Kryon smile]

Attribute Four

There are so many signs of being an old soul, that perhaps you're not aware of them. Some hide. Here is one I want you to examine in your mind as you sit there: Are you naïve or wise? Now, I recognize that a naïve person will never think they are a naïve person. I'm talking about wisdom beyond your years. Do you have wisdom beyond your years? The answer in every case is yes. You know it, and you sit there in all honesty with your body, with your consciousness, and you know it. There are some young people here who feel it profoundly - wisdom beyond your years. How is that possible? How can you describe what that feels like? Dear ones, I have just given you one of the keys to knowing you're an old soul and I also know that you never talk about it with anyone.

How could you ever say such a thing to anyone without them believing that your ego was out of control? If you say, "I am wiser than anyone around me," people will question your motives and perhaps not wish to be around you. But honestly, between us now, doesn't it feel like it? Dear one, here is a secret that you all carry, and you have this in common with the group. You come together with them and you realize you've found a wise family. Your wisdom comes through experience. You've paid for it, dear ones. That's how you know you're an old soul.

Attribute Five

Now the next one is difficult to deal with, and we have spoken of it before in several recent channellings. There is one thing that the Akash creates in your personality. Living lifetimes over and over in an old energy creates

self-worth issues. For eons, you have pushed against an old energy and you haven't done well. The old energy was always in charge and you either had to hide from it or battle it. Many of you died from it. It never really got any better through history. Lifetime after lifetime you spent in this condition, always being beat back, until now.

Now you awaken at a time on this planet prophesied by the Ancients. It's profound with potential change, and the prophecies are being fulfilled. The energy is finally on your side and that is what we have talked about through the last few years. However, because of this battle with old energy, what is the attitude you carry? It's a complete lack of self-worth. I'm not going to ask you to raise your hand right now to validate this, for most of you feel it. Search your soul right now and you will know I'm right. You may be assertive on the outside and you may be strong to others, but when you're alone, you wonder who you are. You wonder if you're going to make it; you wonder if you're right. That is the old soul.

Your experience through history has caused you to search your mind to see if you are worth being here now in this new energy. Your logic weighs all this and often comes up with this result, "Maybe I'm not worth it to be here," or, "Will it happen again?" or, "I'm too tired of this!" That's what you think about, don't you? Lack of self-worth is the attribute of the old soul. It's fully understandable. How many times do you lose the same contest before you don't want to be part of it anymore? But the contest has changed.

The energy of the planet is starting to turn around, and the light and dark balance of consciousness is altering greatly. As you learn who you are, why you're here and why you feel the way you do, it will start to make sense. There's nothing better than discovering the truth, for it solves the past. Discovering the truth about the past also puts the future into perspective and you start to have the self-worth that you deserve.

The battles of darkness and old energy are all around you and you are watching them being fought by society in totally different ways. There is an overall feeling that Human Beings collectively desire equality, comfortable lives, fairness, good quality of living and integrity of governmental leadership, everywhere. This is the main battle today - the changing of the guard from doing things the same way to moving to something that humanity has not seen before.

Attribute Six

Discovering purpose. The old soul has so much past experience and there is so much history that many look around and say, "What is my purpose of being here?" Often, they search for others to tell them what it is. They may go to meetings where they are pretty sure they know what it is, but deep down, have no idea. They ask, "What is my purpose? What am I doing here?" This is because the energy is different.

As an old soul, you ask these esoteric questions because some of you, if not all of you, feel at some level unfulfilled by what you are doing. You think it's not enough or it has gone a different direction than you thought at the beginning. Old soul, your questions really show that you are an old soul! In a new energy, learning your way around again is confusing and frustrating! For as many times as you've lived before, you've never lived in this energy.

This is a primary energy for you, and so you feel a little lost, or perhaps the purpose of your life is not clear because the new energy does not give you the feedback the old energy did. You can't tell, because you can't trust what you feel. So you ask the question, "Am I doing it right? Is there something I should do better or more often?"

I'm going to say this again. Old soul, as you begin to change yourself from the old ways, your power really starts to show. You start realizing not only who you are, but that you deserve to be here. You've come in with so much experience that you begin to pull upon it Akashically. You may not even realize that you are doing it, but indeed you are. Intuition becomes higher, and you start to get advice for your own life. You receive synchronicity on where to go and what to do, all based upon your being an old soul today.

The ones who are just coming into the planet, dear ones, are only looking around and learning how things work. They are just surviving. They don't have the tools of experience yet that you do. They will, but they're just figuring it out. However, you know what it's about, and you have the wisdom of remembrance. You're beginning to solve the problems of humanity, and some time ago we told you what the purpose of your life was. We told you to relax and simply "be here". We told you that it doesn't matter what you do, and that your works are not as important as your presence. This is a concept that doesn't work with what your parents told you.

Listen: It doesn't matter what you do! Your light helps this planet, not your works. Your search for who you are helps this planet. Just by sitting in the chair today helps this planet! The Crystalline Grid remembers what you're doing and the energy created from your conscious search will last for

generations. By being here as an experienced soul, you put your experience of wisdom into the grids of this planet, the energy of the maturity of your lives. That's what you're doing right now.

This particular new energy on the planet, right now, is like a sponge absorbing your experience and Akashic power, so that the next generations will have what you have learned as an old soul. There is a system here that is far beyond what you think it could be. Literally, while you're sitting in despair wondering if you deserve to be here and what your life's purpose is, this planet is absorbing everything you've done and maturing because of it. That is the system that the old soul needs to know about.

Relax and be. Know that you are here on purpose. Relax and let synchronicity push you into the next area that will be benevolent and beautiful for you, if you will allow it. You've been through so many lives where you've suffered that it's easy for you to think you're here to suffer again. You're not! Parents, would you bring your children into this world on purpose so that they can suffer with you? It doesn't make sense. It's not spiritual common sense! You have to start using the intelligence of Spirit that would ask, "What would I do if I were a loving, benevolent God?" Then, at some level, there will be a voice inside that says, "You are! You are a piece of the whole creation." You can answer your own logical questions if you want, since your wisdom gives you a common sense glimpse of the mind of the creator.

Attribute Seven

Finally, number seven, and you might never think of this one. Dear ones, you have something you feel deeply and it's obvious. However, you think everyone has it. They don't. The old soul in this energy has the ability to feel profoundly loved by God and others do not. This takes a maturity! It takes lifetimes of experience for you to understand the benevolence of the creator and what this feels like and means inside.

This is why it's so difficult to take a young soul from being a victim to feeling loved by God. They have no idea what that feels like! You do! Here is something that I never said before about my partner, and I reveal it here for the first time. He gave you the Kryon story many times over the years and he told you what happened to him when he sat in the chair for first time and called upon me. He felt emotion! That was his catalyst and that allowed him to sit in the chair again and again. Not only did he feel it, he liked it. At some level, the engineer recognized it and knew what it was. He was an old soul! He is an old soul, and he was ready to feel the love of God. He recognized family and, dear ones, the new souls don't. They don't

understand the feeling that you have, which is the maturity of being loved by the creator. They will, but it takes experience.

If you're an old soul, you can feel it. If you can feel it, you're an old soul. Congratulations to all of you for being who you are. You are the ones who will change the planet. In this room you have come from all over - from so many countries and so many languages - and you all have one thing in common right now: You are together and can feel the love of God.

You're going to change the planet by your very presence here, Lightworker. The Crystalline Grid absorbs the light that you carry, that you have earned and brought to all of us. This is a profound system, and the new energy of the planet needs the experience of the old souls and the wisdom of the old souls in order to affect those born in the future. This system is esoteric, difficult to describe and profound. Think of it. By living here today, you imbue into the grids the knowledge and wisdom for future generations.

How do you think that humanity is ever going to mature and evolve spiritually without this knowledge? The answer is that it can't do it unless there is a change, and the catalyst for this change is your old soul Akashic experience. You are the ones who are putting it right in to the grids of the planet by just being here and understanding this. This, and the time capsules opening*, will slowly create an ascended planet. You are planting the seeds of the future just by being in the room and letting us speak to you.

I close. What are you going to do with this information? I want you to think on these things if you can, if you will. I want you to think on all of them and ask the question, "Is it possible that I'm more than I think I am? Is it possible that God knows me as I sit here with all my earthly problems and frustrations? Does God really care about all of the errands that I have to do or the children that I have to raise? Does God care about the relatives that I have to please or the bosses at work? Is it possible that God loves me through all of this?"

The answer is yes, yes, yes and yes!

So important, old soul, are you! Congratulations. That's your purpose to be here - to just live and know that you are loved.

And so it is.

KRYON

About Lee Carroll: After graduating with a business and economics degree from California Western University in California, Lee Carroll started a technical audio business in San Diego that flourished for 30 years.

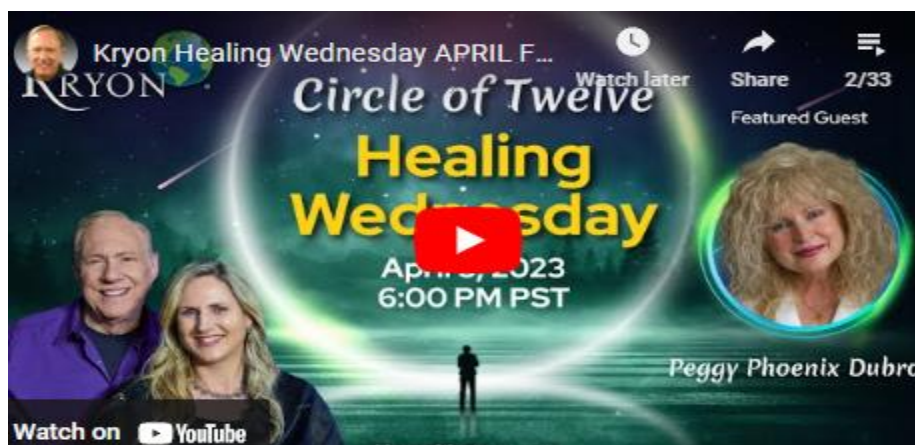
As an award winning audio engineer, where does channelling and Indigo children fit into all this? As Lee tells it, Spirit had to hit him "between the eyes" to prove his spiritual experience was real. The year 1989 was the turning point when finally came together, after some years earlier a psychic told him about his spiritual path and then three years later the second unrelated psychic told him the same thing! Both spoke of Kryon... a name that almost nobody had ever heard.

Timidly, the first writings were presented to the metaphysical community in Del Mar, California, and the rest is history - with a total of sixteen metaphysical books being released in a twelve-year span. There are now almost one million Kryon and Indigo books in print in over twenty eight languages worldwide. Lee continues to visit other countries regularly see it here.

Lee and his spiritual partner, Jan Tober, started the "Kryon light groups" in Del Mar in 1991 and quickly moved from a living-room setting, to a Del Mar church. The Kryon organization now hosts meetings all over the globe with audiences of up to 3,000 people.

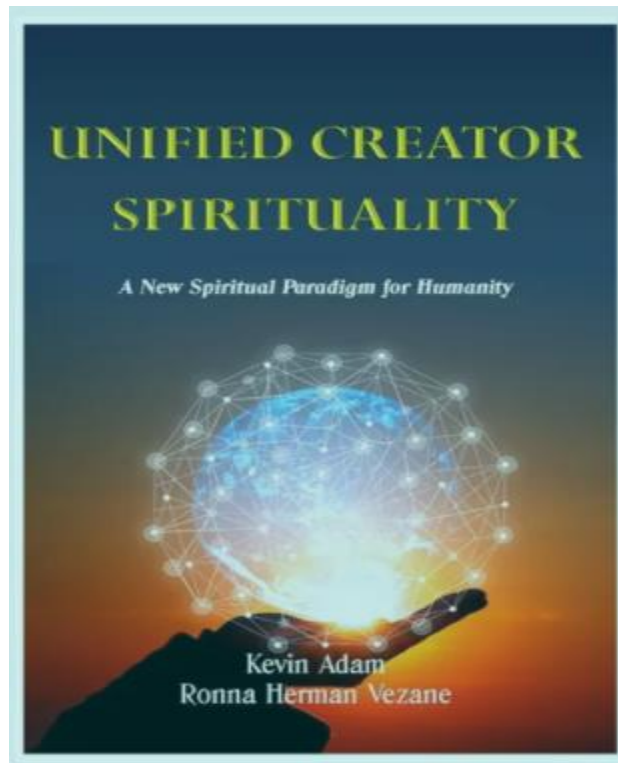
Lee Carroll/Kryon's website: <https://www.menus.kryon.com/>

Lee Carroll/Kryon Video



Link: https://www.youtube.com/watch?v=-2G4JtJ-Rwo&list=PLoBw7dYIMGNnKxQ4RqY6P7L_4zFwzGZ0H&index=2

It Is Time To Shine Your Light and Share Your Vision **By Ronna Vezane**



Beloved masters, during these times of accelerated transformation and chaotic change, two major, distinctive groups have formed among the races, religions and cultures of the world. These two factions are very distinguishable from our vantage point in the higher realms. Those who have faith in the future, and are striving in every way possible to make a better world for themselves and others have auric fields gleaming with Light, which extend outward in ever-widening circles, thereby affecting everything and everyone around them in a positive way. Many of you have become power transformers and sentinels for the influx of Divine Light that is seeking an anchoring source upon the Earth. As we have said many times, the powerful, transforming, full-spectrum Light is the Sacred Fire energy needed by the Earth and humanity to successfully transition from the dense, broad-spectrum duality of the lower dimensions into the Lightness and expanded freedom of the higher Fourth and Fifth Dimensions.

Miraculously for you, the faithful Souls who have your eyes and hearts focused on a bright, new future, your visions and dreams are coming true more quickly than you could ever imagine. Your intuitive abilities are

becoming stronger and more accurate, and you are swiftly becoming proficient at mind-to-mind communication with your guides and teachers in the higher realms. Your manifestation skills are improving, for you know that you must faithfully adhere to the universal laws of supply. First, you must have a concise, clear seed thought of what you desire to manifest (this is accomplished by using the attributes of Divine Will, the First Ray from God, the Father). Second, you must solicit the assistance of your Higher Self and angelic helpers by stating, "I ask for this or something better for my greatest good and the most beneficial outcome for all." You must also add the emotional, heart-felt fuel to your seed thoughts (this activity draws upon the attributes of the Second Ray, love and wisdom from our Mother God). Third, you must take the action needed to bring your dreams to fruition (this is applying the dynamic attributes of the Third Ray), thereby taking advantage of all the qualities, attributes and virtues of God Consciousness of the Third through Seventh Rays.

Fear is the predominant emotion within the second, more predominant group, who are still stuck in the maelstrom of negativity within the mass consciousness belief structure. Fear of the future, fear of scarcity, the government, corporations, religious beliefs, different cultures, racial dogma, and even fear of God's wrath. There is dislike and fear of those who look, think and act differently. And, most of all, there is fear of change. People fear; therefore, they criticize, judge and lash out in anger and frustration, thereby creating an even greater, stronger thought form of negativity and fear around them. These poor, disillusioned Souls are creating a stronger, ever-expanding vortex of negativity around themselves and their loved ones, thereby drawing to them those things they fear the most. They are caught in a web of self-fulfilling prophecy that reinforces their beliefs, which keeps them shackled to their illusionary world of suffering, scarcity and chaos.

One day, they too will lift their eyes and hearts to the heavens, and they will answer the whisperings of Spirit as they turn inward for the comfort and guidance of their Soul Self. However, as you are aware, a grand cosmic cycle is swiftly coming to a close, and the Earth is spiraling into a new position within the solar system regardless of who is ready to ascend with it or who is not. And so, my beloved Light Bearers, this is where you come in. This is your grand opportunity to SHINE YOUR LIGHT and SHARE YOUR VISION.

Yes, we hear and understand your protests. You think you are not good enough or wise enough to be a Light Worker who shows the Way. It

frightens some of you so much that you want to withdraw and no longer make an effort to expand your awareness and claim your mastery.

This message is to assure you, beloveds, that you are already a teacher for those around you. You are teaching by example. You are teaching through your words and actions. You are teaching with every word you speak and every thought form you send out into the ethers. Your auric field affects the people around you in either a positive or negative way.

Are you radiating Love, faith, hope and freedom? Perhaps you are not adding to the fear and negativity; however, let us assure you, you cannot remain at a status quo or in the inertia of non-action. Universal Law demands that in order to maintain a constant influx of Creator Love/Light, it must flow into your physical vessel, through you as you take what you need, and then you are to radiate the remainder out to humanity and the Earth. This is an immutable, infallible law.

In past messages, we have explained to you how the Avatars, Ascended Masters, the Angelic Kingdom and the great Beings of Light, along with a swiftly expanding number of earthly Initiates on the Path, will be working together under the guidance of the Cosmic Council of Light to bring forth the advanced wisdom teachings for these unprecedented times of transformation and ascension. Make no mistake, all of you who are on the Path are teachers, whether in a formal manner or just by example, and what is needed most of all is your radiance and pure intention.

Remember, you magnetize energy to you, and you radiate energy from your Solar Power Center (front and back). As your Energetic Signature becomes more refined and is attuned to the higher frequencies of Light, you will still draw forth a portion of the half-spectrum, Primal Life Force substance as long as you are still in a Third- and Fourth-Dimensional environment. However, it will mix and meld with the higher frequency Adamantine Particles of Light, and it will be automatically transformed by your loving intention into higher frequency energy as you align your free will with the Will of our Father/Mother God.

You are the ones who must be the receptacles and transformers of the Divine Light from the Supreme Creator, which is filtered down to you from our Father/Mother God. Just as our beloved Universal Parents reduce and filter the Creator Light out into the galactic suns, which is then transduced out into and through the suns of your solar system, you are designed to filter the Light through yourselves. You must activate it with your unconditional love, and then radiate it out into the world. The only way

you can become pure receptacles of the Light is to become Self-masters, and the only way you can do that is to become "en-Lighten-ed" via the wisdom teachings you have been offered. This requires that you integrate the upgraded cosmic principles into your lives so that you may become living examples and guiding Lights.

In order to become a living tributary for the River of Life, you must prepare yourselves to allow the Essence of Life to flow into and through you. You must use what you need, and then allow the remainder to flow forth, ready and available to be molded into wondrous new creations. In this way, you will become Bearers and Servers of the Light.

This is the ultimate message of all the teachings we have given you over these past years. This is the goal of Self-mastery. This is the way of Ascension.

Allow us to give you more thoughts to contemplate as you go about your daily life:

>> The enlightenment process begins when you shift your ego personality and outward-focused, left brain consciousness to incorporate your right brain, inward-focused, intuitive consciousness and you begin to listen to your Soul Self.

>> New pathways in the brain are opened as you begin to unlock the Light Packets of wisdom and your history stored in the higher-dimensional levels of your Sacred Mind. The old pathways and painful memories of your Third- and Fourth-Dimensional past begin to fade, and you will find that it becomes more and more difficult to remember the failures and suffering of your past lives. Have we not told you that you are healing the past as you spiral into the future? You will remember who you are and your history, but only the positive, harmonious events.

>> The moment of awakening is when the Kundalini Fire ignites in the root chakra, and begins to move up the spinal column through the chakra system, thereby opening the Seven Seals of Higher Consciousness. The Medulla Oblongata or the Ascension Chakra, which is sometimes called the Mouth of God, is activated and the Pineal Gland begins to pulsate and function as it was originally designed to do. This in turn opens the crown chakra or the lotus of en-Lighten-ment at the top of the head, thereby connecting with the shining column of Light, which ultimately leads to a reunion with your God Self or I AM Presence. Once you make this connection you are forever changed. The empowerment of Spirit begins to

flow through you as you begin to reclaim your mastery of Self along with the Godly gifts of your Divine heritage.

>> You are returning to your natural state of Being, and you are reclaiming your cosmic consciousness as you refine and prepare to be the new prototype “Adams and Eves” of the new Golden Galaxy of the future.

>> You must seek to align with the many Facets of your Higher Self and always strive for the greatest good. You are no longer just an individual focused on your own welfare as you move deeper into the Oneness of Spirit. As you move into a state of harmlessness, you also move into a State of Grace, and this is when the magic begins. There will be a neurobiological restructuring of the brain, and you will eventually achieve an irreversible state of Cosmic Consciousness.

>> Be assured that enlightenment of the masses is possible in this lifetime, and each of you has an integral part to play in this grand drama.

>> The Age of the Seventh Ray and the Violet Flame is a pivotal point within the process of evolution, whereby the Threefold Flame of God Consciousness dramatically accelerates its direct influence upon the Earth and humanity. As it accelerates, it spins or spirals downward via the Seventh Ray, and also upward from the great, ageless Violet Fires within the Earth. The refined frequency patterns of the five higher galactic Rays will then flow outward from within the heart centers of you, the en-Lighten-ed Light Bearers, encompassing the world, and affecting the consciousness of all humanity. This Divine Elixir of Cosmic Fire is created by the merging into oneness of the Blue Flame of Divine Will of the Father with the Pink Flame of Divine Love of the Goddess, along with the radiant Golden Flame of Divine Wisdom. This spiraling action brings a blending of the Pink and Blue Flames with a core of Golden Fire, thus creating the Sacred Violet Flame. This creates a Divine alchemy whereby all discordant or inharmonious energies can and will be transmuted or transformed into positive Life Force substance. It contains all the gifts and blessings of our Father/Mother God and makes them available to you, their Solar sons and daughters or “Suns of Light,” which were born of their sacred union.

Beloveds, in the future it will be normal to live within the auric field of a master, a distinguished Being of Light, or on rare occasions, an Archangel. Some of the advanced Souls on the Path are already doing so. You, the aspirants on the Path, are building a bridge between the material world and the world of Spirit. The Light of the intellect and the Light of reason bring wisdom and understanding, for they supply the mental nature with

the fuel that enables you to comprehend and master the world of form. Before you incarnated, you agreed to Light the path and to show the way for those following behind. You must be diligent in your search for the truth, and you must have an intense desire and willingness to serve if you are to join the ranks of the masters. You are now in the process of adjusting to higher frequencies of electromagnetic Light currents. The Soul Self encourages you to become consciously aware of the upgraded Universal Laws so that you may take full advantage of your God-given creative abilities.

Brave hearts, we enfold you within our auric field of protection, and we radiate to you the eternal love and gratitude of the Cosmic Council of Light and our Mother/Father God. We are with you always. I AM Archangel Michael.

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

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

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

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

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

Ronna's Video



Link: <https://www.youtube.com/watch?v=d1llIVJ6QnY>

Observe, Not Absorb By Rebecca Couch



It is always a delight to communicate to you in this way. You are transforming so much inside it is always important to keep connected to your highest wisdom and that is always within. The outside world continues to spin off that which no longer resonates with the higher frequencies of light that are being bombarded upon your planet. Do not get injured by the immense debris field!

Stay in the quiet eye of the storm, always in the middle, always in the calm. From this perspective you can see that which is effluvia and that which remains as truth. Intend always to be in the light of truth and so it shall be. It takes all of your strength and all of your attuned faculties to NOT attach to the debris. Observe and don't absorb. This is a constant calibration and a constant intent to focus on the present now moment and not in mental calculating and future deciphering. Stop. Rest. Go within. Breathe. Connect. Let the crap fly by. An awake master can observe with neutrality and remain unharmed by what is being witnessed. Witness with natural observation, and this high state is attained through compassion. If you are all things and have been all things and know all things and are connected to all things, then the highest way to witness this mass clearing is from a place of compassionate neutrality, trusting that you came here to help in this way at this time. You are part of the solution and not the lower density that is being released. Any other reaction than this place of compassionate detachment is not in support of the higher plan. See as God sees. Know as God knows.

You are well supported during these tumultuous times. You are not alone, nor ever could you be. Your strength comes from your divine connection within and also your deep knowing that you are not alone. And it is vital that you feel the power of unifying with others of like intent. There are

many awakened souls joining you on this incredible journey and being together will help keep your fires lit and remind you that the unification of purpose is the way of the higher dimensions. We are originally One with Source and we split off to experience remembrance and creation that we can once again return to Source as One. So, unification is the way. Even if you feel you are desperately alone in your daily experience...keep seeking the omniscient presence within, all the while seeking the solace of others who are doing the same. Humans need to be in community, it is an important part of the Earthly experience. Find it wherever you can in media, books, groups, classes, neighbours...you will be surprised how close they are and how easy it is to connect when you set your intention. Do what you love, and love will show up. Know, feel and trust that you are not alone. Get strong in this, for as others awaken more suddenly, you will be there in strong community to attract them, help them, catch them, support them. This is an important part of your role as an awakened One, and where your service to the New Earth continues.

If you are wondering what your purpose is, it is to embody the attributes of the master: remain calm, go within, stay in the centre, avoid debris, observe don't absorb, be in the present, rest, breathe, connect, recalibrate constantly, stay in compassionate detachment, connect with others, be in service, and most of all – emanate the love that you already are.

Being all of this will be your greatest accomplishment. What will come of it will be magnificent!

And remember – you are not alone.

We are, The Council of Light Within

About Rebecca Couch: Rebecca Couch is a visionary artist whose gift and passion is working with individuals and groups to counsel and teach the application of spiritual principles in everyday life. As a conscious channel, Rebecca writes messages from The Council of Light and also creates Soul Portraits that are written and painted portraits that provide guidance and insight to aspirants on their path.

She is the co-founder, with her husband Dean Noblett, of HeartLight - Living from the Heart, a centre for metaphysical study that provides personal counselling and energy work, meditation classes, New Earth activations, Reiki training, Language of Life personal and business seminars, Spiritual Safaris to sacred sites in the US, Canada and Australia, spiritual art classes and a specialized on-line Mastery Program.

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Rebecca's websites: <https://heartlight.ca/> & <https://www.deannoblett.com/>

Rebecca's Video



Link: <https://www.youtube.com/watch?v=bN3A709CJxY>

I'm Home Within Myself By Brenda J. Hoffman



Dear Ones,

Your life is shifting so rapidly that 3D fear is becoming outdated, and the new is prospering.

Even though nothing new may be noted in your day-to-day life, it is displayed in one little act or thought after another.

Perhaps you fear what might happen, only to have that fear dissolve with new information. Or you have new thoughts or actions that would have seemed counterintuitive or wrong just weeks ago – yet, that is who you are now.

What was is no more, including you and those you interact with.

Even though the number of your interactions is likely much smaller than was true in the past, your current interactions are more honest and appropriate for you. You no longer feel the need to pretend you must say or do something because it is right for another or society. Or act as if you wish to be someone you are no longer.

Your current waves of fear are more in line with who you are becoming than who you have been. You question your motives and actions more than was true in the past because they feel so unlike who you used to be. Your fears are not about who you should be but about who you are becoming. “Is this really me?” “When did I start acting or functioning like this, and why?” Almost as if you are a stranger to yourself.

But instead of a personal disconnect, you are flowing into yourself minute-by-minute. Allowing your true self to emerge.

This new personal freedom has no boundaries, no indicators of who you should be. You may be fearful as you say and do things that seem wrong but feel right.

Your new self is so audacious, so bold, so unlike anything you dared to be in 3D.

You are no longer the weak sycophant who performs according to rules established by others “for your own good.” You are independent and a bit unruly, refusing to comply with the expectations of others, including family and friends.

This independence is an entirely new focus for you. Even though you might have wished for a somewhat different life before your transition, you have become so different that you question your thoughts and actions.

Being different in 3D meant you knew that you were breaking the rules, but you were proud of doing so or did so for a particular reason. You are now ignoring the rules as not worth your time or energy. The difference between “I know I’m different, but I hope I find someone or someplace that accepts me as I am.” And, “I’m gloriously different, and I may never find someone I mesh with, but it doesn’t matter because this is who I want/need to be.”

Following another is no longer interesting or a need. Something you have never experienced before your personal transition – or this time in earth’s history.

Perhaps some of you have had images of beings in other dimensions and frequencies going about their business in a lonely environment. Or your projections were of groups of entities sharing information and existence with one another. Both visions are accurate, but neither is your complete truth. For you have become one with the Universes.

As the veils lift, you will find yourself interacting with beings, not of the earth – if you wish. As well as totally independent without many or any non earth connections – if you want. And the same is true of your life while of the earth.

You have shifted from acquiescing to who you should be to complete freedom to be who you are. Something others might now find confusing even though they are in a similar process.

And there are still others who wish to remain of 3D.

It is a confusing time, personally and globally. The heart-wrenching personal piece is you are not yet certain who you will become. So some days, you will function like this; other days, you will discover surprising new thoughts and actions. Such is expected for this major inner transition

is a process much like 3D puberty. The difference is your new you shifts will happen within days or a few weeks.

What was is no more. And what will be is soon to be, if not already, discovered. You have completed your transition. You are now adjusting to the inner actions that align with that transition.

A new being in a new world has been your ongoing transition mantra.

Your new mantra is “I’m finally home within myself.” So be it. Amen.

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

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

Brenda's Website: <http://www.LifeTapestryCreations.com>

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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

29 Vick Park A

Come Join Us on Sunday

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

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

services of Healing and Mediumship.

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

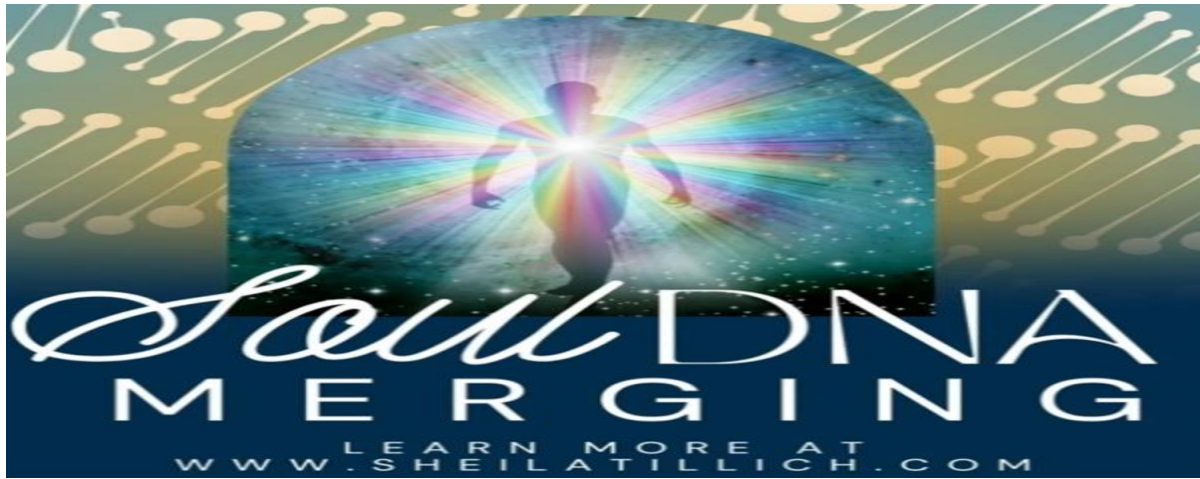
We offer development classes. Please see our web or Facebook page for up-to-date information.

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

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

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

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



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

This session starts at 8:00PM EST on 05/09/23. And it's offered monthly.

Humanity is now shifting into a New Energy Consciousness Paradigm. My role as a Galactic Grandmother is to help you rebirth your Spiritual Soul. To help you awaken and align your magnetic frequency through your consciousness field. I can help you move forward in your life. To take your power back. Help you become "unstuck" from whatever holds you back from having a happier joyful life.

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

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

Celebrate Litha; Summer Solstice with Aurora Raven Dragonfly



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

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

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

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

The basis of my teaching is gleaned from over 34 years of practice based in Germanic, Dianic, Gardnerian and ultimately Reclaiming Witchcraft.

There were Goddesses in every culture prior to the major religions and patriarchy. The belief in a Divine Feminine is essential to the healing of Mother Earth. Witches, Shamans and healers are demonized by the major religions to instill fear and take away our agency. The truth is we are all both female, male and all genders divine beings. I have led and participated in many covens over the years; The Circle of the Rising Phoenix, Sacred Daughters of Her, and Reclaiming the Radiant Wild. I did a green witch intensive for a year with Susan Weed and have taught workshops at witch camps, organized for VWC and was on the World Witch Council as a representative for VWC.

Some of my teachers are Judith Jannberg, Lucia Francia, Angelika Aliti, Susan Weed, Starhawk, Pat Harmatuk and many more. I have a close relationship with the Goddesses Aphrodite, Diana and Hekate. The Goddess in her many forms though, has been my greatest teacher and mentor. I love working with, people, dance and co-creating magical experiences. I also love gardening, writing and music.

Have any questions email - juliestuetzle@gmail.com

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

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

Saving the Giant Sequoia Trees



This event is with Dr. Conroy the Tree Whisperer.

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

Inspiring, experiential, informative, and hope-filled!

June 29th, 2023, 7pm Eastern time

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

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

Here's what you can expect:

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

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

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

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

FREE but a donation is always appreciated.

Benefits:

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

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

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

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

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

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

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

Come to the Retreat

Friday June 9th

4-6:00 pm Registration

6-7:00 pm: Welcome Ceremony

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

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

Free Time

Saturday June 10th

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

8:45-9:30 am: Breakfast

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

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

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

12:30-1:30 pm: Lunch

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

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

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

6-7:30 pm: Dinner

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

Free time

Sunday June 11th

8-9:00 am: Breakfast

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

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

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

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

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

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

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

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

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

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

Sign up at;:

https://docs.google.com/forms/d/e/1FAIpQLScS_6B6ydhU5wOx86rsLpb3pW2ztW2VWFjYvbfKuJO5yEiP6w/viewform?fbclid=IwAR1E3Lm-3DqWjjZZ9yeXyDMvrvaFyeAFdDfrLiau-Id4hZwlTBkqkATTLKQ

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

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

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



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

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



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

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



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

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

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



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

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

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



The Lotus Blossoms



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

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

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



Sage Walker, RMT Master Teacher IET, BARS
The Angelic Link
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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.

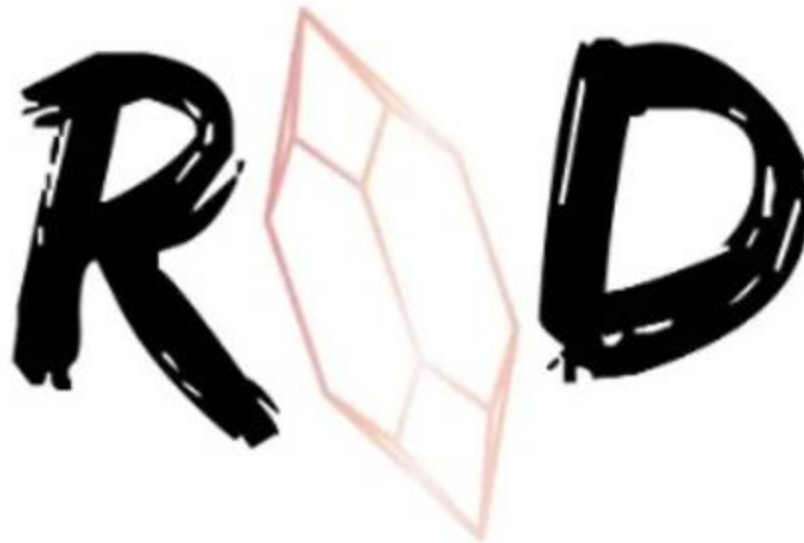
Learn more about Sage at: <https://youtu.be/v9AzKAJx7Lg>



**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
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<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-Morissette

4358 Culver Rd

Rochester, NY

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

www.healthyalternativesrochester.com

(585)663-6454

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



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
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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.



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585-329-8643
<https://www.onewellnesscntr.com>

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



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

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

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



Marjorie Baker Price , RN

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

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

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



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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

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

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

<https://sheilatillich.com>

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

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

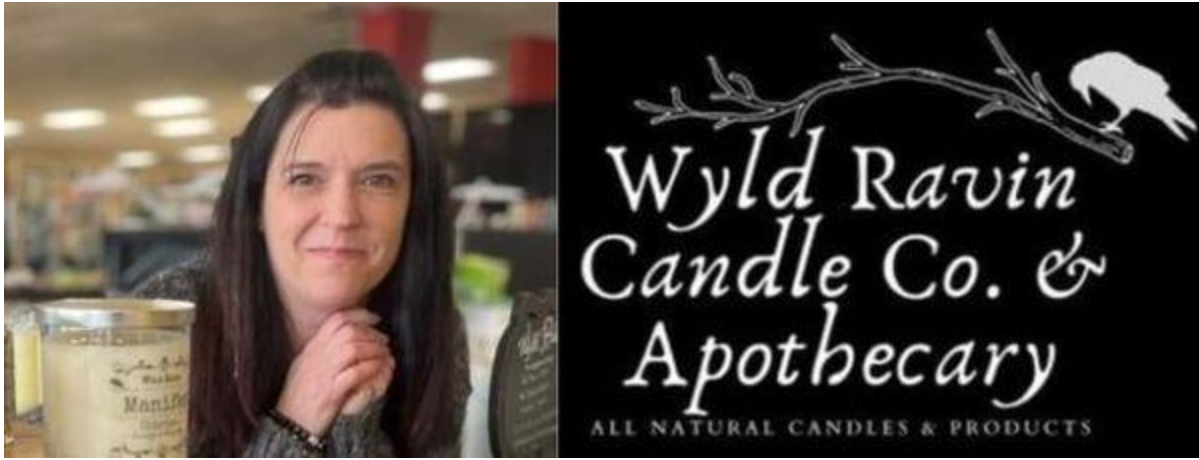
Join the Lightworkers Connection Circle Facebook Group:

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

Follow me on Instagram: https://www.instagram.com/sheila_b_he...

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

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



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

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

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

To contact email at wyldravin@yahoo.com

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



Share International

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

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

888-242-8272



Rev. Bunny DuPuis
716-241-1414
revbunnydupuis@gmail.com
<http://www.bunnydupuis.com>

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

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



THE CRESCENT COLLECTIVE

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

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



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

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

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

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



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

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

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



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

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

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

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

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

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



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

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

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

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



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Your Business Here

Metaphysical Stores in NY and More



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

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

Majestic Hudson Lifestyle Boutique 223 Katonah Ave Katonah, NY 10536

Demure Lyfe 27 Main St Chester, NY 10918

Moonstone Melody 24 N. Main Street Florida, NY 10921

Sunshine Studios 563 E Main St Middletown, NY 10940

ARC Crystals Shop Emporium Square Artisan Market 128 Dolson Ave Middletown, NY

10940 The Open Spirit 55 Burd St Nyack NY 10960

Crystals On The Rocks 11 S Broadway Nyack, NY 10960

The Holistic Healing Studio 1371 Sings Hwy Sugar Loaf, NY 10981

The Glowing Candle 2841 Palisades Center Dr W Nyack, NY 10994

A Time for Karma 14 S Village Ave Rockville Centre, NY 11570

Botanica La Luz & Gift Shop 146 Post Ave Westbury, NY 11590

The Emerald Lotus 82 Broadway Ste 222 Greenlawn, NY 11740

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

The Mindful Rabbit 146 Main St Northport NY 11768

Crystal Reiki Holistic Healing Arts Ctr & Gift Shop 135 State Hwy 67, Amsterdam, NY
12010

Saratoga Metaphysical Boutique @ Living Well Ctr 18 Low St Ste 2, Ballston Spa, NY
12020

Among Angels 1675 Route 9, Ste 106 Clifton Park, NY 12065

Heaven & Earth Gift Shoppe 1505 US Route 9 Clifton Park, NY 12065

Crystal Crossing 586 Columbia Tpke Ste 9 Rennselaer, NY 12180

Hippies, Witches & Gypsies 33 2nd St, Troy, NY 12180
Star and Splendor 34 S Main St Voorheesville, NY 12186

Reiki Rocks! Crystal Shoppe 1817 Western Ave Albany NY 12203
Sour Girlz Wellness Boutique 443 Saratoga Rd Glenville, NY 12302
Crossroads Gallery 131 & 133 Jay St, Schenectady, NY 12304
Healing Lily 34 Jay St Suite 1st Floor, Schenectady, NY 12304

Sassafras Mercantile 37 Broadway Kingston, NY 12401
Traders of the Lost Art 332 Wall St, Kingston, NY 12401
Mirabai 23 Mill Hill Rd, Woodstock, NY 12498
Salem's Moon 408 Main St Catskill, NY 12414
Luna Enchanted 1461 RT 9W Marlboro, NY 12542
Magical Vibes 215 Main St New Paltz, NY 12561
The Awareness Shop 180 Main St, New Paltz, NY 12561
Nutz 1708 U.S. 9, Wappingers Falls, NY 12590
Dreaming Goddess 44 Raymond Ave, Poughkeepsie, NY 12603

The Pointed Hat 43 Front St, Port Jervis, NY 12771
Thushita Heaven 324 Quaker Road Suite 6 Queensbury, NY 12804
Mystick World 423 Broadway Saratoga Springs NY 12866
The Magic Moon 15 Phila St., Saratoga Springs, NY 12886

Gem Goddess Emporium 72 Margaret St Plattsburgh, NY 12901
The Hidden Gem 66 Margaret St Plattsburgh NY 12901
Crystal Caboose 4 Academy St West Chazy, NY 12992
Inncantation 1224 Stevenson Rd Suite 1 Westport, NY 12993

Serenity Wellness 214 Seymour St Auburn, NY 13021
Soul Sisters Whispering Holistic Healing Center 286 Genesee St Auburn, NY 13021
Crystal Moon Health & Wellness 246 Loop St Auburn NY 13021
Eclectic Hedge 8893 S Seneca St Weedsport, NY 13166 - **See Directory

The Magical Muse 103 N Peterboro St Canastota NY 13032 - **See Directory
Foundation for Elevation / Heathen's Touch 554 South 1st St Fulton, NY 13069
Julie's Caldron 6749 N Manlius Rd Kirkville, NY 13082
Healing Inspirations 215 First St Liverpool, NY 13088

3 Sisters Gifts 116 W 2nd St Oswego, NY 13126
Esoteric Mood of the A.R.T.S. 163 Bridge St Oswego, NY 13126
The Crystal Jelly 7 South Jefferson St Pulaski, NY 13142

Earthbound Trading Co 9090 Destiny USA Dr Syracuse NY 13204

Earthbound Metaphysical 434 S Main Str N Syracuse, NY 13210
Mystic Side Gift & Book Store 404 N Main St Rt 11, North Syracuse, NY 13212

Alabaster & Ash 10169 Fuller Rd Remsen NY 13438
Sticks n Stones 126 E Main St, Waterville, NY 13480
Clearly Connected 327 Oriskany Blvd Whitesboro NY 13492
Practical Magic 173 Oriskany Blvd Whitesboro, NY 13492

The Jade Fox 706 Court St Utica, NY 13501
Ezra's Energy 51 Franklin Square Utica, NY 13502

Moontide Arts 45 Public Square Watertown NY 13601
The Magic Apothecary 21182 Salmon Run Mall Loop W. Watertown, NY 13601
Seven Stones 64 N Main St Bainbridge NY 13733

Serenity Hobbies 152 154 Main St Oneonta, NY 13820
The Magic Box 160 Main St Oneonta, NY 13820
Willows Enchanted Grove 3 Elm St Oneonta, NY 13820
Sun Moon and Earth 385 Main St Otego, NY 13825

Reflections Mind Body Soul 620 Main St E Aurora, NY 14052
Lady of the Lake 29 W Main St Fredonia, NY 14063
Circle of Light Spiritual Center 40 E. Main St, Fredonia, NY 14063
Flicker Gifts 38 Main Street, Hamburg, NY 14075
Spiritual Mystic Healing 4477 Lake Shore Rd, Hamburg, NY 14075

Mystic Dragon's Lair 339 N. Main Street, Medina, NY 14103
Lightways Journey 35 Market St Brockport, NY 14420 - **See Directory
Scent and Stone 4550 Millennium Dr, Geneseo, NY 14454

Spiritually Rooted 90 Webster St N. Tonawanda, NY 14120
Rising Goddess 225 Highland Parkway, Tonawanda, NY 14150
I Am Magick 216 Grant St Buffalo, NY
Strange Brew 2703 Elmwood Ave Buffalo, NY 14217
The Psychic Shop 2822 Elmwood Ave Buffalo NY 14217
Spiritual Landing Store 3672 Delaware Ave Tonawanda, NY 14217
Awaken & Psychic Expression McKinley Mall 3701 McKinley Parkway Buffalo, NY
14219
Soul Vibes 682 Abbott Rd Buffalo, NY 14220
Dragonfly Art & Soul 8290 Main St Williamsville, NY 14221
Alchemy of Spirits 168 Kennedy Rd, Cheektowaga, NY 14225

Soulful Beginnings 97 Pre-Emption Rd Bellona, NY (opening in Sept) 14415

A Mae Zing Mind Body Soul Center 142 Mill St #2023 Canandaigua, NY 14424
Karma Metaphysical Shop 246 S Main Canandaigua, NY 14424 (Opening in Spring)
Twizted Creations 247 E Main St Palmyra, NY 14522 - **See Directory

See These Stores in the Directory -

Dancing Crowns Commercial Street Piano Works Mall 2nd Floor E. Rochester, NY
14445

Mythic Treasures 727 E Main St, Rochester, NY 14605
Healthy Alternatives Wellness Center 4358 Culver Rd, Rochester, NY 14622
The Purple Door Soul Source 3259 Winton Rd S, Rochester, NY 14623

Spirit, Spindle and Root 9018 Route 5 & 20 West Bloomfield, NY 14585
The Enchanted Butterfly 35 North Goodman Street Suite #2, Rochester, NY 14607

Mystic Moon Crystals 74 Main St Mt. Morris, NY 14510

Crystal Bodhi Tree 16 E 3rd St, Jamestown, NY 14701
Tree of Life Studio 1771 Foote Ave Jamestown, NY 14701
Good For The Spirit Gifts 11-15 Martha St, Ellicottville, NY 14731

Mindful Inspirations 4032 Lake Ave, Burdett, NY 14818
Behind The Willows Store 40 Catherwood Rd Ste E-04 Ithaca, NY 14850
Griffin's Aerie 1 E Lamoka Ave Savona, NY 14879

Cookie's Creations 231 W Water St Elmira, NY 14901
Okultik New Location Elmira, NY 14901
Kokoro Ancient Healing & Sacred Ritual 2078 College Ave, Elmira Heights, NY 14903
Imagicka 39 Court St Binghamton, NY 13901

Cat & Monkey 4548 Queen St Niagara Falls, On Cananda L2E2LS

Rocks/Crystal Stores

Rock Star Crystals 146 W 26th St, New York, NY 10001
Crystals of Quartz 61 Windemere Ave Greenwood Lake, NY 10925
Fortune Crystals 2116 Merrick Ave Merrick NY 11566
Stone Corner Minerals 5 Main St Chatham, NY
Crystal Crossing 568 Columbia Tnpk E Greenbush NY 12061
Tincture of Time 296 Delaware Ave Albany, NY 12209 At Kate's 60 Broadway Tivoli
NY 12583 Crystal Connections 116 Sullivan St, Wurtsboro NY 12790
Natural Stone Bridge & Caves 535 Stone Bridge Rd Pottersville NY 12860
Twin Crystal Rock Shop 36 Broadway Saranac Lake NY 12983
Crystal Cove 8348 Brewerton Rd Cicero, NY (moving soon) 13039
Two Hawks 6930 Cold Brook Rd Homer, NY 13077

The Rose Quartz Stand 107 Mohawk St Herkimer NY 13350
Fall Hill Bead and Gem 411 Canal Place Little Falls, NY 13365
The Crystal Spell 73 Glenwood Ave Binghamton NY 13905
Past & Present 3767 South Park Ave Blasdell NY
Malachite & Gems Of Africa 1339 Long Pond Rd Rochester NY 14826
Sunshine Creative Designs Dewitt Mall 213 Cascadilla Park Rd Ithaca NY 14850
Multifaceted Minerals 218 E State St Ithaca NY 14850

Spiritualist Churches

Temple of Truth Church 2 Cook St Freeville, NY 13068
Attunement Spiritualist Church Hampton Inn 5444 Camp Road, Hamburg, NY
1st Spiritual Temple 29 Temple St E. Aurora, NY 14052
The Journey Within North 182 Lincoln Rd Newark NY 14513
Plymouth Spiritualist Church Vick Park A Rochester, NY 14607 -**See Directory
Fellowship of The Spirit 282 Dale Dr Cassadaga, NY 14718
Lily Dale Assembly Lily Dale New York 14752
City of Lights 10 Buffalo St, Lily Dale, NY 14752

Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

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

Plymouth Spiritualist Church is where you are free to grow and discover your personal truth. Services are Sundays, 10:30-Noon, and include spirit greetings from loved ones, which we believe gives evidential proof of the continuity of life.

We are the "Mother Church of Modern Spiritualism" and have been serving the Rochester community since 1906. We welcome all to experience our services of Healing and Mediumship. Watch our Facebook page for our activities and workshops available throughout the year.

ROC Metaphysical Calendar of Events

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

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

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