

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

November 2023

Rochester, NY USA

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for November:

Medical Mediums By Frank Chodl

Unlocking the Magic of Tarot For Self-Reflection

By Rev. Colleen Irwin

Do You Have a “Low” or “High Vibration”? Read These 61 Signs

By Aletheia Luna & Mateo Sol

The Benefits of Energy Healing By Rev. Wendy Van Allen

Sound Healing Interview With Sandra Kurzdorfer

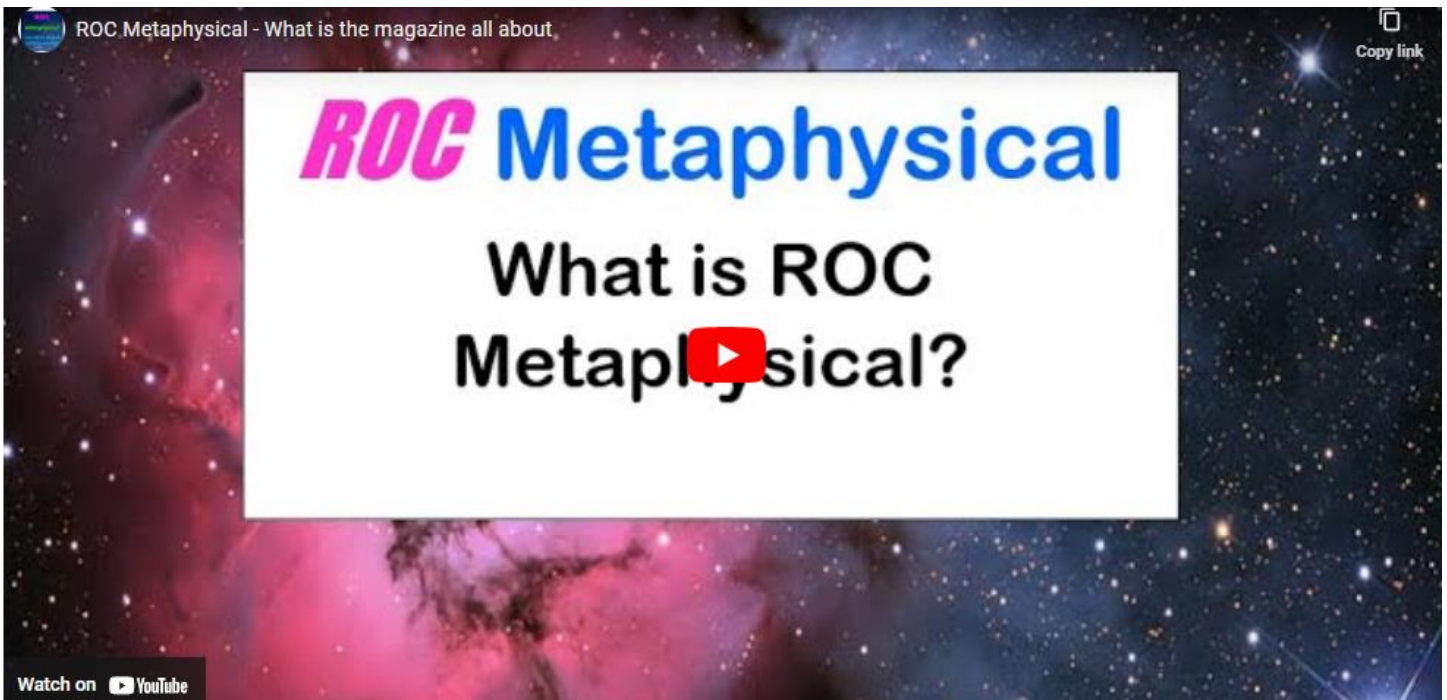
Help Me. I'm Lost. I Don't Know Where I Am By Jessica Bryan

Crystal Mines and Digging in Arkansas USA Oh My! By PJ Perkins

ROC Metaphysical

Our Mission is To Enlighten and Inform

What Is ROC Metaphysical All About?



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

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

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

C and the same for the airport. Using only three letters as part of the magazine name just seemed right.

The magazine has alternative health, spiritual and metaphysical articles, videos, event listings, advertising and an alternative directory. The first of each month the new edition is uploaded. Prior issues can be found at on the articles page on the bottom as a list of pdf's.

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

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

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

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

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

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

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

Find ROC Metaphysical At These Sites



<https://www.youtube.com/channel/UCUckLvvdvS3d@MGuUR-muQ>



pinterest.com/rocmetaphysical



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



[roc_metaphysical](https://www.instagram.com/roc_metaphysical)



Now that Google+ is gone the next generation is MeWe. Find us at:

<https://mewe.com/profile/5caba69765a0815f48d3d128>

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Highlights of The Magazine



Read Interesting and Informative Articles

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



Read Channeled Messages

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



Learn About Incredible Alternative Businesses

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



Lots of Interesting Events

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

We Have A YouTube Page



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

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



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

Go To Our YouTube Page



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

ROC Metaphysical Online Magazine

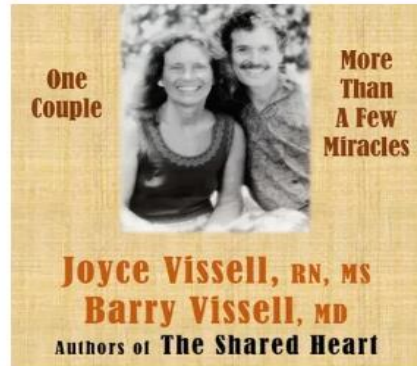
Articles for November 2023

Sandra Kurzdorfer



Sound Healing Interview With
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ROC Metaphysical Book Review



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Bless Them
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Jessica Bryan



Help Me. I'm Lost. I Don't Know Where I Am
By Jessica Bryan

DO NOT DWELL
IN THE PAST,
DO NOT
DREAM OF THE
FUTURE,
CONCENTRATE
THE MIND ON
**THE PRESENT
MOMENT.**

BUDDHA

Whenever
you are
confronted
with an
opponent,
conquer him
with love.

- *Mahatma
Gandhi*



**Peace cannot be
kept by force. It can
only be achieved
by understanding.**

Albert Einstein

Channelings



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

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

Channeling can be done in two different ways:

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

Trance channeling is channeling done while in a deep trance state. Arguably one of the most famous trance channelers was Edgar Cayce. He was referred to as "The Sleeping Prophet" because he only channeled when he was in a deep trance state. This meant that he lost all muscle tone and had to be lying down. He was also unable to remember what he said, which meant that his secretary had to be present to take dictation and then transcribe the notes from the channeling session.

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

Ronna Vezane



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



Shanta Gabriel



**Inspiration For The Week - The Joy Of
Fulfillment Will Be Yours
By Shanta Gabriel**

Ann Albers



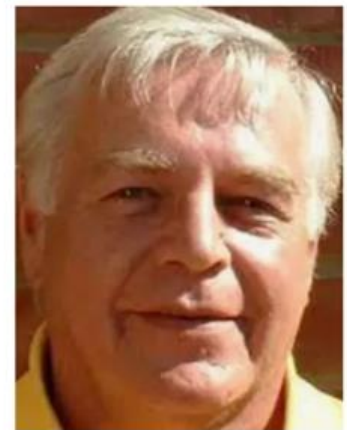
**Keep The Candle Burning... And A Message From
The Little Angels
By Ann Albers**

Lee Carroll/Kyron



**The Time Capsules Of Gaia
By Lee Carroll/Kyron**

Geoff Hindmarch



**Sharing With Your Higher Self
By Geoff Hindmarch**

If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.

Nelson Mandela



"When the power of love overcomes the love of power the world will know peace."

-Jimi Hendrix



More kindness, more love,
more light, more peace.

Sound Healing Interview with Sandra Kurzdorfer



I have attended sound healing events and if you ever get a chance I highly recommend it. It can help you relax, meditate or just lay there and do nothing. The vibrational frequencies of sound healing instruments like crystal bowls have the ability to move through skin, fluid, and bones of the body, creating a full body relaxation and recalibration down to the level of the cellular structure. The experience creates an environment of “resonance” within the body.

Did you know that our cells have “antennae-like structures...called cilium that receive and respond to vibrational energy fields, such as sound, light and radio frequencies.” The existence of cilium is we can be impacted by sound. The vibrations of sound have a healing effect at the cellular level of our physical being that is being received by the cilium.

Everything that has an atomic structure has a vibration. The speed or rate at which it is vibrating is called its frequency. The most ideal frequency for an object to naturally vibrate is called its resonance. Every cell, organ, and bone in our body has its unique resonant vibrational frequency. When illness takes hold, at a fundamental level the vibrational resonance of that structure has been compromised, or become “dissonant”. The goal of sound healing or sound therapy is to bring all the systems in the body out of a state of dissonance, back to a state of resonance.

Returning to a natural, resonant environment with practices like grounding, hearing and feeling the sound vibrations of nature, or instrumental sounds that reset our resonant frequency, is said to have a profound impact on our health, longevity, immunity, and

mental and emotional stability.

The natural origins of quartz crystal are fascinating. Two elements, silica and water join naturally under heat and pressure to create the crystalline structure we call “quartz crystal”. This creation of nature can also be easily manufactured under controlled conditions, which is where many of the crystal singing. Quartz crystal has a piezoelectric quality that enables it, when placed under pressure, to amplify, transform, store, and transfer energy. The crystalline elements of quartz crystal are also present within our bodies. In this way the resonant vibration of crystal singing bowls has a powerful and impactful effect on the resonant frequency of our physical bodies. Generating resonant tones from quartz crystal singing bowls enables the crystalline structure within our bodies to resonate at the same frequency, thus re-establishing balance and harmony at a vibrational and energetic level.

Sound vibrates at different speeds, or frequencies. Sound is usually described and measured in terms of Hertz (Hz). Each Chakra has a color and a sound associated with it.

Root Chakra: Red, C Note

Navel Chakra: Orange, D Note

Solar Plexus Chakra: Yellow, E Note

Heart Chakra: Green, F Note

Throat Chakra: Blue, G Note

Third Eye Chakra: Indigo, A Note

Crown Chakra: Purple, B Note

When we are exposed to the crystalline healing sounds of these keys they bring the energy centers of the body back into balance in a multidimensional manner, helping us to restore health and balance holistically.

Sandra is a yoga instructor and sound healer. I met her at a yoga class and wanted to learn more about sound healing, how she works with sound and hear her stories about how sound healing can help. It can even help elephants! She’s traveling to Thailand to work with elephants. Can’t wait to hear how the elephants responded. Also check her website for her events in Western NY and beyond.

See her video interview so you can understand more about sound healing.

Sandra's website: <https://sunflowervibrations.com/>

Interview with Sandra

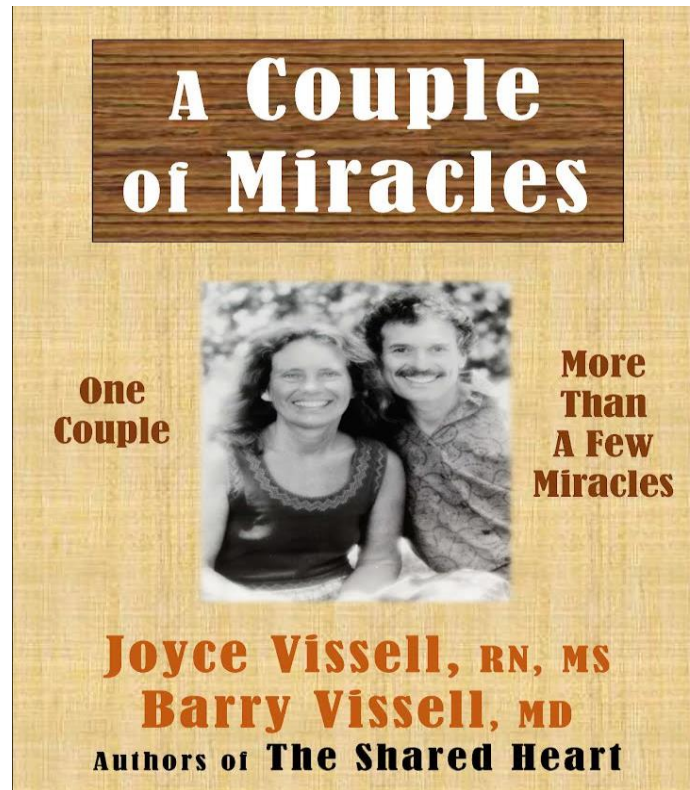


Link: <https://youtu.be/72u8sytZr1A>

ROC Metaphysical Book Review

A Couple of Miracles: One Couple, More Than A Few Miracles

By Barry & Joyce Vissell



We're excited to announce our new book for review:

A Couple of Miracles: One Couple, More Than a Few Miracles

It's our true miracle story, our memoir, nothing held back, a thriller, a love story.

Susan Campbell, PhD, author of Getting Real, says, "This is an amazing book by two amazing humans. I was brought to tears many times. I don't want you to miss a word of this outstanding book."

.Like Einstein said, "There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Miracles are events that cannot be explained by our limited minds. The mind simply cannot believe in miracles, while the

heart doesn't have to believe. It knows! The mind craves explanations, while the heart transcends explanation. The mind seeks smallness, while the heart is open to vastness. Bernie Siegel, MD, author of *Love, Medicine & Miracles*, says "I would add to Joyce and Barry's number of miracles ... this book! When two health professionals, despite our training, can open their minds and consciousness to the truth of life, miracles can happen. Read this book!"

Available on Amazon.com at https://www.amazon.com/Couple-Miracles-One-More-Than/dp/0961272090/ref=sr_1_1?qid=1698449694&refinements=p_27%3ABarry+and+Joyce+Vissell&s=books&sr=1-1&text=Barry+and+Joyce+Vissell

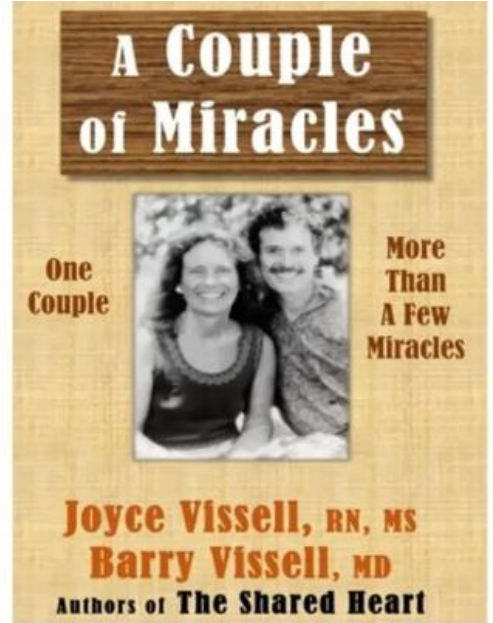
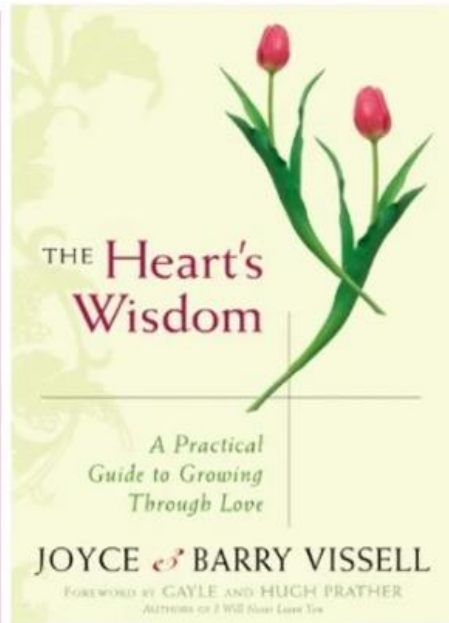
About Joyce & Barry Vissell: Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Call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

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

Barry & Joyce Video



Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/Boo1K8JARo?ref_=dbs_p_ebk_roo_abau_000000



I'm sure we've all heard amazing stories about psychics and mediums who have helped people discover illnesses and even psychically treated them with miraculous results. Unless you have authentic medical credentials (and lots of malpractice insurance) or work directly with medical professionals, please be very careful about offering medical mediumship services.

I have been asked if, as a psychic medium, I perform past life regressions. While I do sometimes get information from my guides about past life experiences and I offer meditations to open awareness of past lives, I do not offer hypnotic past life regression. I

am not a licensed hypnotherapist and will always refer to board certified professionals for those services.

“But what about intuitive energy healers?” There are a great many energy healing modalities such as Reiki and Healing Hands. There are also a great number of healers, therapists, Shamans, and others who practice energy work. I have the utmost respect for all who ethically perform their amazing services. My wife is an energy healer and counselor. She is also an ordained minister, certified alternative medicine practitioner, and has worked closely with one of the largest teaching hospitals in the country. She will also be the first to tell you never to attempt to perform services beyond your scope of practice (training and certification).

NEVER diagnose medical or psychological conditions if you are not a licensed practitioner.

“But what if I’m right?” You may very well be, and probably are. The problem is that you only have to be wrong once to end up in court or jail. Again, it comes down to your credentials and certifications. If you are not a licensed medical practitioner you may not diagnose any medical condition, injury, or illness for anyone but yourself or your minor children. And sometimes even that can get you in trouble.

So, what can you do if your guides tell you that your client has a serious illness that he or she didn’t know about? Or, what if the client asks for specific medical information? You can tell them if you sense an imbalance (I love that term) in a certain area and suggest that they see their own doctor just to be sure. You have alerted them to a possible problem without committing to a medical diagnosis.

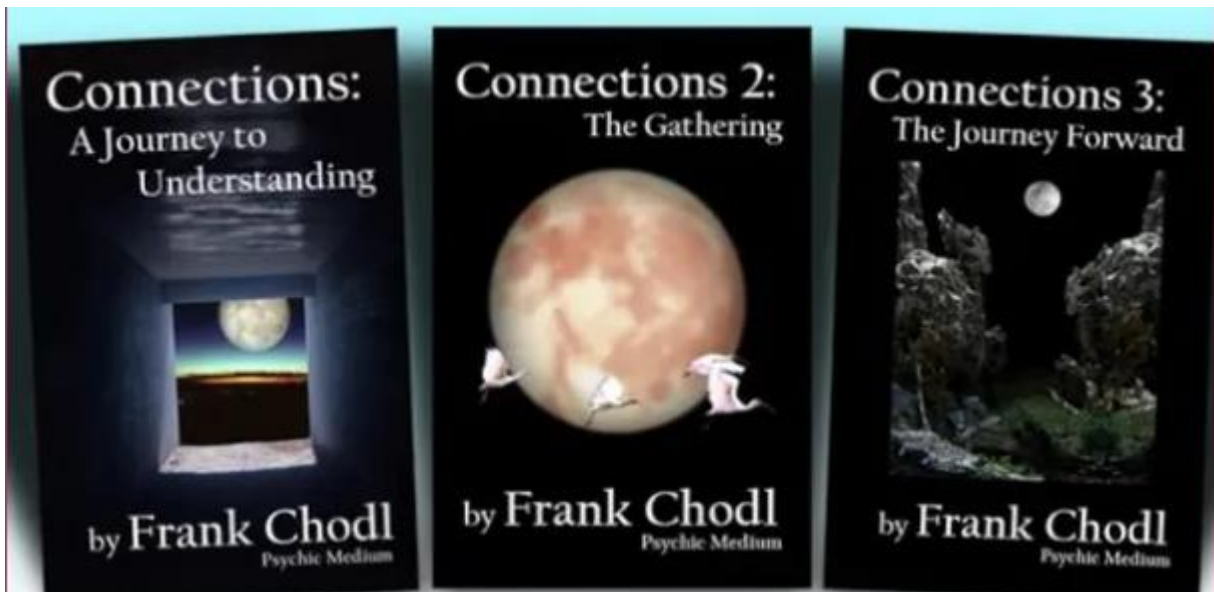
NEVER prescribe medical treatment or the avoidance thereof without consulting with a licensed practitioner. If you know what you’re doing, herbs, tinctures, essential oils, and other natural and homeopathic treatments can be very beneficial for a wide variety of conditions. Messing with someone else’s meds or prescribed therapy, however, can be a fast ticket to jail. Besides, how would you feel if what you did made a person worse? Take for example the famous psychic healer, “John of God”. Uh huh, he’s currently serving over 489 years in a Brazilian prison for multiple unethical and illegal practices. Unknown allergies, drug interactions, or dependence on medical intervention for life threatening conditions are just a few things that need to be considered. Always advise the client to check with their medical provider before adding or changing any treatment. Have I made my point clear enough?

About Frank Chodl: 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.

Frank's website: <https://connectionswithfrankchodl.com/>

Frank's Books



Get his books on his website

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!"

BPs FOR EMERGENCY AORTIC OPERATION

Sherrill writes: Dear Tom, I wrote and asked for an MBP (Most Benevolent Prayers) for my brother Steven, who was at the hospital with emergency surgery for a ruptured aortic aneurysm. A lot of people don't know what this is, but I did because our Dad had it but his never ruptured. True miracles happened from start to finish.

My brother was sitting on the front porch having a cigarette. He got up and his back started hurting really bad. So he went inside and got on his inversion table thing, and it did not help so he laid down in bed. He took over the counter pain stuff, which did not help. He stayed in bed for 2 days. On day 3 he told his wife to take him to the ER. When he got there they took an X-ray of his back, and they saw the ballooned out of place on his aorta and they flipped out. When it gets to 6 centimeters you are a gonner. His was 12 centimeters! He was at a rural country hospital that could not help him so they had to decide if they should fly him to Austin, Texas or to Temple.

They figured out it was faster to drive him and faster for a world class doctor to get there. So they drove him 40 miles, going 90 miles an hour, and the doctor got there 1 minute after them. They told him that he had only a 30 percent chance of surviving, and that surgery would take 9 hours—it took 11 hours. It involved different doctors for different things. The aortic doctor and stomach doctor and another I can't remember.

He has the rarest blood type AB negative so they had no blood. So they had a machine that recirculated his own blood. They cut him open and shoved his lungs up and then moved his stomach, took out part of his small intestines and part of his colon. They saw something on his liver they did not like and removed that too. Because it was so large they did not have a cage they needed in the right size so they hooked 2 together. The whole operation was experimental, so they videoed the whole thing, because insurance and medicare would probably have a fit!

He survived, got up and walked the next morning and the next morning walked the whole floor he was on. So they sent him home. The doctors could not believe the whole thing. You usually have 15 minutes to get to hospital with this and most people die. When they got in there they found out that it was leaking but was pressing against his spine so hard it was keeping it from bursting all the way. Most people remember that this is how actor John Ritter died and he was on set and right next door to St. John's hospital in Burbank, but they did not know what was wrong with him . My brother knows I wrote and asked for MBP right away and he thanks you. Our family thanks all of you and Angels!

MBOs & BPs FOR GRANDSON'S LONG HAUL

Ruth writes: Actually I said both of the requests (MBO and BP). My grandson left my house in Atlanta driving a 26 foot UHaul to Texas with all my furniture. About 10 minutes after he left I remembered to say an MBO and a BP for guidance and protection. About 20 minutes after leaving he texted me a picture of one of the truck tires with a nail in it. He had just decided to stop to get gas and while walking around the truck noticed the tire was getting low and saw the nail. In addition to having a safe place to stop and get gas he was also around the corner from a UHaul store. The tire was soon changed by a roadside assistance and he was back on his way. This was so much more than finding a parking place...it was an another miracle of divine guidance and protection! Thank you!

MBO FOR VISIT TO NIAGARA FALLS

Anne-Marie writes: A friend was visiting, overnight, from another country. I requested an MBO that we would have a, safe drive and a wonderful time with unexpected blessings on our journey. We went to Niagara Falls–Horseshoe Falls, and she was very surprised because they were not as loud as she expected. I mentioned that the wind was carrying the sound away from us. There had been a pale rainbow shining above the Falls as we offered tobacco to the water and she sang a water song to bless this water. As she was singing the noise of the waterfall became much louder and the rainbow brightened considerably. How magical! We continued on our journey and had a wonderful time. Even being gifted with an additional appetizer at the restaurant where we stopped for dinner.

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/B00CR1C23I/ref=dp_byline_cont_book



DAILY AFFIRMATION

I am a piece of creation. I have created my current reality and will create all of what I experience in the future.

Therefore all that is before is my doing.

Today I choose to raise my awareness.

Today I choose to slow down the aging clock in my cells, and create divinity in my daily workings. Today I instruct my cellular structure to vibrate to my intent

and directions. I create a peaceful

balance in all things, everywhere I

walk. I create for myself great health, prosperity, abundance, and Benevolent

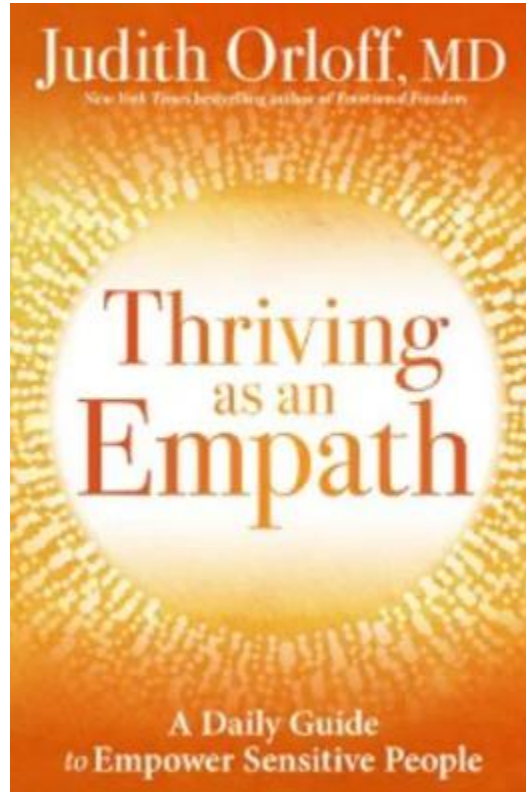
Outcomes.

And so it is.

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

Find other signs on Tom's website

I Am Not "Too Sensitive" By Dr. Judith Orloff



I'm happy to share this selection from *Thriving as an Empath* with you:

Many of us have received messages from parents, teachers, friends, or the media that being sensitive is a fault or weakness. It's important to gently re-evaluate old ideas about yourself such as "I'm too sensitive," "There's something wrong with me," or "I must develop a thicker skin." These shaming messages are not true. You are a strong, compassionate person, a blessing to others.

Although society may say you're "too sensitive" and suggest that you "toughen up," I encourage you to develop your sensitivities even more, yet stay centered with them. Being an empath is a huge asset when you learn to manage it. You're not crazy, "neurotic," a hypochondriac, or weak. You are a wonderful, sensitive person with a gift.

Your intuition and your refined sensitivities are healing. I want you to appreciate yourself, your openness, and ability to feel. Realize how special and perfect you are. When you really see yourself, you can connect with the wholeness and depth within. Then you can enjoy your empathy—that's the point. Not everyone will understand you, but that's okay. Search for kindred spirits who will, and you will understand them too. It's a beautiful

feeling of connection.

Empaths often develop low self-esteem from society's putdowns. Whenever someone criticizes your sensitivity, don't believe them. You might even respond with kindness, "I value my sensitive side. Please respect this." Or, if these critical voices arise in your own head, take a breath and regroup. Simply say to them, "Stop bothering me. Go away!" Then immediately tell yourself, "My empathy is a strength." Saying "no" to these inner and outer negative voices will build your self-esteem. Take some quiet moments to reflect on your empathic gifts: your intuition, depth, creativity, compassion, and desire to better the world. Let yourself experience their worth.

It's crucial to realize that nothing on the outside—no substance, person, job, or amount of money—can make you feel comfortable with yourself and your sensitivities. Happiness is an inside job. You must learn to know, love, and accept yourself, a life-long process of discovery. Loving oneself isn't always easy, but it is a worthy goal. With self-compassion, you can thrive as a sensitive person and enjoy your gifts.

As Eleanor Roosevelt said, "No one can make you feel inferior but yourself."

Here is an excerpt from Thriving as an Empath.

I am enough.

I don't have to prove my worth to anyone

I don't have to be someone I'm not.

I don't have to pretend I'm not sensitive or smile when I'm unhappy.

I am pleased with myself.

I love myself

I am grateful for the opportunity of my life

Set your intention. I will not buy into any belief that doesn't affirm the worth of my sensitivity, compassion, and love. I will be empathic in my own life and advocate these values in the world.

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=pSxtfcWZv3w>

Your Heart Emits Energy That Connects With Others

By Bernard Beitman, MD



Explore your heart's three forms of intuition, with Rollin McCraty of HeartMath

You're not imagining it: When you walk into a room and feel a thick atmosphere, your intuition is registering something very real. Rollin McCraty of the HeartMath Institute has the data!

Your heart emits energy that carries information. That information accumulates in groups in both positive and negative ways. Each of us is immersed on a global magnetic field that connects us all in unseen ways. On this week's podcast, you can get to know this field with Rollin's help. Interested in tree communication? Enjoy that last 20 minutes!

Rollin McCraty, Ph.D. is Director of Research at the HeartMath Institute, where his work focuses on how our heart and emotions influence our thinking, behavior, social harmony and health — and even the Earth's global energetic systems. You'll love this wide-ranging discussion on how our hearts literally resonate to create change.

As you may know, I start each podcast with a synchronicity story of my own. This week's story is a parallel with what happened between my father and me, and an eerily similar situation that happened to someone else:

For years, I've studied simulpathity — that is, the experience of the pain of a loved one at a distance. My interest in this began with my own experience at age 31 in San Francisco when one night I was choking uncontrollably. I learned the next day that my father, 3,000 thousand miles away, had been choking on his own blood and dying at that same moment.

So my father and I were experiencing something very similar at the exact same time. And my research, plus the research of others, suggests this is not an uncommon or weird

experience.

Similarly, a recent guest on my podcast, Terje Simonsen from Norway, told me that one morning a friend of his had awoken and felt his palatine uvula (the little thing hanging down in the back of the throat) expanding so much that it nearly choked him. It was the first and the last time he had ever experienced something like this.

Later that day, the man discovered that at the very moment of his choking, his father had fallen in the local river and died by drowning, choking on water.

Thought it's a negative experience in this case, it can be quite comforting to know that other people experience the same weird things that you and I do. That's one of the values of my book, *Meaningful Coincidences*, as well as joining us at The Coincidence Cafe. You'll find that you're not alone in these weird coincidences.

On my podcast this week, I'm thrilled to host Rollin McCraty, PhD, Executive Vice President and Director of Research at the HeartMath Institute. Rollin has been the Principal Investigator in numerous research studies examining the outcomes of positive emotion-focused interventions and heart rhythm coherence feedback in diverse organizational and educational settings as well as various clinical populations.

Rollin has been featured in a number of documentary films such as *I Am, The Truth, The Joy of Sox, The Power of the Heart, Solar Revolution, and The Living Matrix*, among many others. Learn more about him and his work at HeartMath.org.

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

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

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

Bernie's Podcast

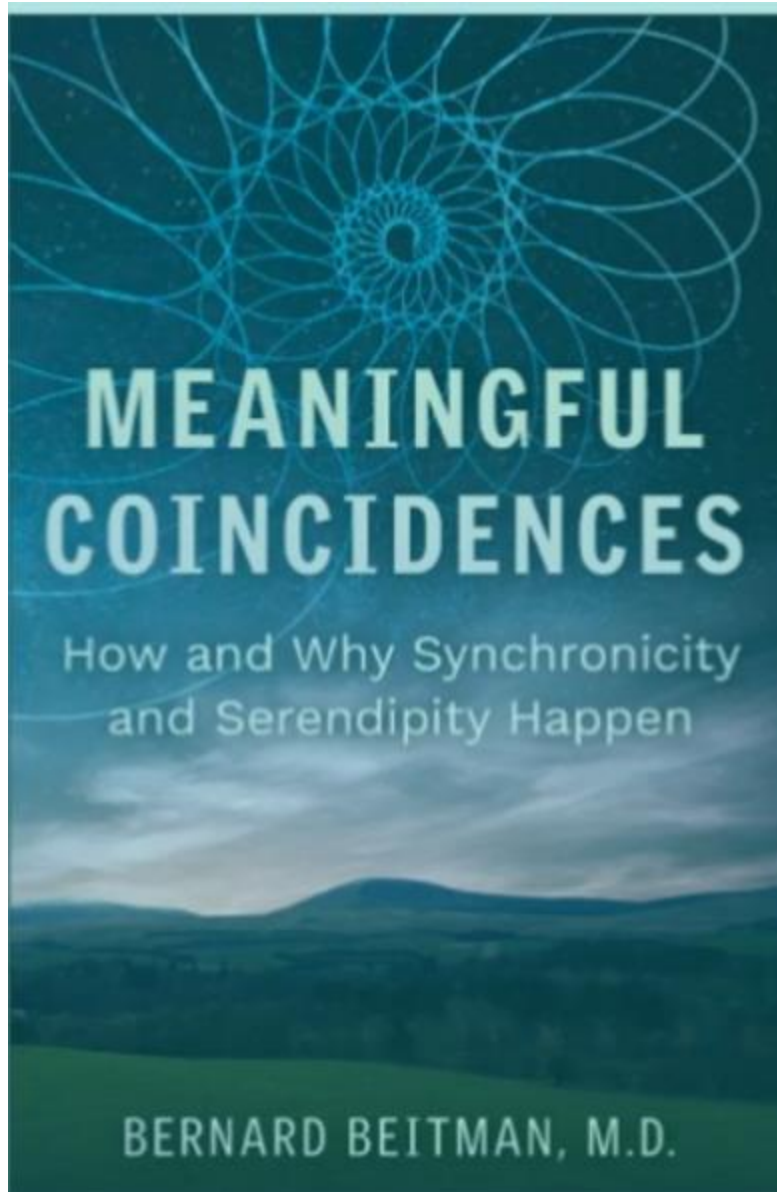


Link: <https://www.youtube.com/watch?v=Kp3aCYqrPyc>

Interview with Bernie



Link: <https://www.youtube.com/watch?v=zUnfwnF1P-Q>



Find his book on Amazon:

https://www.amazon.com/s?i=stripbooks&rh=p_27%3ABernard+Beitman&s=relevancerank&text=Bernard+Beitman&ref=dp_byline_sr_book_1

Crystal Mines and Digging in Arkansas USA Oh My!

By PJ Perkins

I've always wanted to go to Arkansas to dig crystals and I finally made it this September. In doing my research I found one mine of interest called the Board Camp Mine. I found it from Youtube videos they had posted about unusual happenings on their property. Check it out – you'll be amazed.

But let's take a step back. When I was thinking about doing this a long time ago I came across an article -

So... What Makes ARKANSAS QUARTZ CRYSTAL So Special?

Quoting Australian Crystallogist Researcher Edmund Harold in his bestselling book entitled Focus on Crystals: "The closer...crystal formations lay to the magnetic core of the planet, the greater their magnetic field. All quartz mined in Arkansas in the United States -- a region which is extremely close to that core -- emits powerful electromagnetic energies, and this area (ARKANSAS) currently provides the purest quartz crystal known to mankind."

Arkansas, more than any other crystalline strata locale, is within a field of gravitation & magnetic anomaly because of the massive deposit of magnetic lodestone in the area of the crystal quartz. Therefore the Arkansas crystals are far more electromagnetically charged.

In 2002 Kryon channeled that evidence of Atlantis exists in Arkansas. Come discover why the Crystal Vortex is emerging and completing to be one of the most benevolent and powerful vortexial sites on the Ascending Earth.

Arkansas is the largest singular deposit of natural quartz crystal on the planet, and it is being activated in the Crystal Transition of the planet and indeed the transition of humanity into the Crystalline Energy.

Arkansas is both stunningly beautiful, and an extremely rare geological wonder. Containing the only source of true diamonds in the USA; the largest singular deposit of magical quartz crystal in the world, an enormous deposit of natural magnetite, a network of natural caverns and radioactive radium bearing thermal springs in living waters....and Ancient Pyramids (Toltec Mounds State Park).

Something extraordinarily unique occurs when radium water, natural lodestone strata of magnetics and piezoelectric crystals combine...and they rarely do ... occurring only in

Arkansas. The crystals take on extraordinary electromagnetic properties and create dimensional openings. Did the Atlanteans know this? What does this mean?

Crystal Vortex of the ARK

When crystallized quartz is combined with magnetic energy an extraordinary multi-dimensional aperture & quantum field is created. The Atlanteans knew this, and it is why the Temple Crystals were placed in Arkansas, and why the Sirian-Pleiadean Alliance placed the dimensional regulator device called the 'Crysto-Sun Disc in Arkansas.

Living thermal radium waters in several locales in Arkansas are radioactive, these three factors, 'living waters, magnetic strata and crystals only occur as such in Arkansas. This is precisely why Arkansas is emerging to be the most important portal-vortexial center for the Ascension.

Kryon channeled that evidence of Atlantis exists in Arkansas. It does, and more importantly its crystalline energies are playing a key role in the Ascension...

The above info with the crystals being “super charged” and unique phenomena I had to go and especially to Board Camp Mine. The dig site is about 90 minutes away from Hot Springs, very far into the countryside. We arrived at the mine to meet Cheryl the owner who gave us all the info about digging and the sightings of lights in the sky, orbs and much more. I spent hours digging and came back with loads of rocks.

What fun getting dirty, finding crystals and meeting people from all over the world that come to Arkansas to dig. I thought after speaking to Cheryl one of the mine owner we should do an interview. Of course she said yes. Check out the video so you can hear her stories about the mine and all the other unusual things that happen there. Click on the button and hear for yourself.

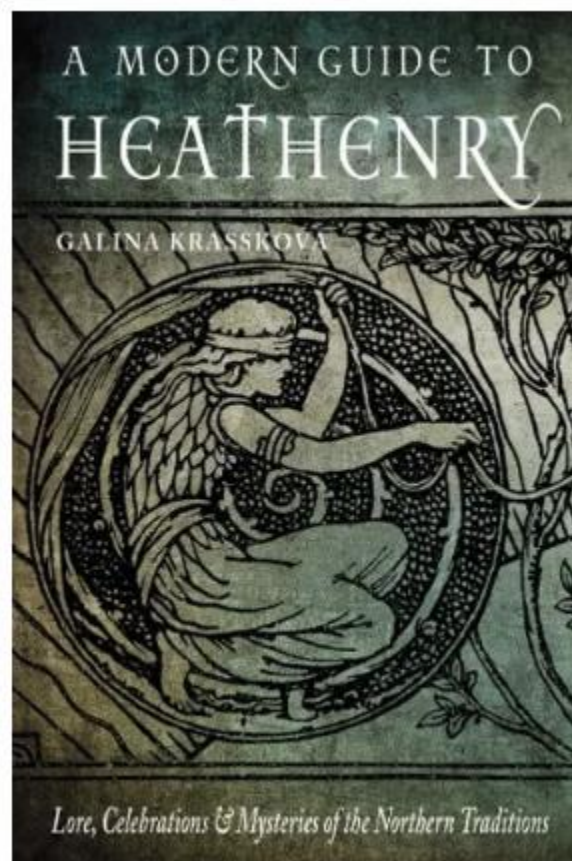
Here's their website: <https://boardcampcrystalmine.com/crystal2/>

Interview with Cheryl



Link: https://youtu.be/JUmq_BIqoP4

Gangleri's Grove - The Musings of Galina Krasskova



A Brief Note on Divination

In our traditions – that is most polytheistic traditions – divination is a sacred gift given to us by our Gods. We have inspired diviners, and even oracles (though the latter are much rarer) whom we are able to consult to ensure that we remain in right relationship with our Holy Ones, and to help us sort out the troubles in our lives. We have a means whereby we can consult the Gods for advice and that is miraculous. I’ve been a diviner for over thirty years, and I never thought I would say that. When I began learning this craft in the nineties, I despaired of ever being any good at it. Then Odin came into my life and that all changed. This art opened itself up to me and through His counsel and that of many other Gods, I learned and now, this is one of my primary functions as a spirit-worker and vitki.

In addition to my work as a diviner, I’m also an academic and for close to a decade taught Latin (I teach theology now but tutor Latin). I swear this is relevant, so bear with me as I make a momentary circuitous detour. In Latin, there are several different types of conditional sentences (If X... then Y...) based on whether or not the factors of the condition are real and known or hypothetical. Tense and mood of the verb can be

manipulated in different ways depending on the nature of the condition. After tutoring Latin earlier this week, it occurred to me that all divination is a conditional grammatical statement: if this, then that. That is, if a certain set of conditions are fulfilled, then X is the outcome that shows in the wyrd.

This means that wyrd, until it has passed into the realm of present and past, has a certain flexibility to it. We read, when we read for a client, the most likely outcome based on the patterns writ there at the moment we hit the mat. The corollary of course is that if those particular condition change, or we choose to change our behavior vis-à-vis the given situation we find ourselves in, (or of course, if a Deity intervenes), the outcome can be changed. The condition changes.

As diviners, we have the capacity under certain circumstances, to tap into that flexibility and –should the Gods allow—shift the scaffolding of a given condition. This may involve a prescription for the client to fulfill, but that is part and parcel of what is our warrant in this role. Understanding all the moving parts of what arises on the mat allows not just for greater interpretation and translation of the patterns for the client, but also the opportunity to position the client in the best possible capacity to effect change.

To bring all these things together, it's important, I think, for the diviner to keep spiritually clean, have a strong prayer practice, and work consistently to deepen and better his or her craft. Like any other art, it requires practice. But the results, being able to see, sense, read, and sometimes, just sometimes to alter wyrd, are worth the struggle.

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

Ms. Krasskova holds diplomas from The New Seminary (2000), a B.A. in Cultural Studies with a concentration in Religious Studies from Empire State College (2007), and an M.A. in Religious Studies from New York University (2009). She has completed extensive graduate coursework in Classics (2010-2016), received a Master's in Medieval Studies at Fordham University (2019) and is currently pursuing a PhD in theology. from Fordham University. As part of her academic career Ms. Krasskova has written a number of academic articles, and also presented at various academic conferences including Harvard University, Claremont University, Fordham University, Ohio State University, Villanova University, Western Michigan University, and the City University of New York.

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

Find her book on Amazon: https://www.amazon.com/stores/Galina-Krasskova/author/B001JP4KUQ?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

Interview with Galina



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

Unlocking The Magic of Tarot For Self-Reflection By Rev. Colleen Irwin



Have you ever wondered if you could dive into the mystical world of tarot and read the cards for yourself? While many people seek out professional tarot readers, it is also possible to read tarot cards for yourself. In fact, many tarot readers believe that self-reading is the most accurate, as you are the one who knows your situation best.

Tarot cards are a powerful tool for self-reflection and guidance. They can help you to understand your current situation, identify challenges and opportunities, and make informed decisions. While there are many different ways to read tarot cards, it is perfectly possible to do your own reading, even if you are a beginner.

Imagine every tarot reading as a magical mirror that reflects your inner thoughts, feelings, and hidden truths. This mirror has the power to show you aspects of yourself that you may not be fully aware of. It can bring to the surface your strengths and weaknesses, your fears and desires, and the choices you make in life. In essence, tarot cards act as a bridge between your conscious and unconscious mind, allowing you to explore your thoughts and feelings more deeply.

Enhancing Your Self-Reading Experience

To make your self-reading experiences even more powerful, consider these tips to create a serene and inviting atmosphere:

- **Create a Sacred Space:** Begin by setting aside a special corner in your home exclusively for your tarot readings. This space should exude peace and tranquility, free from distractions. Light a few candles, burn some incense sticks, and use essential oils to create a serene atmosphere. Make sure your chair is comfortable, and the reading table is large enough to lay out your cards. Ensure your phone is turned off and that you will not be disturbed while working with the cards.
- **Explore Diverse Decks:** The world of tarot cards is vast, with a plethora of decks to choose from. Each deck carries its unique energy and symbolism. To find the one that resonates with you, experiment with a few different decks. When selecting a deck, trust your instincts; go for the one that draws you in and makes you feel a deep connection.

- **Learn to Craft Great Questions:** The question you ask will affect your reading. A question that is regarding someone else's behavior is not going to give you the answers you seek. For example, "Will my boyfriend propose to me?" is weak, a better question is "What do I need to do to improve my relationship with my boyfriend?" Open ended questions are the best. Learn to ask them.

Learning from the Collective Wisdom

Now that you've set up your sacred space and chosen your deck, let's delve into the process of self-reading with tarot. Here's where the collective wisdom of the tarot community can guide you:

- **Master the Basics:** Begin your journey by learning the fundamentals of tarot. Familiarize yourself with the symbolism of each card, understanding the unique meanings they hold. While card symbolism can differ between decks, there are universal symbols like cups, pentacles, swords, and wands. The differences between the Major and Minor Arcana. When I was learning, I started just reading from the Major Arcana, then just each suit. Initially ignore reversals, reading just upright meanings of the cards will help you learn them faster. Keep a diary of each of your readings, writing down the cards you drew, the question and your impressions.
- **Explore Different Spreads:** As a beginner, it's wise to start with a simple one-card spread. However, there are numerous other spread options available, including two-card, three-card, five-card, and even the intricate ten-card Celtic cross spread. It's essential to learn how to lay out the cards correctly for each spread and understand the specific purposes they serve. Remember, the key to a successful reading is to ask open-ended, specific questions. Start with one card readings, build your confidence, and move into other spreads as you feel comfortable.
- **Uncover Card Meanings:** Each card in your tarot deck holds a unique and profound meaning. To grasp the full potential of your readings, invest some time in conducting some research. Many websites and books offer detailed insights into the purpose and symbolism of each card. You can also read blogs, listen to experienced tarot enthusiasts on YouTube, or even take a course to master the meanings of the cards

Embracing Your Inner Wisdom

In the world of tarot, what matters most is your intuition. As you embark on your self-reading journey, pay close attention to the thoughts that arise, the emotions you feel, and the energy surrounding your questions. Trust in your inner self, even if it feels a bit challenging at first. With practice and over a few readings, you'll find that tarot cards become your most trusted tool for self-reflection.

These cards can help you dig deep into long-buried emotions, understand your desires and aspirations, and pave the way towards achieving your goals. They can simplify decision-making and offer insights to nurture your personal growth. So, don't hesitate – embrace the enchanting world of tarot and let it guide you on your path to self-discovery and self-improvement!

Above all, what holds the most significance in tarot reading for self-reflection is your intuition. Pay heed to the thoughts that surface, the feelings you experience, and the energy surrounding the situation. Trusting your inner self, even when it feels challenging initially, is paramount. With practice, over several readings, tarot cards will become your go-to tool for self-reflection. They have the power to unearth long-buried emotions, illuminate your desires, and illuminate your path towards achieving your goals.

So, go ahead and embrace the profound power of tarot for self-reflection and personal enlightenment!

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

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

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

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

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

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

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

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

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

Interview with Colleen



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

What Is The Day Of The Dead or Dia De Los Muertos? By PJ Perkins



Day of the Dead (Dia De Los Muertos) is a two day holiday that traditionally is celebrated in Mexico. This day is about reuniting the living and dead. Families create ofrendas (Offerings) to honor their departed family members that have passed. These altars are decorated with bright yellow marigold flowers, photos of the departed, and the favorite foods and drinks of the one being honored. The offerings are believed to encourage visits from the land of the dead as the departed souls hear their prayers, smell their foods and join in the celebrations!

Day of the Dead is a rare holiday for celebrating death and life. It is unlike any holiday where mourning is exchanged for celebration.

Dia de los Angelitos

Spirits of the children

Dia de los Angelitos (Day of the little angels) starts the holiday at midnight on Nov 1st, where the spirits of all deceased children are believed to be reunited with their families for 24 hours. Families construct an altar, known as an ofrenda, with the departed child's favorite snacks, candies, toys, and photographs to encourage a visit from their departed children. The names of the departed children will often be written on a sugar skull.

Día de los Difuntos

Spirits of the adults

At midnight of the following day (November 2nd), the celebrations shift to honor the lives of the departed adults. The night is filled with laughter and fun memories, much like the night before. However, the Ofrendas take on a more adult-like theme with tequila, pan de muerto, mezcal, pulque and jars of Atole. Families will also play games together, reminisce about their loved ones, and dance while the village band plays in their town.

Día de los Muertos

Spirits of all the dead

The next day is the grand finale and public celebration of Dia de Muertos. In more recent times, people come together in their cities, dressed up with Calavera painted faces (Skeletons) and have parades in the streets. Cemetery visits are also common on the last day as families will go to decorate the grave sites with Marigold flowers, gifts, and sugar skulls with the departed's name on them. It's customary to clean the grave stone and restore the color.

Day of the dead is not Halloween

Day of the Dead is not the "Mexican Halloween" like it is sometimes mistaken to be because of the timing of the year. The two holidays originated with similar afterlife beliefs but are very different in modern day. Halloween began as a Celtic Festival where people would light bonfires and wear costumes to ward off ghosts but has recently turned into a tradition of costume wearing and trick-or-treating. Decorating your house with spiders and bats and wearing scary costumes is not done in most parts of Mexico.

Video About Day of the Dead



Link: <https://www.youtube.com/watch?v=WCyynpzcpn0>

Poetry By Ashleigh Kathleen Furry

Fae and Faerie Light

**Fairy lights they twinkle bright
Surround us on this peaceful night**

**Blanket us in warmth; we ask for your protection
For we are only human and plead for redemption**

**Mushrooms glow and shimmer in moonlight
Your presence is felt even if you're nowhere in sight**

**Connection with you is beyond just a blessing
Nothing compares to the magick your presence can
bring**

~ By Ashleigh Kathleen Furry

The Great Rite

Incantations tumble from my lips
Pushing the energy through your body toward your
luscious hips

You're in my sight; toward you I make my way
Filling my desire is our magickal purpose today

You one counterpart and I the other
The passion we make in the name of The Great
Mother

Wild and ravenous; lust with our need
Think of the horned God; possibility to breed

Entwined in one another; energy will erupt
As sighs escape us, we come to an end; abrupt

They are here now, we feel them; their presence
about
The magick crackles around us, inside of us; and
throughout.

The Great Rite was meant to happen
Truth in the energy from the God and Goddess; they
will show us how.

~ By Ashleigh Kathleen Furry

About Ashleigh



I am an outgoing, fun loving, energetic, and passionate person. I adore reading, writing, nature, animals, food, family, and friends. Paganism is a part of my core and magick is a large part of my life.

Find Ashleigh's book on Amazon at: https://www.amazon.com/s?i=digital-text&rh=p_27%3AAshleigh+Furry&encoding=UTF8&ref=dbs_m_mng_rwt_byln

I Am A "Pass-Through." My Work Is Spirit Driven Co-Creates With Nature

By Dr. Jim Conroy & Basia Alexander



What I do is Spirit-driven.

What I mean is this: while the tree and ecosystem healing methods Basia and I have created have protocols, they are just guidelines.

Spirit tells me what aspects of tree functionality and ecosystem interaction need help and how.

Another way to say it is that I communicate with Divine wisdom and the consciousness of Nature—they tell me what to do. I don't assume that I know anything. I certainly don't assume that I know best what to do. I am a "pass-through" for the information and for a wisdom that is greater than myself.

That having been said, let me add that my own scientific knowledge, background, and experience adds to the quality of what Spirit tells me. Anyone can do this: connect with Nature and receive information intuitively. However, my scientific training, my personal discernment, and nearly 20 years of mastery in connecting with Nature and listening to higher realms makes the information that comes through more reliable and accurate.

I can't follow a rule-book.

In a catastrophic situation like a fire, I can't follow a strict protocol. Why? Everything in Nature has been rearranged—they need me to listen closely and give them exactly what they need exactly how they need it. If the order isn't right, it doesn't work.

Any processes or procedures are just guidelines to get me in touch with Spirit and have Spirit guide me. I couldn't work with a rigid process because everything I do is about

getting in touch with Nature and asking Nature what She needs.

Doing this work over the course of nearly 20 years, I have a lot of insight into how living Beings operate both physically and dimensionally. So I am able to get very specific and very targeted in my healing process.

And healing is never the same from tree to tree or ecosystem to ecosystem. However, there is enough similarity that Basia and I are able to put together the methods that we teach. That gives people a place to start from.

What I do that is different is this: I work in a dimensional space and ask it to flow into The Physical, with the help of the Elemental Forces, the Physical Elements, their Synergies, and Form Builders.

CoCreative Efforts between me and Nature

This is Co-Creative because I am following what Nature is telling me to do. We are communicating and collaborating. This work is in rhythm with the wisdom of Nature's over-all big picture. I am not assuming that I know best what Nature needs. I may have been trained as a scientist, but I don't assume that science has all the answers.

I ASK Nature and ASK my Spirit guides and then I listen.

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.

Basia's website: BioBaliaInstituteSchool.org

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

Tree Whisperer's websites: BioBaliaInstituteSchool.org

Jim's Video



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

Do You Have A “Low” or “High Vibration”? Read These 61 Signs

By Aletheia Luna & Mateo Sol



All matter is merely energy condensed to a slow vibration. – B. Hicks

We’ve heard the phrases many times before ... “Man, he has a really negative vibe,” “That place had AMAZING energy,” “She’s so energetic.” Yet few of us ever really stop to fathom the depths of these common expressions and remarks. The truth is that instinctively, on both a primal and intuitive level, we can sense that not only is everything composed of energy, but this energy varies in its quantity and quality drastically in our everyday lives.

Have you ever been in a busy and bustling train station and felt a sense of “heaviness”? Or have you ever gone to a concert and felt a sense of inner “lightness” or elation? These are simple and fairly common examples of our ability to “tune into” different frequencies of energy in our lives.

So what does having a “low” or “high vibration” mean, and where does it fit into this equation? If you’ve heard these phrases used before, and if you are curious to learn more about what having a high or low vibration means, keep reading!

Everything You Need to Know About Low and High Vibrations – Simplified

High vibrations are generally associated with positive qualities and feelings, such as love, forgiveness, compassion and peace. On the other hand, low vibrations are associated with darker qualities such as hatred, fear, greed and depression. We’ll explore low and high vibrations more in depth below.

But what does all of this really mean? Essentially, the higher your vibration is, the more in touch you are with your higher self, inner “God/Goddess,” Divinity, Consciousness, Holiness, Soul, or the many other words out there to describe your true nature. This also means that the lower your vibration is, the more out of sync you are with your higher nature, and therefore the more conflict you experience in life.

61 Signs That You Have a Low or High Vibration

Before you read the lists below, it’s important to remember 2 things. Firstly, you are rarely ever 100% “either/or” anything in life. Therefore, you’ll most likely fall along a spectrum of 25% high and 75% low, 55% high and 45% low – and so forth. So refrain from boxing yourself up into black or white labels. Secondly, discovering whether you have a primarily low or high vibration is really helpful . . . for you. However, be wary of using these labels against others (e.g. “He/she has a low vibration, keep away!”) – ironically, this perpetuates the low vibrations linked to segregation and discrimination. That is why this is best used as a self-discovery tool.

So with this in mind, what kind of vibration do you have, and how does this impact your life?

If you have a low vibration ...

You feel “stuck” or stranded in life, not knowing what to do next.

You struggle with apathy or an uncaring attitude towards yourself and others.

You are emotionally distant.

You are emotionally reactive.

You struggle with constant fatigue and lethargy.

You have a primarily self-centric view of the world.

You often struggle with despair and desperation.

You find it almost impossible to get “unstuck” from old habits.

You have a prominent Shadow Self.

You feel physically unfit and unhealthy.

You bottle up feelings such as resentment and jealousy.

You find it hard to forgive yourself and other people.

You suffer from a guilt complex (i.e. you constantly feel guilty about something/or seek things out to feel guilty about).

You don’t really know what you want in life.

You continue to make poor choices.

You find it hard to see the beauty in life.

You feel unfulfilled.

Your connections with others constantly bring you pain.

You are overly cynical and skeptical.

You are argumentative.

You complain a lot.

You easily fall into victim-based mindsets.

You self-sabotage.

You focus primarily on the negative in life.

You struggle to feel gratitude.

You eat a lot of fatty or processed foods (e.g. meat, fast food, lollies).

You are needy or demanding of others.

You watch a lot of violent multimedia and/or listen to intense music with violent lyrics.

You find it hard to make any real progress in life.

If you have a high vibration ...

You are self-aware (i.e. you are conscious of what you are saying, doing, thinking and feeling, as well as the effect this has on others).

You are empathetic towards others needs and you make a habit of seeing through the eyes of other people.

You are highly creative and are often bursting with ideas and inspiration.

You are emotionally balanced.

You feel connected to that which is “beyond” you (e.g. life, divinity, love).

You have a great sense of humor towards life.

You don’t take yourself too seriously.

You regularly feel gratitude for what you have in life.

Smiling and laughing comes easily to you.

You don’t experience much disappointment because you don’t cling to passing things (e.g. material comforts, friendships, indulgences).

You are self-disciplined.

You can delay pleasure if it does not serve you.

You do not “need” anything to feel happy.

You are in-tune with your body and its needs.

You nurture yourself often.

You nurture others often.

You often experience synchronicity.

You live in the present more than the past or future.

Your body feels strong and healthy.

You eat raw, unprocessed food.

You try to keep your life clutter-free.

You forgive yourself and other people easily.

You feel as though you have found your calling in life.

Opportunities and new doors spontaneously appear to you in life.

Patience comes easily to you.

You don’t feel the need to argue or compete with others – let them win and feel right, it’s OK!

You are open to many different types of people, ideas, beliefs and experiences in life.

You feel confident in yourself and your abilities.

You are attracted to profound, calming and inspirational music/movies/TV shows.

You are highly intuitive.

Other people easily open up to you.

You often find yourself in the role of the counselor, peacemaker or teacher in friendships and relationships.

The reality is that most of us share some forms of “low vibration” and other forms of “high vibration,” but the goal is to become aware of what you are excelling at and what you could improve on within your journey of inner transformation.

One of the easiest ways to determine whether you are vibrating at a “high frequency” or a “low frequency” is by paying attention to how you physically feel. Do you feel light, energized, clear and healthy? Chances are you have a high vibration. On the other hand, if you feel weighed down, repressed, oppressed, stuffy or heavy, you are most likely operating on a low vibration.

Learning to unconditionally love yourself is essential for your healing and fulfillment in life. I’ve been there before, and still am at times!

So for now, I hope you benefited out of this article. Please feel free to share your experiences with low and high vibrations below.

Any advice you can share on how to raise your vibration will be appreciated!

About Aletheia Luna and Mateo Sol: Our names are Aletheia Luna and Mateo Sol after uniting on 11.11.11, we created lonerwolf in March 2012 and have been nurturing it ever since.

In an uncanny twist of destiny, we met each other, and run this website, from the most isolated city in the world on any continent, anywhere on earth – Perth, Western Australia. We’re spiritual educators and guides who blend a mixture of psychological and spiritual insight throughout our writings and offerings.

We believe in the value of teaching a down-to-earth approach to spirituality. Our work has been described as refreshingly pragmatic, illuminating, and life-changing. To date, we have written about life, death, and everything in-between.

**We have close to 30 years of combined intensive experience on the awakening journey
Aletheia Luna and Mateo Sol's website: <https://lonerwolf.com/>**

Lonerwolf's Video



Link: <https://www.youtube.com/watch?v=iJJ4XvVyVD4>

3 Ways To Help Ghosts During Samhain By Rev. Vanessa Hanks



“Psychopompery” (rescue mediumship) is an ancient healing practice. It helps to heal earthbound spirits – also called “ghosts” – by guiding them into the beautiful portal of Light that leads to the afterlife. Through this soulful healing work, ghosts finally experience peace and the release from life’s burdens. I wanted to share a few psychopomp practices you can do during the Samhain season (Halloween) when the veil is particularly thin.

Samhain is Gaelic and means “seed fall” or “summer’s end.” It marks the start of winter. This time of year is associated with the ancestors and also with the restless dead. A few beautiful psychopomp practices you can do this time of year (among many) are:

Create an altar to the lost and forgotten dead (light candles for restless spirits, open the portal of Light over the altar and invite earthbound spirits in your area to cross over throughout the season. Be sure to ward your space well if in your home and use flameless candles or fire safety measures if outside. If you do not want the altar to continue working after Samhain, be sure to close the portal of Light and set firm intentions that the space return to ordinary, mundane reality.)

Do a journey into your ancestral lines to help any ancestors who did not cross over. This is a wonderful way to honor your ancestors through ancestral healing work, as well as learn and engage in a bit of psychopomery. (Sometimes such ancestors become entrenched in the energy of the family line leading to lineage issues mirroring the struggles or perseverations of the earthbound ancestor. This can affect descendants.) If you are interested in one way of doing this work, please check out this prior blog post with a Samhain oak tree meditation for ancestral healing:

<https://vanessahanks.com/2020/10/31/healing-ancestral-karma-a-simple-powerful-oak-tree-meditation/>

Join the Wild Hunt – a boisterous band of spirits often led by a God or Goddess associated with the dead or the season. These spirits ride on horses and often have hounds with them.

They travel over the countryside and gather the dead and sometimes those close to death. In my practice, this is a mass clearing event ahead of the new year where earthbound souls are transitioned in large numbers in preparation of new energies and spirits coming in during spring. (In Celtic Countries the Wild Hunt occurred at Samhain, while in Norse and Germanic tradition, it occurs during Yule. I usually join the Hunt throughout the time period from Samhain to Yule with various deities if welcomed by them. I do this through journey and dream work. That being said, I believe that you are participating in the Hunt whenever you do psychopomp work during this spirited season regardless of whether any band of ruckus spirits appear!)

About Vanessa Hanks: I am a down-to-earth Spiritualist, pagan and European shamanic practitioner, 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.

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

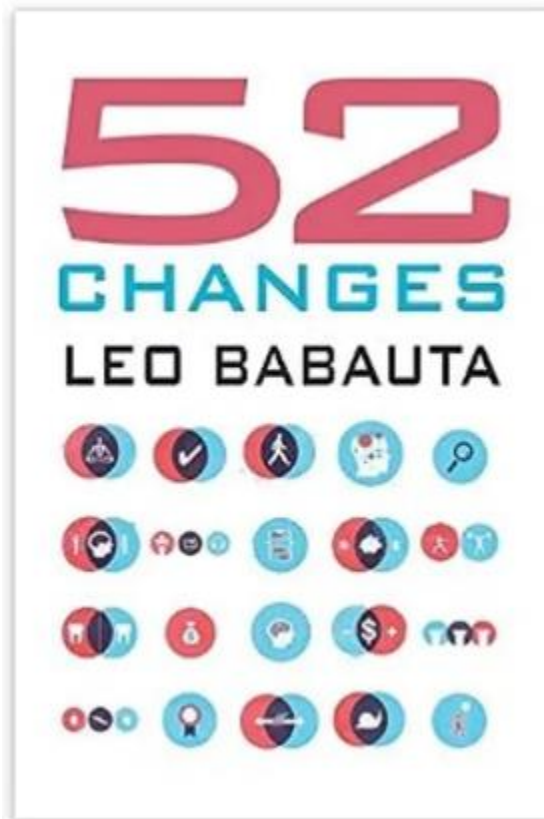
Interview with Vanessa



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

zen habits by Leo Babauta

How Simplicity Reveals Life



This morning I was eating a really simple meal, with minimal seasoning, and I savored its deliciousness.

Often I go the opposite way: I eat too much, too quickly, with an overwhelming number of flavors. And I barely taste any of it.

This is how I sometimes experience life: I do so much, so quickly, and have an overwhelming amount of stuff going on. So much so that it's hard to really experience any of it fully.

When I simplify, it's not necessarily about getting rid of stuff — it's about letting fewer things really be experienced:

When I have fewer things, I can really use those things fully, appreciating them fully.

When I have fewer things to do, I can really pour myself into those tasks, and really experience them.

When I engage with fewer things online, I can engage with them more thoughtfully.

When I remove the extraneous, it gives me a chance to savor what's left. The flavors can really shine.

And my experience of this is that life is really revealed when I have less in front of me.

That's not an argument for always having or doing less. There's something to be said for embracing the fullness of life. Instead, it's a noticing of what happens when I slow down, when I do less, when I fully experience things instead of rushing through them so I can do more.

The fullness of life is often revealed in simplicity.

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>

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.

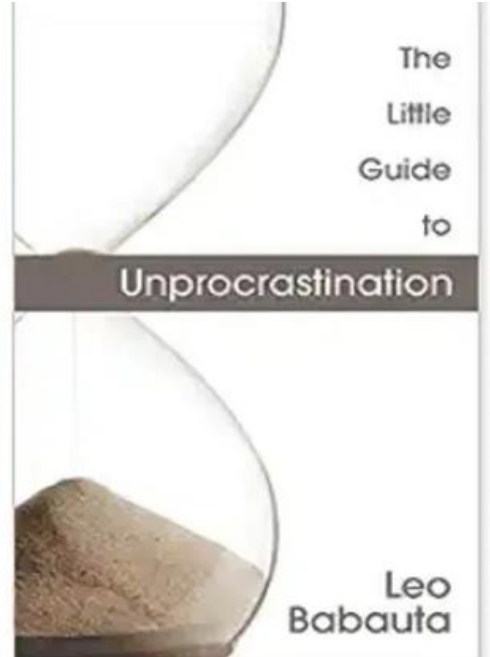
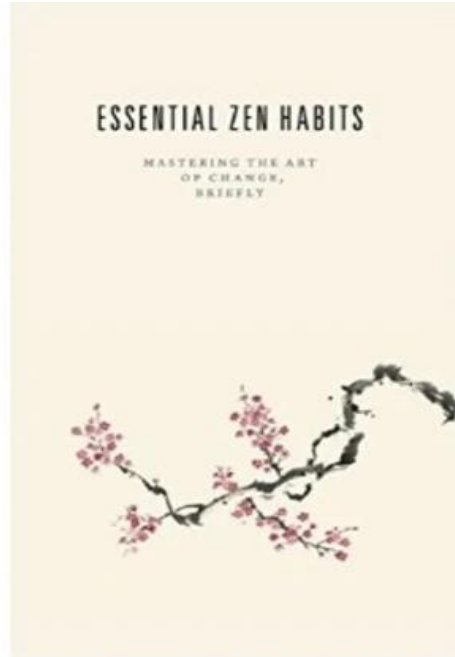
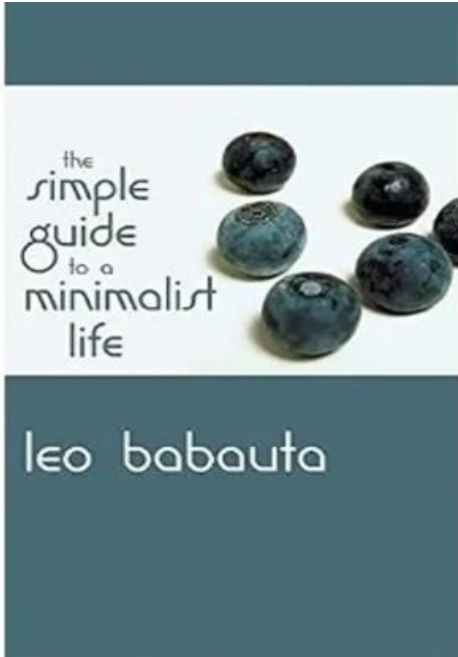
Leo's website: <http://www.zenhabits.net> and <https://seachange.zenhabits.net>

Video with Leo Babauta



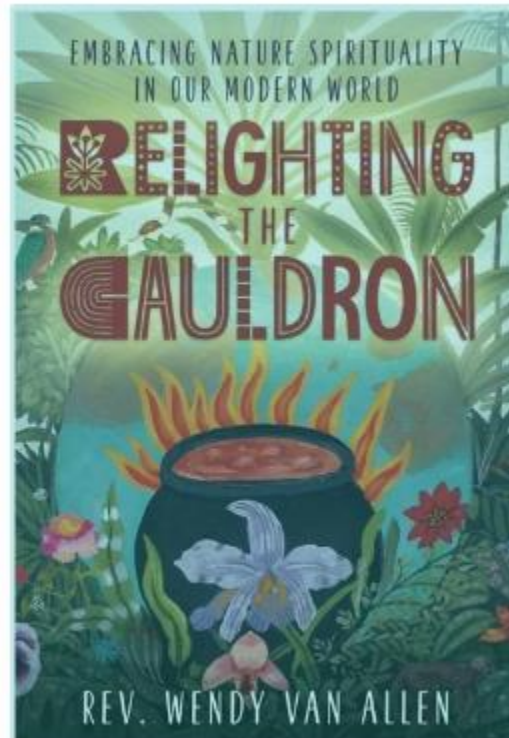
Link: <https://www.youtube.com/watch?v=m5wFMD9ymuc>

Sample of Leo's Books



Find his books on Amazon; https://www.amazon.com/stores/Leo-Babauta/author/B002BO7RLI?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

The Benefits of Energy Healing By Rev. Wendy Van Allen



One aspect of healing that I have added to my toolbox for clients is the use of energy healing. Energy healing is an ancient and universal practice, and throughout the indigenous world, a variety of energetic healing techniques can be found worldwide. Elder wisdom keepers are often described in anthropology as the original psychologists, and often incorporate various ways to raise, direct and clear energy centers to promote healing, including through song, dance, drumming, and various forms of hands-on healing.[1]

There is a growing interest and support for energy healing techniques today in Western culture, especially among holistic practitioners. Energy healing is based on the concept of the human biofield. In a peer reviewed paper published regarding healing touch therapy, the authors of the paper defined the human biofield as “The physical aspect of the individualized field of energy in which electrical activity functions as a complex organized system or whole.[2]”

Today, Western-trained medical and psychology professionals who incorporate energy healing techniques into their practice feel they align well with the concept of quantum physics which differs from classical physics in that it includes an understanding of particle

and wave duality.

Energy healing is a part of New Age practice. While many healers work within traditional Japanese reiki lineages, some propret to have received their techniques directly from Spirit guides, ascended masters, or the Universe itself. They say their practices harness earth energies or light frequencies and can help clear the mind and body from blockages, mental imbalances, and disease. Learning to channel these energies require training and direct “transmissions” of energy, which through an altered state of consciousness. One such lineage is the Magical Awakenings® system of Energy Healing, a direct transmission received and taught by Energy healing master, Brett Bevell of the Omega Institute.[3]

In this system, Brett teaches a direct transmission lineage that is modeled on the Celtic Shamanic system that states there are three cauldrons within our body, which when activated, generate divine energy that can be directed towards healing of self, others, situations and our surroundings. Within the system, the guides known historically as Merlin and the Lady of The Lake are the Divine avatars of magical energy healing who help the healer access and transmit the cauldron energies. They also direct the practitioner’s mastery for using elemental energy of air, water, earth and fire.[4] This is the lineage that I have received activation in, and have been enjoying sharing with my clients. Each season at Omega, Brett teaches this system of activation at the Omega Institute, so please visit their website for more information: www.eomega.org

One aspect of natural wisdom has always been to realize internal universal rhythms and energy forces and develop practices and technologies to help us to keep ourselves in balance so that we in turn will lead a balanced life, in rhythm with the Earth’s energies and our relationship with our world. Nature spirituality embracing an understanding of the value of these practices. A desired goal of energy healing is to raise our consciousness to elevate our thoughts to a higher plane and to heal our bodies and minds from the struggles of modern life and modern illnesses. When we raise consciousness, we are able to transcend change, to arrive at a state of non-duality, of unity, and to access the power of the universe itself. In this time of uncertainty, of COVID19 variants, and during the season of winter and death, energy healing can help to keep our bodies, minds, and spirits in balance and working from a state of optimal health.

If you are interested in beginning the New Year with an energy healing or spiritual counseling session, I am happy to discuss options with you and answer your questions. Blessed be, to all our clients and friends of Soul Blossom Center for the New Year of 2022!

[1] Katz, Indigenous Healing Psychology: Honoring the Wisdom of the First Peoples, 2017, 294-310.

[2] Kirk., et al, Psychology Trauma: Theory, Research, Practice and Policy, 2020, 1.

[3] Bevell, “Magickal Awakening Technique”, 2021.

[4] Bevell, “Magical Awakening Technique,” 2021.

About Rev. Wendy Van Allen: Rev. Wendy Van Allen is a 2014 graduate of One Spirit Learning Alliance's Seminary and a 2019 graduate of the Interspiritual Counseling program. She received two bachelor's degrees from Rutgers University, and will graduate with a Master's in Clinical Counseling degree from Saint Bonaventure University, Olean, NY, in August of 2023. In addition to counseling, Wendy is a certified Intuitive Consultant from the Holistic Studies Institute, New York, NY. In addition to serving students at 1Spirit ISCC, Wendy teaches and serves students at Grace Theological Seminary, an independent Catholic online seminary incorporated in Florida. Wendy's spiritual traditions are Earth-based and include initiation and practice of Wicca, Lukumi, and Spiritism. As a former archaeologist, Wendy has a strong interest in the intersection of culture, spirituality, religion, evolving human consciousness, social justice and environmental concerns. She lives in Kingston, New York, and offers private interspiritual counseling services, classes and workshops from her home, Soul Blossom Center. She is the author of *Relighting the Cauldron: Embracing Nature Spirituality for the Modern World*, published by Llewellyn's Worldwide Publications in early 2023.

Wendy's website: <https://www.soulblossomcenter.com/>

Interview with Wendy



Link: https://youtu.be/0qGdT_CG4Yo

stand out By Monique Lang



Some of us like to stand out and be differentiated from the group.

Some of us prefer to blend in.

Which do you prefer? Does it depend on the setting? How do you decide? How/when did you chose your overall stance?

Either stance has its advantages and disadvantages.

Just ponder for yourself.

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

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

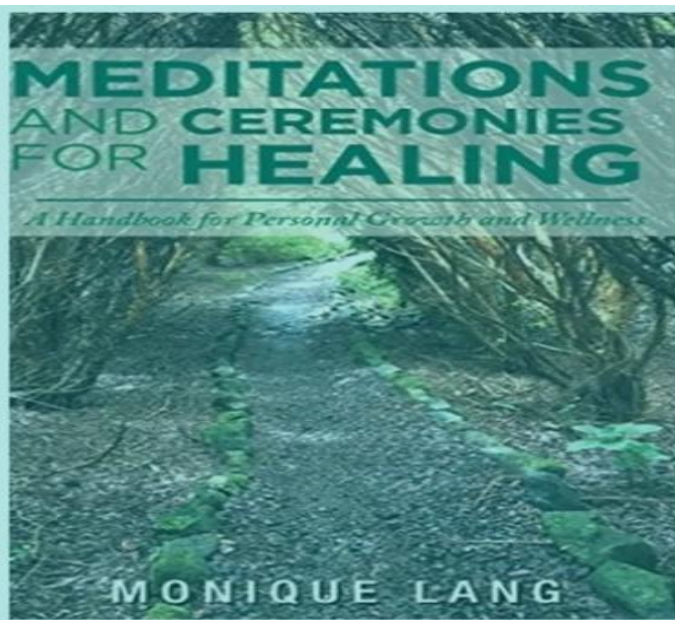
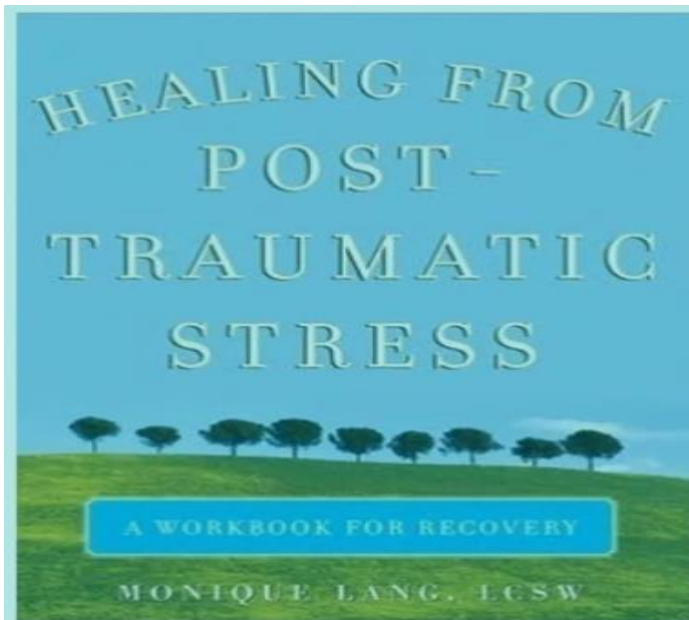
Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual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

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

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

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

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://www.youtube.com/watch?v=RDqDAt2CSpk>

Tarot Tendencies for November By Doreen Scanlan



It is time to stand firm for what you are trying to achieve. This is not the time to let others push you around. No - might be the final answer you get but only after you have given it all you got.

No one can promote you better than you can. Show the world who you are and what you are capable of. It is important to align yourself with others that know what is the best for you.

It is going to be important for you to pay attention to your intuition around Thanksgiving. It isn't the holiday specifically but the second half of the month.

Pay attention to messages regarding new sources of income. This then could lead you to meeting new people and new relationships follow. This could be the beginning of a new network of friends.

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

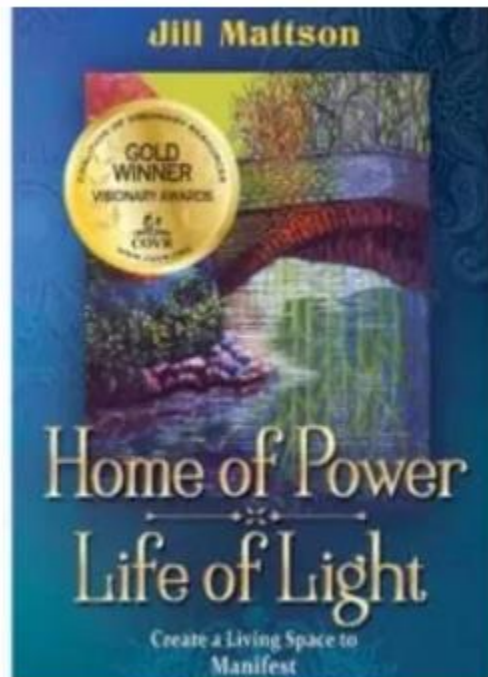
Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to provide a general monthly forecast to help everyone understand the tone of the month. If you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

Interview with Doreen



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

Huge Music Ensembles By Jill Mattson



Sound created and organized energy, building etheric blueprints (according to ancient wisdom). Matter formed around this subtle skeleton. Tones were not only the invisible stuff from which matter was formatted, but also contained a thread of divine energy resulting from octave resonance. Every note invoked cosmic energy. Each musical note connected listeners with the divine. Orchestras were bridges (constructed from sound) between gods, ancestors and people.

Concerts were orchestrated with as many as 10,000 players. Each performer's music captured a measure of divine energy, firmly anchoring this powerful energy into the country. The stronger the sound and the more people involved, the greater the celestial energy that the dynasty invoked. Citizen participation in music developed and uplifted the society. This provided national protection from without and within.

The ancient book, The Yellow Bell, relayed, "In 110 BC... the Festival Orchestra boasted of more than ten thousand musicians that were divided into nine groups, playing simultaneously upon 300 different kinds of instruments. [1] The Han Dynasty in 58 to 75 AD described some of its orchestras: one for religious ceremonies, another for the archers, and one for banquets and the harem. There were 829 musicians in these groups plus an additional military band. [2] The T'ang dynasty in 618 - 907 AD boasted of fourteen orchestras, with each having 500 to 700 players. As late as 1897 in the Korean court, 772 musicians were employed. [3]

The idea of large powerful orchestras to access divine energy was wide spread. During the reign of King David from the Bible there were four thousand musicians in the temple. [4] The city walls protecting their enemies in Jericho fell from the Israelites' music.

In a current comparison, the Latvian country of Estonia sponsors a weeklong songfest every five years. Their historic concerts boast of a half of a million participating singers, a good showing for a country of only one million people. In this tiny nation many Estonian people credit their historic courage required to achieve their independence against formidable super powers (the Russians czars, USSR and Hitler's Germany) to the powerful energy created by this vitalizing, musical experience.

The Estonians practiced the Druid and other Pagan religions for a longer period of time than other European countries because the Catholic Church's Inquisition took longer to reach this country and stop these practices. They eventually forced people's beliefs to change as they did elsewhere. Since it was later in history their Druid and Pagan roots are still remembered and in this case practiced as well. It is not surprising to see ancient practices, for example, the songfest, in this country.

Another example of music's power to instill courage can be seen in Finland. Sibelius wrote the music "Finlandia," to instill national pride. When Finland was occupied, the Russians realized what the music accomplished and immediately banned the music. [5]

[1] Yellow Bell, by Chao-mai-pa. Mulcahy, Pat. Esoteric Harmonics, Tuning to the Occult Scale of Sound, AstroQab Publications: 2009, Pg. 67.

[2] Sachs, Curt. The Rise of Music in the Ancient World, East and West, Dover Publications: Mineola, N.Y., 1943, Pg. 149.

[3] Sachs, Curt. The Rise of Music in the Ancient World, East and West, Dover Publications: Mineola, N.Y., 1943, Pg. 150.

[4] 1 Chron. Xxiii.5. Engel, Carl. The Most Ancient Nations: Assyrians, Egyptians and Hebrews with Special Reference to Recent Discoveries in Western Asia and in Egypt, Murray: London, 1864, Pg. 311.

[5] Tame, David. The Secret Power of Music: The Transformation of Self and Society Through Musical Energy, Destiny Books: Vermont, 1984, Pg. 154.

[6] Sachs, Curt. The Rise of Music in the Ancient World, East and West, Dover Publications: Mineola, N.Y., 1943, Pg. 152.

[7] Blom, Eric. Grove's Dictionary of Music and Musician, MacMillan: London, 1954.

[8] Tame, David. The Secret Power of Music: The Transformation of Self and Society Through Musical Energy, Destiny Books: Vermont, 1984, Pg. 189.

[9] Engel, Carl. The Most Ancient Nations: Assyrians, Egyptians and Hebrews with Special Reference to Recent Discoveries in Western Asia and in Egypt, Murray: London, 1864, Pg. 142.

About Jill Mattson: My personal interests in Sound Healing, helping people and expanding consciousness were the result of my lifelong love affair with music, coupled with my personal spiritual quest, which I started in earnest about 40 years ago. I was drawn to the study of antiquity; specifically, I extensively examined methods employing Sound Healing and music to alter and improve mind, body, emotions, energy and spiritual aspects of practitioners' lives. I collected voluminous materials on Sound Healing over many years. This prompted me to write my first book on the field of Sound Healing where I interview leading researchers and scientists in the discipline. Concurrent with my research, I began producing my own Sound Healing recordings. In the early 2000's I built a studio in my home to record my own compositions. I blend my original music with ancient techniques and embed special sounds in the tracks. The end result is pleasing and beneficial on multiple levels. Many people enjoy the music as a normal listening experience; more significantly, other people have been able to reach new levels of consciousness, peace and wellness by focused listening to my compositions.

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

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

Interview with Jill



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

Jill's Art



Find her art on her website: www.jillswingsoflight.com



Bless Them

**Every morning I write in my gratitude journal
and I give thanks for at least 5 things in my life**

I am grateful for/

**However, this morning, it dawned on me,
that I never ask for those people, places and things
to be blessed.**

**There are so many ways and situations,
that my life has taught me wisdom.**

**My wisdom has come through the good times and the bad,
my wins and my losses,
my illnesses,
that which has bought me joy
and that which has reduced me to tears.**

**Everything and everyone
I have met on my journey
has helped me to understand myself
and life.**

**I have been blessed with the opportunity
to sit at the table of the included and the excluded,
the friend and the adversary,
and with my parents and those who call me mom.**

**So now I begin a new habit of not only giving thanks each day,
but asking the Ultimate
to bless them
for their part in my journey.**

About Rev. Sharon Jacobson: While I am familiar with Jewish and Christian traditions, I am most interested in esoteric traditions, ancient wisdoms, and the use of arts in spiritual formation such as storytelling, mandalas, finger painting, soul collages, and writing.

I did my formal theological training while working on my M. Div at Colgate Rochester Crozer Divinity. However, it is through the time I spend with my Higher Power through prayer, meditation, journaling, poetry, reading, and writing that I have moved to deeper levels in my own spiritual journey. It is through these practices that I came to understand and accept my call to help others develop a deeper relationship with their authentic selves and their Higher Power.

While I have worked to evolve to where I am in my own journey, I am also mindful that it is never over. I am consistently working on my own spiritual evolution. My personal spiritual disciplines include writing and other expressive arts, reading, angel and oracle cards, meditation, cooking, and prayer. While cooking may seem as if it does not belong in this list, it for me, is an important part of my spiritual journey as it provides me with the daily opportunities to both feed and serve others. It is also one of the practices that led to my also becoming a Pampered Chef consultant and allows me to share that gift with others.

Periodically I may share some of the cooking tools, training, recipes and tips from Pampered Chef with you here on this blog! You can check out what Pampered Chef has to offer on my Pampered Chef website <http://pamperedchef.biz/sharonjacobson>

If you are ready to look within and develop a deeper relationship with yourself and your Higher Power, I invite you to begin your inward journey with me at Inspiritual.

Inspirital Website: <https://www.inspiritual.biz/about>



THE WISDOM OF HILARION

As a spiritual medium, much is revealed in my inner vision that can be useful in helping others. Recently a woman (I'll call her Susan) requested energy healing. She has a transplanted liver and her body has threatened twice to reject it. She also has kidney disease and overall inflammation. I don't often see people with such serious physical issues for spiritual healing, but I agreed to see Susan at the request of a friend.

During our session I scanned Susan's body and etheric field clairvoyantly. When I reached the area of her liver, a voice spoke, saying: "Help me. I'm lost. I don't know where I am."

It was the voice of Susan's transplanted liver.

Science tells us the cells of the body communicate via a complex network of nerves, emotions, and energy. No wonder Susan's gifted liver was confused and unhappy. It was in an unfamiliar place and could not communicate with everything around it—other than to send out a distress call that fortunately I was able to hear. Nothing quite like this had

ever happened before so, clearly, I was in uncharted territory.

Spirit directed me to tell Susan to put one hand over her liver and the other over her left kidney. I asked her to talk to her liver in her mind, saying something like, “You are inside of me now and I am so grateful to you for saving my life. I will treasure and protect you always.” I asked Susan to imagine love pouring out of her hand into her liver, and from there flowing to her kidney. I suggested she do this visualization daily during meditation, eat a healthy, organic diet, and limit her intake of sweets. In this way, hopefully, she will be able to improve her situation.

In my work as a medium over the past twenty years, I have had many unusual experiences, but meeting Susan was extraordinary.

SCANNING AND THE VORTEX

Scanning is a way of viewing the entirety of another person clairvoyantly through the Third Eye and receiving information as to what is needed for their happiness, health, and wholeness. In one sense, it identifies the “what and why” of distress and suggests potential steps that can be taken to find relief.

During scanning, Divine Energy flows in through my Seventh Chakra and down into my hands. Then, while holding the client’s feet, it flows up through them in a specific pattern. As it moves, whatever their Higher Self wants to reveal is shown in images or heard as language, as was the case with Susan.

Another interesting spiritual tool is something I call the “vortex.” It can also be thought of as a “cosmic vacuum cleaner.” This healing tool comes into play when there is significant negative energy in someone’s chakra(s), usually a lower chakra. Imagine it shaped like a funnel, an energy vortex created by Spirit that spins faster and faster—as fast as the speed of Light, because it is made of Light. As it spins, negative energy is sucked out of the person’s body and energy field and sent up through the ceiling and away. This often occurs with women who have been raped and the energy of trauma has remained within them. Removal of negativity such as this can produce dramatic positive life changes. This is differentiated from a cord connecting one or more chakras between two people, because cords can be positive or negative.

One never knows for certain what will happen during energy healing, but it is always fascinating!

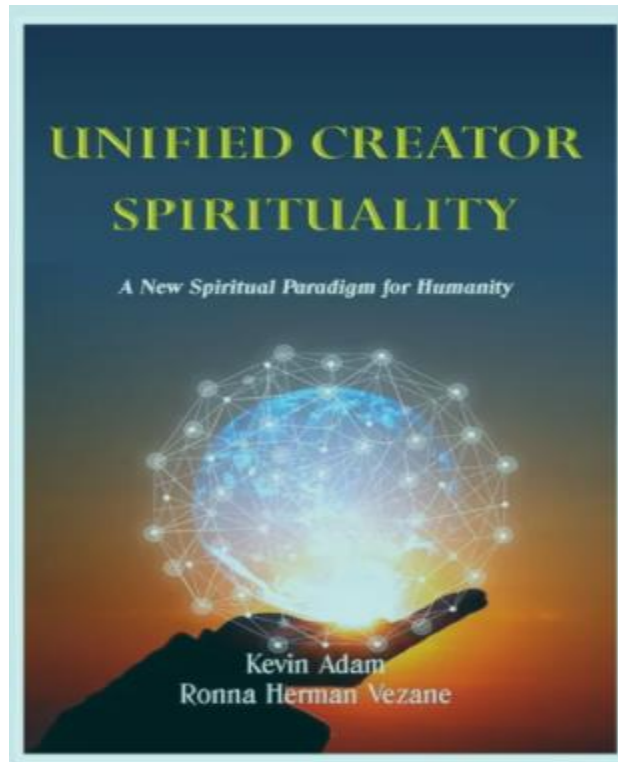
It is important to note that I did not learn about scanning and the vortex from reading a book or taking a class. Rather, these healing tools came directly from Spirit unexpectedly, and I am especially interested in hearing from other healers who use similar techniques. Please refer to my website for more information.

Blessings! Jessica

About Jessica Bryan: Jessica Bryan is a Spiritual Medium who does energy healing and clairvoyant readings. Jessica lives in Ashland, Oregon and can be reached by e-mail: medium at mind.net. For more information and to read interesting metaphysical articles, see her web

Jessica's website: <https://theflowofgrace.net/>

The Vibrations of Love Overcome All Negativity By Ronna Vezane



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

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

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

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

Remember, dear hearts, you are not judged by anyone but your Higher-self, and you will always be given an opportunity to overcome past transgressions. Self-forgiveness is the first step in healing the past and reconnecting to the power within. It may seem heartless and uncaring, but a Self-master will gradually

end relationships with people who they no longer have a harmonious relationship. There should be no judgment, just a gradual letting go and withdrawal or severance of any energy cords of attachment. It is usually the other person who ends the relationship, for they can no longer receive the emotional energy support they require from the en-Lighten-ed person.

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

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

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

Never forget, you are eternal and immortal. Your physical body is a temporary temple in which God dwells. The Sacred Heart is the temple of the Soul. Therein, is the Essence of life where true love resides, and where your awareness of Infinity begins. The Diamond Core God Cell within the Sacred Heart contains the Twelve Rays of God Consciousness, which are etheric crystal prisms of refracted Light called Rays that beam forth the Essence of Creation.

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

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

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

Your Sacred Mind always knows the truth and it will eventually override the misconceptions of the conscious mind, which can be reprogrammed as you strive to clear the subconscious mind of negative influences. Your Sacred Mind is the direct connection to the God Mind. Moderation in all things results in equilibrium, balance, and a sense of well-being. Self-mastery leads to control of the physical emotions

and the thought processes of the lower mind. A Self-master stands firmly centered within the Sacred Heart in the midst of chaos and change, holding fast to the wisdom of the Sacred Mind as it gathers strength and guidance from our Mother/Father God, an observer of the process as all illusion slowly fades away.

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

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

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

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

The refined frequencies of Light and sound vibrate through your blood stream, cells, organs, bones, muscles, and tissues, thereby, enriching your sense of well-being. The lower frequencies of the Third- / Fourth-Dimensional environment restrict the flow of life-giving energy and increase the density in your four lower-body systems. Your Sacred Heart and Sacred Mind, along with your blood stream and Chakra Mind Centers, carry genetic encodings of your earthly lineage. And even more important, within your DNA are holograms and Memory Seed Atoms of your entire cosmic lineage and your Divine heritage.

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

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/>

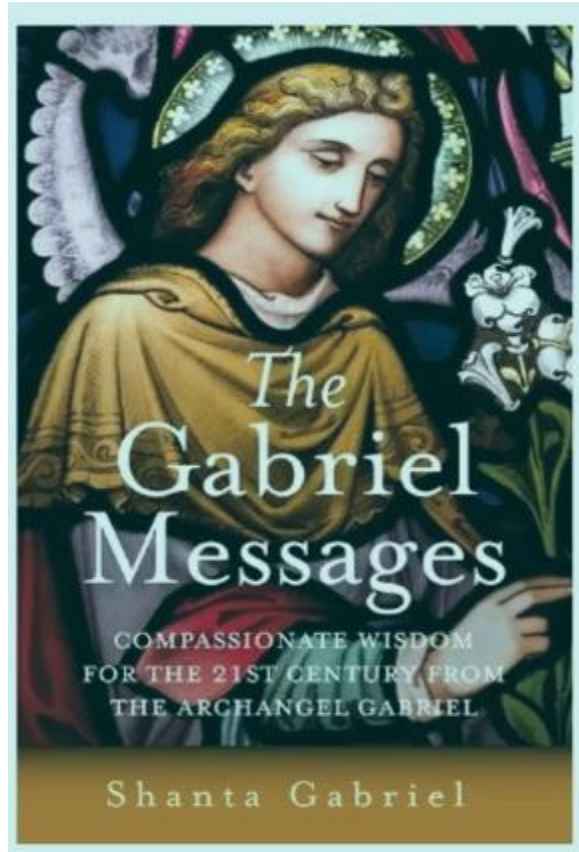
Ronna's Youtube: www.youtube.com/c/StarQuestmastery

Ronna's Video



Link: <https://www.youtube.com/watch?v=c9Czv15Pdok>

Inspiration for the Week - The Joy of Fulfillment Will Be Yours By Shanta Gabriel



The Gabriel Message Card for this Week:

Bask in the wonder of life — go deep, soar high, follow your love, and the joy of fulfillment is yours.

I love the energy in this message. It inspires me to expand and open into the spacious wonder that life is offering at this time.

Things are rapidly changing in the world around us, so coming back to our hearts and the power of Divine Light working in and through us helps us keep our center and is so very healing. This Light contains all the wondrous Love and Intelligence of the Divine for us to receive, integrate and radiate back into the world for the evolution of all.

We are all being encouraged now to open and receive our highest soul's gifts and use this opportunity to bring these divinely inspired qualities back into the world as our passion, our joy, and our service.

These evolutionary times have given us a world of brilliant polarities. The challenge for me is to learn to keep my emotions balanced. When I can stay in equanimity, I recognize

that as the power of Divine Light is flooding the planet, it is pushing to the surface all that is not in harmony with the higher frequencies. I know the discordant vibrations are here to be transmuted and released. When I engage with the darkness that I see, it only gives it more power.

How much more resourceful it is for me to find the inspiration I need to soar high and expand into the greater truth that exists in all circumstances. That reminds me to claim Well-being for myself and all others, finding more love in my heart so that the Light of Divine Love will be the radiance I am emanating, not fear.

If I take the time, it is even more powerful to do this exercise with my spine against a tree. The presence and alignment of that strong and steady being fills me again with the true wonder that nourishes and sustains me. From this place, my heart can open to the many more miraculous possibilities that are here for us in these new times.

We are here to bring so much Divine Light into our lives that it transmutes the darkness. One person anchoring Light helps to lift the hearts of all humanity. The millions of people who are banishing the darkness with their Light are making a difference, and the consciousness of the Earth is truly evolving in wondrous ways.

Divine Presence,

I am grateful for the power of Divine Light moving in and through me at all times. Please help me to absorb and integrate this Light in ways that will allow me to remember that the Light is always shining, even if there appears to be darkness.

Thank you God, for bringing expansive awareness of the awe-inspiring wonder within all life. I am grateful that my Soul's gifts are becoming ever more evident and available for me to use and share. Help me to see and move deeply into the integration of the magical qualities within these times in which we live.

It is so wondrous to soar with the Divine Support and Blessings that are available to me at all times. Help me to remember this and be inspired to expand into more Divine Light and allow the presence of Love to permeate every cell and fiber of my being, now and always.

Thank you God. And so it is.

The Gabriel Messages #29

Bask in the wonder of life — go deep, soar high, follow your love, and the joy of fulfillment is yours.

Dear One,

Life is a special gift from God, filled with infinite beauty. Your appreciation and gratitude for this beauty brings forth a new dimension of love within you. Take the time to pursue beauty. Find one flower and look with wondrous eyes upon this divine miracle. Notice the grace of a tree, the strength of its trunk, the power of the root system diving deep into the ground, and the play of the leaves in the sunlight. Put your arms around a tree and take a moment to sense the life force pulsing inside. This slow, steady pulse will soothe and calm you in times of upset. Try sitting with your back against a tree and feel the peace grow within you. Listen to the songs of birds. They sing for the pure joy of it. This is nature in all its glory, and nature will always remind you of the beauty and wonder of Spirit.

Nature is one of the easiest ways to bask in the wonder of life. Just being aware of the miraculous occurrences in nature will stir the life force within you. There will be a reminder of times when you were a child and wonder lived at the forefront of your awareness. When you do this, your life takes on new meaning, a spacious quality of Grace.

Go deep within the feelings that connect you with Spirit. Be aware that you are a child of a benevolent Universe. Know that you are guided and protected by the Angels, and that who you are has great value to the world.

Soar high, and experience the incredible possibilities available to you at every moment. Anything is possible. Miracles are the natural state of being in the universe. Do not limit yourself by thinking you can't do what is important to you. Take the time to let your guardian Angel show you how you can accomplish all your dreams. In your meditation, ask for this from your Highest Self. You deserve to have that which makes you happy in your life.

Life is not meant to be a painful struggle without hope. Allowing new possibilities to play on the perimeters of your consciousness will begin the process of opening to full miracles. It is a process of allowing. It takes willingness to have your life be happier and more satisfying, even if you don't know how to do it. This willingness allows the forces of the universe to work for you. Allow yourself to open to miracles and to wondrous joy and gratitude for all that is available to you right now. Call on your Angelic presence to open the way to the miracles you deserve.

That is why we say:

Bask in the wonder of life — go deep, soar high, follow your love, and the joy of fulfillment will be yours.

About Shanta Gabriel: Her work with the Archangels began in 1988. She shares this work through alignment, immersion, and transmissions from the Archangels through her

classes, membership groups and private sessions. Her mission is to facilitate and invite people into a direct experience of Infinite Intelligence and Divine Love.

From the Harmonic Convergence in 1987 more Divine Light has descended to the Earth than ever in history, creating the greatest awakening of consciousness of all time. Since 2012 the dimensions have been shifting to allow all of us more access to the realms of Light where we can receive more Illumination, Peace, Love and Wellbeing. This often requires a new way of perceiving the world that we are living in, one that allows for the magic of synchronicities to inspire us, and more faith to guide us.

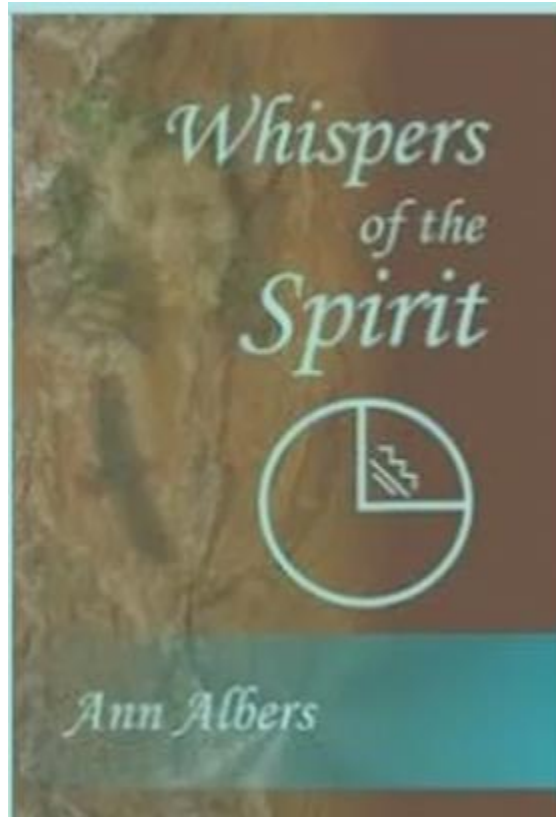
Shanta's website: <https://shantagabriel.com/>

Interview With Shanta



Link: <https://www.youtube.com/watch?v=M-ZTy7pLlzk>

Keep The Candle Burning... And a Message From The Little Angels By Ann Albers



Hi All,

This week, the angels came through with another powerful message about caring for our light. I wrote my message in cooperation with some very sweet souls in heaven. The little angels who inspired the picture below had a lot to say and plenty of love to share in a way both heartwarming and helpful during these times.

Have a blessed & beautiful week :)

♥ Ann

Message from the Angels

My dear friends, we love you so very much,

Imagine you have a candle or little lamp that is your light in the darkness. If a wind were to blow, you would protect its flame. If the oil or the wax were to run low, you would give it more fuel. If someone tried to blow out the flame, you would do your best to move away from the unpleasant individual. If you were walking in darkness, you would go to great

lengths to protect your light.

Likewise, in a world of contrast, it is important to care for the light within you. It is a kindness to yourself and those around you to keep yourself in as peaceful a state as possible. When you fuel your spirit with ideas, thoughts, activities, and surroundings that nourish your soul, you keep that candle burning within. You can't always change your circumstances, and you certainly can't change those around you, but you can always shift your attention. You can choose to exist in an inner space where your light cannot be dimmed.

For just a moment, shut your eyes and ask a simple question. "Dear Spirit of Light of Love within me, would you like to focus on right now?" See what pops into your mind. The spirit of Love that lives within you is nothing less than the Love that creates worlds. The Divine always knows what will warm your heart, bring a smile to your face, or lift you up. In times of fear, you may be surprised at the tiny little things that pop into your mind to answer this question, but they will, nonetheless, bring you a moment of comfort or joy.

When something upsets you, ask, "Dear Spirit of Light of Love within me, would you like to focus on right now?" Take a moment and luxuriate in the thought.

When something worries you, ask, "Dear Spirit of Light of Love within me, would you like to focus on right now?" Take a moment and feel the comfort that is being offered.

When you can't fix something, someone, or some situation, stop and ask, "Dear Spirit of Light of Love within me, would you like to focus on right now?" The same Source that offers you this moment of goodness can guide you to solutions for any of life's challenges.

There will never be a time on earth when everything is perfect. There will never be a time when two people agree on everything. It is a world of diversity, with billions of souls making millions of choices every day.

There are some things in your world that you will never feel good about. They'll make you sad, upset or inspire feelings of helplessness. On a third-dimensional level, there may be nothing you can do, and it may feel impossible to feel anything other than grief or anger as you watch senseless, unloving acts in your world. Don't waste that little candle trying to make the dark become light. Focus instead on what fuels your light and illuminate the darkness. The candle does not fight the dark. It shines, and the dark disappears in its presence.

In practical terms, you could spend a lifetime looking at the horrors upon your earth, feeling angry, sad, and helpless. You would do nothing to shift them. Alternatively, you could briefly look at this darkness and turn towards tending your light. Become a beacon,

dear ones. In a world where so many feel hopeless, demonstrate that the light is alive and well with your kindness. In a world where there are the loud minority who are cruel, continue to outnumber them with your kindness. In a world where the lost and empty shout at one another and try to stir up fear and anger, be the waves of peace that drown out their angry missives. In a world where so much of what you see is manipulation, tend to the quiet light of truth within and focus on what you know to be right for yourself.

Dear ones, that little candle isn't trying to put out the darkness. It just wants to shine, and shine, and shine every more brightly. The light of love within you wants to rest, be kind, and interact harmoniously and beautifully. When others do not, it is okay to "turn the other cheek" and remain silent, walk away, or simply observe. It is okay to focus on the sensation of a warm cup of tea and appreciate its comfort even when so many struggle. You can't stop some things in your 3D world. They must play themselves out until the actors in the play choose new roles, but you can stop yourselves from participating in those vibrations.

You have a precious light inside of you. Fuel it with what delights, comforts, uplifts, and inspires you. This light, dear ones, is your heart, your kindness, and your love. It is the Divine within always striving to find that which brings ease, comfort, and joy.

Relax and receive. We are always fanning that flame with our guidance. "Look here. Let us share a beautiful thought. It might be time to take a walk." In so many small and precious ways, we whisper thoughts, ideas, and inspirations that will help to keep your light alive and bright.

God Bless You! We love you so very much.

-- The Angels

Message from Ann...

Hi Everyone,

I went on a beautiful hike last weekend in one of Mother Nature's cathedrals. The forest was packed with people, but just a few minutes off the beaten trail, I was alone. The smell of baked grasses perfumed the air. A hint of cool wafted through the late summer sun kissed air, and the pines swayed gently. I found a favorite rock under a favorite grandmother pine tree, leaned up against her massive support, and shut my eyes. In the distance, you could hear the whoops and laughter of children playing in the leaves, but it soon faded into a glorious silence all around.

A squirrel interrupted the quiet, chattering excitedly. Once a year, I share his spot, and he's not too keen on the idea, but we get along. The daughter and granddaughter pines ring the ancient one in a dense circle. I slip into a reverie and awaken just in time to see

two ravens flying directly at me. Their glistening wings make whooshing sounds as they dodge the smaller pines and fly over my head. The mountain, the boulder, the trees, the breeze, and I become one.

I reawakened into my Ann-self, bursting with gratitude for the peace, and prayed with all my heart that this feeling radiate outward into the world.

Later that night, the little angels came to me. In the midst of creating images for future t-shirts, I found myself typing in completely different prompts. The first little angel holding her dove appeared before my eyes. Guided by these brilliant souls, I continued to refine the words and make more images until they were satisfied. Then, off to Photoshop I went, feeling again inspired by these magnificent beings. Their appearance was young and small, but their light warmed my heart and embraced me with exquisite calm. I felt blanketed with an invisible energy of love. In them, I felt the heartbeat of the Divine and the peace of knowing we are part of an unfolding greater plan.

They gave me no words, but the feeling was one of, "We know what we're doing. Watch the awakening. Be patient. We are with you." I have no idea if these were children who left in recent events coming from heaven to share their love or if they were little souls reminding us that life—glorious, eternal, undying Life itself springs forth again and again in each new soul, in each new flower popping through the cracks of a bombed out building, and in every act of thought of peace and kindness that comes from within our own heart.

One cannot hate when staring at such pure love. They want to share their... I wanted to say "their hope," but "knowing" is the word they insist upon. In spite of what feels like a crazy world, they are beacons of peace. We are too.

Even though we're in an intense and bumpy time, I know our world is heading towards more love. The sheer enthusiasm and force of love in each new little one that comes to this planet is mighty and beautiful and will not be diminished. Look at all you have gone through in your life and feel your own beautiful heart. You love. You wouldn't be reading this if you didn't want to reach for an experience of more love.

We know why we're here, maybe not specifically, but in the bigger picture. We're here to love. We're here to keep those flames within burning brightly. When the world displays its darkness and tries to make us think that is a power greater than God, just shut your eyes, go within, or look at these little angels who made their way through me and a computer program to share their love, their hope, and their inspiration. They can help you remember what lives in you.

We gift the world when we allow ourselves joy and the experiences that we genuinely love. We will spill over if we fill our cups first. We will shine brightly if we protect our light and

walk away or remain silent in the presence of those who would dim it.

These little angels wanted to share their tips with us today to help us remember that innocent, beautiful, magnificent spark of light within our own hearts:

1. "Don't worry, there's always something good."

The spirit who inspired the girl on the right of the photo shared this message with me. Don't worry; there's always something good. She gave me the impression of the few seconds of shock one feels when a blast pierces the air, and you run for your mommy, feeling the warmth of her love engulf you. No matter that death is coming with the next breath. She felt only warmth and safety. They went into the light this way together.

This one touched my heart. When beings in heaven take me into an experience such as this, it is hard to find words to convey the presence of God in their midst.

When life has you down, scares you, upsets you, or when it's just plain hard, look around. There's always something good.

2. "Don't worry about us"

The wise one, second from the right, reminds us that the so-called deceased are in a state of bliss, unlike anything we can comprehend on earth. Death is not to be feared. She reminds me that living in a state of disconnection from love is the scariest thing of all. "We're happy." I hear the innocent voice in my mind and feel the presence of the Divine pulsing through them. They know who they are.

The angels say that fear of death lurks behind all fears. If we fear losing our home, our money, or even a relationship, it is the fear of a "death" to a way of life. It is the clinging to form that allows fear to override our love. All physical forms are temporary, but the spirit is indestructible. If we place our attention on that spirit of Love, we allow it to nourish every thought in our minds and every cell in our bodies. If we lose a home or even our keys, then, temporarily, a form we love is gone. Nonetheless, its essence cannot be taken from us and can manifest in our lives once again, often miraculously.

Likewise, with our dear ones, in heaven, it feels like they're gone when their bodies die, but if we can focus on love, share love, and believe in that eternity of their love and their being, we'll start to experience them as radiantly as these children who want you to feel their love.

3. "We're here for you"

"Remember," the little one on the left tells me, "We're here for you." "You have angels and angels and more angels," the joyful sprite in the front shares with an exuberance only the pure of heart can feel. Angels and angels and more angels!

The little angels who inspired these pictures want you to feel them in spirit, seeing only your purity, innocence, and light. They know who you are as surely as they know their connection with the Source. They want you to receive their love. "And never, ever, ever judge yourself," the joyful tot says.

The souls who inspired these images are real. The spirit of love is very real. The eternal, indestructible spirit of light that lives in all of us, no matter how bright or dim our spark, cannot be killed, bombed, or destroyed. It cannot be diminished. It lives in the body but was here before it and continues after. We can feel it or not, fan its flames or not, but it lives quietly, waiting for us to share it in ways great and small.

Never apologize for enjoying your life. Don't feel ashamed when you cannot. There's no need to feel guilty about walking away from the unkind, and certainly, no need to feel embarrassed when you cannot. We are all as pure, innocent, and beautiful as these little beings who chose to share their love with all of us today. More keep coming to me – these beautiful innocent ones in heaven like to talk. I will have to wait to see how they want to express their love and wisdom. Meanwhile, you inspire me, as we all do our best to care for that little flame of the Divine that burns brightly within our own hearts.

Have a blessed week,

**Love,
Ann**

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

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

Ann's Video



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

The Time Capsules Of Gaia By Lee Carroll/Kryon



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

Saturday, 9 February, 2013

This channelling is a continuation of the channellings from Phoenix and Boulder (below). It continues the discussion, a very controversial one, that Human scientific advancement is controlled... released to Humanity when it is ready. If this is the case (and the logic of it makes sense), then what is coming and where is it coming from? Are there Gaia time capsules left for us that open with ideas and enlightenment as we move into this newer energy past 2012? Are there personal time capsules as well? Where? When? It's all here...

Greetings, dear ones, I am Kryon of Magnetic Service. The message that I give this evening is an extension to the two that I have given previously within the last weeks [in Boulder Colorado, and Phoenix, Arizona].

The information that you need to know, old soul, needs to be repeated sometimes, so we're going to do a little bit of a review first.

There is a truth laying in the room, and one that is refreshing. There is a newness here, a renewal, and a recalibration of all things. Having passed this marker of the 2012 energy is far more significant than any of you realize. Many are watching in a quantum state from afar, and there is celebration. You can't take back what you've done, and there are some axioms we wish to remind you of that may affect how you think about it all. But let us review, just for a moment.

When my partner awoke 23 years ago, he did so slowly, and we have said this before. We came at him in a slow fashion so he would not be frightened. We gave him the information slowly and simply, so it would be believable. But even back then, we had just opened the door of potential, and I had arrived because of what you had done. Old soul, some of you were young then and some of you were not. All of you were here on purpose, however.

For the last 23 years, you have simply been in survival. For the last 23 years, I have been telling you about things to expect and the profound potentials that were before you. I spoke of some of the energies that you would face, and you did. All of this was given in the metaphor of fighting an old energy, and of having a duality that constantly is being challenged and worked with. Now it's different. Now the work begins.

The old soul will say, "Wait Kryon, I've been working for a long time! How can you say it begins now?" Indeed, you have been working, slogging through the tar of an old energy. But that was just survival. You have been an old soul with information, and you knew there would eventually be an awakening where that information would be used. Now the tar is starting to go away, and the awakening begins.

The 2012 Marker

Let me review from a previous channelling. There has been a time marker that has been self-imposed by Gaia on humanity, aligning itself with the precession of the equinoxes. This was a 26,000-year cycle of time given appropriately and seen by the ancestors as an end or a beginning. Should you make it past this point, there would be no going back.

There are some who are saying, "When are we going to get back to what we're used to? I want to feel normal again." Dear ones, you started this race when you were born and you have run a marathon, existing in miles and miles of what you call Human experience. Do you really feel that as you win this race, you're going to be transported back to the beginning or the middle? The answer is no.

Perhaps there are those old souls who are sitting around waiting for things to return to normal, but you don't know what normal is! You've always been battling the old energy, over and over for lifetimes! You have always had to be on alert ever since you understood duality. That's not normal.

Let me describe the new normal. Normal is an earth, a planet, that has moved into a transitional period of energy where the ideas you have as an old soul now have merit and value. It's almost like the sun has come out in a darkened area and things that didn't used to work suddenly do. That's the new normal. Normal will now be a time when you don't have to wake up and slog through the mess anymore.

Reminder of What Has Happened

Continuing the review, in your new Old Soul Toolkit, use the patience tool. Don't make up your mind that things are not happening fast enough. Instead, take a rest. Take a breath or two, as we often say, and sit back and rest. Look at what has taken place and take a moment to thank the ancestors who brought you here. Take a moment to honor your mother and your father, whether they're alive or dead, and whether they believe in these things or not, or whether they were good to you or not. Thank them for bringing you here. Because on the other side of the veil, dear ones, before they ever got here, they knew what

they were doing. There was a potential of when their biology would unite and bring your old soul back into this planet, by design.

Take a moment to honor Gaia for having brought you to this place where the energy of the planet can now start to align with you, as it did with the ancestors, for you will start to see an awakening of the dirt of the planet. Understand the alliance that is there, even in a modern day, and give thanks to the earth. For that's where you came from. Have patience. You're going to have to have some because of what I'm going to tell you next.

The Time of the Crazies

There is an odd, unsettling energy when darkness starts to diminish, because you grew up fighting it and you begin to miss it. Some of you are actually used to it! Some of you depend on it because you push and it pushes back. You see that attribute as balance! When it doesn't push back as you expect, you tend to be uncomfortable and you are out of balance. So there is an unsettling energy even within the old soul. You're not really sure what's going on. So we say to you, relax, breathe, be patient, and recalibrate slowly to a new energy that doesn't push back quite as hard so you'll know how to operate within it.

Now, dear one, have you seen anything unusual lately regarding what some people are doing? Sometimes it's in your news, but not always. It started right before the equinox, right before the solstice. You could look at the news and see what was taking place.

It seems that certain Human beings are going crazy and that some are going so far as to shoot other Human children. Others are going on rampages, making no sense whatsoever, and making you wonder all about humanity and what is truly happening. This seems no different than what you see each month, called the full moon. You are aware of the full moon, aren't you? It's an unusual time where the presence of the moon in a certain phase creates seeming unbalance in people. Those who are on the edge often go over it and do things they would never do if it were not the full moon. Now, I have something to tell you that isn't pleasant. Prepare for a year of full moon energy! That's the kind of energy you're looking at.

Some are starting to add these things up and look at them and make statements. There are some who would tell you that the Earth is going into a diseased state. They'll tell you that this is what the prophecies always said, and that people are becoming unbalanced. What are you going to say to them? No, it isn't happening? It looks like it is! What's really happening is the old energy is flailing because it can't believe you won! And you have.

The Old Energy Has Lost the Battle

Are you feeling an energy of unbalance? Do you think you're feeling odd due to this? Well, just think about those who depend on an old energy to exist! Think for a moment about the greed masters, those who make their living tricking others. They believe they know Human consciousness so well that all they have to do is wiggle their finger a certain way and they can trick almost anyone. They can swindle their way through life. Did you know that's not going to work anymore? How do you think they feel? Their very survival is at stake.

Since the old ways are not working as well, they will now try other things. This is what I'm talking about, and you're going to see a lot of dark things get darker, because those who are invested in them are starting to realize that what they used to do is not working. You're going to see this very soon, and you're going to continue to see it in your economy, for anything that was produced out of integrity is going to get worse until a system is developed that has integrity from the new energy.

You're going to see it in your politics. You're going to see it in the way politicians will campaign. You're going to see what Human Beings in a new energy will tolerate and not tolerate, and this is all about shift. So this review is to say to you that you're going to have to tolerate some crazies for a while. Some of them will be closer to you than not. When you see it, I want you to remember this channelling. It's a year of a full moon energy, or at least that's what it's going to feel like. Watch for bizarre, unbalanced leaders, too!

Things may seem a little out of balance, and you still won't know where the energy is settling. You really are not certain what you're supposed to do next, and I am all the while telling you to take it easy, take a vacation, relax, and be patient. Old soul, you've come too far to get into this shift and then worry about how it feels.

I want you to begin using the wisdom that you came with. Those of you who have raised children, I want you to remember what this was like in certain stages of growth for them. What did your children go through in their learning curve? Was there a time when they didn't like you, and then later they did? Did they go through sweeps of emotional change? This is what the planet's energy is going through, and it's almost like a rebirth.

Ideas and Inventions Are Not Random

Now, I want to revisit this because we're coming to the point of what I want to speak of, which we have not spoken of before. It seems unbelievable, but the fact is that ideas and inventions are given to the planet when it's ready, and not before. We told you last time that humanity believes it can "think of anything." The intellectual believes the sky is the limit in creativity. Yet, isn't it interesting that everything profound in ideas and inventions has come almost at the last moment? When you take a look at humanity and how long you've been here and how long there have been smart Human Beings, why is it that only in the last seeming second of time that almost all modern invention took place?

Imagine going through thousands of years without understanding what a bacteria was, or not believing in germs, or not having electricity. When you think about these things and the order in which they came to the planet, it's quite revealing. Many Humans were working on the same invention at the same time and didn't even know it. Suddenly, you received the invention of radio, then pictures that fly through the air, then flight. It all came together seemingly in the last moment. You've got to ask, do you not, how logical is this in the scheme of how things work? Did you have to come to a certain point in history before Humans got smart? Or do you think there was something else going on? The answer is there was something else going on. It seemed as though these ideas were being

"delivered" to the planet all at the same time, and many were understanding these things suddenly all at once.

The Time Capsules

Here is what happened: Within that which you call Gaia, there is the Crystalline Grid. This is the memory of all things placed there by the Pleiadians. The Crystalline Grid was created for this purpose by the Pleiadians. When it's proper and when humanity's consciousness has reached a certain point, these ideas are released. It is a time capsule of invention and more. This does not happen from the great central sun; it does not happen from outside the earth, but rather it happens from within.

In the beginning of the 2000s, we sat in a place called Mount Shasta [California] and we told you of the Lemurians in the mountain. We told you of the time capsules there, and now you have the explanation. Those in the mountain are not going to come out and present themselves and shake hands. A time capsule is about information and ideas. The capsules are about quantum attributes of science and life that you're going to discover. It is about ideas you need to have to move into a new energy when the full moon crazies are over... and they will be. So the time capsules seem to be alive by those who can sense them, and they "buzz" with activity to the esoteric "see-er."

Did you ever put these things together? Did you ever ponder how long civilization has been on the planet? You sit in this country called the United States, but do you realize that the founding fathers of this nation put together something completely and totally unique that had never been thought of before? Out of their minds came ideas for government where the rights of the Human Being came first. Where do you think those ideas came from? I'll tell you – right out of the ground! [The Crystalline Grid]

How long should it have taken humanity to think of that? It was a system that would seem so obvious, put together clearly and succinctly, creating a country that was young and so far ahead of all the others that it set the standard for 100 years or more that was new and different. Why didn't that happen 1,000 years ago? You have to ask yourself, is this logical to you? Again, was humanity just unaware for thousands of years? Why were there no logical ideas for higher thinking and inventiveness?

Tesla the Man

There was a point in time when humanity almost stumbled, by the way. You were having a hard time with electricity. So a man came along who was way ahead of his time and was available and his name was Nikola Tesla. He gave you a principle that today you call alternating current. Dear ones, I challenge you to understand this principle. Most of you can't, because it is not in 3D. The attributes are still considered "genius-level thinking" to this day. The whole idea of the kind of electricity you use today comes from this man's quantum mind.

That was all he was allowed to do. Tesla himself was a kind of time capsule, delivered at the right time. He had more, but alternating current was all that was allowed to be given to the planet at that time. Oh, he tried to give you more. He knew there were other things,

but nothing was able to be developed. If I told you what else he had discovered, you might not be aware of it at all, since it was never allowed to get out of the box. Earth was not ready for it.

Tesla discovered massless objects. He could alter the mass of atomic structure using designer magnetics, but he never could control it. He had objects fly off his workbench and hit the ceiling, but he couldn't duplicate or control it. It just wasn't time yet. Do you know what else he was known for? It was seemingly the failure of the transmission of electricity. However, he didn't fail at all.

There are pictures of his tower, but every time a Human Being sees a tower, there is a biased assumption that something is going to be broadcast through the air. But in the case of Tesla, he had figured out how to broadcast electricity through the ground. You need towers for that because they have to pick up the magnetics within the ground in a certain way to broadcast them and then collect them again from the nodes of the planet's magnetic grid system. We talked about this before. He was utilizing the grid of the planet that is in the earth itself! He was on the edge of showing that you could use the whole grid of the planet magnetically to broadcast electricity and pick it up where you need it, safely, with no wires. But the earth was not ready for it.

Tesla died a broken man, filled with ideas that would have brought peace to planet Earth, but he was simply not allowed to give any of them to you.

Now I'll tell you why he was stopped, dear ones, and it's the first time we have ever told you – because these inventions were too easy to weaponize. Humanity just isn't ready for it. You're not ready for massless objects, either, for the principles are too easy to weaponize.

"So," you might say, "when will we be ready for it?" I think you already know the answer, don't you? At the time when Human consciousness reaches a point where that which is most important is unification and not separation, it will happen. A point where conquering and power are not desirable ideas or assets. A point where humanity will measure the strength of its population by how healthy they are and not by economic growth. A point where coming together with your neighbor is the main objective to social consciousness, and not conquering them or eliminating them. That's coming, dear ones. It's a ways away, but it's coming. Look around the planet at the moment. The old energy leaders are obvious, are they not? It's like they are relics in a world of thinking that is passing them by.

The Opening of the Time Capsules

There is a storehouse of future knowledge and ideas in these time capsules you call Gaia, placed there a long time ago by those who you would call the Pleadians, and these time capsules will open with new ideas about unity and peace first before they open with inventions. Humanity must soften before the inventions will come your way, and you will see what I mean over the next period of 18 years. These are the time capsules beneath

your feet in the form of the nodes of the Crystalline Grid, and how fast these things are released to you will depend completely and totally on what you do next.

What To Do Next

So let's discuss what to do next. I want you to take a vacation and learn to love yourself! That should be the primary work for 2013! Cast off the fears and the worries and put them in a metaphoric jar for a while. You can take that jar out occasionally and worry with it, but don't let that be the focus. The focus should be who are you, why did you come, what's next for the planet, and a total realization that you're not alone.

For 23 years we have said, "You're not alone." You may walk from this place and get in your car. You can start it, put the heater on, but while you wait for it to warm up, I want you to look at the empty seat next to you and say, "Nice to have you along." This is an acknowledgment of the Higher-Self and the love of God that accompanies you wherever you go. Do you realize what you've got inside? You're going to need this entire engine of knowledge and the quantumness that is in you to start developing the divinity inside. It must become real to you, old soul, in order to go to the next step.

The Personal Time Capsule

Now, this is your personal time capsule, and it's what we really wanted to talk about. There are three kinds of time capsules. There's one kind that we won't speak of yet. There is another kind in the earth and there's still another kind in your DNA. It's the spiritual inheritance that you came in with that's ready to open up like a lotus. When it does, there will be new awareness. There will be peace in a countenance that is not necessarily peaceful. There will be patience in a countenance that is not necessarily patient. That's when you get to change you, for it releases ideas, emotions and a consciousness that has been within you always, but only now is beginning to show itself in this new energy.

Expect the issues that will occur. Don't be shocked

Let humanity flail the way it does in a full moon. Let the crazies come out and do whatever they're going to do. Try to help the ones who are affected. Hold the hands of the ones who need their hands held. But understand that this is temporary, because you won the major battle, dear ones! There's a whole bunch of energy that doesn't believe in you or anything you represent. That's the truth. They can't see the light in you and only feel that something is now missing in them.

We've been waiting a very long time to give you these messages. Now is when the work begins. It must begin with you in ways that perhaps you're not really prepared for. It's not about doing, but rather about being.

In these moments and these months, I want you to be aware of who you are, old soul. You came here for a reason. You're not fighting the system and you're not a victim of it. Instead, you are slowly becoming the system. Cast off these things that have bothered you. Deny them power in your mind and body. Tell them to get behind you. You've got work to

do, and that's the truth this day. Time capsules, beautiful and ready, are being activated on this planet. You should see what's in them. Some of you will.

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=DIO7_OrcfM

Spiritual Dictionary

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

Your higher-self shares info with others to create new “Nature”

Spirit: Now there are many other planets who work in similar ways. And as we've talked about different societies leaving out different benefits, emotions and so on, the same thing happens with nature. So we have to understand nature and how it works in different circumstances. It could be gravity, it could be heat, cold, wind, all sorts of things. And again we can leave out, let's say for example we leave out water or we have a small amount of water compared to what you have on earth here. Like two thirds of the earth is covered in water. So again we look at all these different planets and all these differences on each planet. How they evolved over millions and millions of years. And all that information goes back to, where would it all go back to?

Now think of this, you've got your higher self that comes down and gathers various information. Now we're talking about thousands, millions, billions of planets all surviving for billions of years. With all that change, which is the most staggering figure of information, where is it that it all goes back to?

S: God.

Spirit: Pretty close. If you take all your higher selves, all your higher selves work independently but also together. All your higher selves are linked to an even higher self which works together. And of course it does go all the way back up to God. So now if you can just see that, you've got your higher self and then as that expands you've got another higher self above that which we know. Then they form groups to look after small galaxies,

if you like, or areas. And you just get more and more connections as you grow. So you end up with all the information that's possible, which is almost impossible to achieve because that is the greater, that is God. So that's how your whole world and galaxy works. Fascinating is it not.

S: Shew, it's beautiful. It's easy when you can look at it. It's just living it. Lol.

Spirit: So yeah. You're seeing such a tiny portion of it.

S: Absolutely. That's what I'm saying. It's just, it's beautiful. It's actually beautiful. It's magnificent. And then when you experience it in these tiny little minuscule little pin-prick of it. You look at it as like, oh my God!

Spirit: And now you look at the people that you know that that have crossed over back to our side. They are learning at all sorts of different levels. And some will only understand a few, they've had a few basic lives where others will understand as you do and far, far more. So as your mother, as you put it, was moving around like an excited bunny, she saw all of this.

S: Yes.

Spirit: And she suddenly saw all of this and got some of her memories back and saw a bigger picture. And then what she sees is this tremendous universe with all the colours and emotions and so on. And then she looks down to see the two of you in a small planet, just learning about the tiniest forms of emotions. So now, you can understand her thought connection to you.

S: Yes. And that's when she came back and said her readings were meaningless. The wrong word to use –she meant compared to what she can see now.

Spirit: Lol.

S: But from what she could see and perceive, they are meaningless because it's just like, look what's here, you know, like an excited puppy.

Spirit: Meaningless compared to the bigger picture. lol

S: That's only the way she could put it. And it was like, we could feel her excitement and her, just her expansive joy. Yeah.

Spirit: Absolutely. Now you can think again of how she spent her life or the latter part of her life teaching others and doing her clairvoyance and adjusting people's thinking and putting them on the right path so that in the future they would change. And she changed

so many people's lives which in turn, as you know, changed other people's lives, and it gets passed on to the next generation and so on. So the tiniest, tiniest instruction can have a huge impact in the future generations.

S: Mmm.

Spirit: So she was working at a very comfortable level down here. Now, can you imagine what she's doing over here right now.

S: Shew. Changing the planet, and changing the world.

Spirit: Lol. The same thing happens but what she wants you to look at is the, everything is relative. So over here with what she is doing, she was maybe doing that, let's say a thousand times bigger. But it's the same thing. She's there working with people. She doesn't actually do that but just to give you an example, she'd be working with people who would be on a much higher level. And therefore the situation would be very similar. It's just so she can see the comparison of life on this planet compared to what she's now witnessing and experiencing where she is. Too beautiful to see, too beautiful to see.

S: Yeah.

Spirit: The amount of love that we have on this side is also quite staggering. We haven't looked at that side of it yet. But it's not something we want to go into because when you see or when you experience the love that's on this side, basically you just want to get here.

S: Aah, dangerous. Lol.

Spirit: We can't show you too much. You have work to do first of all.

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

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

It is a very humbling experience.

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

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Sacred Sunday

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- **Works continuously even when not thinking about it and spontaneously heals issues as they come up.**
- **Always respects free will.**
- **Heals deeply and quickly without distress.**
- **Heals relationships and interactions with others.**
- **Releases worry and replaces it with a sense of safety in a most pronounced way.**
- **Spontaneously provides guidance that is palatable for every level of life experience.**
- **Tends to develop healthy personality traits such as love of self and others, kindness, patience, confidence, vitality, enthusiasm, optimism, trust, joy, peace and so forth.**
- **One of the more wonderful effects is a feeling of being loved. This is a deep and refined feeling that is very nurturing.**

- **Once received, Holy Fire® energy continues to evolve in its effectiveness.**

Maureen is teaching the class where you'll receive a manual, hands on training, Reiki Principles and hand placement. Cost is \$244. Sign up either by registering the site at: <https://www.peaceandwellnessfromwithin.org/> or call 585-734-9232

Maureen's background: retired LPN, Usui/Holy Fire III Reiki Master, Meditation Teacher and IET certified. She is a swamini following the path of Kriya Yoga and resides in an ashram at the Assisi Institute.

Hilton Exempt Holiday Psychic Fair



Hilton Exempt Club is hosting our First Ever Psychic Event
We will be hosting this event on December 16th from 2-6 pm
Readings are 10 minutes in length allowing plenty of time for participants
to do some shopping with the vendors.

The bar will be open for drinks and munchies will be available

Check out the facebook page:

<https://www.facebook.com/events/851301989832315>

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

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

<http://www.ofspirit.com>



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

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

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Rev. Vicki Snyder-Young

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

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



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

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



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

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



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

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

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



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

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

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



The Lotus Blossoms



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
2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618
585-317-4374
<https://www.theangeliclink.com>

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

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

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

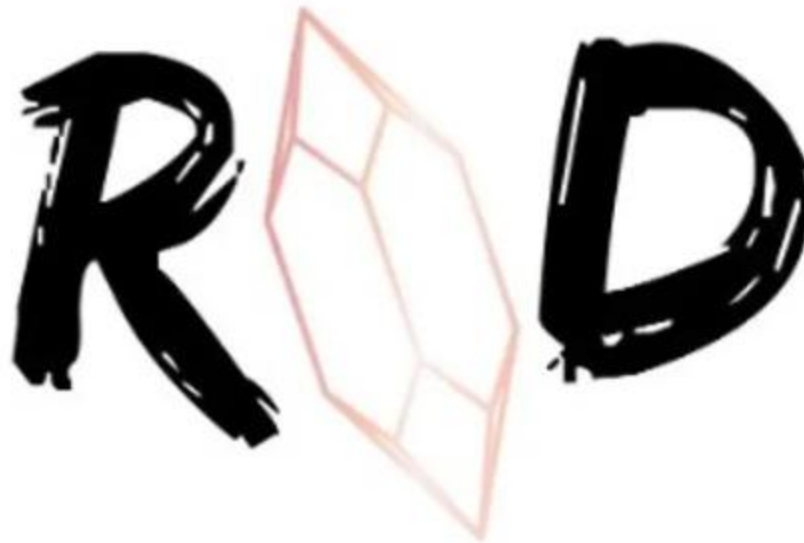
Learn more about Sage at: <https://youtu.be/v9AzKAJx7Lg>



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

Where magic and healing begin!

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



ROCK DUDE

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

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



Healthy Alternatives Wellness Center

Carol Scheg-Morrisette

4358 Culver Rd

Rochester, NY

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

www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

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



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

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



The Magical Muse
103 North Peterboro St
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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
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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>

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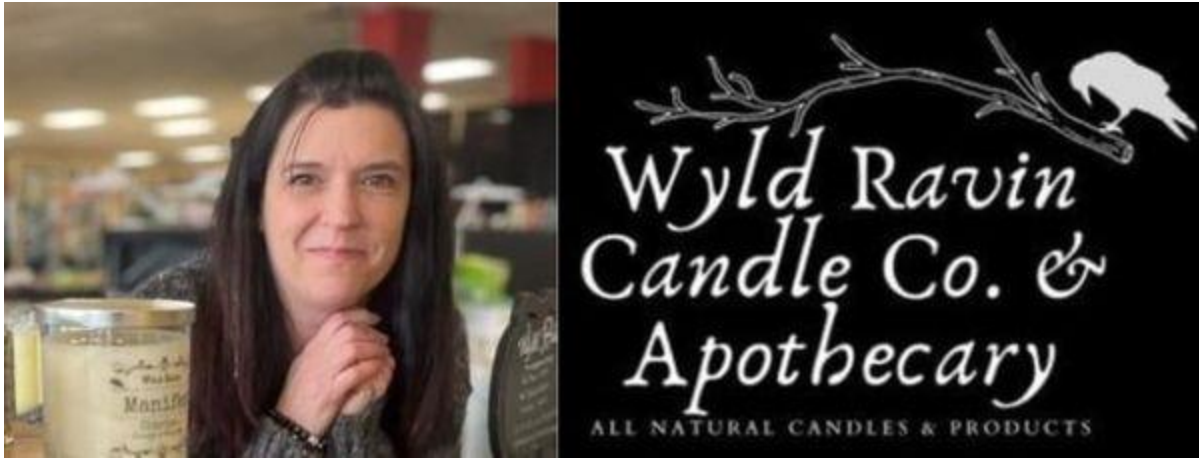
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Learn more about Sheila: <https://youtu.be/snB1hTRfbZk>



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>



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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
Lindsay Mastrogiovanni
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Founder • Blue Moon Growth Co
911 Old Liverpool Rd, Suite 2
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<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
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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
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Earlville, NY 13332
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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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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.

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