

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

November 2022

Rochester, NY USA

<https://www.rocmetaphysical.com>

"What To Do If You Feel Powerless After Leaving A Relationship?"

By Jennifer Sutton

ROC Metaphysical Book Review: "The Witches of Riegersburg"

By Julie Anne Stratton

"When Life Is Difficult Does That Mean We Have Failed?"

By Patti Fields

"Breaking the Rescuer Pattern" By Dr. Judith Orloff

"Land of the Dead (Helheim) For Ancestral Healing"

By Vanessa Hanks

"The Gift of Solitude" By Barry & Joyce Vissell



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About ROC Metaphysical



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

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

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

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

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

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

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

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

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

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

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

questions email me at Rocmetaphysical@gmail.com

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

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

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

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head shot, bio and web link.

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Sections



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

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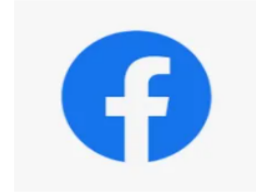
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Now that Google+ is gone the next generation is MeWe. Find us there. <https://mewe.com/profile/5caba69765a0815f48d3d128>



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

ROC Metaphysical Interviews on YouTube



Sheila Tillich

ROC Metaphysical interview with Sheila. Learn more about her background in energy healing and classes.

Link: <https://youtu.be/Uf0EGNCvSMo>

Sue Fiandach & Connie Wake

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



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



Michelle J. Howe

ROC Metaphysical interviewed Michelle who is a contributor and works with empaths to help understand the positive aspects of being an empath.

Link: <https://youtu.be/T5gCpnrSEP8>



Learn more about Dr. Seema Khaneja and what she does to help people on their path to spirituality.

Link: <https://youtu.be/RLKr2UE0vKw>

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



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

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

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

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ROC Metaphysical Online Magazine

Articles for November 2022

Wendy Smith



"Meridian Tapping"
By Wendy Smith

Jennifer Sutton



"What To Do If You Feel Powerless After Leaving
A Relationship?"
By Jennifer Sutton

ROC Metaphysical Book Review



"The Witches of Riegersburg"
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Sound Healing



"What Can Sound Healing Do For You?"

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"Attributes of Awakening"
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"When Life Is Difficult Does That Mean We Have
Failed?"
By Patti Fields

Connie Wake & Susan Fiandach



"Today's Psychic-Medium: 'In the flow...'"
By Susan Fiandach & Connie Wake

Leo Babauta



"Moving From Desire to Action"
By Leo Babauta

Stacey Duffy



"Go And Find Your Own!"
By Stacey Duffy

Michelle Brzezniak



"Eden Energy Medicine Tip
Quick Energy to Help You Focus!"
By Michelle Brzezniak

Dr. Judith Orloff



"Breaking the Rescuer Pattern"
By Dr. Judith Orloff

Tom T. Moore



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

Poetry



Poetry By Carolyn Chilton Casas

Vanessa Hanks



"Land of the Dead (Helheim) For Ancestral
Healing"
By Vanessa Hanks

Doreen Scanlan



"Tarot Tendencies for November"
By Doreen Scanlan

Sage Walker



"Sage Wisdom"
By Sage Walker

Patricia Cota-Robles



"Creating a New Matrix For Our Life Path"
By Patricia Cota-Robles

Brenda Hoffman



"You're The Sophisticated Equipment"
By Brenda Hoffman

Ellie Blair



"All Souls Day" By Ellie Blair



Barry & Joyce Vissell



"The Gift of Solitude"
By Barry & Joyce Vissell



Channelings



What is Channeling?

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

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

Channeling can be done in two different ways:

Conscious channeling is done while being fully aware of what is happening, including being able to stop the experience at any time. The channeler can remember what was said to varying degrees. Often conscious channels will say that they hear themselves speaking as if they were at a distance . . . as if they were listening from another room. When told about what was said, they often feel as if they are remembering a dream. There are many people

currently alive on the Earth plane who consciously channel. For example, Esther Hicks brings through the group of entities that refer to themselves as Abraham (no relation to the Old Testament). They speak about the Law of Attraction.

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

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

Christia Cummings



Channeling By Christia Cummings



Dianne Robbins



"Dreams and Thoughts Create Your Future"
By Dianne Robbins

Celia Fenn



"The New Consciousness - Dolphins, Whales, and Angels"
By Celia Fenn

Ronna Vezane

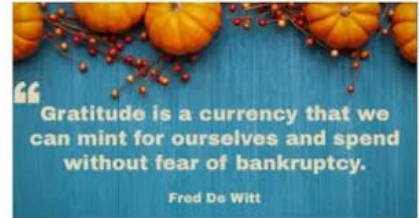


"The Celestial Winds of Change Are Sweeping The Earth"
By Ronna Vezane

Jim Self



"Knowing Beauty" By Jim Self



"Meridian Tapping" By Wendy Smith



Meridian tapping for health is a great self-care practice. According to Traditional Chinese medicine, you can tap various points on your body to stimulate your sense organs.

This video demonstrates many points I have demonstrated in class with some additional ones that are very beneficial at this time of transition to Spring. Our cells are aroused from winter's slumber with a big infusion of Qi (energy) and hope for renewal.

About Wendy Smith: My introduction into the world of Qigong occurred as a result of my own search for healing outside of traditional western medicine.

In 1995, while focusing on my career in film/video production, I broke my right ankle several times and then the left ankle. Then I developed acute tendonitis in both wrists from the crutches I had been forced to use. Eventually I was in a wheel chair for a short period of time. As a result of various therapies I underwent, I managed to recover but not

totally. My doctors advised that I would not fully recover because of some “unknown” genetic condition.

The idea of not being able to fully recover was unacceptable to me so I began to look into alternative therapies. This is when I began working with a Qigong therapist who slowly helped me to heal my ankle. Realizing I would need to practice the exercises on a regular basis to maintain the recovery to my ankles, I enrolled in classes at the Qigong Institute of Rochester. I continued these classes from 1999 – 2000 while initiating energy healing work on myself. After 4 years in casts, crutches and a wheel chair, I was walking again. I attributed my success in large part to Qigong.

Wendy's Website: <https://agelessqigong.com/>

Video About Meridian Tapping



Link: https://www.youtube.com/watch?v=kmztc6_-4EmA

"What To Do If You Feel Powerless After Leaving A Relationship?"

By Jennifer Sutton



“Power makes us approach. Powerlessness makes us avoid.”

-Amy Cuddy (p112 in her book Presence)

Do you feel powerless as you leave your relationship with your spouse?

Did they systematically undermine your confidence?

Do you want to regain your confidence? Is it worth the work to do that?

I think it is! First of all, it definitely FEELS better to move with confidence; but, it’s more than that. Research shows that how powerful you feel impacts almost all areas of your life:

**Your thoughts
Your feelings
Your behaviors
Your physiology**

In turn, these things impact:

**Your presence
Your performance
The decisions that create your life.**

As you can imagine, feeling powerful leads to positive experiences in these areas, and feeling powerless leads to a lot less fun (such as impaired thinking, self-absorption/anxiety, fear-base decision-making, and post-

event processing/rumination).

According to Amy Cuddy, “Personal power is characterized by freedom from the dominance of others. It is infinite, as opposed to zero-sum – it’s about access to and control of limitless inner resources, such as our skills and abilities, our deeply held values, our true personalities, our boldest selves...[It] makes us more open, optimistic, and risk tolerant and therefore more likely to notice and take advantage of opportunities.”

Do you want to move more fully into your personal power and feel more empowered about your own life? Do you want to build your confidence to act based on your own beliefs, values, and attitudes? What if you can leave every interaction “feeling that [you] fully and accurately represented who [you] are and what [you] want?” (Cuddy)

But how can you feel powerful when it seems like situations have spiraled beyond your control?

How do you feel confident when you’ve been told you’re wrong so many times by someone who should have supported and loved you?

Here’s one way to start shifting your brain and body toward more personal power:

Use positive curiosity to help your brain start seeing things differently. For example, read the following questions out loud and see what images immediately pop up and see how both the question and the images make you feel:

What would my life look like if I felt more empowered?

What if it’s safe to feel empowered in my divorce experience and in creating the life I want for myself and my family?

Who would I be if I felt safe and confident to create that life?

Now consider these questions: What do you feel in your body when you ask each question? Where in your body do you feel it?

If you take a few minutes to write down any thoughts/feelings you get when you read the questions out loud, you can use your notes later as a guide to celebrate where you already feel empowered and to begin to address where you have resistance to feeling safe and strong. Try not to audit your response: just write whatever comes up...it doesn’t have to make sense.

What if you still don't feel empowered? How can you shift that? Thankfully, there are many ways to rebuild your confidence and your sense of personal power. Amy Cuddy offers a nice range of exercises in her book, Presence; a few of them are shared below.

“We don't even have to urge ourselves to be resilient, remind ourselves of our strengths, or expect the best.

All we have to do is remember.”

– Denise Winn

Exercises to Strengthen Your Confidence

One exercise Amy Cuddy describes to strengthen your confidence and help you feel your personal power works like this: “Recall a moment when you felt personally powerful. A time when you felt fully in control of our own psychological state – when you had the confidence to act based on your boldest, most sincere self, with the sense that your actions would be effective. Take a few moments now to remember and reflect on that experience of your personal power, on how it felt.” As you repeat this practice, you can use the same memory repeatedly or find multiple memories that support you in your current situation! You can do this when you need to feel more empowered before you make decisions or perhaps when you are going to a court hearing.

“Your core values are the deeply held beliefs that authentically describe your soul.”

– John C. Maxwell

A second exercise recommended by Amy Cuddy is to consider one of your core values (such as honesty, service, responsibility, etc.). If you need help identifying a core value, you can see a list of core values offered by James Clear. You can also learn more about the importance of core values from Harmonious Way.

Once you have identified a core value, think about and/or write a short paragraph about that core value and how you live into it. Just this simple action will shift your brain (and body chemistry) into a feeling of confidence. Again, do this process/exercise when you are feeling out of control/overwhelmed/powerless in your divorce process...or any area of your life!

Feeling empowered opens your brain up to see solutions you might not have seen if your brain was shut down in anxiety, fear, or overwhelm. Take these simple powerful steps and see how your thinking shifts and new options become apparent to you.

It's worth it.

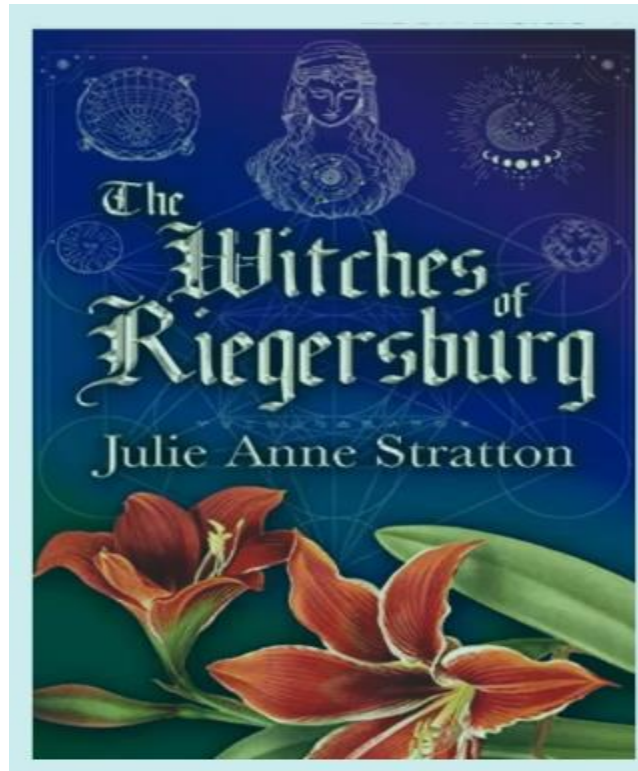
You're worth it.

About Jennifer Sutton: Located in the Finger Lakes Region of Central New York, Jennifer Sutton facilitates the transformation of individuals and groups using art, tapping, curiosity, brain training, and laughter to help release limiting negative self-talk patterns as well as physical/emotional pain and create more personal peace, safety, and self-confidence. Jennifer offers individual and group coaching as well as training opportunities in person and/or virtually. Sought out for her deep expertise in the well-being space, Jennifer is known for her warm, empathic, and fun facilitation and presence.

Jennifer's website:: <http://www.whatifwellness.org>.

**** Article was reprinted with permission from Jennifer Sutton And Leigh Daniels Family Law - Providing Hope, Encouragement, and Confidence When You Need It Most.
<https://www.leighdaniellaw.com>**

ROC Metaphysical Book Review
"The Witches of Riegersburg" By Julie Anne Stratton



Julie Anne Stratton was born in Seattle, Washington in 1959 and grew up in NYC and Syracuse, NY. She spent most of her childhood & teen-age years reading books. Julie loved to explore worlds opened up by the page of a good story. As a child, her family put on elaborate marionette shows of their favorite stories for the neighborhood children. Julie fell in love with the role of the wicked witch of the West from the Wizard of Oz.

During the summer months her father, a scientist, took her and her family to both Cape Cod and Friday Harbor. These trips awoke a deep passion for the ocean and nature. She spent hours on the beach writing plays, journals and poetry.

She had her first flute lesson at 10 years old which eventually led to her life-long career as a classical musician. Julie studied at SUNY Brockport for year before leaving the US for Europe where she attended the College of Performing Arts in Graz, Austria. Instead of coming back to the states, she married and had a family there, loving the European life style.

While raising her three daughters, Julie stumbled on the book, "Ich bin eine Hexe" ("I am a witch") by Gerlinde Schilcher. She traveled to

mountains of upper Austria where Gerlinde introduced her to Goddess worship. She was hooked and read as many books about witch craft as she could find.

After living in Europe for 20 years, she wanted to come back home to the States. Julie moved home with two of her daughters and attended Syracuse University where she attained her masters in music education. She took a poetry class at SU and began writing again. Julie continues to hone her craft as an active member of local writing communities.

Her passion is writing fiction about strong women and continuing to practice her earth-based, reclaiming Goddess religion. Currently, Julie works as a band director in the Syracuse Public Schools.

Find her book at: https://www.amazon.com/Julie-Anne-Stratton/e/B0841393VZ?ref=sr_ntt_srch_lnk_1&qid=1666651335&sr=8-1

Note: She'll be offering online and in person classes and talks about her book, check her website at: <https://www.julieannestratton.org/>

****She'll be in Rochester NY on 12/9 Friday at Mythic Treasures selling her book.**

Interview with Julie



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

What Can Sound Healing Do For You?



We would like you to have a sound break and listen to the video. Sound healing offers a lot of positive health options.

Some benefits of Sound Therapy are:

Changes our old patterns of behavior, habits and way of thinking that no longer serve us and are harmful to our health.

Soothes, purify and harmonize your emotions and feelings. Helps to recover after illness, traumas and invasive medical treatments. Increases vital energy flow, creativity, intuition and motivation.

Makes positive changes to our whole being.

Removes blockages and toxins.

Self-regeneration.

Stimulates circulation.

Stimulates endocrine glands and regulates hormonal functioning.

Affects all cells in your body.

Balances both hemispheres of the brain.

Cleanses negative energy and emotions.

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

Improves sleep. Strengthens immune system.

Stress reduction.

Deep relaxation.

Take some me time and listen to the video.

Video



Link <https://www.youtube.com/watch?v=-CFAm1dyCSA>

"Attributes of Awakening" By Lee Carroll/Kryon



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

I'm aware of who is listening and reading, and, perhaps, even why you might be here. Among those who are listening, many are experiencing what we will call an awakening. This message is going to be one of four channellings this month wherein we are going to talk about the attributes of awakening that, perhaps, are a little odd.

We define awakening as when you start to realize that there may be a larger truth, or, perhaps, you're opening a spiritual box that is bigger than you were told. However, most don't expect that there would be some odd changes in your life from these kinds of things. We'll get to that in a moment.

The premise is this: Humanity has been, metaphorically, in a box of consciousness. If consciousness could be rated as high and low, humanity's consciousness has been low, in a restricted box that has not changed, and it never seemed to be getting any higher. History proves this, in that Humans never learned from the past.

Knowledge and solution gained from the past would normally improve the future. This is a marker for a low consciousness – that generation after generation would continue the same dysfunctional ways and ideas, as though they would create something different. But they created wars that were the same, and things that were dysfunctional remained so, and were repeated over and over. This is the box.

Now, this is a box of your own co-creation, dear ones, but it's a box, nevertheless. Old consciousness has been with you for eons, millennia, and it doesn't seem to get any better. Just a few years ago, it was the same as it was twenty years ago, and twenty years ago, and twenty years before that.

One of the attributes, right now, of your culture, this society, and this planet, is that the box has started to crack open and be enhanced, and that is what the Great Shift is about.

Here is a rule that we have given before, which Spirit gives to you: You have free choice to choose your own destiny. It's "hands-off" from Spirit. In other words, God does not show up and give you a miracle so that you will fall on your knees and realize what is before you. You've got to get up and look for yourself.

The Dark Room of Consciousness

So, let's compare this box of consciousness to a darkened room. In that darkened room, humanity has always lived. It's dark, so you don't really see each other very well because it's a very dim light. Therefore, there is a lot of misunderstanding and lack of trust about who is on the other side of the room. In fact, it is so dim and so dark that humanity kind of "circles its wagons" as they say in your culture. This means you create barriers that keep you safe from others you can't see. There is a lot of fear about what is around you because it is in the dark. That's all a metaphor, but that is what a dark consciousness creates. Therefore, there is mistrust, corruption, and war, and it has remained so for eons.

Suddenly, in this metaphor, a door starts to open that is new. It's a door that perhaps has always been there, but it was never realized. The door is obvious because there is a tremendous light behind the door. That light starts to show, and it's bright – very bright. You might say that this crack gets everybody's attention at some level. Then you see what current Human nature does with it.

The New Door

A new door is there, what does it mean? There will be many who will say, "This is an evil door. It's what we were told about. It's what we have expected. Therefore, stay away from it at all costs!" This comes from old spiritual programming that tells you that God is a judging force, and that evil will come in the end times and capture you. This misinformation is one of the saddest things you could ever be told about the magnificent love of the Creative Source for you, who loves you beyond measure and only has light for you, every second of every day.

So there will be many who will never look, or judge those who do as fools. They will continue in the dysfunctional box, fearing anything that they do not understand.

But then there will be those who will say, “It’s light, it’s light. Take a look!” Then the others will say, “That’s a trick. It’s a trick. See, it’s in scripture that there will be a trick.” These 3,000-year-old scriptures are still used today as a template for spiritual thought, even though they represent very old ideas and mythology that see God as a dysfunctional father in the sky. Millions are programmed to these beliefs.

The Few Who Are Brave

But there are some who will say, “I want to see it for myself and I’m going to decide for myself, instead of [blindly believing] what I was told it might be.” And so, some will go that door, metaphorically, and start to get a glimpse of the greatest and grandest light that has ever existed. Then they will start to realize that this is what they have been waiting for. It’s what YOU have been waiting for. Perhaps, it’s why you are here at this time on the planet, or even listening to or reading this.

The door is a crack in the veil, as they say. It’s the beginning of the shift, and it is an invitation to look at something higher and better in consciousness than you’ve ever known. There is an unknown quantity there, but it feels so good. Intuitively, it feels good. It’s not scary or fearful. It looks peaceful and wonderful, and the closer you get to it, the brighter it becomes for you. There are many metaphors here. We could go on and on. As you absorb the light, you glow. The light knows your name and greets you. As you walk around that dark room, you glow from just being exposed to it, and in that glowing, you expose more light to many others. And for the first time, those others get to see one another in a different light – a better light. That’s the metaphor. We will call it “awakening to a grander truth.”

Awakening to a Grander Truth

So that’s what these four channels will be about this month. This is part one, but all of them can be heard for free.

What is it like, right now, for you to have this metamorphosis going from dark to light in consciousness? You are awakening to a grander truth than you were ever told existed. That’s why there is so much fear. No one ever told you, perhaps, that this kind of God – the Creative Source, was there. They only told you that there was a judgmental God that you should fear,

instead of one that was intrinsically part of your body and mind, waiting for you to hold out your hand and go to the light.

Some of the awakening attributes we are going to talk about in this channel are unusual. The other attributes we will talk about, in the other channels, are also unusual. But let's discuss why they should be here at all.

If you are starting to awaken to a larger spiritual truth, you might then think, "Well, I am going to see my guides better. I'm going to experience God in a more fulfilling way. I'm going to see spiritual things come, and I'm going to be more aware, in an elevated consciousness. I'm going to start going into mastery, and that mastery will allow me to see spiritual things." Dear ones, this is a nice fantasy – that suddenly angels will appear for you – but that is not the way it works.

The way it works is that you, your consciousness, your biology, the very essence of you, will start to change. And why is that? This is because God is in you – in every piece of DNA and every cell. That is where your awakening occurs. You were told that God was in the sky. Instead, the grander truth is that the Creative Source of the Universe is within you.

You are going to change, and in that change, you then start to develop a higher consciousness, and you're going to start to see the results of it. You also are going to start to use it intuitively, even if you don't realize it. Let me explain that: If you find something that is new, and it works very well for you, it's intuitive that you use it. If you find a great new road without any traffic or potholes, you go that way. It goes without saying that you can't "unknow" that it's there. So, higher consciousness is a more peaceful and wiser state of being, but it brings with it some odd life changes from what you have had in the past.

Eventually, you begin to realize what is taking place, and you are comfortable with it. Indeed, you are the lighthouses of the Earth and you are the ones who will start attracting good things to yourself and living longer because of it. We have said this before: Others are going to come to you and are going to ask, "How do you do this – create this peace? What's the answer?" And you can then tell them what you know, about the door and the shift, and the opportunities to find greater truth.

Attributes of Awakening: Number One

Number one: Some of you are going to have an odd feeling that you are shifting and changing because you are starting to understand more about the things that used to drive you crazy. Lower consciousness creates lack of

patience and understanding. Suddenly, you are okay with certain things that made you angry or annoyed in the past.

It was people with certain habits, people that, perhaps, did certain things, or situations around you that you've always really objected to, situations that made you nuts, or angry – and you are looking at them for the first time and saying, “Oh, I understand this. I don't like it, but I see why it's happening now.” It's almost like the light from the door showed it all to you so that you could see what it was, and why it was. The result: It's understood.

In fact, this attribute shows you how you can even do this with larger things, to be more peaceful with horrible dysfunction around you that might be happening in the world right now. Now, that's new! In the past, when you saw things that really made you angry, you were angry. This often developed anxiety and fear, but now, suddenly, you are looking at it in a different light. Others may object to your peacefulness! “Why aren't you angry?” they might ask. Tell them you are converting the anger into solution, and smile.

This is starting to happen to many of you. We will call this “a peaceful understanding countenance of the non-understandable.” It would be interesting to see how that's translated into other languages. [Kryon humor]

Even if you are not working on your anger issues, they are clearing. How do you explain that? Situations that made you uncomfortable and anxious suddenly are starting to be met with a higher consciousness of understanding, and you are seeing things in a better light.

Now that, of all things, dear ones, should tell you what's going on with you because these are attributes of mastery. Mastery is a peaceful countenance no matter what is happening, with wisdom and understanding in the midst of turmoil.

Attributes of Awakening: Number Two

You are feeling a disconnection with some friends that you've had for a long time. Now, this has nothing to do with what's going on with the planet right now. It has nothing to do with some of the attributes that are on the news or some of the things that would separate you. I'm talking about feeling a disconnection with former friends.

Now, friends are those that you enjoy being with and having activities together. But suddenly you are looking at the activities and you are thinking, “I’m not sure I want to do that.” You might even start to analyze it and think, “Why? Why am I disconnecting from this lifetime friend and others?” Then you start to see things that you never cared about before. “Well, I now see that this person is really negative. These friends complain a lot about others and everything.” Your mind continues to analyze: “Well, so what? I was never bothered before.” But now you are. That’s the entire point. You now realize: “I’m starting to hear it in a different light, and their complaints are starting to slap me in the face somehow, and I’m uncomfortable being around them, and that’s new. I always just thought it was fine and now it isn’t.” You feel an actual disconnection.

Mastery surrounds itself with light and does not let in the negative or darkness of dysfunctional consciousness. Mastery rejects the desire to participate in activities that diminish others, or words that reflect a lack of wisdom or a loving state of being.

Attributes of Awakening: Number Three

Oh, but for a few of you, this next one is perhaps the oddest of all. Are you ready? You’re starting to feel that your family is not really your family. Your blood relatives, sisters, brothers, mom, dad, are not really that which is your real spiritual family. You are beginning to see your soul purpose and are starting to realize a greater and grander truth.

The definition of family, for most, is about blood relatives. Suddenly, you are beginning to remove yourself from them, as though you reject the relationship! It’s not that you are removing yourself from them because of what they do or say, but instead, you see them as unrelated!

Now, this seems to be mysterious and odd, and some of you are experiencing this and are feeling guilt about it, not understanding that a master will start to see the family very differently. You are moving from seeing a chemical relationship to seeing a spiritual relationship and looking for the “real family” that is out there waiting to meet you.

Part of this is also seeing Mother Earth, Gaia, in a different light as perhaps being the source of the real family of the entire planet.

Mastery is an awakening to truths that have been covered in darkness for eons, which are now starting to be obvious to those who wish to look.

These are some of the odd things that are starting to happen for those who are experiencing the shift – the awakening. There are more. There are psychological issues and physical issues – really strange ones. By the time we get to channel number four, we will tell you truly why this is happening the way it is.

Blessed are those right now who are going to this light – the crack at the door – and who are not afraid. For they are going to find their own magnificence in their own cellular structure, and why they are here. And in the process, they are going to feel loved beyond measure.

I am Kryon, in love with humanity.

And so it is.

KRYON

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

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

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

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

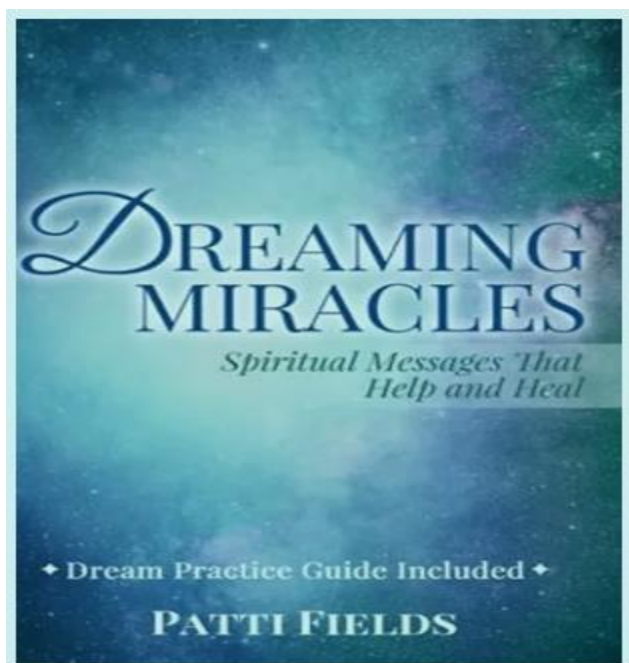
Lee Carroll/Kryon's website: <https://www.menus.kryon.com/>

Lee Carroll/Kryon Video



Link: https://www.youtube.com/watch?v=_V7Ke39Rqic

"When Life Is Difficult Does That Mean We Have Failed?"
By Patti Fields



What is God's will? Do you know? You may think you know your own will, but to know the Creator's will would require you to be the Creator. We who only exist in the essence of love, could give you a glimpse of what your Creator wills for you. But, to truly know God's will you must experience it for yourself. How is it possible to experience God's will if you do not know the will of the Father? You must surrender your own will to find out.

We want you to imagine a scenario in which you let go of your desires and wants and let the universe do what it wants with your life. Do you feel resistance to giving in to a will outside of your own? When we suggest that you surrender your own will to discover God's will for you, we realize the difficulty you have in stepping aside to let the universe decide for you what your life will be. To ease your difficulty, consider that to discover God's will for you is also the way to discover who you really are. Awakening, enlightenment, and self-discovery, are all movements from an individual will to the will of the Divine Creator. The practical application of the abstract idea, "Awaken to the truth of who you are" is to surrender what you will to be done and let God's will be done through you.

This practice of surrender does not require knowledge of God's will or how to accomplish it. Your insistence that you must intellectually grasp what is

to be done, how it will be accomplished, and what you want to happen, is you inflicting your will upon the situation. Release yourself from the burden of needing to know before you surrender. Simply surrender and let the will of God move through the situation. In hindsight, you will know God's will. But, in the moment of surrender all you know is that you want God's will to reign in the situation.

Surrender to the flow can be difficult. Meet resistance, fear, and judgment with compassion. It is an act of courage to let go of the individual will. The small self believes it needs to protect itself from the dangers of the world. Surrender ignites the reflex to protect and defend in order to survive. Be gentle with yourself in these moments.

Surrender is the highest of spiritual practices. In fact, it is more lofty to surrender what you want for the greater will of God, than it is to attain a high degree of intellectual knowledge, status (level), or even a mystical out-of-body experience. These are helpful in your journey to prepare you for recognizing who you are. Yet, you can still maintain an individual self-concept while visiting grander concepts. When you surrender to God's will, you erase the notion of an individual will at the precise place where it seems to exist. If it is erased in one moment of time and only God exists in that moment, that is one moment the separation did not occur. String these moments together and you erase from consciousness the memory of a separate will. And, without this memory, guilt, fear, and judgement disappear.

We ask you to consider surrender as a lofty goal and one worthy of pursuing. Begin today with the little things and see what God wills for you. You will soon learn to trust that God wills for your perfect happiness.

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

Patti's quest for answers led her to the teachings and practices of A Course in Miracles, during which time her dreams and visions became numerous and profound. Applying the spiritual messages she received to situations and relationships her negative belief patterns, grievances, and unhealthy self-concepts fell away. As a result, Patti had experiences that were truly miraculous.

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

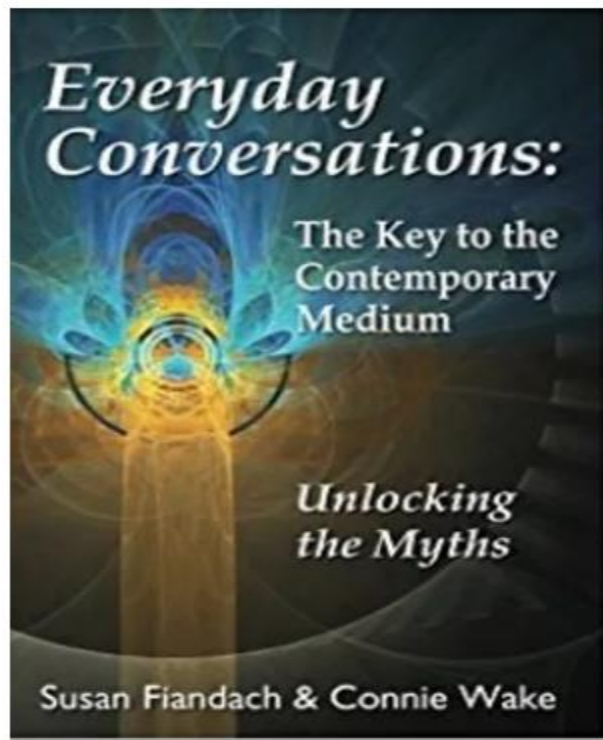
Patti's website: <https://pattifields.com/>

Patti's Video



Link: <https://www.youtube.com/watch?v=jzLf3i9MXWg>

**"Today's Psychic-Medium: "In the flow..."
By Susan Fiandach & Connie Wake**



The psychic-medium is “in the flow” when the senses are bringing in sights, sounds, smells, tastes, and feelings and their interpretation form the conversation with the client...aka reading. One piece of information leads to the next, and the medium is “fully immersed in a feeling of energized focus.” The medium’s frames of references also come into play to add to the interpretation. The flow continues to the client, who can validate the information and garner the value and comfort of the message.

When the medium, or the client, feels a mis-match...when the information can’t be validated or make sense, the flow wanes and frustration may occur. A response from the client as “no, I can’t take that” sends the medium back to the origins of the thoughts or feelings originally received. The medium looks for a re-interpretation, another response to what was heard, seen, felt, to be able to go back into the flow.

The mature medium values both the flow and the frustration in their continuous improvement of their work to trust and deliver the endless potential of spirit communication.

Flow and frustration are not only felt by the medium during a reading, but by everyone in everyday life. Being in the flow of life is the intentions, actions, and outcomes of the endless potential of the universe we live in. Sometimes our senses can follow this flow, and sometimes we don't see what the universe is doing behind the scenes. Here, we also feel the frustration of when things are not going to plan. But synchronistic living can be a wonderful way of life...to focus on the flow of the cycle of intention, action, and outcome...and to trust even during times of frustration. The trust is the re-interpretation of the experience received, and the need for a new response may click things back into the flow.

We saw this first hand as we moved our business to a new location. Our intentions and actions were "in the flow" and got us to a beautiful space at Winton Place. The plans to renovation, paint, and move in were the frustrating piece, however. The flow and frustration are part of the synchronicity of living...what we know and what we don't know. We are at our new location, 3450 Winton Place, and as the phrase goes, "Life is Good."

About Susan And Connie: Susan and Connie are owners of The Purple Door in Rochester, NY. They are professional psychic-mediums and teachers of psychic-medium studies on a mission to de-mystify our psychic sense. They are co-authors of "Everyday Conversations: The Key to the Contemporary Medium – Unlocking the Myths" and "The Student Guide to the Daily Medium – Unlocking Your 6th Sense." They can be contacted through The Purple Door, at their new location: 3450 Winton Place, Rochester NY. 585-427-8110.

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

Interview with Connie & Susan



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

zen habits by Leo Babauta

"Moving From Desire to Action" By Leo Babauta



I've been noticing lately how much of our lives is spent wanting to do something, wishing we could do something ... but struggling to move into action.

What's the struggle to make this transition all about?

And how can we more consciously make the transition into action?

Let's look at a couple of typical examples so we can see what we're dealing with.

*** There's a task I know I want to do (or maybe I feel I should do), but I keep putting it off. Something about it brings me uncertainty, and that makes it uncomfortable, so I put it off over and over. When I finally do it, it's way easier than I feared it would be, and I wonder what took me so long.**

*** There's a project I've been wanting to do for some time, but I keep telling myself it's not the right time. I'm not ready, or things are too busy. Even when I find more space, I find other reasons not to do it, because I'm not sure how to do it, and taking it on will be stepping outside of my comfort**

zone.

*** I want to hire a coach or start a program that I know will give me the support I've been looking for, but I hesitate. I am not sure if I'll do good enough, if I'll be right for the program, if I'll do what's needed to get the value out of it. So I stay in indecision and put off making the commitment.**

You might be able to tell what's stopping us: uncertainty, the unknown, and fear.

Fear and uncertainty about the unknown keep us from crossing the threshold into action.

The ironic thing is that often the most powerful thing we can do in uncertainty is to step into action – it's in the realm of doing that we learn anything, that we'll get the answers we're looking for.

So how do we cross from uncertainty and indecision and avoidance ... into action?

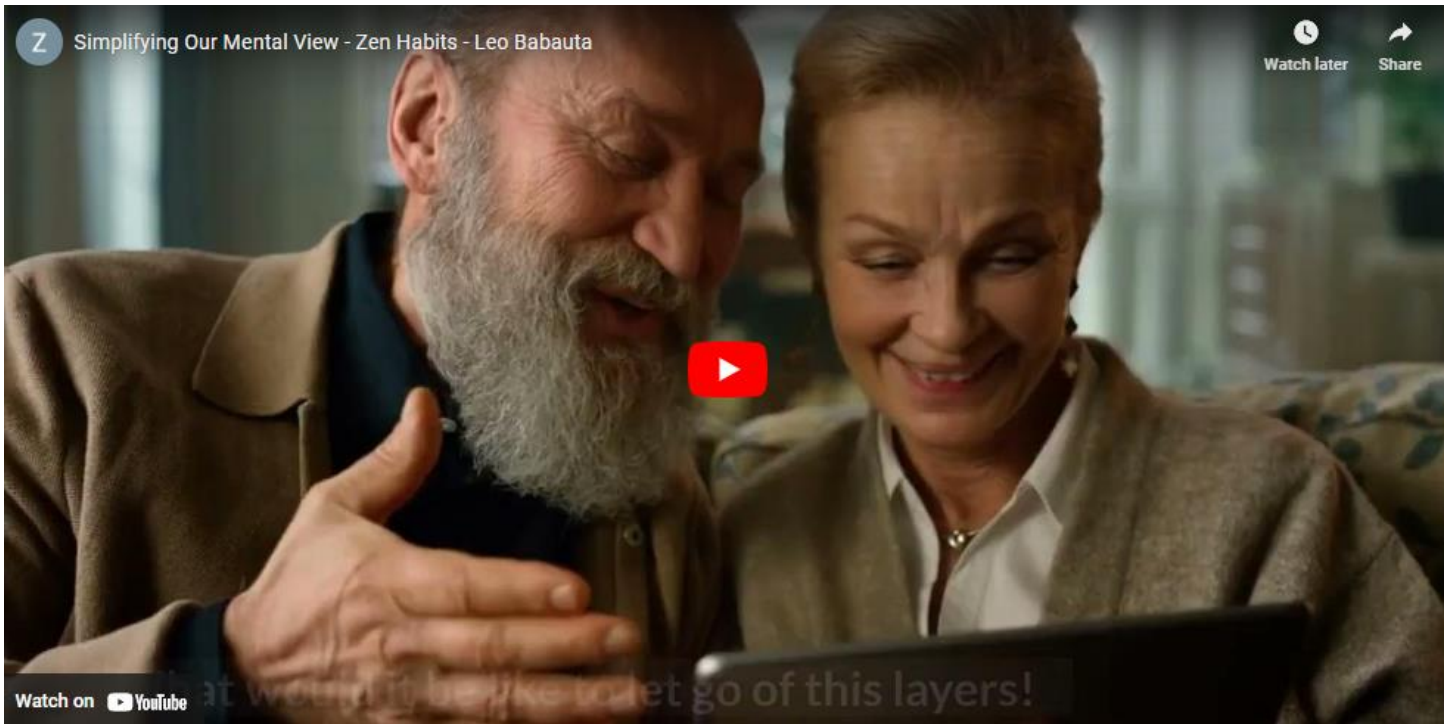
- 1. Intention. Set an intention to be in action, rather than getting stuck.**
- 2. Turn towards. Notice the uncertainty and fear in your body, as sensation. Can you mindfully be with it, when it shows up, and bring it love?**
- 3. Ask what you really want. Is this something you care deeply about? Is there a possibility this represents that is meaningful to you? Do you want this?**
- 4. Make the smallest movement. Often the smallest step can get the ball rolling, and we always forget that.**
- 5. Find the joy. How can this action feel joyous, wondrous, sacred, alive for you?**

The more we practice this, the better we get at it. And being in action not only feels good, it starts to clear up a lot of the stuckness of our lives.

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=GXvWhmVfxKQ](https://www.youtube.com/watch?v=GXvWhmVfxKQ)

"Go And Find Your Own! By Stacey Duffy



It's been a rollercoaster lately. Really, I have been caught so off guard by the spiritual, physical, emotional events of late. Still, even when I'm knee deep in the drama that prevails, I have hope or faith or a knowing that I will come out the other side. I know I'll have learnt something new. I don't run the hamster wheel of pity and overthinking and, and, and. Though I do still sometimes find myself on it, I can see it, catch it, and get off.

These are things that have come after years of work. It is not easy!!! Someone accused me of thinking I'm perfect. Ha haaaaa! Hysterical, I am (at best), a messy work in progress. But the changes are what causes others' discomfort. Not doing what is done because society said so. Not thinking what is thought because others have thought for years before me. Not accepting what I don't like. Laying down boundaries, that are not negotiable. People will not understand. To try and make them is folly. We have to sit in peace with our decisions.

I often read articles and books and research papers about bliss, or nirvana or spirituality or God consciousness. I do not propound that these authors have not lived mystical, high vibrational, profound and DNA altering experiences. Sometimes I can't put the literature down. But in my newfound sense of excitement and expansion, I have found that these articles and books have the potential to be counterproductive. The authors are explaining in incredible, captivating detail what they have seen, heard or lived and in that same breath, they will implore the reader to be present.

The difficulty (as I see it) is that people who are seeking are often seeking what is difficult to comprehend. So, when we read these recounts, we assume that that is what we are looking for. We begin to chase the mysticism of others; we are subconsciously creating what we think is right because our minds actually can't imagine it. We think everyone else is better. "They must know". Isn't that the opposite of being present? I'm not saying that these people are wrong to share, I do it too. I'm saying that we need to take the 'this is how' vibe out of it and implore the reader to be quiet and see what comes -because it's not likely to be the same as anyone else.

A good example of this is the idea of using the ever elusive sixth sense to "see dead people." Most like to imagine the spirit that comes through draped in a warm white glow and says their goodbyes and leaves everyone with a great sense of peace and love and general satisfaction. Omg, yes, it is a beautiful notion. The first time I encountered an energy I was driving, it was black, and dense AF. It was basically sitting on my shoulder and all up in my space! I almost had a heart attack and crashed! It's not all roses. People don't always write about the hard stuff. There are many things I haven't put to blog.

Right, so, what am I actually on about? Our insatiable need for confirmation. I consult healers and they are incredible humans, but they cannot tell me that I'm experiencing things "correctly." There is no fact checker or mysticism encyclopedia that will interpret, confirm or deny your experiences. The bold statement at the end of this issue is:

SPIRITUALITY IS NOT DEFINED BY HOW MANY BELIEVE YOU. IT IS DEFINED BY HOW FIERCLY YOU BELIEVE AND TRUST YOURSELF.

I have experienced life changing freedom and excitement since I made this realization... but I won't tell you how. Go and find your own.

About Stacey: A drone for the first 33 years of my life, I lived by checking the boxes. Finish school, go to varsity, get married have children... etc. I am not filled with regret but post spiritual awakening - I feel alive, I am a writer, and I craving experiences.

Writing for calm and clarity I find myself passionate about guiding the beginners. Spirituality is an ethereal rollercoaster and, in amongst the deluge of captivating information, I strive to be a relatable voice of encouragement and confirmations for the many who will undoubtedly

question their sanity and resolve as their paths unfold.

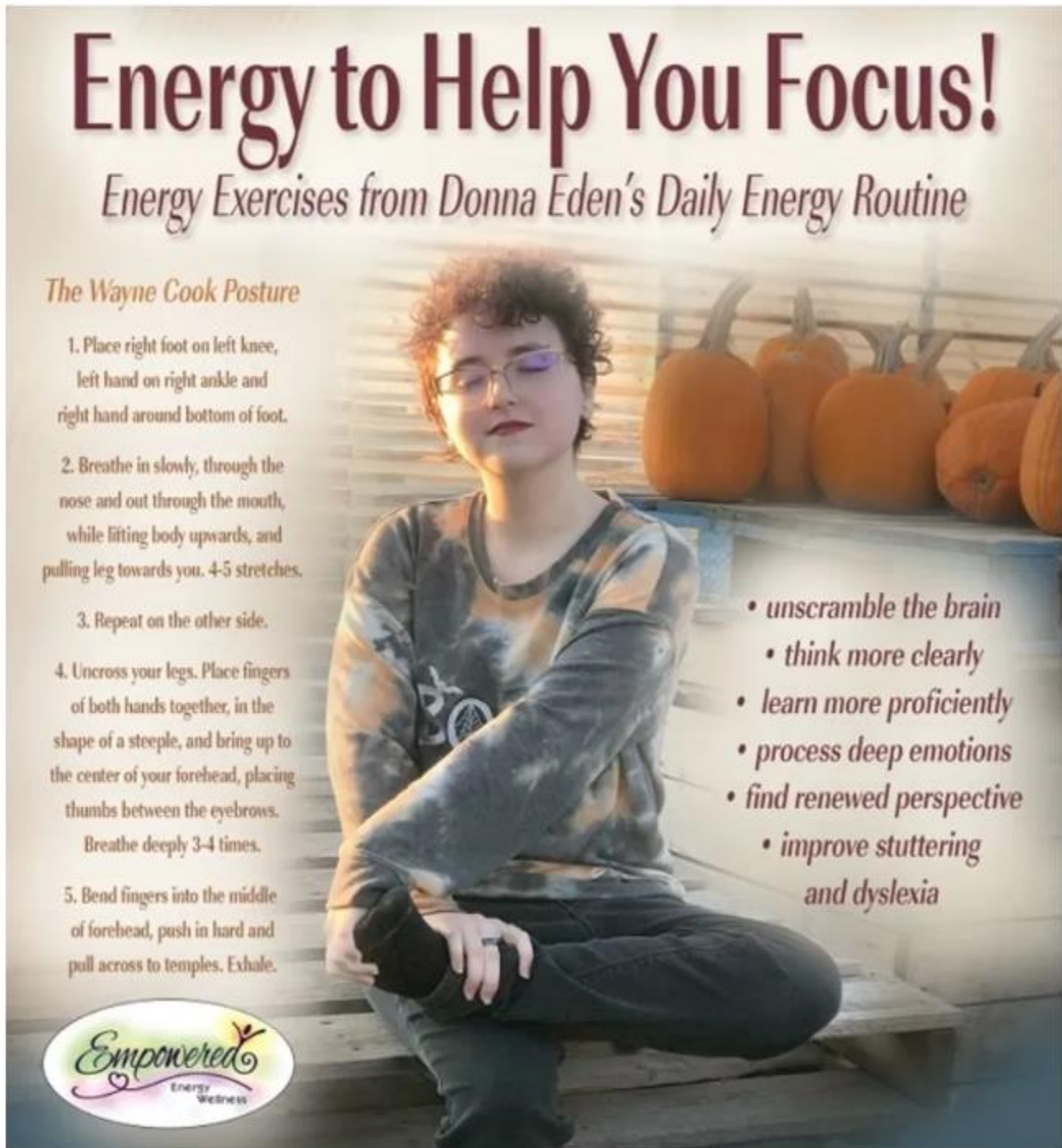
Stacey's website: <https://www.roadtospirit.com/>



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

"Eden Energy Medicine Tip Quick Energy to Help You Focus! "

By Michelle Brzezniak




Energy to Help You Focus!

Energy Exercises from Donna Eden's Daily Energy Routine

The Wayne Cook Posture

1. Place right foot on left knee, left hand on right ankle and right hand around bottom of foot.
2. Breathe in slowly, through the nose and out through the mouth, while lifting body upwards, and pulling leg towards you. 4-5 stretches.
3. Repeat on the other side.
4. Uncross your legs. Place fingers of both hands together, in the shape of a steeple, and bring up to the center of your forehead, placing thumbs between the eyebrows. Breathe deeply 3-4 times.
5. Bend fingers into the middle of forehead, push in hard and pull across to temples. Exhale.

- *unscramble the brain*
- *think more clearly*
- *learn more proficiently*
- *process deep emotions*
- *find renewed perspective*
- *improve stuttering and dyslexia*



A very integral part of Donna Eden's teaching is her Daily Energy Routine, which she designed to rebuild the immune system, relieve pain, increase vitality and improve clarity of mind. When I discovered the routine, I had no idea it would end of my 25 year struggle with chronic, debilitating

migraines and lead to relief from my own autoimmune disorders. Committing to this simple, daily self-care really changed my life, and I am confident it can yours as well!

Each month, I am highlighting, in detail, one exercise from Donna Eden's Official Daily Energy Routine. We have covered the 4 Thumps, the Shoulder Pull and the Cross Crawl, in previous months. You can still find these tips on my Facebook page, Empowered Energy Wellness. This month I am covering the Wayne Cook Posture, which sequentially comes after the exercises listed above, in the routine. However, each of these simple exercises can be done individually and out of order, yet still remain very effective.

When the energies of the front and back of the brain are not communicating properly your energies are "scrambled." This can happen, especially during times of prolonged stress, because the nervous system is unable to rest and restore itself. Since the brain's energies literally become disconnected when they are scrambled, processing and storing new information becomes very difficult. And if you are scrambled, your energies can influence others around you, essentially scrambling their energies, as well.

The Wayne Cook Posture reconnects and unscrambles your energies, to help you focus, find more clarity, communicate better and learn more proficiently!

Donna did not invent this posture, but adopted it into her routine after experiencing how well it worked for her. The Wayne Cook Posture is named after Wayne Cook himself, a pioneering researcher of the Bioenergetics Force Field. His work demonstrated how effective this technique could be for dyslexia and stuttering. This posture also helps the body process stress hormones and has been known to relieve a wide range of psychological symptoms, including confusion, obsessiveness, compulsivity, disorganization, depression and excessive anger.

If you find yourself crying inconsolably, snapping or yelling at others, in deep despair or exhaustion, the Wayne Cook Posture can help bring you out of it, within a matter of minutes.

If you feel unheard or have difficulty speaking your truth, use this technique before or during any conversation or confrontation, to help you stay clear and improve the quality of the communication.

The Wayne Cook Posture

Sit in a chair with your spine straight. (takes about 90 seconds)

- **Place your left foot over your right knee. Wrap your right hand around the front of your left ankle and your left hand over the ball of your left foot, with your fingers curled around the sides of the foot.**
- **Breathe in slowly through your nose, letting the breath lift your body as you breathe in. At the same time, pull your leg toward you, creating a stretch. As you exhale, breathe out of your mouth slowly, letting your body relax. Repeat this slow breathing and stretching four or five times.**
- **Switch to the other foot. Place your right foot over your left knee. Wrap your left hand around the front of your right ankle and your right hand over the ball of your right foot, with your fingers curled around the side of your foot. Use the same breathing.**
- **Uncross your legs and “steeple” your fingertips together so they form a pyramid. Bring your thumbs to rest on your “third eye” just above the bridge of your nose. Breathe slowly and deeply, in through your nose and out through your mouth, about three or four full breaths.**
- **On the last exhalation, curl your fingers into the middle of your forehead and separate them, firmly and pleasantly, pulling across your forehead to your temples.**
- **Slowly bring your hands down in front of you. Surrender into your own breathing.**

If you are in a board meeting or somewhere you would not be comfortable holding the Wayne Cook Posture, but definitely need to get clear, you can cross your arms, knees, ankles, and/or wrists, while breathing slowly. These crossovers can also be adapted to a standing position, with the same effect. Even visualizing yourself doing these crossovers can actually help unscramble your energies!

(Excerpts taken from Energy Medicine by Donna Eden and David Feinstein PhD.

For more information on Energy Medicine please visit www.edenmethod.com)

If you like this exercise, feel free to skip ahead and follow Donna Eden’s entire Daily Energy Routine. It only takes about 12 minutes, which is a very small percentage of the day and I think you’ll find the benefits well worth it. I honestly don’t go a day without doing it, at least once. If you enjoy

these monthly tips, or have questions or comments about Eden Energy Medicine I would love to hear from you!

The routine can be found at the following links:

<https://eembymichelle.wixsite.com/hope/blank-page>

or <https://www.facebook.com/eembymichelle>

Donna Eden has hundreds of free exercises available, but if you need more help, have a stubborn, chronic condition or would like to embark on a personalized energy balancing journey, I would be honored to help!

About Michelle: Michelle Brzezniak is a Clinical Eden Energy Medicine Practitioner (EEM-CLP) at Empowered Energy Wellness, serving the Rochester, NY area. After having chronic migraines for 25 years, which were resistant to traditional treatments, she found natural, effective relief in Eden Energy Medicine. She then completed the 3 Year intensive, hands on Clinical Certification program, offered by world renowned energy healer, Donna Eden. By consistently balancing her own energies, Michelle's autoimmune Psoriasis and Psoriatic Arthritis symptoms have significantly improved and she has had a dental cavity resolve itself and no longer need a filling. She is extremely dedicated to this work and plans to continually deepen her studies.

Not unlike Donna Eden, Michelle is also very passionate about sharing this work with those who struggle with chronic pain and health issues. Michelle also has considerable experience in Reiki, Therapeutic Touch, Intuitive Consulting, Teaching, Graphic Arts and has a Bachelor of Fine Arts (BFA) from Syracuse University.

In an Eden Energy Medicine session, 9 subtle energy systems are gently balanced, so the body can reclaim its natural state of health and well-being...and thrive! This work serves as a complement to traditional health care as well as a complete system of self-care. Michelle offers complete balancing sessions and empowers her clients to participate in their own well-being with Donna Eden's simple techniques. Michelle is currently accepting new clients, in person or remotely.

Michelle's website: <https://eembymichelle.wixsite.com/hope>

Michelle's Facebook page: EMPOWERED ENERGY WELLNESS

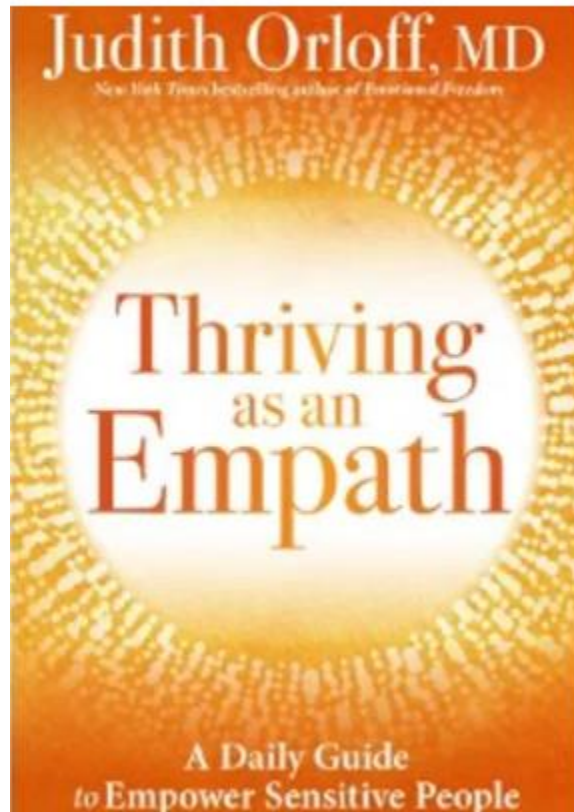
<https://www.facebook.com/eembymichelle>

Interview with Michelle



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

"Breaking The Rescuer Pattern" By Dr. Judith



As a psychiatrist and empath, I know the challenges sensitive people have to be compassionate, empowered empaths without shouldering the suffering of others or trying to “fix” them. All people deserve the dignity of their own paths.

Empaths are blessed with open, loving hearts. We care deeply about others and the world. Many of us also have a special love for animals and all sentient creatures. Our emotions run deep, as does our intuition.

We empaths are helpers, lovers and caretakers who often give too much at the expense of our own well-being. Research suggests that our mirror neuron system (a part of the brain responsible for compassion) is hyper-active, which can burn us out. This is not how I choose to live. I want to be caring, but over-helping or absorbing someone’s distress just puts me on sensory overload which is painful to my sensitive body and soul. It also doesn’t serve the other person in any lasting way.

Here’s an excerpt from my book *Thriving as an Empath*, which is now available in paperback, to help you keep your empathy in balance.

Breaking the Rescuer Pattern

Sensitive people may want to help those who are struggling or in pain, including strangers. It may be hard to step back and refrain from rescuing them. This is where it is useful to understand the difference between empathy and being an empath. Empathy exists when your heart feels for someone—but being an empath is when you reach out to take away another’s pain. Healthy empathy is what is necessary to keep your center.

Naturally, you do what you can to assist loved ones. But there comes a point when they must do the work themselves. I know it is frustrating and painful to see someone you care about struggling. But getting caught in their frustration or offering unasked for suggestions is counterproductive for them and draining for you. To tolerate being in intimate relationships, you have to sometimes step back. Will the other person ever resolve the problem? You must live with that uncertainly. But always hold good thoughts and prayers for them while giving them space. In addition, a mantra I find helpful is: “I am not responsible.” As you repeat this, you will feel your need to rescue others lift.

Set your intention. It is not my job to rescue anyone or fix their problems. I will learn the balance between healthy empathy and stepping back.

Thriving as an empath means learning to love yourself as much as you care about the world. This includes realizing how profoundly important your empathy is in our over-intellectualized society. Your caring provides the crack of light in the darkness that will get us all through. Though loving so much can hurt too, your heart makes you strong and bright and pure.

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=g67KgfTpVtw>

MBO's by Tom T. Moore

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

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

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

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

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

Tom asks that we do this each day:

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

MBOs FOR FORM DETAILS & MEDICAL BILL

Kate writes: I might as well send you my most recent MBO, while it's fresh in my mind.

My life is so much better because of MBOs, and I use them so much that sometimes I forget what life used to be like before I knew about them. It's just part of my routine now to request an MBO if something isn't quite going my way.

Just this morning I was trying to fill out a form online and it was giving me a lot of trouble, so I requested an MBO and what do you know, everything went just fine from there. Yay!

But I have an even better one. In April of this year I started developing a really bad ear infection, and I could not figure out what was causing it, nor what to do about it; plus I had not yet established a new doctor in my new area, so I only really had Urgent Care or the ER as options.

I did start with Urgent Care, but they weren't able to do much for me, even with antibiotics. It got so painful one day that I had my husband take me to the Emergency Room, where they just gave me stronger antibiotics, but also told me the root cause was allergies to my new area.

I was glad to find that out, but not at a \$5500 price tag (I have a high deductible health plan, and usually never make a dent in the deductible)! My husband isn't really making any money right now, so we were really stressed about that bill. I requested an MBO for the bill to be reduced as much as possible, or even forgiven.

After sending in some documentation and a little back-and-forth with the "charity division" I received a notice that my bill had been reduced to \$1400! What a relief! Knowing my GA is always there for me means so, so much.

BPs FOR WORK AND APPRECIATION

Severine writes: BP for Improvements and receiving accolades at work.

Recently I have asked you and your Facebook community to say BPs for my work.

A total of 80 people joined. God bless them all! One morning, after weeks of being sleep deprived, due to early meetings for the US and late reports, I literally yelled at my GA.

It was ugly. I was blaming him for not listening and not working faster. I know that I lack patience sometimes. I still requested MBOs for great improvements RIGHT NOW, at my work, and for my life. I turned on my laptop and there was a public shout out on the company slack channel to thank me for my work, and encouragements from the CEO. The whole company is aware that I have the most demanding customer. It really helped me. Thank you so much to you Tom and everyone who joined the BP.

BP to improve good friend's love life.

One my best friends is making progress. They have been single for a while and now are started a new relationship.

This is the result of years of prayers. We don't know if he's the one, but we know she is on the right path.

BP: I ask and any and all beings to assist X in finding the right partner thank you!

MBO FOR MINIMUM 10% RAISE

Cristina writes: Well I've been following you, since I saw you on Linda G channel, and I've since purchased your books. Well I want to let you know that I got a promotion at work, but I wasn't told what my pay raise would be. Well, I said an MBO every day for a pay increase of 10% or more (I live in California and it's expensive). Well today my manager called, and said I was getting a 10% increase!!! You can only imagine how excited I was. The MBOs work!! I say MBOs and BPs for many things and people. THANK YOU!!! I will continue to not only say them but promote them! BLESSINGS TO YOU!!

MBO TO FIND LOST CREDIT CARD

Laetitia writes: If you want to use this please do. I frequently lose stuff like my keys, and an MBO finds me the item within a minute or so. Couple weeks ago I was shopping, and while I was in one store, at the register, could not find my credit card to purchase. I checked the car, the previous store I was in, checked my purse and wallet and nothing.

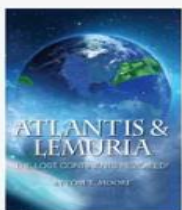
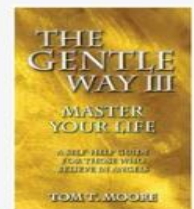
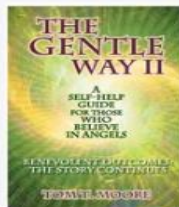
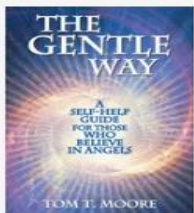
An MBO did not seem to provide results and I figured, well I can't get results every time I ask. Decided to head home to report a lost card. As I got out on the highway, something told me "it's in the bottom of your purse, middle compartment, laying in the dust, you will find your card." I did not want to stop, I was on the highway and did not really believe that it

was true...But as soon as I went home, there was the card exactly where 'it' told me to find it. While I was not able to make the store purchase, I found a more suitable item online at Amazon for half the price. It was really nice!

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

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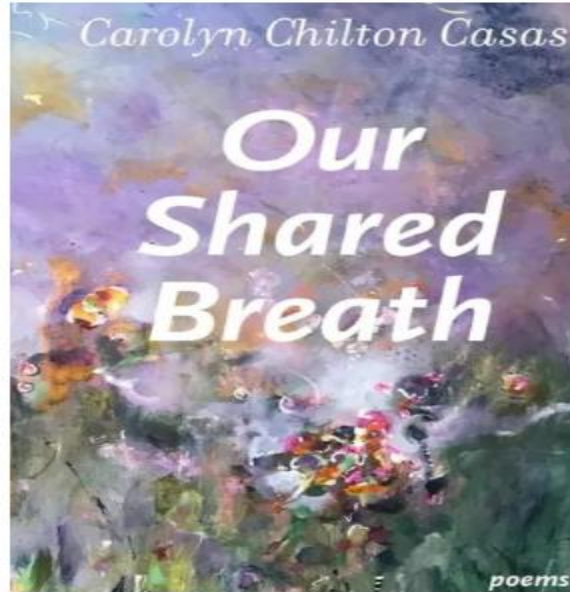


Link: <https://youtu.be/RJHpBt4sTv8>



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

Poetry By Carolyn Chilton Casas



In Memory

**She lived with her eyes wide open
and was kind,**

her friends agreed.

**Like Snow White, she talked
to creatures big and small, loved
them all, as much the vultures
nesting in the tall eucalyptus,
as the hawks and owls,
as much the lizards and spiders
who lived around her
as the deer and hares.**

**She planted seeds
of affection and liked to help out
when help was needed.**

**In the name of kinship,
she walked the hills and dunes,
connecting with the energy of trees
and birds of every feather.**

**This woman had seen,
as we all have,
how in an instant
life could shift sideways.
This more than anything**

**taught her to live fully, with her eyes
and her heart wide open.**

~ Carolyn Chilton Casas

What Opens My Heart Wide

**The play of light at any time of day.
The moon's cratered brightness**

**as it rises high above the eastern hill
behind our sleeping house.**

**All of God's wonderfully wild creatures,
especially those that share this land—**

**the way the deer and lone jackrabbit
stop to look at me, as if wondering**

**whether we belong to the same tribe.
The trees—the way steadfast**

**roots hold their bodies upright
in battering winds, how they offer**

**sheltering branches for birds' nests,
then watch over new hatchlings.**

**The ocean— how it sends endless
waves as a message to not lose hope.**

**Best of all, witnessing unexpected bursts
of kindness; they make my heart inflate**

**to twice its size. Oh, the radiance born
from the crazy grace of love!**

~Carolyn Chilton Casas

About Carolyn



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

Interview with Carolyn



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

More Poetry



Hold On To Your Dream

**There's a voice that calls to some of us
From somewhere deep inside
A voice that will not give us peace,
Until at least we've tried
To catch that bright elusive star,
Though foolish it may seem
To those not driven as we are
To hold on to a dream.
It's not just thoughts of fame or wealth
That keep us hanging on
When others would have given up,
When all but hope is gone.
When sometimes even hope grows dim
And casts its faintest beam,
We wonder if it's worth it all
To hold on to a dream.
And then that voice inside of us
That others cannot know
Tells us that our chance will come,
That we must not let go.
If we can only persevere
Someday our star will gleam!
And they'll know why we had to try
To hold on to our dream.**

~ Author Unknown

"Journey to the Norse Land of the Dead (Helheim) Ancestral Healing" By Vanessa Hanks



Helheim is the land of the dead in Norse mythology. It is where the ancestors who did not die in battle reside (i.e., those who passed due to old age, illness, etc.). Helheim is overseen by the goddess Hel or Hela, whose face has one side that is beautiful and the other skeletal or ghostly. This image represents that life and death are two sides of the same coin – always connected.

During the journey below, you will meet your ancestral guardian mother (“Dis”) or mothers (“Disir” or “nornir”) and journey to Helheim to commune with your ancestors. The Disir are your “fate mothers,” or “fairy godmothers,” to use a familiar term from folklore. Your Dis/Disir, if approached with respect and honor, will become great allies in your life. They oversee the luck, abundance and fates of those in your family line. Entering into a strong reciprocal relationship with the Dis/Disir, will positively affect all within your family, including yourself, your children and your children’s children.

Meeting your “fate mothers” helps to bring you closer to your ancestors and family wisdom. Your fate mothers often appear as one “Dis” or three “Disir” – like the three fates. During my apprenticeship in Northern European magical practice, my Dis appeared as a giant cloaked woman. She opened one side of her cloak and showed me that it held the memories of all my ancestors and their lives. She was the keeper of my lineage – and its lessons and wisdom. She showed me a vision of my ancestors leaving a beautiful wild coastline of rocky cliffs and evergreen trees. I could feel the intense sadness they felt at leaving their ancestral lands. Connecting with this past helped me to weave these family members more deeply into my ancestral practice and heal a longing that follows many in my family – a search for something that we can’t quite define.

Your Disir are among your greatest allies in working through lineage issues and healing your ancestral lines. Your Disir can guide you, or lead you to ancestors who can guide you, on what can be done to shift or heal your family line of unsupportive patterns or heal from ancestral traumas that may be affecting your family tree. Connecting with your Disir will also bring you closer to your ancestors who individually and collectively are powerful spirit allies. Your Disir can be called on for protection and guidance related to your fate and life, or that of other family members.

My efforts to connect with my Dis and my ancestors helped to heal the lingering ancestral sadness as I became a living keeper of the memory of my ancestors and their cultural heritage. I wove elements of that heritage back into my family and life, and was guided to do ancestral healing work on my paternal side after journeying to Helheim.

The ancient Norse peoples believed in a malleable fate called “wyrd.” The wyrd was the web of fate that was woven for each person but could be unwoven and rewoven in a new form, thereby changing one’s fate and luck. Part of an individual’s “luck” (and therefore fate) was determined by the actions and lives of ancestors. This was called “orlog.” A person could have a beneficial orlog or one in need of correction. One’s orlog can lead to positive or negative ancestral patterns being passed down over many generations. A journey to the Land of the Ancestors is an opportunity to explore your orlog and ask the advice of ancestors on how to maintain a positive orlog or right

the ship for an unsupportive orlog. The thin fall veil presents the perfect opportunity to take a journey to Helheim and commune with the ancestors for healing, guidance, or to explore your fate and luck!

The Journey to Helheim:

- 1. Close your eyes. Breathe deeply and rhythmically. Spend a few minutes setting strong intentions that you will meet your Dis/Disir at the World Tree and journey to the land of the ancestors.**
- 2. Envision a mist rolling in and encompassing your entire vision. In your mind or out loud, chant the runes Raidho (journey rune) and Othala (ancestral inheritance rune) or any other runes that you feel called to use.**
- 3. When the mist clears, you will see a large ancient tree. This tree is Yggdrasil, the World Tree. But this tree is also you and your family line. After all, each of us is the World Tree at our core.**
- 4. Circle Yggdrasil three times counter-clockwise while strongly focusing on your intentions that when you are done circling, your Dis/Disir will be there to greet you.**
- 5. Take a moment and say “hello.” Thank her for her service to your family line and offer her something in exchange for taking you to the land of the dead to meet your ancestors. Tell her the purpose of your journey and ask her to guide you to the ancestors who can help answer your questions.**
- 6. Let your Dis/Disir guide you to the land of the ancestors. You may travel through a door in the tree or down its roots to the underworld, Helheim.**
- 7. You will eventually reach the river Gjoll and cross a crystal bridge to the gates of Helheim. If any beings appear on the bridge or at the gates, greet them kindly and pay any toll. Do not over-offer or over-promise, as any offerings or tolls should be fulfilled by you after your journey to maintain positive**

relationships with the beings who you encountered. Lighting a candle or leaving an offering is often enough.

- 8. Once through the gates, ask your Disir to take you to the ancestors who you need to see and hear from most to answer your questions. Use your intuitive senses to obtain information, wisdom, healing or guidance from your ancestors.**
- 9. You may be greeted by the Norse/Germanic Goddess of Death, Hel during your journey. If she appears and extends her bone hand, shake it. Thank her for allowing you into the realm of the ancestors and tell her that you will leave an offering or light a candle in her honor.**
- 10. After spending time with your ancestors, thank them for their guidance and their lives that helped make yours possible.**
- 11. Travel back up or through the World Tree. Thank your Dis/Disir for giving you passage to the land of the ancestors and say goodbye.**
- 12. Circle the World Tree three times clockwise. Watch as the mist rolls in again and when it clears, you are fully back in your body and the physical world.**
- 13. Fulfill any promises made to any spirit beings during your journey.**

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

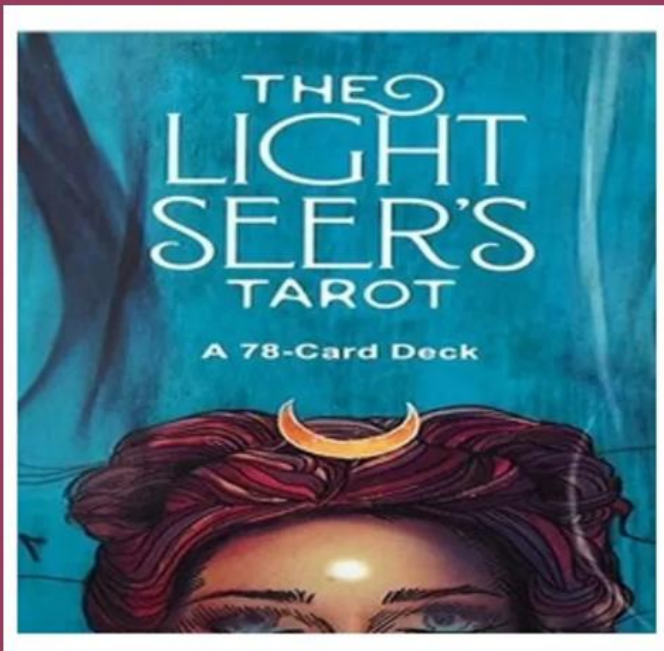
Like many intuitives, I come from a spirited family line. On my mother's side, my great-grandmother Matilda read Lenormand and gypsy cards. I feel very blessed to have inherited her original set of Lenormand oracle cards. They are one of my most prized ancestral possessions. My maternal grandmother Francis saw spirits her entire

life – and my father, was born an astral traveler who grew up with out-of-body experiences and shadow figures from the time he was quite young. He often tells the story of waking up one night floating on the ceiling and watching his parents come into his room to check on him!

All of these intuitive gifts manifested in me from a very young age. I grew up seeing spirits, and as I got older, these experiences became more intense until I decided to discover why the spirit world was calling me. I started my journey in mediumship but over time fell in love with shamanic practice and folk healing and magic. All of these experiences have blended into how I do my spiritual and healing work.

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

"Tarot Tendencies for November" By Doreen Scanlan



The deck used for this month



Actual Card Spread

Just like the squirrels this is going to be a busy month for most of us. Doing what we need to do to get ready for whatever is next for us. But only you can define for yourself what kind of work you want to put in.

The cards are suggesting that you form a new relationship first with your spiritual self. In doing that it will become clearer to you as to whether your actions are in alignment with your inner being or in opposition to it. If your plan is inspired it will be easier for you to determine what steps you need to take and any effort you need to exert will flow much easier and thus will be more enjoyable even if it is labor intensive. It is definitely time to work smarter not harder so that you have time to enjoy the miraculous changes going on in the natural world around us.

Just like the trees lose their leaves, we too are being asked to shed things that no longer suit us or have just run their course. As we enter into this season of Thanks, take time to truly remember what you are grateful for. The more we stay in a spirit of gratitude the more the Universe will give us things to be grateful for. Don't be afraid of change. It is a natural progression.

This year's leaves become the fertilizer for next year's growth and renewal. Magic doesn't always present itself in big ways but in the little things that start to make a difference.

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.

"Sage Wisdom" By Sage Walker

**INABILITY TO ACCEPT
POSITIVE CHANGE IS A
HINDRANCE TO GROWTH**

As I have been driving around, I notice all the beautiful trees. We could learn from their life cycle. It has led me to see in a different way and how I could grow as they do.

In the fall they release their leaves as they pull in their energy. This allows the wind to take the old leaves releasing them to enable the tree to conserve and renew its energy for new growth. As winter approaches they continue to pull in their energy and to ground themselves. Throughout the winter they are nourished by the earth slowly regaining strength through their roots.

This allows them to start to grow and develop the beautiful leaves. They maintain their beauty as the leaves slowly change colors and release the old to the wind.

It reminded me that the fall is a time pull my energy in and to release the old energy and patterns. As winter approaches it is a time for introspection and to continue releasing that which no longer serves me. As I do this, I learn the direction I want my life to take. It is also time to complete unfinished projects, like the second book of spiritual wisdom given to me by Spirit.

As Spring approaches it's time to grow and celebrate ourselves. We keep that which enhances our life and look forward to our new growth. Much like the leaves as they grow, we become what we wish to be.

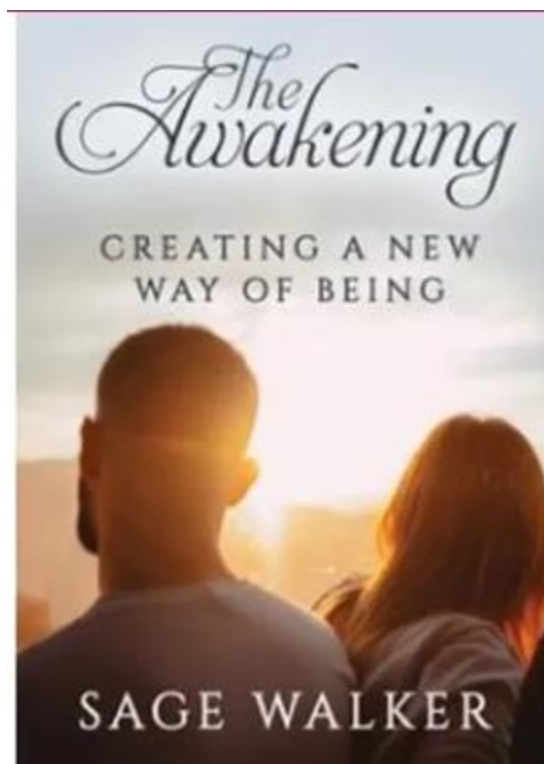
Energy follows intent so intend the best as you release that which you no longer serve you.

Enjoy life's journey.

About Sage: She is a retired county nurse, is a Master IET Instructor, Spirit Guide Communicator and ordained minister. She has an office at the ONE Wellness Center at 2349 Monroe Avenue Rochester NY. She offers classes and private sessions. You can contact her at 585-317-4374.

Sage's website: <https://www.theangeliclink.com>

Sage's Book



Here's Sage's new book with lots of new channeled messages. You can find the book on Amazon. https://www.amazon.com/Awakening-Creating-New-Way-Being/dp/1641842385/ref=sr_1_1?crid=6V705QUD1F6Z&keywords=s

age+walker+the+awakening&qid=1580588937&sprefix=sage+walker
%2Caps%2C163&sr=8-1

Interview with Sage



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

"Creating A New Matrix For Our Life Path" By Patricia Cota-Robles



The Template For Humanity's New Life Path

I AM my I AM Presence, and I AM One with the I AM Presence of all Humanity. As One Breath, One Voice, One Heartbeat, and One Energy, Vibration and Consciousness of Pure Divine Love I proceed. As I invoke this Activity of Light for myself, I invoke it on behalf of every person on Earth in perfect alignment with his or her Divine Plan and the highest good for all concerned.

Now as I lift up in consciousness, I Ascend into the Realms of Illumined Truth. I pass over the Bridge to Freedom which is the Planetary Grid of Transfiguring Divine Love that connects Heaven and Earth. I enter the Pure Land of Boundless Splendor and Infinite Light which is the 5th-Dimensional Crystalline frequencies of Solar Light associated with the New Earth.

I AM ONE WITH GOD—I AM THAT I AM.

The entire Company of Heaven is standing in readiness now, and I send forth a Clarion Call into the Universe invoking my illumined brothers and sisters to come and help me in this moment of transformation. The Cosmic Tone of my Clarion Call reverberates through all dimensions, and the response comes from every corner of the Cosmos.

I see the luminous Presence of Legions of Divine Beings descending into the atmosphere of Earth. They take their strategic positions above the planet and as One unified consciousness of Divine Love, the Beings of Light begin Inbreathing into their Heart Flames the most intensified frequencies of our Father-Mother God's 5th-Dimensional Crystalline Solar Violet Flame that Humanity and the Earth have ever been able to receive. In response, the I AM Presence of every person on Earth prepares to serve as an Open Door through which this unfathomable Gift of the Violet Flame will now flow into the world of form.

On the Holy Breath, the Threefold Flame blazing in every person's heart begins to expand and expand until it envelops their physical, etheric, mental and emotional bodies. As One collective consciousness, we now experience a beautiful Blue Flame blazing through our left-brain hemisphere. This Sacred Fire is pulsating with NEW frequencies of our Father God's Divine Will, Power, Authority, and the First Cause of God's Perfection.

Now, we experience a beautiful Pink Flame blazing through our right-brain hemisphere. This Sacred Fire is pulsating with NEW frequencies of our Mother God's Transfiguring Divine Love, Adoration, Oneness, and Reverence for ALL Life.

As these NEW frequencies of the Masculine and Feminine Polarities of God are balanced within every person's physical brain structure, we experience NEW frequencies of the Yellow-Gold Flame of Christ Consciousness being activated within our spiritual brain centers and our Crown Chakra. This Sacred Fire represents the Enlightenment, Divine Wisdom and Illumination of the Sons and Daughters of God.

Now all is in readiness and through the unified efforts of Heaven and Earth we empower the template for Humanity's New Life Path.

As One Unified Consciousness we affirm:

I AM the full expression of my I AM Presence here and now in the world of form.

I remember who I AM, and I Love and respect myself as a Beloved Child of God.

I AM enveloped in the invincible protection of God's Light and Love as I sojourn through ALL of my Earthly experiences.

I AM manifesting perfection in my physical, etheric, mental and emotional bodies.

I AM vibrantly healthy and eternally youthful.

Divine Love perpetually flows through my Heart Flame. I AM creating wonderful, loving relationships in every aspect of my Life.

I AM fulfilling my Divine Purpose and reason for Being.

I AM financially and creatively rewarded in my job. Day by day, I AM open and receptive to the Infinite flow of God's Abundance.

I AM financially FREE!

I AM reaching my highest Divine Potential in all of my experiences as a son or daughter, a woman or man, a wife or husband, a mother or father, a grandmother or grandfather, as a relative, a friend, a coworker, a teacher, a way shower, a steward of the Earth, a Lightworker, and a cocreator of Heaven on Earth.

I AM an exponent of Divine Family Life, including my place in the Family of Humanity.

My Heart Flame is the Open Door through which flows the Infinite Light of God's Divine Love, Eternal Peace, Abundance, Wisdom, Enlightenment, Illumination, Harmony, Balance, Happiness and Abounding Joy.

Through my thoughts, feelings, words, actions, memories and beliefs I AM a living example of Divine Truth, Integrity, Honesty, Tolerance, Acceptance and Reverence for ALL Life.

I communicate openly and honestly with every person I come in contact with and

I AM a compassionate and thoughtful listener.

I continually ask for guidance from my I AM Presence and I intuitively receive information and viable solutions to the various situations surfacing

in my Life. I also receive guidance that will assist me in easily fulfilling my Divine Plan.

I now realize through all levels of consciousness that I AM a powerful Instrument of God during this auspicious time on Earth. With this knowing, I Consecrate my Life Force to Loving ALL Life FREE.

To assist in this Holy Endeavor, I invoke the 5th-Dimensional Crystalline Solar Violet Flame of God's Infinite Perfection to instantly transmute into Light every thought, feeling, word, action, memory or belief I have ever expressed in any time frame or dimension, both known and unknown, that would in any way prevent the patterns for the template of my New Life Path from tangibly manifesting in the world of form.

I realize that I AM a multidimensional Being of Light, and that I abide simultaneously in both the Pure Land of Boundless Splendor and Infinite Light in the Heavenly Realms and the physical world of form on the New Earth.

Now, in the Realms of Cause my Life reflects the Immaculate Concept of all that I have invoked through this newly created template of my Life Path.

With every breath I take, these patterns for my Life Path are being magnetized from the Realms of Cause and breathed through my Heart Flame into the physical plane of Earth. Through our Planetary Grid of Transfiguring Divine Love, this invocation of my Life Path is being amplified one thousand fold.

And so it is. Beloved I AM that I AM.

This article is copyrighted, but you have my permission to share it through any medium as long as it is offered for FREE, it is not altered, and the proper credit line is included. Thank You.

God Bless You,

Patricia Cota-Robles

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

the Realms of Illumined Truth.

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

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A

Learn About The Violet Flame



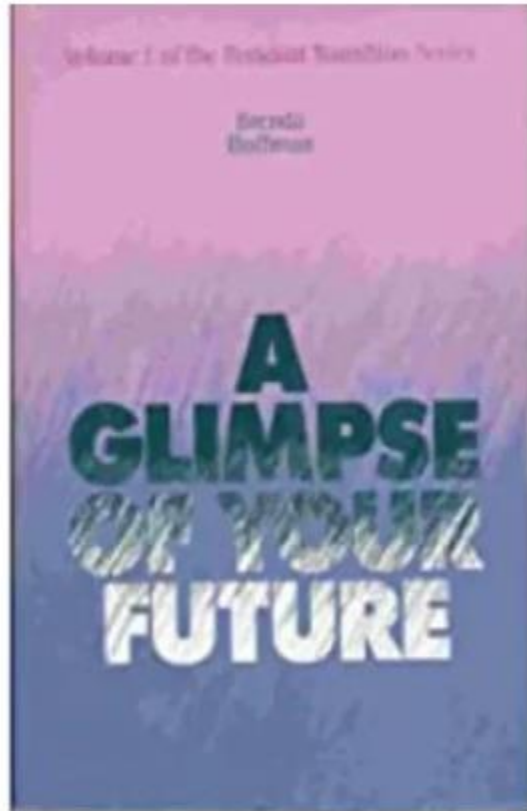
Want to have a hard copy book with information about the Violet Flame? You can purchase the book at:
<https://eraofpeace.org/collections/products>

Patricia's Weekly Vlog



Link: <https://www.youtube.com/watch?v=0AVHwt56GpQ>

"You're The Sophisticated Equipment" By Brenda Hoffman



Dear Ones,

You have a need to be you. Yet, you find that doing so is sometimes unpleasant for yourself and those you love. At times, it is even as if an evil stranger has taken over your tongue.

All beings of the earth are undergoing a similar transition. So you will do and say things you might regret – and the same is true for others.

More than ever, what was is no more.

This transition is as if the world's color shifted from gray to yellow. Everyone is confused. "Am I depressed or happy?" is a minute-by-minute observation.

Those of you at the forefront are more comfortable with this state of confusion, for you understand you are washing off your fears, your old you. But for most earth beings, this is a frightening time. Those following you into this new world do not have the in-depth experience you have because of your transition journey of months or years.

Your transition has been similar to watching a sunset and waiting for dawn. The transition for most of those now following you is like walking into a dark room and switching on the light. The nuances of a gentle shift – even though your transition probably did not feel that gentle – are not part of those following’s repertoire. So confusion, anger, and fear reign.

You have bubbles of joy within you that need to be expressed. Joy bubbles that seem out of place, given the heaviness of the earth at this time. Just when you feel a giggle or dance within you, you learn of someone you love in pain or a portion of the earth seemingly held in another 3D vice or action.

So you are confused. Do I show my joy? Is my joy warranted or more like an unpleasant tick?

Even though those around you might seem joyful at times, their circumstances indicate they are using the 3D technique of pretending all is well.

You can now sense true joy and love, but what you sense from most is a buffer zone to their inner fears.

You are in a different place. Those who wish to remain of 3D now or forever are no longer that interesting to you.

So you are surrounded by those who have initiated their new you process but are not yet at your more advanced stage. When they are not glossing over their pain, they are gnashing their teeth and crying in pain. And they radiate fear because those following you are confused about what is happening to them and their world – just as was once true for you.

Your role in their transition is to not pretend you are comfortable and joyful but to express your paint box of feelings whenever they occur. Your role is to be you. A role that might seem wrong or counterproductive as you observe other earth beings in pain.

You are not their caretaker; you are their role model. A role model of self-acceptance and love. A model of knowing that all is well despite their fears and angst.

Those following you watch your joy or contentment and cannot understand why such is true given the information they gather daily about how unpleasant the earth and their lives are. To shed their fears, those following must walk through them just as you did – and are perhaps doing. As was true for you, very few enjoy addressing fears.

The earth is now inhabited by a majority of those who have transitioned or decided to transition beyond 3D. But because many of them are in the beginning, most painful stages, they jump back and forth between 3D and beyond. Such will be true for the next few weeks until those who are doing so fully claim their new being – as have you.

Even though you might be finding and eliminating your deeply hidden pockets of 3D fear, you are in a much different place than is true for the waves following you. So you might observe media fear pieces and express unexpected anger or fear. But you are doing so as a last-ditch cleaning effort instead of who you are. A bit like finding a few dust bunnies in a clean house.

Those following are just beginning to clean their homes. But then, those following you have more sophisticated cleaning equipment than was true for you.

You are that sophisticated equipment.

For even though you might be angry, sad, or any feeling not expressed in joy, you are a shining role model of what is instead of what was.

You are the beacons of the earth and the Universes. You are the ones you and the Universes have been waiting for. So be it. Amen.

About Brenda Hoffman: An intuitive since birth, Brenda formalized her channeling skills with her internationally noted book, *A Glimpse of Your Future*. This prophetic classic describes your role in this transition, as well as answers questions such as why baby boomers were instrumental in introducing the New Age and what earth will be like in the year 4000.

Before she and her husband retired from the work-a-day world to South Carolina, USA, Brenda held positions in corporate marketing, business management and social services. She has a Master of Science degree in sociology. It is her great joy to share her insights through Brenda's Blog - her weekly, channeled blog and Creation Energies – the 15-minute, channeled show for BlogTalkRadio.com. Both free weekly channels are at her website: www.LifeTapestryCreations.com.

Brenda has been the special guest of numerous radio and television network talk shows; a New Age columnist for the Twin Cities Reader; the featured subject of the Minneapolis Star Tribune Sunday Magazine; and is a public speaker/channeler. Brenda's role in this wondrous transition is to

**help you suspend those beliefs that limit us as we download our
Lightworker/new earth creation tool kit.**

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

"All Souls Day" By Ellie Blair



There is a Mexican saying that we die three deaths: the first when our bodies die, the second when our bodies are lowered into the earth out of sight, and the third when our loved ones forget us.

Some believe that the origins of All Souls' Day in European folklore and folk belief are related to customs of ancestor veneration practiced worldwide. It is practically a universal folk belief that the souls of the dead (or those in Purgatory) are allowed to return to earth on All Souls Day. In Austria, they are said to wander the forests, praying for release. In Poland, they are said to visit their parish churches at midnight, where a light can be seen because of their presence. Afterward, they visit their families, and to make them welcome, a door or window is left open. In many places, a place is set for the dead at supper, or food is otherwise left out for them.

In any case, our beloved dead should be remembered, commemorated, and prayed for. During our visits to their graves, we spruce up their resting sites, sprinkling them with holy water, leaving votive candles, and adorning them flowers (especially chrysanthemums and marigolds) to symbolize the Eden-like paradise that man was created to enjoy, and may, if saved, enjoy after death and any needed purgation.

Today is a good day to not only remember the dead spiritually, but to tell your children about their ancestors. Bring out those old photo albums and family trees! Write down your family's stories for your children and grandchildren! Impress upon them the importance of their ancestors!

More From Around the world:

The formal commemoration of the saints and martyrs (All Saints' Day) existed in the early Christian church since its legalization, and alongside that developed a day for commemoration of all the dead (All Souls' Day). The modern date of All Souls' Day was first popularized in the early eleventh century after Abbot Odilo established it as a day for the monks of Cluny and associated monasteries to pray for the souls in purgatory.

Many of these European traditions reflect the dogma of purgatory. For example, ringing bells for the dead was believed to comfort them in their cleansing there, while the sharing of soul cakes with the poor helped to buy the dead a bit of respite from the suffering of purgatory. In the same way, lighting candles was meant to kindle a light for the dead souls languishing in the darkness. Out of this grew the traditions of "going souling" and baking traditional types of cakes and bread.

In Tirol, cakes are left for them on the table and the room kept warm for their comfort.

In Brittany, people flock to the cemeteries at nightfall to kneel, bare-headed, at the graves of their loved ones, and to anoint the hollow of the tombstone with holy water or to pour libations of milk on it. At bedtime, the supper is left on the table for the souls.

In Bolivia, many people still believe that the dead eat the food that is left out for them.

In Brazil people attend a Mass or visit the cemetery taking flowers to decorate their relatives' grave, but no food is involved.

In Mexico "Dia de Los Muertos" (Day of the Dead) is celebrated very joyfully – and colorfully. A special altar, called an ofrenda, is made just for the days of the dead (1 and 2 November). It has at least three tiers, and is covered with pictures of Saints, pictures of and personal items belonging to dead loved ones, skulls, pictures of cavorting skeletons (calaveras), marigolds, water, salt, bread, and a candle for each of their dead (plus one extra so no one is left out). A special bread is baked just for this day, Pan de Muerto, which is sometimes baked with a toy skeleton inside. The one who finds the skeleton will have "good luck." This bread is eaten during picnics at the graves along with tamales, cookies, and chocolate. They also make brightly-colored skulls out of sugar to place on the family altars and give to children.

Celtic nations believed that around Halloween (Samhain), All Saints' Day, and All Souls Day, the boundaries between the mortal and unearthly

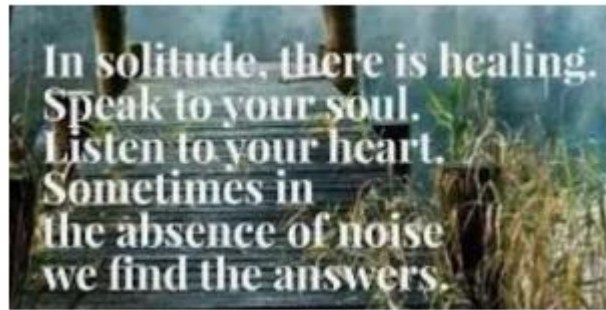
realms were thinner. Ancient Irish cultures believed the dead were repositories of esoteric wisdom and universal knowledge and that they would return from the dead to speak to their descendants. So, to prepare for the dead's arrival Irish families cleaned floors, lit fires, and placed bowls of spring water on their dinner tables for their deceased relatives soul.

About Ellie: Ellie Blair is a UK based Holistic Therapist and Published Author who specialises in writing about Mindfulness, Spiritual Exploration, and Holistic Healing. She lived in Taos, New Mexico for 12 years where during that time, she worked as an Advocate with and for The Native American Red Willow Tribal People at Taos Pueblo.

Ellie has travelled the world and has been walking the path of Spirituality for over 30 years. She aspires to use her writing and healing skills at every opportunity to nurture and encourage the Spiritual growth and wellbeing of others. You can reach her at auquael@gmail.com

Ellie's facebook page: <https://www.facebook.com/ellie.blair.94/>

"The Gift of Solitude" By Barry & Joyce Vissell



When I tell people I'm driving almost 1000 miles to raft Desolation Canyon of the Green River, an extremely remote and roadless 84 miles in eastern Utah, which will take me about a week, they assume, "Wow, what a nice trip I'm doing with Joyce and some rafting company with lots of people!"

Then I mention that it's a solo trip, just me, perhaps not seeing another soul for days at a time. Most people are appalled. They tell me I'm crazy. They tell me I'm reckless.

Perhaps I am, just a bit, crazy and reckless that is. But for me, I crave solitude in the wilderness, nature's divine temple. I'm writing this from my first night's camp, eight miles downstream from the put-in at Sand Wash. I am truly alone. I had lightning, thunder, and rain while rowing in my little 12-foot raft, loaded with everything I need for a week away from civilization, with no cell service, internet, cars – or people.

My first choice, however, is not solitude. My first choice is to be here with my beloved Joyce. When the two of us are in nature, it's like I'm alone. We are so attuned to one another that it feels like I'm with a special part of myself, rather than with someone else. But alas, Joyce has a limit to the number of river trips she feels comfortable doing. And she doesn't feel able to go backpacking with me anymore. With Joyce, we take off in our camper, and still get a fine nature experience. But a few times a year, as long as I am able, Joyce gives her blessing for my solo immersions into the wilderness.

You ask, "Why solitude? Why not go with a friend or six?"

Here's my process. Day by day, I let go of time and schedules, instead experiencing nature's time and timelessness. I eat when I'm hungry, rather than because it's time to eat. I stop to rest when I get tired, and camp not because it's time to camp, but because I have found a beautiful spot that calls to my soul. I sing while I'm rowing or while hiking up an inviting side canyon. I notice nature's loveliness (including the rain today), the wildlife along the river corridor. Today, I stopped rowing to watch a Great Blue Heron skillfully catch minnows in the shallows near the shore. And best of all, day by day I feel the chatter and static of my mind calm down, replaced by a growing peace. Wilderness for me is a non-stop opportunity for meditation and prayer. Even my breathing takes on a more natural rhythm, and I more easily feel each breath than when I'm busy at home. The distractions from the simple act of being are reduced to a few simple camp chores. Most of my time in solitude, it's just me and divine creation, and the infinite Source of creation. Right now, sitting near my campfire, it is enough just to gaze at the dancing yellows and oranges, and bask in its warmth.

Why don't we give ourselves the gift of solitude in nature? I can think of two main reasons. There may be more. One is fear. Even more than the fear of physical injury, or getting eaten by a bear, in solitude there is the chance to get to know ourselves better. What if things that have been buried, like old shame or regrets, come up to the surface? Then I say, "Great! Let them come up so we can work them through to deeper healing and possible self-forgiveness."

On the second day of my river journey, while hiking up a rugged side canyon, I reached ahead of me to break off a branch blocking my path. It's such an automatic response on the trails around our home, but here in the desert, the vegetation is quite different. As the branch snapped, a huge splinter embedded itself into my finger. I tried to pull it out, but it broke off just under the skin where it couldn't be reached. That night, my finger swelled up with infection and pain. If I were at home, this potentially serious incident wouldn't bring up as much fear as it did in my complete solitude in the wilderness. I had moments of true fear, with the possibility of a medical emergency, of even losing my finger – or worse. In between those moments of fear, I needed to trust that I would be okay. I used antibiotic ointment and bandaged my finger, endured the pain for two more days, and finally my finger ejected the largest splinter I have ever seen. Going through the fear and uncertainty was part of the gift of solitude.

The other reason for not giving ourselves the gift of solitude is our feeling of unworthiness. Do we actually deserve to give ourselves this gift of solitude? Isn't it selfish to spend time alone when we can be "productive" members of society? I'm often reminded of the Native American saying, "Humble yourself to receive, before you can truly give." Solitude is a chance to recharge your life batteries, so you can really be productive by giving your love and your gifts.

So I challenge you. Do you have enough solitude in nature? Of course, you don't need to solo raft 84 miles down a wilderness river. Going for a hike on a local trail, perhaps sitting directly on the earth, or on a rock near a creek, can do wonders. Even sitting in your backyard garden, however small, can give you a taste of solitude in nature. But give yourself time alone, quiet time for reflection, time without electronics or screens. Sit next to a plant, breathing in the oxygen that it breathes out just for you. And give the plant your exhaled carbon dioxide as a special gift for its life. Bring balance and harmony to your body, mind, and soul.

Sometime near the middle of my trip, I saw people for the first time. A group of five friends in three canoes, faster craft than my raft, passed me on the river. A man called out, "Don't you get lonely being here all by yourself?" I smiled and said, "No, not at all."

A Free Gift for You

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

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

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

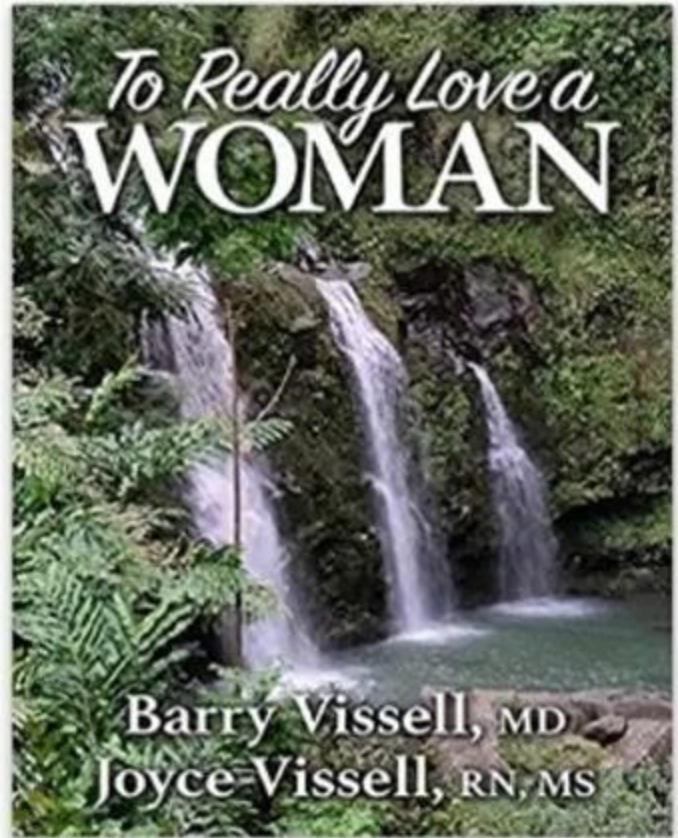
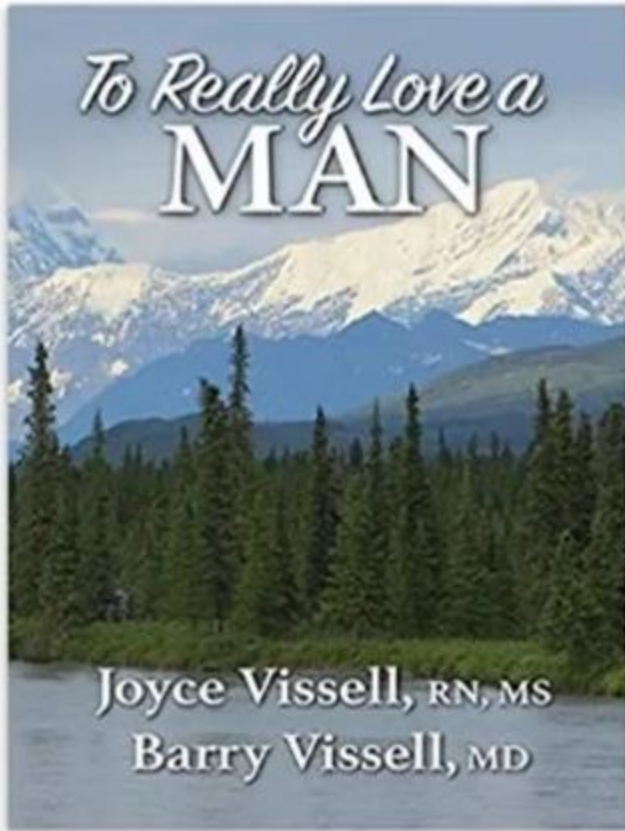
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce Video



Link: https://www.youtube.com/watch?v=9_N6xVcrO9M

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref_=dbs_p_ebk_roo_abau_000000

Channeling



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

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

Channeling can be done in two different ways:

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

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

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

"Monthly Message Of Light" By Christia Cummings



Greetings Earth Angels and Light Beings!

We come forth with love in our hearts for you all!! Please know now is the time to stay in your hearts! We encourage each and everyone of you to take life with a grain of salt and not get bogged down by others stories and dramas. For they are just stories that are not yours, even your own story is just a story. And that story can get you stuck in a holding pattern. For you are not your earthly stories, you are a Light Being here to be the Light and to help others see their light as well!!! Focus on your own joy at this time. Each day do something that brings in your joy! Let it be your job to get into the JOY Frequency.

We love you, your Angels within the Star Soul Family of Light

About Christia: I was born an artist, empath, clairvoyant, and a channel of Spirit. My grandmother said I could draw and play cards before I could walk. I have always drawn upon Nature as my inspiration for healing and my art. In 1995, I had a spiritual awakening with a chorus of Angels-- a momentous event in my life – which caused me to open myself up to Spirit and the magical, inspirational multi-dimensional Universe. I teach practical tools on how to open to a dialogue with your angels and spirit guides during my healing sessions and classes. The Angel Light energy comes through my artwork into your home and environment. Everything I do, say, or touch has Angelic Energy. It has been my prayer for over 20

years that I be a pure channel of the Highest Love and Light, and that I am of service to the Light. Guided by The Arch Angels, I began working with clients from all over the world. The Angels have told me that I AM a bridge from the Angelic Realm to this 3D Human Realm. They have asked me to call myself an Angel Medium. I AM A Certified Angelic Life Coach, an Ordained Minister, Usui Reiki Master/Teacher, and holds a Bachelor of Fine Arts and a Master of Fine Arts in painting.

I AM An Angel Medium

I AM A Bridge between the Angelic Realm and This 3D Human Realm

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Art by Christia



Interview with Christia

Interview with Christia



ROC Metaphysical Interview with Christia. Get to know her a little better, what she writes about and her spiritual art.

Link: <https://youtu.be/8xqgfk2qzrI>

"Dreams And Thoughts Create Your Future" By Dianne Robbins



Greetings! I am Adama from Telos, your lost city beneath the Earth, which many on the surface still have no inkling of.

We wish to spread the magnificence of our existence to all on the surface, so that all humanity will re-think their ideas and beliefs about existence on this planet. We feel that it's time for all to hear about us, and for all to connect with us in their thoughts.

For our purpose of re-emerging at this time is to awaken all to the Glory of God, and to the glorified plan that our Creator has in store for us.

We are all brothers and sisters, wherever we live - whether in the oceans, on the land, or in the inner earth and Subterranean Cities. We all come from the same source, breathe the same air and dream the same dreams.

You can literally change your reality by the dreams you envision and the thoughts you think. For it is the dreams and thoughts that create your future. So dream on, our brothers and sisters, and in your dreams see only an Earth glorified in love and light, peopled by Light Beings of great beauty and purity of heart. It all starts with your thoughts and ends with your manifestations.

Yes, you do manifest the conditions of your lives. You manifest your reality daily, by the thoughts you go to sleep with the night before. So as you lie in bed dreaming of days to come, surround each thought with light so that only the magnificence of each idea blooms into the purity of light. Enrich

your dreams, and make them as grand as you can, for in the Infinite Universe all is possible - and the more grand the idea, the more possible it can be. For God only wishes the grandest and most majestic of worlds. Anything less is not of God, but of man.

So dream your dream, and see yourself as the majestic Beings you are, fully in control of your thoughts and fully aware of the purity of your intentions before you send them out to our Universe. That way, all will be returned to you in the glory and bliss of your dreams being manifested into your reality.

This is how we, in the Subterranean Cities, created our home of Bliss. We are very aware and tuned into our thoughts, and hold them in check to be released only when they are pure light and love. This way, only love and light returns to us, in the form we created.

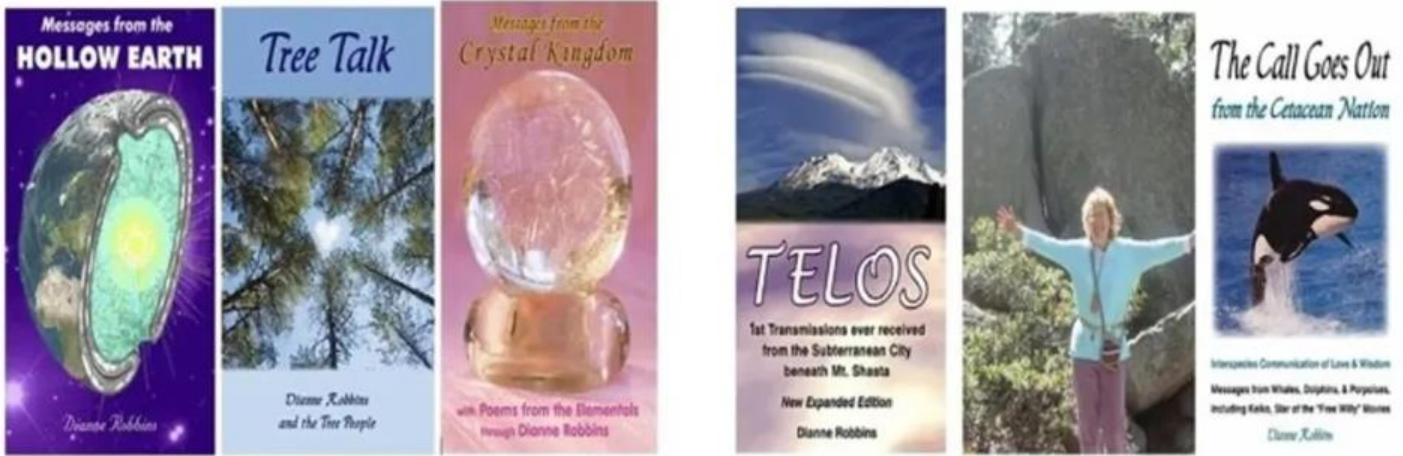
This is a Universal Law - one so basic that we wonder how it has eluded you for so long. It is now time to return to God, and to re-acquaint yourselves with the Eternal Laws of the Universe. For you know these laws. These laws are a part of all life. And as you move up the scale of consciousness you will become more and more aware of the existence of Universal Law and you will wonder how it was that you could have ever forgotten.

This is Adama, your brother, bringing you back to the LAW of ONE. Adonai, my brothers and sisters of Light.

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

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

Dianne's Books



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

"The New Consciousness: Dolphins, Whales and Angels" **By Celia Fenn**



Beloveds, this is a time of deep expansion on your Earth. As a result of your transits and transitions of the last 6 months, you are now ready to align more fully with Higher Consciousness and Multi-Dimensional experience.

You are now moving into the state of consciousness where you can experience the sixth dimensional frequency level which is associated with magical creation and manifestation. This powerful frequency is activating changes and transformations in the human brain physiology. The frequency shifts the brain into what is known as the Alpha brain wave cycle, which is activated in humans generally in states of meditation and deep creativity. This will become a more normal state of being that can be accessed at will in the New Earth.

Now, you may know, that Dolphins have a much larger brain than humans, and that their natural brain frequency is the Alpha. That is why the Dolphins have come forward to work with you at this time.

Dolphin Dreaming: The Next Level

Dolphins take physical form on the Earth in your oceans, but they also have higher etheric and spiritual forms that are connected to Sirius, the Pleiades and other Galactic and Stellar locations. There are also Angelic Dolphins, known as the “Golden Dolphins” who work closely with the Angelic families, especially the Elohim.

The Dolphins have a very extensive and clear understanding of the Human Hologram and Physiology, and so are able to assist as moments of evolutionary transition like the present moment.

You may have heard of people who swim with Dolphins or work with them and experience powerful shifts and spontaneous healings. At this time when you are adapting to this deep shift of consciousness, they are stepping forward to help you to adjust to these new frequencies. They are the Masters of 6D consciousness and are able to hold it in their Earth home.

Dolphins communicate through sound, and the sound frequencies carry compressed information in holographic form. This information can be downloaded into your cells as Light Codes or Light Language and will help to recode the physical body for the next steps of evolution.

Many of you who are healers, channels and teachers will feel the magnetic attraction to work with these evolved interstellar beings to assist in the emergence of Multidimensional Human Beings who will activate the “Dolphin Brain” or the ability to function in deep states of creative meditation in daily life.

The Galactic Connection : The Whales, Theta Frequency and Whale Songs Beloveds, the Cosmic/Galactic Whales are also stepping forward to be of extended service to you! Like the Dolphins, the Whales are both incarnated on Earth and existing in Higher Angelic and Galactic forms.

The Whales are very Ancient Beings and have been part of Earth’s story since the beginning of creation. They hold the “Song Lines” or Holographic Creation matrix within the oceans and their Songs create new pathways for evolution and expression. They are also the Keepers of the Earth’s Akashic Records, which is the record of the Earth’s journey through Time and Space.

In their Cosmic and Galactic roles, the Whales function in Theta frequency with their brain. structure which is much larger than even the Dolphins. Theta is a deep state of consciousness that you would call “deep trance”. In Theta frequency, you can move beyond material limitations into fluid plasma creation and manifestation, creating holographic worlds that manifest into reality in the New Earth Time Spiral.

This is the next step in conscious evolution, being able to work with the Theta frequency while still in physical form. The problem for you is that the human brain associates Theta frequency with sleep and dreaming states, and so you struggle to achieve Theta mastery in a conscious way. The Whales Masters will assist you to learn to hold these energies and become Cosmic Creators. Many of you will feel drawn to work with the Whale Song lines on Earth and in the Galactic spaces in co-creation with the Whales.

Conscious Breathing and Living Between Worlds

The Cetaceans (Dolphins and Whales) are Conscious Breathers. They live in a fluid medium (water) but they breathe air (gas). They have to be able to move between these states and to be conscious of their breathing so that they can maintain this awareness and ability to exist between worlds.

Your Ascension Journey and Evolution has taught you to become aware of yourself as existing between worlds, between the Physical and Spiritual. Now, with this conscious awareness, you can begin to become Masters of Multidimensional awareness as you move between worlds, dimensions and frequencies.

The first Key is Conscious Breathing. Like the Whales and Dolphins, you will come to understand the link between the Heart, the Lungs and the Pulsations of Cosmic and Divine Light. You will learn to access different frequencies and levels through conscious breathing techniques that you will learn from the Whale and Dolphin “experts” and teachers.

There is so much to look forward to as you continue your journey of Being and Becoming on your Beautiful New Earth.

I Am Archangel Michael.

About Celia Fenn: Celia Fenn is an International Writer, Channel, Creative and Mentor, who works with the Angelic and Galactic Families, Archangel Michael, the Elohim Angels and the Royal Star Lions. Since the early years of the 21st Century she has travelled globally and worked online as a Channel and Medium with individuals and groups of people.

Her focus is to help people to understand what is happening on the Earth and to develop the Resilience, Power and Creativity to create a serene and successful life. She shares Archangel Michael's teachings of the "Sacred Year" on the "Sacred Planet" to help Lightworkers to create a spiritual framework for their daily lives and their daily journey.

Celia holds MA and PhD degrees in English Literature, and has also studied Art and Music. She lives in Cape Town, South Africa.

She worked for 12 years as a University academic teacher of English Literature before switching to a career in Healing and Therapy. For ten years she helped many people to find their own personal healing path to wholeness and inner peace. She then became a channel for Archangel Michael, and developed the Starchild Global/Celia Fenn website which has been active since 2004!

She is the author of A Guide to Complementary Therapies in South Africa and the E-book, The Indigo Crystal Adventure. The Indigo Crystal Adventure has also been published in print form in German, Russian and Italian. Her most recent book is The Diamond Codes : Light Information for the New Reality which helps people to understand the nature of the multi-dimensional post 2012 planetary reality.

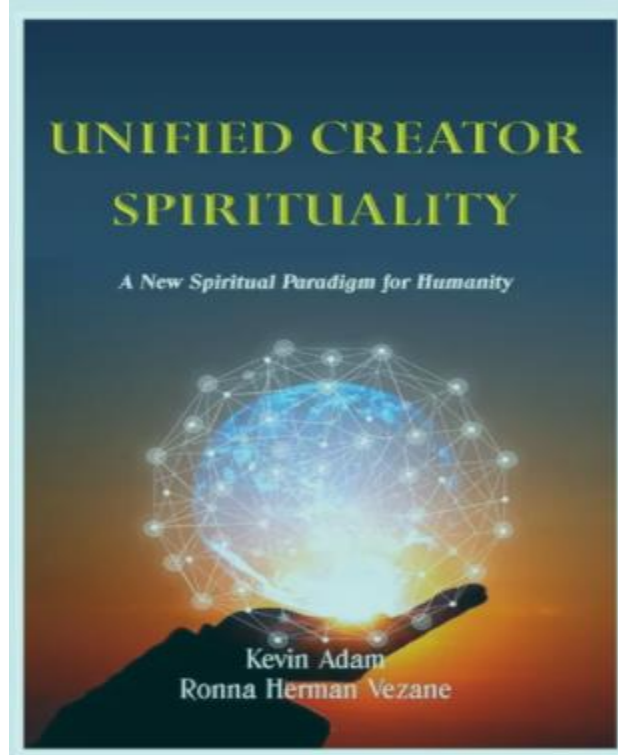
Celia's Website: <http://www.starchildglobal.com>

Video with Celia Fenn



Link: <https://www.youtube.com/watch?v=A7QoEjfNx6A>

"The Celestial Winds of Change Are Sweeping The Earth"
By Ronna Vezane



Beloved masters, as surely as you live and breathe, you are helping to create either Heaven or hell on Earth. Or many of you may possibly feel that you vacillate somewhere in-between the two. No matter what you believe or how you interpret the ancient teachings, Heaven is a state of mind-consciousness and not somewhere out there in the higher dimensions. It is not only a place you may be eligible to go to when you transcend and leave your present physical vessel, although not a final destination, it is also a state of consciousness that you can create and exist in no matter where you have been, where you are now, or where you are going in the future. You came from a “heavenly place,” and you brought Love/Light with you, along with the ability to create a “heavenly environment” no matter what dimension, world or reality you have chosen to experience.

Hell on Earth is what many of you have been experiencing over these many thousands of years since humanity’s “Fall into unconsciousness.” You have been living in an “unreal world” whereby you are steeped in fear, superstition, feelings of shame, guilt and of being unworthy of love or abundance. You have allowed others to tell you how to think and act, and

you have allowed those you thought were wiser than you to take away your power and control your lives. A maelstrom of negative thought forms created by the masses has kept you imprisoned in a world of illusion.

Your real world was designed to be crisp, clear, free-flowing and harmonious, whereby you would traverse the middle path with few obstacles in your way. A beautiful world of peace and plenty where you could freely cocreate in cooperation and harmony with your fellow brothers and sisters on the journey. A place where you would be attuned to all levels of consciousness, as well as connected with all Facets of Creation. A place that was designed to be a Heaven on the material plane of existence. Remember, your mission was to experience the realm of physicality so that the Creator could also experience this wondrous Facet of ITS creation.

The miracle of these times is that the masses are daily awakening in greater and greater numbers. You, the vanguard, have opened the way and set the stage for the monumental transformational process that is affecting all humanity and the planet. Through your tireless efforts, you have anchored the higher frequencies of Light upon and within the Earth, thereby making them available to all those who are ready to open their hearts and step onto the path of heightened awareness and Self-mastery. Each person has the ability to create their own unique Heaven on Earth. That is the miracle of these unparalleled times in which you are living.

You are stretching your spiritual muscles, and you are tapping into the vast resources which have been awaiting you for these many Ages. You are beginning to reclaim the elements and characteristics of your real world. A world that all of you helped to create in the beginning. Down through the multiple dimensions each of you brought with you, stored in your Diamond Core God Cell, all the attributes, virtues and qualities of the twelve Rays – a precious gift from our Father/Mother God. In the beginning, you used your abilities to create many magnificent and wondrous things until, over time, your abilities became diminished, distorted and imperfect because of your fall into the illusional negative environment of the lower dimensions. Thus, you began to create and live in an unreal world, a hellish place of your own making.

The Supreme Creator knows only perfection, and our Father/Mother God parents desire only the very best for all Creation. They do not punish. They do not take sides. They do not know anger or fear. They are filled with and radiate only Love/Light, which comprises compassion, joy and harmony, as well as all things righteous and good. It does not matter what

religion you are. It does not matter if you are an atheist, an agnostic or whether you say you hate or deny God. You will never truly die – you only change form. You are immortal.

Remember, you are a refracted Light/Spark of the Creator. You see through a lens made up of vibrational frequencies which are composed of thought forms, intentions and actions resulting in a unique picture of reality you have created over many thousands of lifetimes. You are in the process of reclaiming your higher truth, refining your thoughts and clearing your vision. As you do so, the veils of illusion are slowly dissolving while you gradually build your new version of Heaven on Earth, which will gradually blend and meld with the visions of your spiritual brothers and sisters.

Each phase of the Divine Plan is imprinted holographically upon the Earth's auric field, and there is a Memory Seed Atom Code designed to ignite within each of you at a specific time – nudging and inspiring you to fulfill your Divine Mission – an integral part of the Grand Plan. It has been carefully orchestrated so that if any one of you abdicates, there is always another brave Soul ready to take your place. The Divine Blueprint for the Earth and humanity will not be denied. It will be brought to fruition. There are many contingency plans with wide parameters, and there is a fail-safe. The forward march of the Ages will proceed as mandated by the Creator and our Father/Mother God.

Throughout the centuries, there have been predictions and prophecies about a New Age of evolution on Earth and within humanity, which has been termed as a passage from instinctual, physical/human beings to INTUITIVE SPIRITUAL/HUMAN BEINGS – a return to your true nature as Divine Sparks of the Creator. One galactic cycle takes approximately 26,000 years to complete, and the Earth and all sentient Beings are being affected as humanity emerges from the darkness into the refined Light and a new cosmic day. A new Golden Age is in the making. A wondrous new Golden Galaxy is in the early formation stages. It will incorporate the refined vibrational frequencies of your successful, earthly experiences, along with the wisdom garnered throughout your many sojourns on the earthly plane – a grand, new Divine Plan sent forth from the Mind and Heart of the Supreme Creator to our Father/Mother God of this Universe.

During the night or dark cycle of past Ages, you sank into density, and your Life/Light Line to your Higher Self and our Father/Mother God was greatly diminished. You were left to your own devices in hopes that you would awaken to your Inner Source (resources) of Spiritual Power. The Divine

Plan did not call for you to experience lack, limitation and fear; however, you had to suffer the consequences of your free will actions, the discordant energies you projected out into your world.

We have spoken many times before about the laws of cause and effect or for every action there is a reaction, which results in what is known as negative or positive Karma. For many ages, you, as the en-Lighten-ed ones, have been working diligently to bring into balance your personal karma, ancestral karma, and race karmic influences. That was a major part of the game of duality and polarity – returning to balance and harmony in all Facets of your Beingness. You have struggled with the cross of matter for many Ages. It is wondrous to watch as you slowly return to harmonious frequencies the discordant energies that have kept you off-balance for so long.

As you heal and transmute the thought forms that have kept you captive in your hellish environment of the past, you are once more becoming a Pillar of Light. The cross you bear is becoming a Cross of Light that radiates forth via your Solar Power center from the front and back of your heart chakra. Thus, you are creating a column of Light by which you are beginning to experience the fruits of your labor, as you reclaim your heavenly heritage as an Emissary of Light.

Many of you are wondering what will happen now as the winds of war, conflict and destruction swirl like a dark and heavy cloud around the Earth, touching and affecting everything and everyone. It depends on what you are feeling and thinking, dear ones – what is on your mind and in your heart as to whether you will stand firmly in the Light or add to the negative karmic thought forms that are being created each and every moment. Again, we ask you, are you contributing to the liberating vibrations of Heaven, or the discordant frequencies of hell? We are asking you to no longer sit passively by the wayside and do nothing. You are being asked to stand up and be counted, for your dynamic Life Force energy is needed now as never before.

You are much more powerful than you can imagine, my brave friends, and you are playing an important role in attaining a peaceful solution to a very unsettling world situation. The energy you are radiating forth from your heart center has just as much of an influence on the outcome of the devastating conflicts around the world as those who are on the front lines. You, too, are on the front lines, so to speak, for you have the ability to tap into the pure, unmanifested primal Life Force substance and mold it into powerful thought forms and actions that can overcome any adversity. The

brave Souls who have been called to the battlefield, no matter which side they are fighting for, if they are doing so with a desire for true justice for all and with compassion of Spirit for their fellow human beings, instead of hate, a desire for revenge and to enslave or control others, then they are functioning as righteous champions of Light, and the forces of Heaven are with them.

Vast numbers of people around the world are lamenting, why can we not have leaders with integrity who are Spirit-inspired instead of those who are self-serving, seeking power and who do not have the best interests of the masses as their predominant goal?

It is also a sign of the times, beloveds. The great changes that are slowly taking place must begin in the hearts of the people. As your beliefs change and gain power and force, you will build new thought forms of a positive nature. You will insist that your leaders be accountable, have integrity, and are trust-worthy, valiant champions of the people. Your leaders reflect the mindset of the masses. An important part of your life's mission is to radiate unconditional love to ALL humanity and to the Earth. When that concept becomes the predominant desire of the masses, it will create a powerful thought form that will be added to the collective whole so that it may be used for the highest good of ALL. When you do so, you are in alignment with the Creator's Divine Plan, and you stand with my Legions of Light as champions of harmonious coexistence on Earth.

When we say you should seek that which is your passion and that which brings you the greatest satisfaction and joy, many of you do not have the slightest idea what that is. We ask you to begin by eliminating those things that are stressful in your life, that which brings you pain and which you dread. You did not become the way you are in a day, a week or a year; however, you can reclaim your empowered, masterful Self much more quickly than you imagine. We have offered you many tools, techniques and information over these past years, but you must make a commitment and prove for yourself that what we offer you are the magical tools you have been seeking.

We have said many times, you must turn knowledge into wisdom or you must come to the realization that something is true and achievable. Realization is when something becomes crystal clear in your mind and you know that it is your truth. Then you must put that truth into action. Knowledge and wisdom overlaid with love and compassion, fueled by focused intent/action, create the power that holds the keys to the universal storehouse of unmanifested potential – potential that is just waiting for

you to mold it and create anything you can envision. That is what is waiting for you in your new heavenly world of tomorrow.

It is a time of integration and moving back into balance in all things. Of paramount importance is the reunification of the Father/Mother God Forces within each of you, and eventually all of the Earth. This reunification process will speed up your return to balance and harmony within yourselves. You will, once again, embody both the masculine and feminine attributes, qualities and virtues of the Supreme Creator. No longer fractured and warring within yourselves, but empowered through the combined qualities, attributes and talents of your Divine Self.

The celestial winds of change are sweeping your galaxy and have, at last, reached the Earth. No longer can you ignore the fact that your world is changing moment by moment. You feel that time is speeding up, but it is actually your Earth that is spiraling through space at a faster pace. You are moving into a reality where time is fluid and space is malleable.

Great Beings of Light have come from the far reaches of the Omniverse to observe and assist you in these epochal times of momentous change. We can inspire, direct and assist you, but you and you alone must take the action that will result in Heaven on Earth. Watch for the signs in the sky and the beautiful clouds and sunsets that the angels paint for you. Be sensitive to the nudgings and whispers we send your way, and be aware of all the miracles, large and small, that we arrange for you. We are not out there. We are only a thought and a heartbeat away. I surround and enfold you in my auric field of love and protection. You are loved beyond measure. I AM Archangel Michael.

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

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

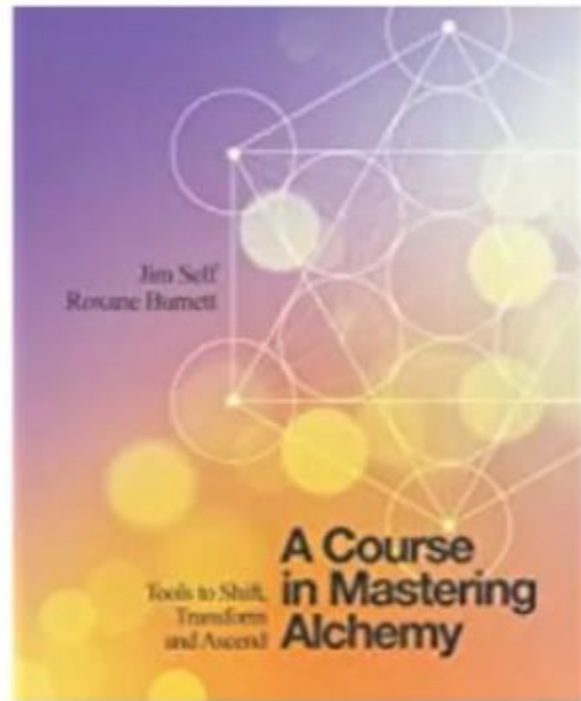
Ronna is a living example of what she teaches: to integrate the subconscious, conscious and superconscious minds, to heal the physical, emotional and mental bodies, and to partner with Spirit to become a Self-master and a cocreator of love, abundance, peace and joy.

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



Link: <https://www.youtube.com/watch?v=AYKJkDl2i90>

"Knowing Beauty" By Jim Self



Zadkiel: Many changes are occurring within you on a physical level. There are components within the physical body that must be made to accommodate a fuller integration of the Lightbody into form. It is a change from the carbon base form into another form that you perceive as crystalline in nature.

This is occurring as your consciousness shifts and you begin to release attachment to the physical world. It will not happen overnight but you are seeing changes now. It all began as you agreed to activate those components of the Living Lightbody attached to higher dimensional realms and to Universal Mind. This changes your conscious awareness and the realities you can access. It will also change the physicality.

Jim: If I were to take the word “beauty” as a knowingness, is beauty going to take on a different configuration as an expression?

Zadkiel: Correct. That beauty may be part of the physical reality or it may not be. It is an expression that is verbalized with many more complexities because you now have it streaming through the Lightbody.

Jim: Does that knowing then stimulate expanded or new feelings? For example, I'm walking in the forest and I come across a beautiful waterfall. I have a feeling and it creates a smile and there is a movement in the heart. I start to have a greater knowingness of beauty within the Universal Mind.

Zadkiel: Yes and I must expand on that because of the change in the physical realm. You have a choice in how to experience the beauty. You can experience it from a physical sense such as a smile or an awareness of the beauty. There is also a knowing that is much larger than that and much more encompassing that is connected to you as a being of light. You can call it your soul essence, your God essence. It is much more heart-centered. This is not relegated to the physical heart but it is a much more expansive heart sense where you have knowledge and awareness of yourself and your relation to the All That Is. Your relationship to Oneness. It is a knowing as well as a feeling.

This is an excerpt from a conversation between Archangel Zadkiel and Jim Self as they plan to teach a Mastering Alchemy class together.

We thank Joan Walker for bringing forth Zadkiel to speak through her. With her collaboration, the Mastering Alchemy Level 3 course unfolded.

About Jim: The co-founder of A Course in Mastering Alchemy, and an international speaker and author, Jim Self has been leading seminars and teaching healing, clairvoyance and personal energy management courses since 1980.

Since childhood, he has retained a conscious awareness and ability to recall his experiences within the sleep state. Over the last twelve years, this awareness has expanded into relationships with the Archangels, Ascended Masters and Teachers of Light. The tools and information presented in the Mastering Alchemy programs is a co-creation of these relationships.

Jim also walks well through the third dimension. At the age of twenty-six, he was elected to his first of two terms to the San Jose, CA City Council and later became Vice Mayor. Before completing his second term, he was asked by President Jimmy Carter to be an advisor and the Director of Governmental Operations for the Dept. of Energy. Since then, Jim has successfully built and sold two corporations, and is the founder and current Board Chairman of a third.

Jim's Website: <https://masteringalchemy.com/>

Video By Jim



Link: <https://www.youtube.com/watch?v=CiGimmV1dxo>

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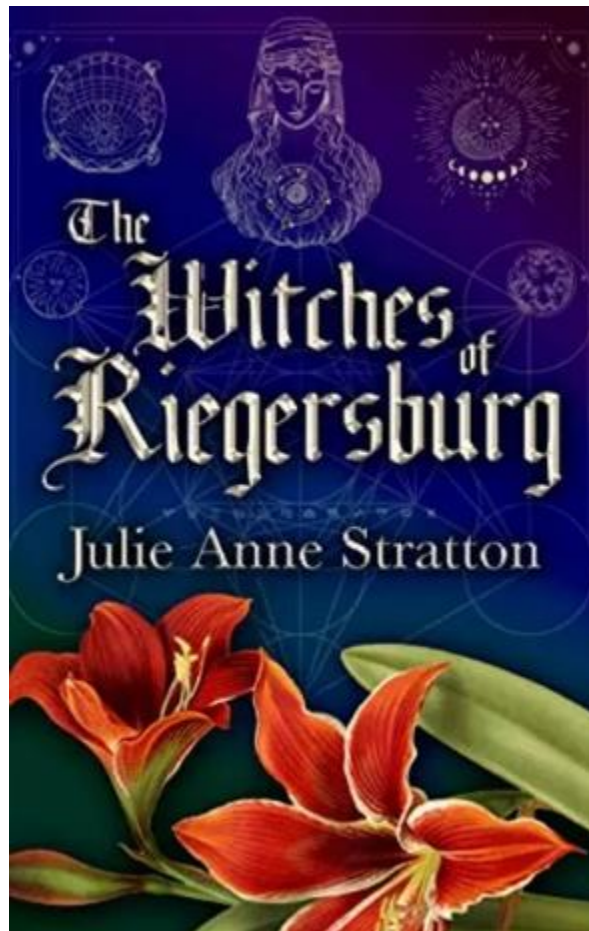
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For the fans of The DaVinci Code—with three generations of extraordinary women keeping alive the ancient Goddess faith.

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

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

In 1938, Hitler takes over Austria, and Katarina Lilienthal fears for the lives of her Jewish husband and daughter. Armed with the secret Book of Shadows, her legacy passed down from Baroness von Galler, and her intuition will she be able to save her family before the horror begins?

Seventy years later, Sarah Lilienthal inherits her beloved Oma's secret book. Katarina's deathbed wish is for Sarah to travel to Austria—the place Sarah's grandparents barely escaped with their lives on the verge of WWII—and make amends with Oma's estranged family. Sarah is cast on a quest to find her true self and the origins of the book by traveling to Riegersburg, where the Book of Shadows' journey began.

**Want to know more by watching the video go to:
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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.



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Karen & Judy

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

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



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

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

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



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

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

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



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

<https://brendagilasso.com/>

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

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

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



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

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

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

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



Healthy Alternatives Wellness Center

Carol Scheg-Morissette

4358 Culver Rd

Rochester, NY

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

www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

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



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

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



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

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



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

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



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

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

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



Dancing Crowns, LLC
Leticia Ferrer-Rivera
349 W Commercial St Suite 2945, East Rochester, NY 14445.

www.dancingcrownspsychic.com
dancingcrownsusa@gmail.com
407-529-9881

Leticia Ferrer-Rivera is the Owner and Founder of Dancing Crowns which is an online based business and also is at different Psychic Fairs and events around WNY. The title comes from her being a Dance Instructor, Performer and former Pageant Queen. Leticia has been an intuitive person all her life and she started getting clairvoyance messages through her dreams at the age of 7. Since then she always did Dreams Interpretation along one of her aunts who helped her understand and search for the meanings. Leticia became a Wicca Priestess in 2005 and since then she started studying Tarot, connecting with crystals and using Pendulum. She kept developing her connection with the Feminine, the Goddess and all Elements through Belly Dance and Afro-Caribbean Drum and Dance. In 2018 she decided to take her skills and gifts of Tarot, Pendulum and Crystal Reading to another level and she also got Certified in Crystal Healing. She expanded her business to include her handmade Crystal Healing Jewelry, Crystal Grids, Crystal Therapy Bags, Magickal Items and a whole variety of Stones, Rocks, Minerals and the famous Gems Water Bottles. She has recently incorporated handmade greeting cards with Pagan and Holistic designs. Leticia is also a Holistic Life Counselor, Tarot Master and Certified Crystal Caster. She is also certified in other areas such as Reiki and Crystal Healing for Pets. Leticia has achieved

her High Priestess as she finished her studies of Magick and the occult as a student of Marcus Katz.



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.



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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

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

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

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

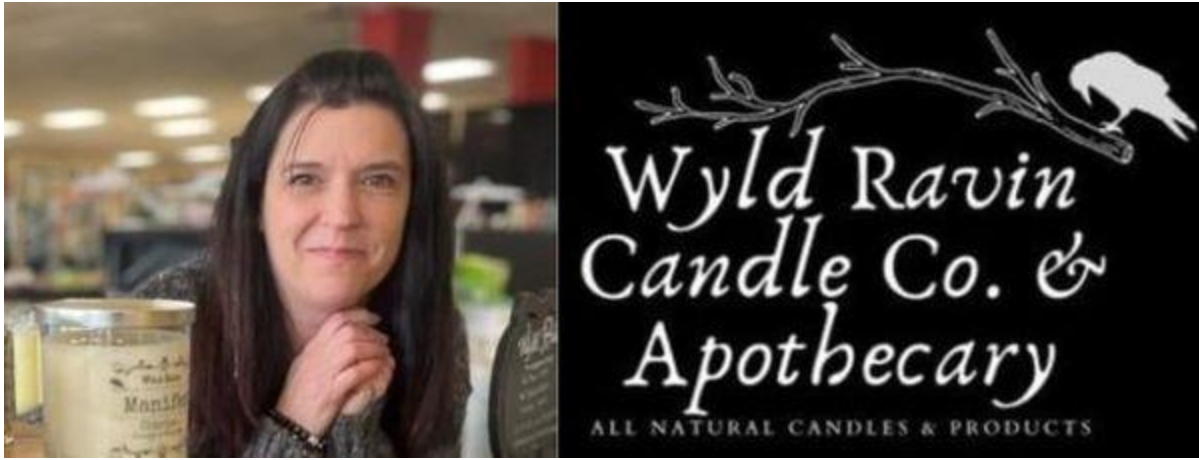
Follow on Facebook: <https://www.facebook.com/sheilabhealing>

Join the Lightworkers Connection Circle Facebook Group:

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

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

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



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

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

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

To contact email at wyldravin@yahoo.com



Share International

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

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

888-242-8272



The Eclectic Hedge
Stephanie Powers
8893 South Seneca St
Weedsport, NY 13166

315- 567-3574

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

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

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

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

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



Rev. Bunny DuPuis

716-241-1414

revbunnydupuis@gmail.com

<http://www.bunnydupuis.com>

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



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

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



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

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

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

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

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



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

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

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



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

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

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

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

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



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!



Maureen Law LPN, RMT

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

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

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

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

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

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

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



Advertise Here



Your Business Here

Metaphysical Stores in NY and More



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

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

Majestic Hudson Lifestyle Boutique 223 Katonah Ave Katonah, NY 10536

Demure Lyfe 27 Main St Chester, NY 10918

Moonstone Melody 24 N. Main Street Florida, NY 10921

Sunshine Studios 563 E Main St Middletown, NY 10940

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

10940 The Open Spirit 55 Burd St Nyack NY 10960

Crystals On The Rocks 11 S Broadway Nyack, NY 10960

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

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

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

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

The Emerald Lotus 82 Broadway Ste 222 Greenlawn, NY 11740

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

The Mindful Rabbit 146 Main St Northport NY 11768

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

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

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

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

Crystal Crossing 586 Columbia Tpke Ste 9 Rennselaer, NY 12180

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

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

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

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

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

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

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

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

Earthbound Trading Co 9090 Destiny USA Dr Syracuse NY 13204

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

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

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

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

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

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

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

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

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

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

See These Stores in the Directory -

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

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

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

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

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

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

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

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

Rocks/Crystal Stores

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

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

Spiritualist Churches

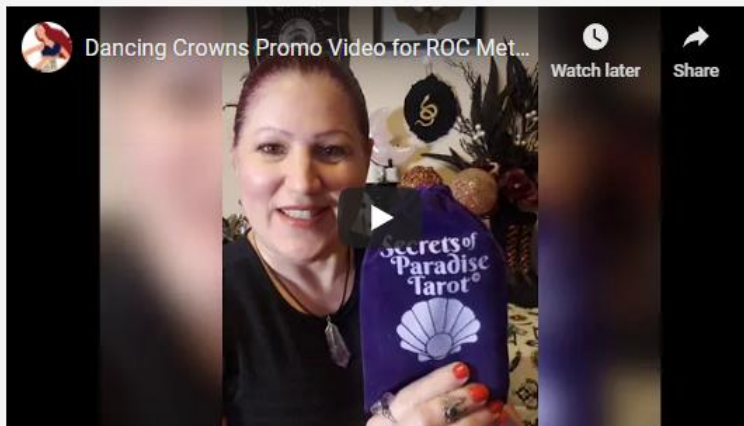
Temple of Truth Church 2 Cook St Freeville, NY 13068
Attunement Spiritualist Church Hampton Inn 5444 Camp Road, Hamburg, NY
1st Spiritual Temple 29 Temple St E. Aurora, NY 14052
The Journey Within North 182 Lincoln Rd Newark NY 14513
Plymouth Spiritualist Church Vick Park A Rochester, NY 14607 -**See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

Get To Know Our Metaphysical Providers



Healthy Alternatives is in a new location, find out more.

Link: <https://www.youtube.com/watch?v=gZU7lKYtMXc>



Dancing Crowns offers a variety of services.

Link: <https://www.youtube.com/watch?v=XoCo91TfXwQ&feature=share> XMA
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Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

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

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

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

ROC Metaphysical Calendar of Events

ROC Metaphysical						
Today ◀ ▶ November 2022 📅						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Stay at Quality Inn Oneonta Co	31	Nov 1 9am Usui/ Holy Fire® III Reiki Mast	2	3	4	5 9am Usui/ Holy Fire® III Reiki Mast 12
6	7 9am Usui/ Holy Fire® III Reiki Mast 7pm Celtic Wisdom Traditions Befon	8	9	10 9am Usui/ Holy Fire® III Reiki Mast 7pm Light Works Meetup In Person	11	12 10
13 IET Master Instructor Class with 9am Usui/ Holy Fire® III Reiki Mast 10am Advanced Reiki Master Trainin 10am Reiki I Certification Class	14	15	16 9am Usui/ Holy Fire® III Reiki Mast	17 7pm Connection to the Divine Femir	18	19
20	21 6:30pm Grounding & Gratitude Medi	22 9am Usui/ Holy Fire® III Reiki Mast	23	24	25 9am Usui/ Holy Fire® III Reiki Mast	26
27	28 9am Usui/ Holy Fire® III Reiki Mast	29	30	Dec 1 9am Usui/ Holy Fire® III Reiki Mast	2	3

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

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