

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

October 2022

Rochester, NY USA

<https://www.rocmetaphysical.com>

"A Day In Bed Ritual" By Mama Donna Henes

"Breathing for Stress Relief" By Wendy Smith

ROC Metaphysical Book Review: "Proof of Spiritual Phenomena A Neuroscientist's Discovery of the Ineffable Mysteries of the Universe" By Mona Sobhani Ph.D.

"We're All Musicians In A Celestial Orchestra" By Anthony Talmage

"Eden Energy Medicine Tip Quick Energy for Clarity" By Michelle Brzezniak

"Sage Wisdom" By Sage Walker

"Raising Your Frequency And What It Means To Your Life Now" By Melissa L. Watkins

"Break Free A Message from the Crystal People" By Dianne Robbins

Channeling By Christia Cummings



ROC Metaphysical October 2022

About ROC Metaphysical



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

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

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

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

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

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

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

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

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

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

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

questions email me at Rocmetaphysical@gmail.com

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

Write and Advertise with Us

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

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

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

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

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Sections



Read Great Articles

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

FIND OUT MORE



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

FIND OUT MORE



Calendar of Events

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

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

FIND OUT MORE

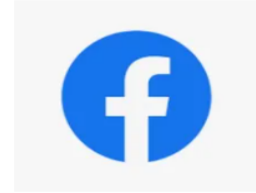
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Now that Google+ is gone the next generation is MeWe. Find us there. <https://mewe.com/profile/5caba69765a0815f48d3d128>



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>

Discernment/Disclaimer

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

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

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Metaphysical Articles for October 2022

Wendy Smith



"Breathing for Stress Relief"
By Wendy Smith

Mama Donna Henes



"A Day In Bed Ritual"
By Mama Donna Henes

ROC Metaphysical Book Review



"Proof of Spiritual Phenomena
A Neuroscientist's Discovery of the Ineffable
Mysteries of the Universe"
By Mona Sobhani Ph.D.

Lee Carroll/Kryon



"The Physics Of The Next 500 Years"
By Lee Carroll/Kryon

Sound Healing



"What Can Sound Healing Do For You?"

Jill Mattson



"The Earth's Tuning Note"
By Jill Mattson

Leo Babauta



"A Guide to Practicing Trust"
By Leo Babauta

Anthony Talmage



"We're All Musicians In A Celestial Orchestra"
By Anthony Talmage

Stacey Duffy



"Spiritual Jargon -102"
By Stacey Duffy

Dr. Judith Orloff



"Sensing The Energy of Others"
By Dr. Judith Orloff

Michelle Brzezniak



"Eden Energy Medicine Tip Quick Energy for
Clarity"
By Michelle Brzezniak

Tom T. Moore



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

Poetry



Poetry By Carolyn Chilton Casas

Monique Lang



"Opinion" By Monique Lang

Doreen Scanlan



"Tarot Tendencies for October"
By Doreen Scanlan

Sage Walker



"Sage Wisdom"
By Sage Walker

Patricia Cota-Robles



"The Greatest Need of The Hour"
By Patricia Cota-Robles

Ellie Blair



"Samhain/Halloween" By Ellie Blair

Melissa L. Watkins



"Raising Your Frequency And What It Means To
Your Life Now"
By Melissa L. Watkins

Rev. Colleen Irwin



"Improve Your Life By Removing The Clutter"
By Rev. Colleen Irwin

Barry & Joyce Vissell



"Can We Be Too Old?"
By Barry & Joyce Vissell

**The art of being
happy lies in the
power of extracting
happiness from
common things.**



HENRY WARD BEECHER



I don't really want to
become normal,
average, standard. I
want merely to gain
in strength, in the
courage to live out
my live more fully,
enjoy more,
experience more.

ANAÏS NIN

**If you're serious
about changing your life,
you'll find a way.
If you're not,
you'll find an excuse.**

**-JEN SINCERO,
AUTHOR**

Channelings

Christia Cummings



Channeling By Christia Cummings

What is Channeling?



What is Channeling and how do they do it?

Dianne Robbins



"Break Free A Message from the Crystal People"
By Dianne Robbins

Pamela Kribbe



"Become Aware of Your Loneliness"
By Pamela Kribbe

Ronna Vezane

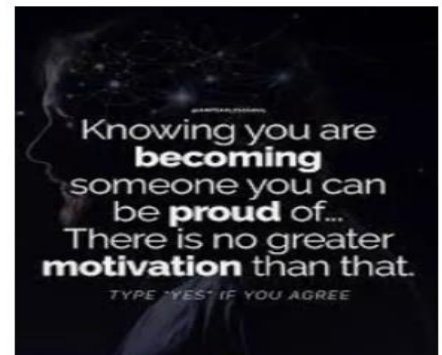
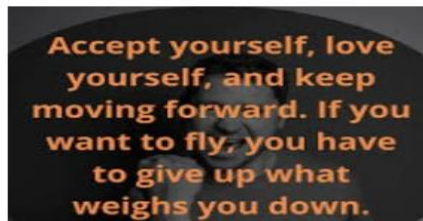
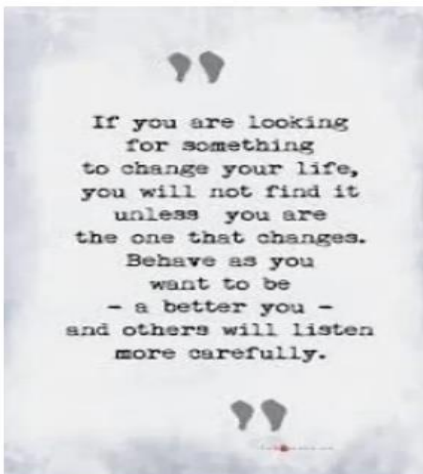


"The Journey Of The Soul"
By Ronna Vezane

Rebecca Couch



"Maintain Balance" By Rebecca Couch



"Breathing For Stress Relief" By Wendy Smith



Box Breathing

Similar to pranayama breath control, box breathing is a technique that helps you take control of your automatic breathing patterns to train your breath for optimal health and performance,” says Mark Divine, former US Navy SEALs Commander, NYT bestselling author and founder of SEALFIT. It combines the practice of optimal breathing with para-sympathetic activation, concentration and mindfulness training. All you need to do is picture a box with equal sides, where the inhale, the holding of the breath, and exhale are all four counts (four seconds approx.). When you find yourself in a stressful situation where you want a quick fix, click on this link and enter the flow of rhythmic breathing.

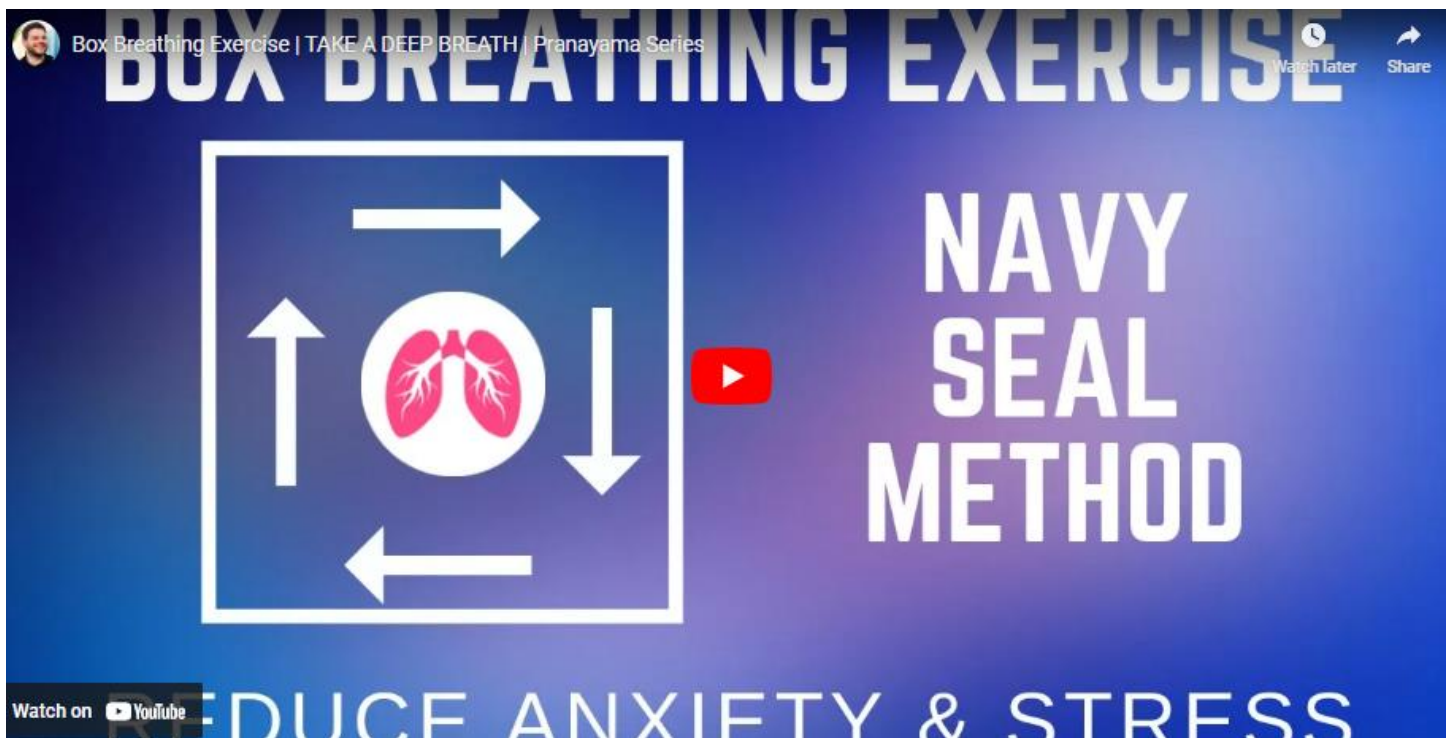
About Wendy Smith: My introduction into the world of Qigong occurred as a result of my own search for healing outside of traditional western medicine.

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 by Wendy



Link: https://www.youtube.com/watch?v=FJJazKtH_9I

"A Day In Bed Ritual" By Mama Donna Henes



On the first page of *Even Cowgirls Get the Blues* by Tom Robbins; his character calls in well to work. He maintains that he just feels too darn good to report for his job. That always struck me an excellent idea. Why waste a perfectly fabulous day in bed when you are feeling too poorly to enjoy it?

For years, I have maintained a Day in Bed ritual practice. There will simply come a day - never predicting which day -- when I wake up knowing that today is my Day in Bed. I know with a deep knowing that if I don't lie down, I will fall down, collapse under the strain.

I do not feel sick, mind you, just out of steam. In my mind, this is not a sick day, but rather, a Well Day, a day to devote to my own inner needs. Over time, I have learned not to fight this overwhelming laziness. I gladly give in and let go of my driven goals.

I get up long enough to make a cup of tea and bring it back to bed with me where I stay for the next 24 hours. Oh, I get up periodically to pee and drink and muster up something to eat, but after each brief foray, I return to bed to spend the day blissfully quiet and alone.

I read. I nap. I write a letter or list or two. I daydream. I read. I nap.

I luxuriate in doing nothing. I imagine myself to be Elizabeth Barrett Browning or Colette or some other fabulously romantic invalid writer propped up on pillows, her devoted dog or cat nestled in the

covers at her feet. Or a privileged consumptive patient pampered in the sanitarium in Thomas Mann's Magic Mountain, eating six cream-rich meals a day and lying down after each one of them.

But of course, thank all goodness, I am not an invalid; I am not even sick. And I intend to stay that way. These short periods of respite and regeneration work remarkably well to keep me cool, centered and balanced. And best of all, I rarely get ill.

This is not to say that I never lose my cool, center and balance. This dis-ease usually happens when I feel compelled to stick to some horrendous schedule -- natural or self-imposed -- where I work until I breakdown. Which is, I guess, why they call it a deadline.

The insidious sickness of the treadmill deadline syndrome is that I delude myself into believing that if I don't do this thing, whatever it is, then no one can, or no one will, or I myself won't do it later. In too many cases, my breakdown takes the form of a fall or other accident of some kind. I literally fall apart, which is my body's undeniable way of reminding me to go to bed every once in a while.

A few years ago, a serious tumble brought home in no uncertain terms the importance of my Day in Bed. Had I been a bit more rested, I probably wouldn't have fallen in the first place. A week before the Summer Solstice, I fell down a flight of 13 stone stairs and sustained a serious concussion. Several people who had had their own concussion experiences told me that it had taken them anywhere from three to six months before they felt fully themselves. Despite the warnings, I was shocked at how long it has taken for me to recover. While I was fortunate not to have had a more severe injury, having your brains all shook up really sends your entire system into shock, a sort of shaky time out of time of disconnect.

That summer was a long and slow one during which I concentrated on healing myself and working to understand and integrate the many-layered lessons of the fall. I had just written an article about my Birthday Book and how I record the process and progress of each year -- what I have learned as well as "what I just can't seem to get through my thick skull." Clearly whatever these falling down lessons were, they were so urgent that it became necessary for me (an

apparently resistant student) to be knocked over the head in order to learn them.

Gratitude, first and foremost, was Lesson Number One. While normally I am quite conscious of my appreciation for my life and living, everyone's attitude of gratitude can stand a periodic upgrading.

I was aware instantaneously of just how miraculously and gloriously lucky I had been. I had thankfully escaped major damage or death. I had been mercifully spared from remembering the actual terrible tumble, saving me from countless frightening flashbacks and nightmares. I had been found and attended to almost immediately by good neighbors. I was nursed and massaged and reiki'd and shiatsu'd and reflexed and blessed and materially supported in every generous manner by friends and students.

Beyond the parameters of this particular incident, I was reminded of how much I love the world, life, nature, creatures, comforts, beauty. Just how precious and tenuous it all is. In light of September 11th, we in New York City are all struggling to keep this crucial 911 emergency lesson foremost in our minds at all times. A fierce reminder of the importance of raising, praising the universal life spirit at every turn, while we can. Be Here Now. Live Life. Be Great and Full.

When I first landed on the granite floor, I thought that I would just sit a minute, catch my breath and then go about my agenda. I would shoulder through, like always. But within hours of the fall it became painfully obvious that there was no way that I could possibly do much of anything for quite a while. And there was certainly no way in the world that I could facilitate a large public Summer Solstice Celebration in seven days time, as I had planned to do, as I had been doing for more than a quarter of a century.

In 30-some consecutive years, I had never missed a single solstice or equinox ritual, come rain or snow or flu or exhaustion or broken ankle. But this time, I simply had no choice. I had fallen down on the job, as it were and my only option was to sit still. Letting Go, Lesson Number Two, was an insistent, obstinate, merciless task mistress who would accept nothing less than total vulnerability, absolute

humility, and hopefully, at the end of the day, some measure of grace.

Although I did miss attending the Solstice Celebration, the sun did not miss me in the slightest. It somehow managed to rise, set, and deliver the summer season right on time without any help from me, thank you very much. All those years, it was I -- my desire and my mission -- who needed to participate with the solar and lunar changes so that I might learn to live in sync with the seasons and cycles of which I am a part.

Asking for Help, Lesson Number Three, always a hard one for me, became much easier after I allowed myself to let go of all those macha martyr assumptions that I perpetrate upon myself. Such as thinking I can be a bottomless source of never-ending energy without ever having to replenish my own reserves. Such as feeling -- like so many caregivers, healers, and light workers do -- that everyone else's needs must be dealt with before mine, me being in the line of service, after all. Such as resisting well-meant offers of assistance and care.

Before the fall, if someone volunteered to give me a massage, I would invariably demure. "Thanks so much. I really appreciate it, but that's O.K." "That's OK?" Meaning what? That I didn't need anything? That I didn't deserve anything? Now, during my summer of healing, I was becoming able to over-ride my ego and say, "Yes, please, I do need help. I am in trouble here. Thank you so much."

Learning how to attend to my own requirements and boundaries and take as loving good care of myself as I do of others is Lesson Number Four. I have been struggling to learn this lesson for decades and have managed quite well over the years to sustain myself spiritually, mentally, and emotionally. It is on the material and physical plane that I tend to fall down. As the I Ching, the Chinese Book of Changes, has reminded me time and time again over the past thirty years, "Feed the cow." How else can the poor dear give milk, after all?

So, the lessons contemplated and understood, if not completely yet integrated, I am now determined to heal myself for once and for all.

It is time. I cannot continue to push myself beyond the max. I acknowledge that I am not omnipotent. That I do need help. That I do have needs, and that I need to honor and enforce them. I promise myself to respect my limitations of strength, energy, time, and resources.

And most important of all, I pledge to sit down occasionally, to lie down more often, to spend as many healing Days in Bed as I need, so that I don't have to fall down to get some rest.

About Mama Donna: Donna Henes is an internationally renowned urban shaman, contemporary ceremonialist, spiritual teacher, award-winning author, popular speaker and workshop leader whose joyful celebrations of celestial events have introduced ancient traditional rituals and contemporary ceremonies to millions of people in more than 100 cities since 1972. She has published four books, a CD, an acclaimed Ezine and writes for The Huffington Post, Beliefnet and UPI Religion and Spirituality Forum. A noted ritual expert, she serves as a ritual consultant for the television and film industry. Mama Donna, as she is affectionately called, maintains a ceremonial center, spirit shop, ritual practice and consultancy in Exotic Brooklyn, NY where she offers intuitive tarot readings, spiritual counseling and works with individuals, groups, institutions, municipalities and corporations to create meaningful ceremonies for every imaginable occasion.

**** Unofficial Commissioner of Public Spirit of NYC. - The New Yorker***

**** For 35 years Ms. Henes has been putting city folk in touch with Mother Earth. - New York Times***

**** Part performance artist, part witch, part social director for planet earth. - The Village Voice***

**** A-List exorcist!" - NY Post***

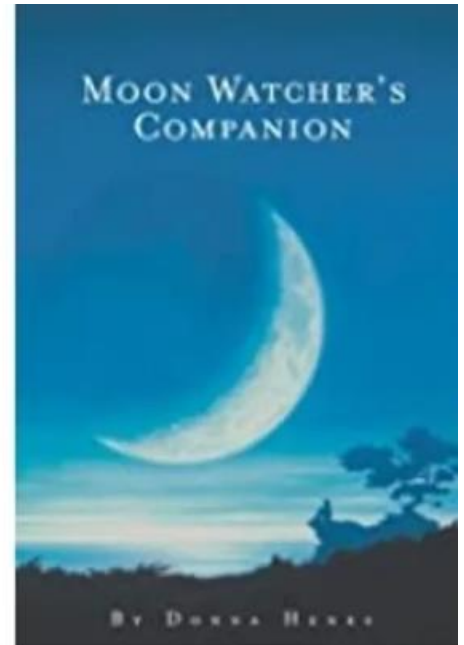
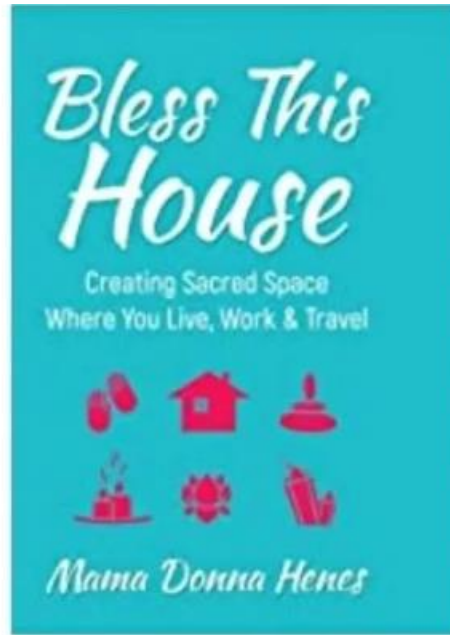
**** The Original crystal-packing mama. - NY Press***

Mama Donna's websites: www.thequeenofmyself.com

www.mamadonnasspiritshop.com

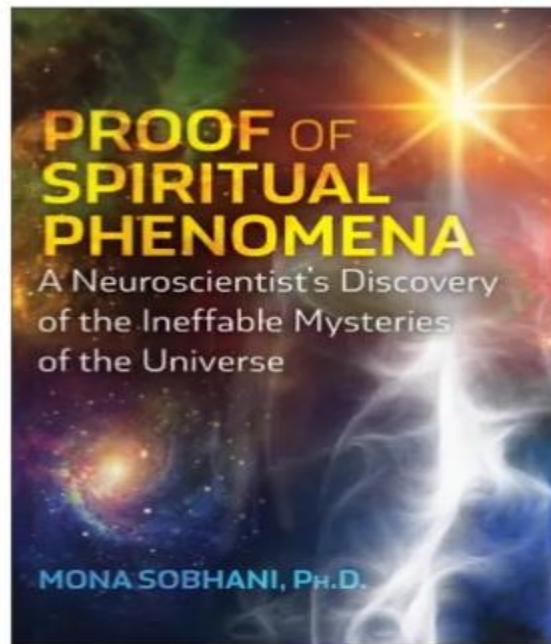
www.treeoflifefunerals.com <https://donnahenes.com>

Mama Donna's Books



[Amazon.com: https://www.amazon.com/Donna-Henes/e/B001H6PZLU?ref=sr_ntt_srch_lnk_1&qid=1664327470&sr=1-1](https://www.amazon.com/Donna-Henes/e/B001H6PZLU?ref=sr_ntt_srch_lnk_1&qid=1664327470&sr=1-1)

ROC Metaphysical Book Review
***"Proof of Spiritual Phenomena A Neuroscientist's
Discovery of the Ineffable Mysteries of the Universe"***



****Editor's Review****

What does a neuroscientist do when she wants to know about metaphysics? Gather info, interview people, read an enormous amount of books and review scientific studies. She didn't realize that this journey was going to turn into a book.

This book is THE ONE book you give someone who is a skeptic. There's always that one person who doesn't believe in the "unexplained.". For example, you had a reading with a qualified psychic medium and they knew things that only you knew that grandma was a singer in a jazz band in the 30's. Or you saw an image of your father who passed away in your home and no one believes you.

Mona covers so many topics in the spiritual/metaphysical realm. This is the book you hand that skeptic.. I love it when science meets the metaphysical.

Down below see the video. I was lucky to have time to talk to her, find out about what started her on the journey and highlights about her book.

Review from Inner Traditions:

- **Shares data and meta-analysis from a large volume of extremely sophisticated experiments that provide proof for the existence of psi phenomena**
- **Explores evidence of past lives, intuitive knowing, and other spiritual phenomena**
- **Reveals the author's own inexplicable experiences as well as her conversations with scientific colleagues, high-level experts, and government officials**

Neuroscientist Mona Sobhani, Ph.D., details her transformation from diehard materialist to open-minded spiritual seeker and shares the extensive research she discovered on past lives, karma, and the complex interactions of mind and matter. She reveals her conversations about spirituality, consciousness, and anomalous occurrences with scientific colleagues as well as high-level experts and government officials, as she searched for proof of a meaningful cosmos. She discovered that psi research has been conducted on a grand scale for more than a century--by hundreds of scientists with hundreds of thousands of participants--and that there exists substantial evidence for the reality of psi. She examines meta-analyses of these experiments, such as that of the Ganzfield tests, which showed the odds against chance of 12 billion to 1--throwing our current scientific materialist paradigm into question.

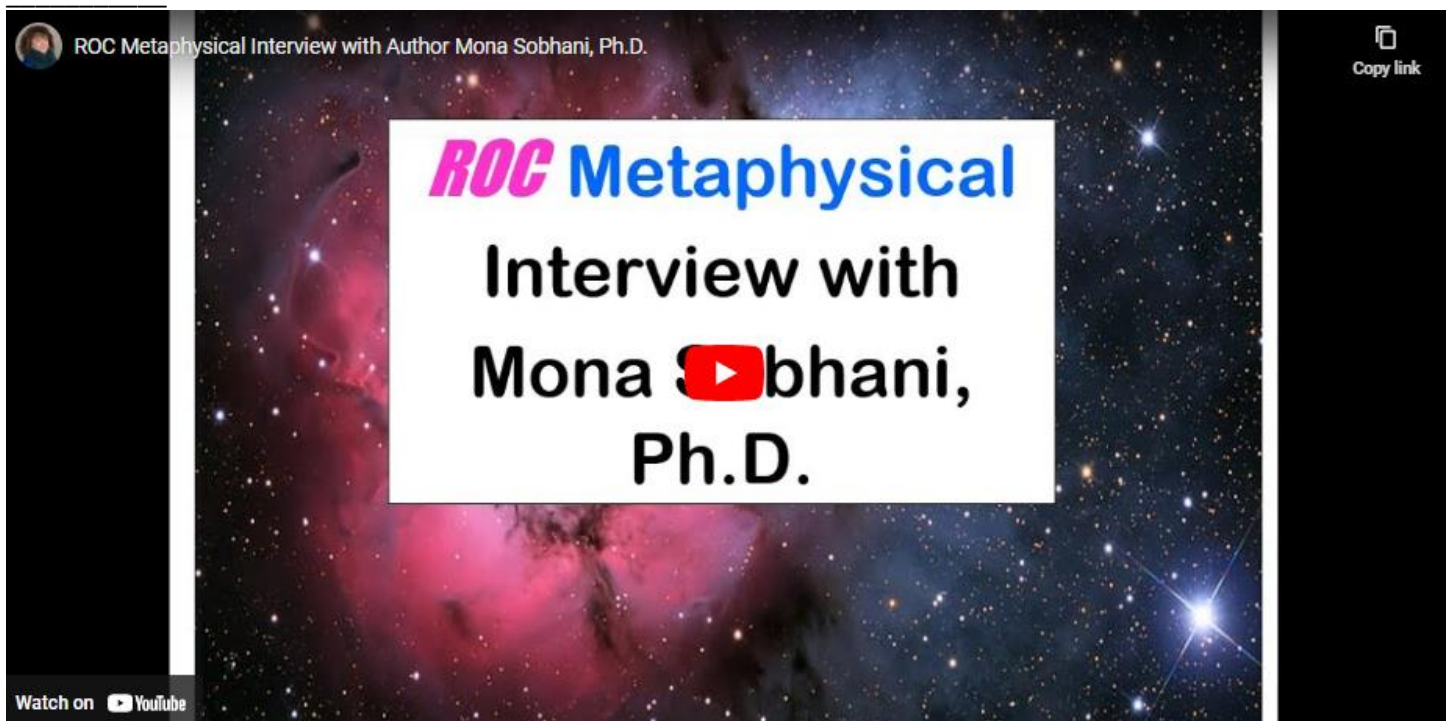
Providing a deep dive into the literature of psychology, quantum physics, neuroscience, philosophy, and esoteric texts, Sobhani also explores the relationship between psi phenomena, the transcendence of space and time, and spirituality. Culminating with the author's serious reckoning with one of the foundational principles of neuroscience--scientific materialism-- this illuminating book shows that the mysteries of human experience go far beyond what the present scientific paradigm can comprehend and leaves open the

possibility of a participatory, meaningful Universe.

What is Inner Traditions: it's a leading publisher of books on indigenous cultures, perennial philosophy, visionary art, ancient wisdom, spiritual traditions, holistic healing, and self-development.

You can purchase the book at Inner Traditions:
<https://www.innertraditions.com/books>

Interview with Mona



Link: <https://youtu.be/F-Lk9F1AitY>.

"The Physics Of The Next 500 Years" By Lee Carroll/Kryon



Greetings, dear ones, I am Kryon of Magnetic Service. Approximately three hours ago, I gave information to my partner about the subject of tonight's channelling. I always like to warn him in advance if we're going to have a science channelling. This is a test for him, to see if he can avoid being nervous. So, indeed, this channel is about physics. It's not going to be a very long channel, but it's going to be remembered. I have selected this time in this place [Moscow] to give this information.

There are always those who would ask, "What does this have to do with my spirituality? Why does an angelic form come in and then talk about science?" Before I am done with this information, I think you'll know. Dear ones, are you really willing to separate physics from God? Is the bias of your three-dimensional existence so structured that you would leave God out of creation? Of course not. But when we start to put these together, there are some who are not interested in the scientific portions. So we're going to make it simple.

My partner often becomes nervous in these discussions because his background does not include physics. So each time we begin to speak of these things, he thinks he's out of his league [not trained]. He is far more comfortable speaking of things of the heart. When we speak of the love of God and the personal attributes of love that each Human has, my partner sees and feels it. He knows it and experiences it. But when we start talking about atomic structure, he gets nervous.

What do you know about physics? Most of you will say, "Very little", but for some of you, "Quite a lot". So for most of you, let us simplify and demystify the attributes of what we will speak of tonight. Physics is the way physical

things work in your reality. So up to now, it has not encompassed more than that. For instance, you don't have a segment for spirituality in physics, and in all fairness, you have yet to see a correlation for this. So there are no classes for that in your schools. In the "boxes of study", your institutions separate chemistry and life science from physics, but here will come a time where the very center of all learning boxes will start with physics, because eventually it will be the common denominator for everything.

I would like to attempt in these few moments to present to you the potentials of your physics discoveries for the next 300 to 500 years. These things happen slowly for you, and right now you think that is a long time, dear ones. However, the lifespan of a single Human Being in what we would call the first-world countries of health is creeping toward an average of 80 years. If you take an 80-year life, how many of those would you have to live to make approximately 300? The answer is less than what you would count on one hand. So in those terms, it's not really that long, is it? Four lifetimes for you. So let me tell you what may occur in that span of time, or what you might see only returning three more times.

You've heard of quantum physics? Let us simplify that and not use the quantum that often. Instead, let us substitute multidimensional physics. So today, most of your physics is single-dimensional physics, up to four dimensions. You live in four (even though you call it three), and it is your common reality - linear 4D physics. The quantum physicists' work beyond the four with multidimensions. Simple. So right now, as you sit here, you're used to certain kinds of things and the way they work. This is about to change.

I'm going to present to you four major discoveries to come, and I'm going to simplify each one so that anyone can understand them. I won't go into the technical minutia of them or the hard science of them. Instead, I'll explain the concepts of them.

Intelligent Design: A New Premise

My partner [in his lecture] mentioned a physicist and astronomer who has looked at the development of life in general and the evolution of the Universe, and he realized it could not have happened in the way you were told [random chance]. The math overwhelmingly proves this new discovery and the statistics of it happening through chance are off the charts. More and more, scientists will start to realize this. At every stage of the evolution of your Universe, your galaxy and all planets and life, there will be a realization, from the staggering statistics alone, that there had to

be a design or bias. Therefore, the term that was used, intelligent design, actually represents a future discovery. We'll talk about that one later.

The ones who visit you from other star systems are smiling, for they know what I'm about to tell you. The "hidden physics" is the basis of their ability to travel and be here. It is also the basis for their ability to have enlightenment. You see, it's multidimensional physics and it is the core of their reality and spirituality. They also know that you won't understand most of it, since it is beyond what you currently will allow yourself to perceive as truth. Where do I begin?

The Quantum Lens

Let us begin with what I have told you before. The first major discovery, which is not that far away, is what I have been talking about for two years. It is an idea that is not new, and it's the ability to see and measure quantum energy. Let us rephrase that. It's the ability to clearly see and measure patterns in multidimensional physics. As soon as you get out of four dimensions [your reality], the perception of it is like a non-defined swirling bubble of things that don't make linear sense - and it's very confusing to anyone who simply wants to stay in 4D. Can you imagine seeing things behave in ways that are "impossible"? This would be a multidimensional reality. The brain must get used to this, and it will. Imagine telling a citizen living in New England only 200 years ago that eventually they could throw voices and moving pictures through the air, and the entire world could hear and see them instantly. Today, you are not impressed by that, for it is your reality. But they would not even believe it, and you would be considered unbalanced! It simply wasn't in their perception of reality for what they were used to.

Human Beings want to count the dimensions. They see many potentials, and they group them into boxes with numbers attached. Now, this is a linear concept and not accurate at all for multidimensional future thinking. However, it's fine to do it, for it suits your "physics comfort level". It helps you to identify the energies that you're feeling and helps you to compartmentalize things. But the truth is this: When you get past four dimensions, everything that follows modifies itself constantly. It's all dynamic, so it may seem uncomfortable for those who need consistency of linearity. It is not linear and it is not countable [you can't count dimensions past the four linear ones you have]. It is a soup of dimensional energy that is constantly changing and interactive with itself. You will eventually see these energies as "quantum patterns".

These quantum or multidimensional patterns will be seeable with an instrument that will be designed with a quantum lens. This will involve what we will call cryo-energy. This is the technology of super-cooling and we've said before that the science of super-cooling has the potential to allow this invention, and the actual lens will be made of plasma. Now, this is part of what we have discussed before, so it's not new. What is new is that we are putting these things together so you'll see a better flow of what is coming and why.

Why is this invention so important? Let us reveal yet again that when this invention happens, this quantum lens, it will not simply be used for physics. It will actually start with astronomy. But eventually, when it is smaller and when it is turned to look upon life, science will see quantum patterning everywhere! Humanity will see it in all of nature and it will be seen in the Merkabah of the Human Being! Imagine seeing an 8-meter wide quantum patterning around each Human! Can you see the beginning of some new, basic science questions? "Is it life or physics? Do we have to re-define life?"

Two More Laws

The ability to see quantum patterning will lead to the second major discovery in physics - the discovery of two more laws. Those laws, as we have told you, are a strong and weak multidimensional force. This will bring the laws of known physics to six (you only have four now) and will bring the concept of multidimensional laws into being. These missing laws will begin to explain a current mystery - missing energy in the cosmos. It's also the beginning of understanding spirituality in physics, but that's going to be later.

These two new laws will finally give a full explanation of the energy you see in the Universe and in your galaxy. Now, I'm going to give you some information that we have not really explained before. You tend to use the word Universe and galaxy as the same; they are not. The physics in your galaxy is not necessarily the physics in all galaxies. Therefore, my advice to you is to constrain your knowledge and your study to your own galaxy. Believe me, there is plenty to see here!

What do the two new laws bring you? The first is the explanation of what dark matter is in the vastness of space. Multidimensional energy is powerful, but it does not match linear models. In the past, the dark matter attribute was seen to be vast energy [based on what it did to things around it], but it was mislabeled as part of a Newtonian 4D-based system, and it's not. It is a nonlinear system that is part of multidimensional physics. The

multidimensional part of the atom is not yet understood. There is energy there, tremendous energy, and the truth of it will explain that which the astronomers see in the sky as dark matter.

The second thing will be the acknowledgement that these two new laws of physics will finally bring you what you have always wanted - Free energy. You have known it intuitively, have you not, that the energy you create on the planet is accomplished in an archaic way? Digging into the earth to burn things for heat is archaic. Everything is about heat, isn't it? Everything is about creating motion with heat, isn't it? These are the things that you understand to make energy. I'm going to make a statement. Everything you think you know about energy right now will someday look like the time when you invented the wheel or even fire. It's that archaic! When you unlock that portion of multidimensional physics, you'll be able to create unlimited energy in a very refined way, without explosions or heat.

Now, there are those who would say that certain inventions on the planet right now have already done that. Not even close! Believe me, not even close. You don't understand the finesse of how to tap into multidimensional forces. You don't have the instruments and you can't see what you're doing yet. You're simply not there yet. "But Kryon, we know how to unlock the energy of the atom. We have nuclear power." [Kryon laugh] Really? You know what nuclear power is? It is a controlled explosion so that you can make heat! It's not elegant, it's dangerous to you, and there are byproducts that can hurt Human Beings. Is this your idea of a good thing? Just think: It's controlling a very dangerous explosion to make steam - the world's most expensive steam engine! Nuclear power. You have no idea.

Let me give you an example of this. Let's say that someone on another planet discovered a piano (pretend with me). They discovered that it could make a very interesting sound. Let's say that this sound was new to this space creature that had discovered it and he found that he could really make this fun sound happen if he pushed the piano off the second floor of a building! The crashing noise, and all of the strings breaking, made music. That's nuclear power. You don't have the elegance to know how to play the keys of the atom. You don't know how to find the multidimensional vibrations that work together, which slowly and elegantly release as much energy as you'll ever need - a concerto of coordinated energy! Now listen, because here's a hint for a physicist who will read this message in the future: You're not going to release energy to make heat. Instead, you're going to make energy that pushes objects around. You will be controlling

mass! Imagine that.

Coherence with Create Source

The third discovery will be what I call coherence with the creative source. It's the attitude of benevolence in creation - intelligent design and more. It's in atomic structure. It's "God in the atom". It's a discovery that will be so profound that it will rock the religions of the planet, and not in a negative way, for God will simply get bigger for everyone.

The discovery that God literally has a part in physics will be provable. Coherence with the creative source creates a benevolence in the way physics works. Physics with an attitude! There will be acknowledgment of divinity in matter. Oh, this is just the beginning! I can't tell you when it's going to happen, for this is the beginning of proof of God in everything.

"Kryon, is that going to upset organized religion?" No! It's going to bring it together. The planet is already a monotheistic planet - one God. In all of the doctrines in all of the religions, one God. You're very ready for what comes next. Religions all over the planet already acknowledge creation from one God. This will be music to their ears! The proof of God in all matter will not upset spirituality, but rather it will bring it together. There will be commonality to celebrate and doctrines will slowly change. Commonality and synchronicity of belief. You see? Now, before this can happen, however, there must be a coherence with each other. These things will not occur while you are still killing each other and hating each other on a large scale. But then, you knew that, didn't you?

What happens to Human Beings when they have nothing in common? They tend to separate and even war with each other. What happens to Human Beings who find they all have something in common? They tend to unite, share resources, and celebrate what they have. Do you see how this might affect planet Earth? Do you see how this might affect you? Old soul, this is what you've been waiting for. Did you really expect it might come from physics? It will! Why wouldn't it? Why wouldn't it? If the study of all things and how they worked revealed God in everything, wouldn't it unite? It makes sense. The common denominator for all things is love.

The Physics of Consciousness

The fourth major discovery on the planet will be the one that happens perhaps last. It will be the realization that Human consciousness will be an attribute of multidimensional physics. Human consciousness, that elusive energy, will be seen as multidimensional quantum physics, with laws and

rules that can be understood, applied, and used.

Do you see how far you can go? Do you see what the Pleiadians have done already? Do you understand why those from the stars will stand back and wait until you discover the things they know? They are not going to give them to you. With free choice, you have to make these discoveries into your reality. But the potentials are already there. These new discoveries in physics have been waiting for you, but you had to pass the marker of the precession of the equinoxes. This was the marker that indicated you had passed an old energy and were able to start a process of solving Earth's problems. This would include the potential to actually change Human nature, allowing for very little propensity for war.

We have told you before that there will be a flurry of old versus new energy and smallish wars all over the planet between both old historic enemies and old historic consciousness. It's after these have finally been settled that these discoveries will take place. Don't worry about the timing, since often an older generation with old ideas has to leave to allow the clearing for the new. We've said it before. The reason why these inventions can only be given to you in a new energy is because with a more mature Human nature, you won't have the propensity to weaponize these things! Instead, you will have the propensity to find out how they can feed you and clothe you and create energy for a population that has decided to live side-by-side in cooperative tolerance.

It's beautiful, isn't it? If you could ask a Pleiadian, they would tell you what it's like to have these things and draw them right out of the atom, including the benevolence of God.

Finally, you'll also have to look at chemistry as a branch of physics. After all, all chemicals on the planet, all substances on the planet, follow the laws of physics. The quantum lens will show multidimensional life in all things, so the chemistry of biology will follow new physics rules. DNA is very special. It is a combination of all the sciences on the planet. It has multidimensional attributes; it is quantum and it has the seeds of the creative source within it. It locks into its memory all that you ever were and will be. It is the most complex multidimensional creation on the planet and, eventually, you will make another discovery - coherent DNA.

Ah, the doctor wants to know [referring to Dr. Todd Ovokaitys, who is present] what this is. Coherent with what? "You can't leave it like that, Kryon. You can't say coherent DNA without labeling what it is coherent with." So I will reveal a little of what he has already seen in his work.

Multidimensional DNA, if it has coherence with certain specific dimensional attributes, will create what you see as magic! You would call it magic because you will see Human DNA start to seemingly evolve. The differences literally will extend life up to four-fold. The difference between DNA working at 30 percent and 90 percent is a dimensional alignment that we will call coherent DNA. Now, I know most of you didn't understand any of that, but he did, and that's the reason he is sitting here, and also for those who will listen to this message in the future.

Finally, let me tell you this: The channels of Kryon will be held [archived] forever. They'll never go away. Long after my partner is gone, there will be an esoteric library, and among the things in it will be the channelling I give you today.

Now, old soul, here is your challenge. When you return, I want you to find it, and I'll give you the reason. It's because the things that I have told you about today will be the proof that this is a real communication. If you see even one of these things come about in the way I have told you, it will push the envelope of discovery - and then you will look for the others. You may not understand any of this today, but within the next life or perhaps the next one, you will. This information will never get old. In the future, there'll be ways of hearing, seeing and reading this message that you cannot even conceive of. The future will be very different, but this information won't go away. The things that I'm saying and presenting today will be proven in time and you will be here to see it. When you hear the word "Kryon", I want your Akash to ring! In this way, you'll go find out what that word represents, and then you might even be reminded of the energy of this day, in this place, in this meeting, where I told you that there would come a time when you'd discover God in everything.

Do you see how this begins to shape an ascended planet? Once you have discovered this, you cannot deny it. You cannot erase what you find out. You cannot suppress it, for everyone will know together, and no one can ever use it against you. The whole planet will slowly start to change its view on who is here and why.

Ask a Pleiadian, for they went through all of this. You might ask, "Do they have these inventions? Do they know all these things?" Of course! These and many, many more. I didn't tell you about the following 500 years! [Kryon smile] The next 500 for you is good enough for today.

There's so much here and it all revolves around you. All of it. It's the Human who is going to make the discoveries. It's the Human who is going

to benefit from the discoveries. You have waited a long time, old soul, for this beginning. Celebrate it!

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=8ZmPRs2wLq0>

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.

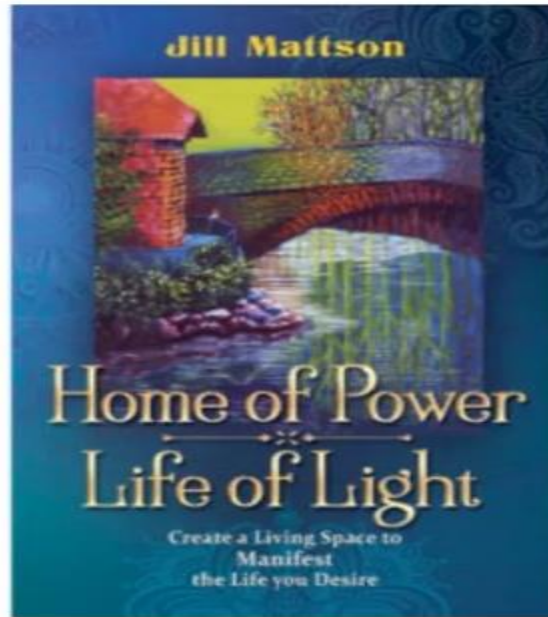
Take some me time and listen to the video.

Video



Link: <https://www.youtube.com/watch?v=W-hrBhA4XkM>

"The Earth's Tuning Note" By Jill Mattson



There are frequencies that affect us like tuning notes - because we hear an abundance of them. One of these is the 7.8 frequency of the Earth, named after physicist Winfried Schumann who mathematically predicted it in 1952. This frequency, called the Schumann resonance, is a global electromagnetic resonance excited by lightning discharges in the cavity formed by the Earth's surface and the ionosphere. [1]

Author Dorinne Davis suggests that people are affected by this frequency, "The Schumann Resonance theory suggests that the entire (human) body vibrates at the fundamental frequency of approximately 8 cycles per second in a relaxed state. One of the ramifications of the Earth's rotation and electromagnetic radiation is that the Earth vibrates extremely close to this frequency. As a result, a synergistic relationship develops between the charged layers of the Earth's atmosphere and the human body." [2]

Author Hans Cousto reflected that electromagnetic impulses from the Earth's atmosphere continuously create octaves of the Earth tone, called spherics. [3] The spherics has a determining effect on our weather. [4] Spherics can also modify the structure of protein molecules. The Earth frequency definitely influences us on multiple

levels.

Mulcachy reviews the significance of tuning to the Schumann frequency, in between the notes of B and C. In a deep meditative state a person vibrates at about seven hertz. This creates a resistance of blood flow from the heart's aorta creating a mysterious standing wave. [5] This slower wave affects other body systems including the brain. A deeper meditative state is achieved when the heart and the brain tune into this frequency.

The Schumann resonance is played to astronauts while in space, and they get sick without this tone. The Schuman resonance has been documented as present, when a body heals itself - perhaps associating healing and the presence of the Schuman resonance.

The Schumann resonance plays softly in the background of the Contacting Angels and Masters CD and also the Deep Wave Body Healing CD - found at JillsWingsofLight.com.

[1] http://en.wikipedia.org/wiki/Schumann_resonances.

[2] Davis, Dorinne. Sound Bodies through Sound Therapy, Kalco Publishing: Landing, New Jersey, 2004. Pg. 228.

[3] Cousto, Hans. The Cosmic Octave, the Origin of Harmony, LifeRhythm: Mendocino, CA., 2000. Pg. 13.

[4] Cousto, Hans. The Cosmic Octave, the Origin of Harmony, LifeRhythm: Mendocino, CA., 2000. Pg. 33.

[5] Cousto, Hans. The Cosmic Octave, the Origin of Harmony, LifeRhythm: Mendocino, CA., 2000. Pg. 37.

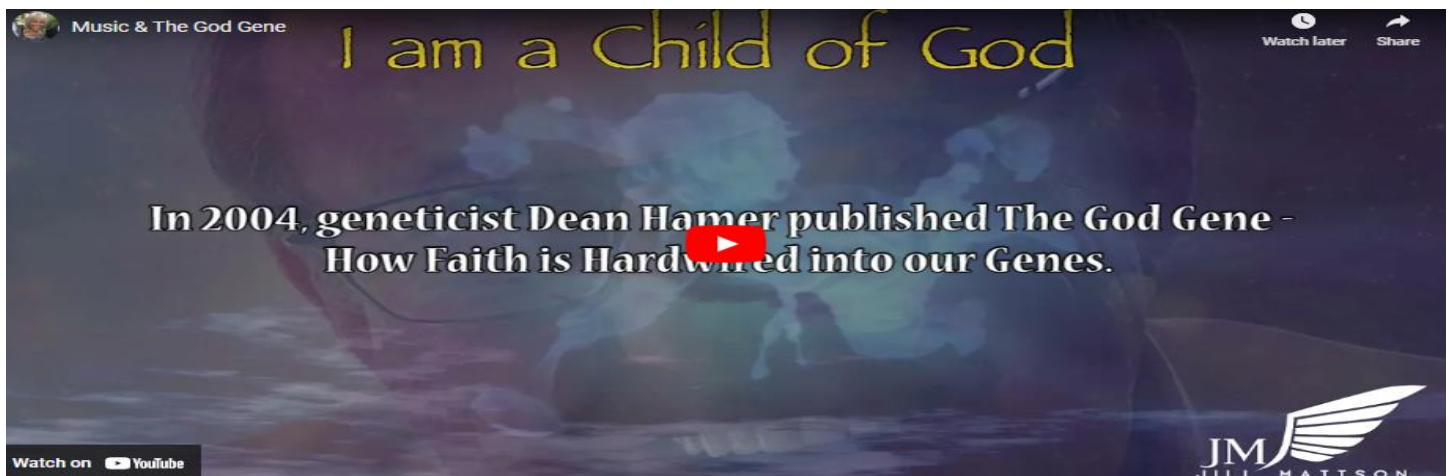
About Jill Mattson: My personal interests in Sound Healing, helping people and expanding consciousness were the result of my lifelong love affair with music, coupled with my personal spiritual quest, which I started in earnest about 40 years ago. I was drawn to the study of antiquity; specifically, I extensively examined methods employing Sound Healing and music to alter and improve mind, body, emotions, energy and spiritual aspects of practitioners' lives. I collected voluminous materials on Sound Healing over many years. This prompted me to write my first book on the field of Sound Healing where I interview leading researchers and scientists in the discipline. Concurrent with my research, I began producing my own Sound

Healing recordings. In the early 2000's I built a studio in my home to record my own compositions. I blend my original music with ancient techniques and embed special sounds in the tracks. The end result is pleasing and beneficial on multiple levels. Many people enjoy the music as a normal listening experience; more significantly, other people have been able to reach new levels of consciousness, peace and wellness by focused listening to my compositions.

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

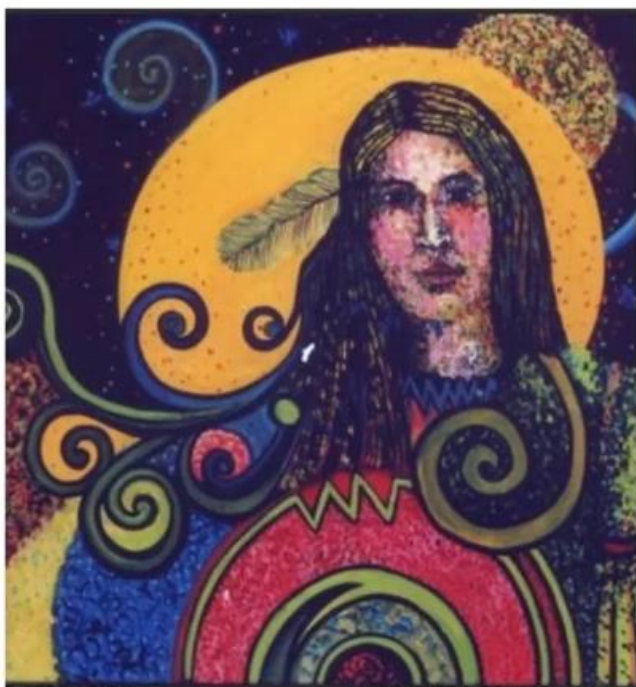
Jill's website: <https://www.jillswingsoflight.com/>

Jill's Video



Link: <https://www.youtube.com/watch?v=5QZD9AV7B3M>

Art By Jill



Go to Jill's website to see all her art work:

<https://www.jillswingsoflight.com/painting-gallery/newest-artwork/>

zen habits by Leo Babauta

“Use Story To Change Your Life” By Leo Babauta



At the core of a lot of our difficulties is a lack of trust — especially trust in ourselves.

Think about these common difficulties that most of us face:

What to focus on: We don't trust our hearts to choose what we'd like to work on right now.

Indecision: We get stuck on indecision because we don't trust ourselves to choose what we really want, and we don't trust ourselves to land on our feet if things turn out differently than we'd hoped.

Procrastination / resistance: We feel resistance to a difficult (scary) task and then avoid it, resulting in procrastination ... because we don't trust ourselves to be with the discomfort, or trust ourselves to handle whatever comes after doing the task (handle criticism, judgment, or any other potential consequences).

Fear or stress in uncertainty / chaos: When things are uncertain, we'll often feel stress or fear. This is from (and understandable) lack of trust in ourselves to navigate that uncertainty and deal with whatever comes up.

Finding focus: Often when we try to focus on something, we feel pulled away in a thousand directions by things we need to take care of ... because we don't trust ourselves to take care of those things later.

If you don't face any of these problems — congratulations! You probably have a ton of trust. But most of us struggle with these on a daily basis. Which means there's an incredible opportunity to practice trust.

In this guide, I'll share why we don't have trust in ourselves or others ... and how we might practice.

Why We Don't Have Trust

If we have a lack of trust, we might be tempted to blame ourselves or feel that there's some wrongness to this lack. But what if we trusted that there are good reasons we don't trust?

For example, what if we were often made wrong by others when we were growing up, and made to feel bad about it? It would make sense that we don't trust ourselves, if other people taught us not to trust ourselves.

What if other people hurt us, betrayed us, teased us, when we were growing up? It would make sense that we don't trust others.

What if we had experiences of failure and embarrassment that felt really intense, and we learned to try to avoid those feelings? It would make sense that we wouldn't trust ourselves to be able to handle those feelings — it felt like we couldn't, in the past.

Our lack of trust makes complete sense, if we could see all the reasons we were taught not to trust. We don't have to analyze those reasons — just trust that we have good ones.

So what can we do about it?

Ways to Practice

Every difficulty is an opportunity to practice trust.

When you face any of the difficulties listed above — or any other struggle — these are amazing opportunities to practice trust.

At any moment, we can practice trust, or non-trust. We are constantly making this choice.

What is the practice of trust?

It's trusting that our heart wants what it wants, and that it's OK to listen to that.

It's a practice of letting go of needing things to go a certain way. Of needing to be in safety or comfort.

It's trusting that we can handle whatever comes up.

It's trusting that we can be with whatever emotions come up for us.

It's trusting that others can have their emotions, be how they be, and we can be with all of that as well.

So ... how can we practice trust in the moment?

When you notice an opportunity to practice (any of the difficulties listed above, for example), pause and think, "Trust."

Take a breath. Become present.

Feel your heart — what does it want? Can you trust what it wants?

Can you trust yourself to navigate whatever uncertainty that comes up?

Can you trust yourself to be with your emotions? To be with the emotions of others?

You might answer "No" to some of these, which is perfectly OK! Allow yourself to be a No for now, if the No is very strong ... but you might consider what it would be like if you did trust. What would you do if you trusted yourself? How would you view the situation differently?

Could you give that a try?

This takes practice. You will gain trust if you take action despite a shaky trust, and learn that you'll land on your feet, or deal with falling on your face. You'll learn trust in yourself to be with whatever shows up, including difficult emotions in yourself or others. You'll start to trust more, if you act with trust. That means a small leap of faith, to start with.

If you can start to trust, something powerful shifts. You start to make decisions more easily, and you can go through your day with more focus and feeling more relaxed. Things that happen aren't such a big deal, not so stressful. You start to flow.

Could you trust yourself to practice trust?

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=1NmfrbbCfpk](https://www.youtube.com/watch?v=1NmfrbbCfpk)

"We Are All Musicians In A Celestial Orchestra" By Anthony Talmage



Some scientists today are coming round to the conclusion that everything in the universe is interconnected and that the isolation and separation of objects from each other is an illusion. Everything - neutrons, protons, electrons, atoms, cells, molecules, plants, animals, people - is all part of a flowing web of interaction.

This supports scientist James Lovelock's Gaia Theory which proposes that planet Earth is a living organism, the seemingly random processes of which work intelligently together to regulate and maintain life. In tune with this theory is the startling research which proved that after devastating conflicts, like World War 1, when men died in their millions on the battlefield, more males were born than females. The Earth is a self-balancing organism.

Controversial biologist Dr Rupert Sheldrake would go further and suggest that the entire universe is such an organism and that everything in it is designed to maintain a celestial balance. He cites the termite mound as an analogy of the superorganism concept of animal societies, which dominated behavioural biology until about the early 1960s. Then there was a shift in favour of the idea that society was merely a series of random interactions among genetically-programmed individuals.

However, Dr Sheldrake and I believe the superorganism concept is closer to the truth. Atoms, molecules, crystals, organelles, cells, tissues, organs, organisms, societies, ecosystems, planetary systems, solar systems and galaxies are all subject to energy fields, operating within one vast energy field, creating a harmony and balance throughout all life.

In fact every molecule in the universe resonates at its own, unique frequency which acts as both a driving force and a means of communication. Individual cells speak to each other in oscillating frequencies. Pessimistic humans may believe they are just individual flotsam on the ocean of life but in truth we are all playing a vital part in a great celestial concert. Every individual is crucial to the quality of the performance.

An analogy can be found in Sheldrake's humble termite mound where individuals each have their roles to play to ensure the well-being of the whole. They are born, nurtured, work, eat, rest, and die. During this process, which matches any animal society, they carry out their functions as if directed by the equivalent of an invisible termite foreman who ensures everything runs smoothly.

Sheldrake's Morphogenic Field Theory explains how termites build adjacent columns, connected by arches the two sides of which meet at exactly the right place in the middle. Termites are blind, and the inside of the nest is dark, so they can't do it by vision. Edward O Wilson, founder of the concept of Socio-biology, considers it unlikely that they do it by hearing or acoustic methods, because of the constant background of sound caused by the movement of the termites within the mound.

Wilson, who represents the 'genetically-programmed individual' school of thought, hypothesises that they do it by smell. And even he agrees that that seems far-fetched.

Sheldrake proposes that the column construction is going on within a social morphic field, which embraces the whole nest and which contains a template of the future arch. And this proposition is supported by a unique experiment carried out in the 1920s by South African biologist Eugene Marais.

In his book *The Soul of The White Ant*, he describes experiments in which he hammered a large steel plate through the centre of a termite mound. The termites repaired the mound on both sides of the steel plate, building columns and arches. Their movements were co-ordinated and, even though they approached the wall from different sides, the arches met either side of the steel plate at exactly the right position as if nothing had blocked their way.

This, says Sheldrake, seemed to demonstrate that there was some kind of co-ordinating influence which was unaffected by outside intervention. Obviously, smell was not the answer, as Wilson suggests, since even termites can't smell subtle odours through a steel plate.

So, if societies ebb and flow in tune with a wider orchestration of human affairs, and every human has a part to play, how do we maintain our individuality? And how do we achieve happiness, contentment, serenity and a sense of fulfilment?

By knowing that our destiny is set out before us and we are each playing a unique role in the unfolding of life on this planet. So go for it in the sure and certain knowledge that there is a power out there ready and waiting to give you a helping hand.

We are getting messages all the time - everything is talking to us, and to receive those messages we must walk in awareness. And listen.

About Anthony Talmage: After many years of researching the metaphysical, esoteric, mystical, occult and paranormal Anthony had a lightbulb moment – he realised that human consciousness has the ability to harness the power of the Universe. His mission now is to help people realise the amazing potential they have within them and go on to have the life they were meant to live.

**And there's a free podcast on his first book here:
<https://www.buzzsprout.com/1742930>**

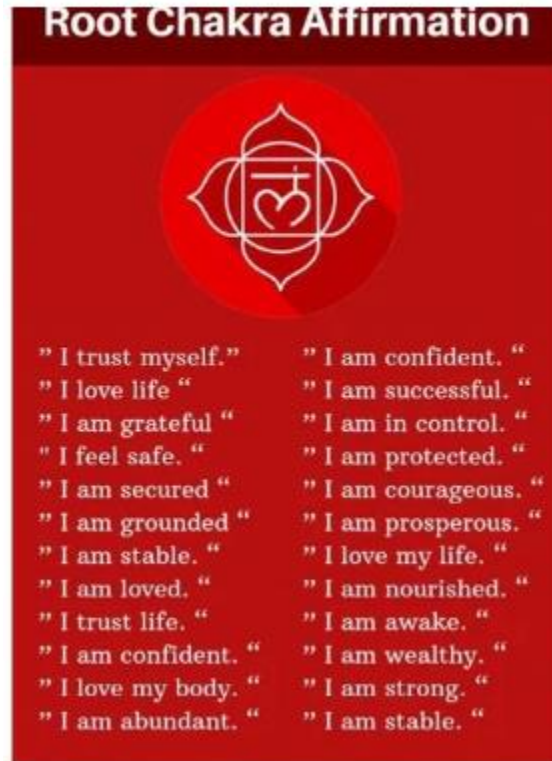
Anthony's Facebook page: <https://www.facebook.com/anthony-talmage>

Anthony's Books



**Find Anthony's books on Amazon:
https://www.amazon.com/Anthony-Talmage/e/B01NBRAHVT%3Fref=dbs_a_mng_rwt_sens_share**

"Spiritual Jargon - 102" By Stacey Duffy



(Yes, I'm late. Apologies, it has been a hectic phase in my life. Did you miss me?)

Term number 2: Grounding

For most, the thought of a 'grounded person' will conjure words like calm, organised, level headed. This, conventional definition, always makes me smile because I used to present as all of the above. 'Head on her shoulders', 'grounded' Stacey. Below the 'together surface', I was stuck in the mind and generally running on cortisol.

I am not professing to know better than greater society but earthing - for me- is a far more personal, far more spiritual than merely being 'together.' It is not simply an outcome, it is a process - a state of being. I was introduced to grounding , after my (first ever) reiki session. Amidst accepting and releasing a great deal I was so overwhelmed. The practitioner told me to go walk on the grass. "It will make you feel better", she said. I looked at her, confused, but, I did as I was told.

Though, I didn't know why, I did feel better.

Now at this stage of my life, I have no doubt that everything is energy and we dance energetically with everyone and everything in the multiverse. I remember walking with my boys when they asked why I touch all the trees and plants. "Because everything has energy", I said. "We can share it." As I walked on I noticed a silence, (when your a mom to two boys- silence induces fear) I turned I saw them standing, eyes closed with their hands on a tree - waiting to feel the energy. 😊 How beautiful!!!

Not everyone will share my beliefs or be as trusting as children, but both Spirituality and Science confirm that all things are made up of energy. No matter which side of the fence you are on, there is evidence supporting the idea that our every interaction is an energetic exchange. Very basically, humans are positively charged and the earth negatively charged. When we are in contact with the ground we release excess energy and balance out. Like yin and yang between us and the earth. 😊

Why should you do it? When I ground, I feel fully connected to the earth. With that connection comes a clarity of mind and profound perspective. As I mentioned in Who am I When I'm Alone I am acutely aware of my tininess in the cosmos. Although life and mind can convince me that difficulties, stressors and dramas are insurmountable, in this space I can see that they will have no impact on the greater picture. When you are grounded you have the ability to step out and see the through the chaos. If you research the benefits of grounding you will be BLOWN AWAY!! 🌀

A word of caution: You cannot take a stroll around the lawn and then expect your problems to be solved. Its about intention. Setting the intention to connect to earth and going through a grounding process. Some like to visualize roots growing from their bodies others picture an anchor ploughing down towards the earth's core and some exercise to ground. There are so many ways - you need to find the one that works. Like I said, it's personal. There is no official procedure, what works for others, won't necessarily work for you. Get into nature (if possible) and try.

I feel the energy in my feet quite quickly. Once Muladhara is charged I often get goosebumps and my breath quickens. Sometimes, it makes me cry. When I'm concentrating I can move it around my body, through the other chakra's. It is a calming force and (as healers repeatedly tell me) I often need it. ☺ Using I AM mantras are a good way to affirm your stability.

I am rooted deep into the earth

I am as stable as a mountain

I am safe and secure

I belong

Lam - cleansing mantra of the root Chakra.

You will know when you are grounded. Once you are in this space you will still have the same problems to face but you will also have the ability to view them differently sans panic and confusion. The truth is I have no patience and get stuck in the mind easily. It irritates me, but its true. If I don't ground I go round in circles and my energy gets blocked. So while words like 'calm' and 'together' are accurate, being grounded depicts the difference between presenting as these adjectives or living them as verbs.

BE THE VERB!

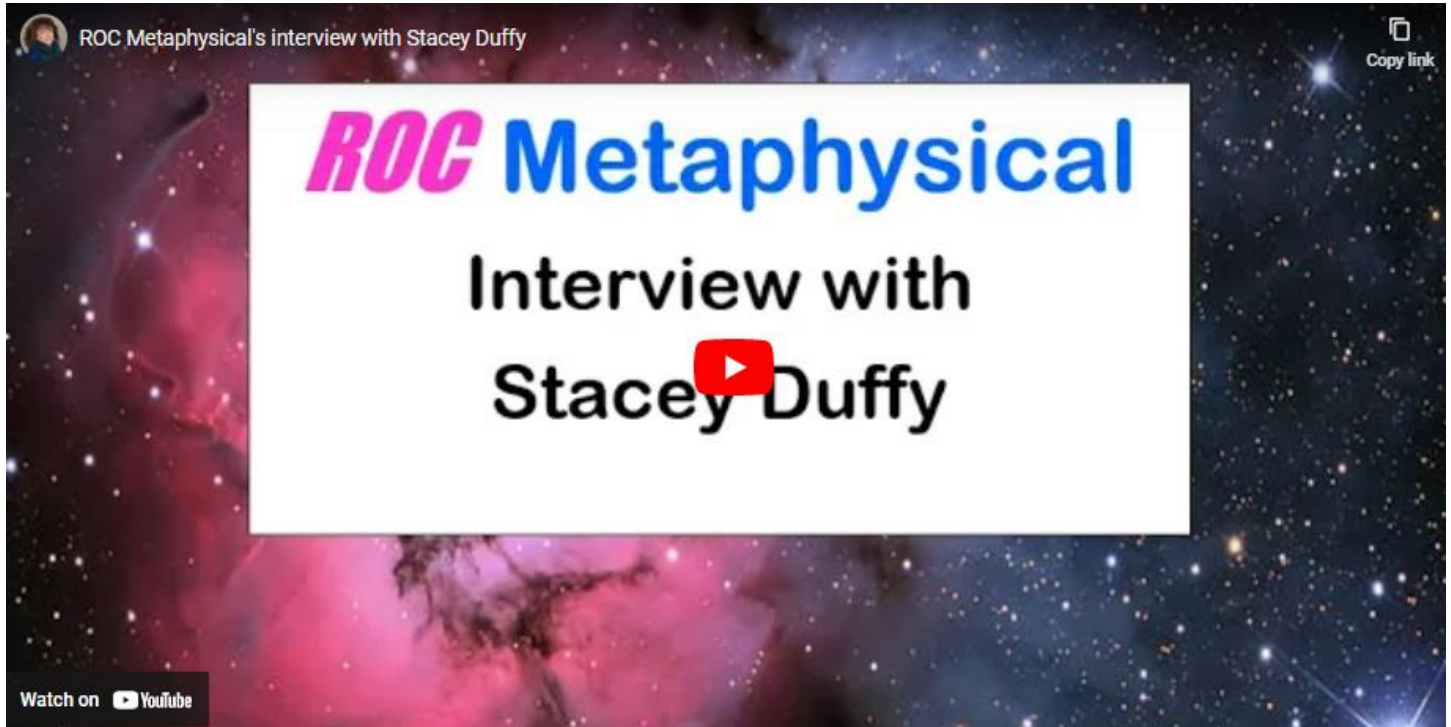
Note: If you can't get into nature, its ok. Don't give up, sit holding a crystal or visualize the roots growing down through the foundations of the building you're in and into the earth. It's about intention.

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

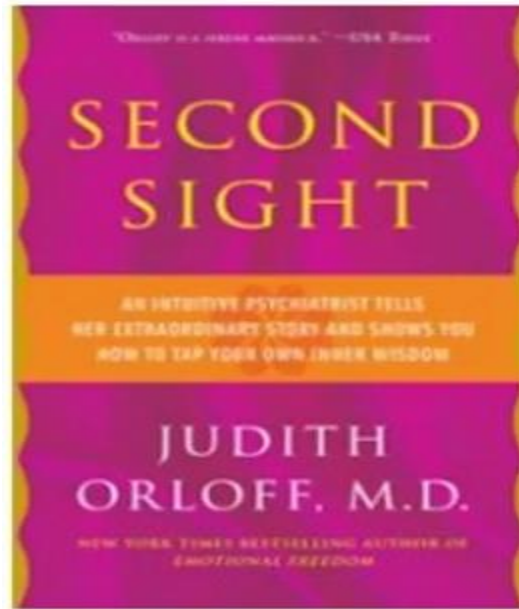
relatable voice of encouragement and confirmations for the many who will undoubtedly question their sanity and resolve as their paths unfold.

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



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

"Sensing The Energy of Others" By Dr. Judith Orloff



Over the many years of developing my intuition I've learned that as one begins to open up to it they start to get a sense of the bliss, joy, and pleasure that is all around them. Many of us cannot let that much pleasure in as we're more comfortable staying with our own problems. I encourage you to develop your intuition and awareness of energy so you can inherently sense the ecstasy that is everywhere. It is in the little flowers, the wind, the forces of nature. There is an ecstasy all around that most people will miss because they live only in their heads and don't know about it. Part of opening to this energy is going further than your head and sensing the larger universe including nature so you can learn to surrender to the bliss that is all around us.

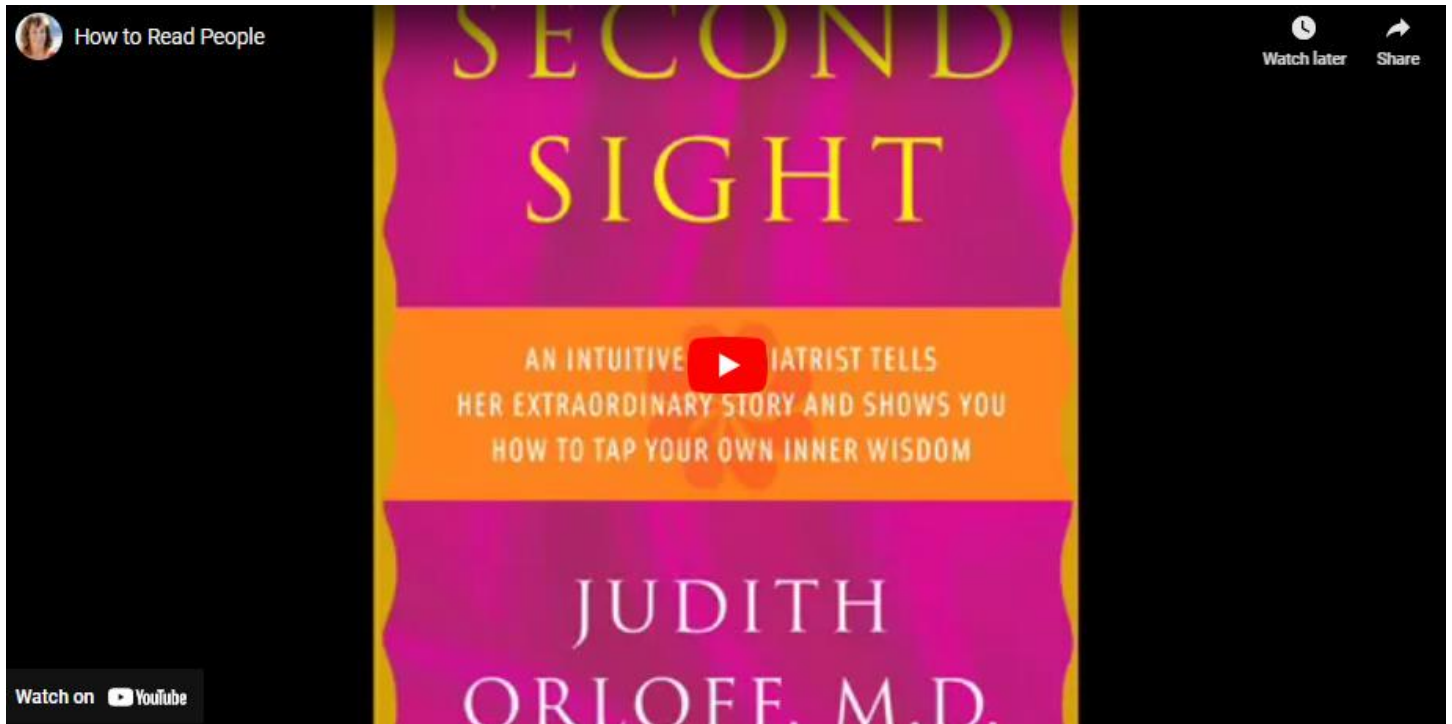
I included the art of reading people's energies in my book, [The Power of Surrender](#). As well below you can listen to a talk from my book, [Second Sight](#) that I gave at the New York Open Center on this topic. Remember you deserve to feel the bliss.

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://youtu.be/bgsRkZ1mMIg>

"Eden Energy Medicine Tip Quick Energy for Clarity" By Michelle Brzezniak



A very integral part of Donna Eden's teaching is her signature Daily Energy Routine, designed to rebuild the immune system, relieve pain, increase vitality and improve clarity of mind. When I discovered the routine, I had no idea I was embarking on a significant healing journey and ending my 25 year cycle of chronic, debilitating migraines. 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. Last month we did the 4 Thumps to help you feel less stressed, more grounded and have more overall vitality. You can still find this tip on my Facebook page, Empowered Energy Wellness. This month I am covering the Crossover Shoulder Pull/Cross Crawl, which are typically done after the 4 Thumps in the routine. You can always do each of the exercises individually as well.

You may have already heard me talk about the importance of keeping your energies crossing over. Crossover patterns, often resembling

figure 8's, occur repeatedly throughout the body, in all directions. Crossovers are found everywhere, on every level of our being, down to the spiraling double helix of our DNA and out to the furthest layers of our auric field.

According to Donna Eden, who can literally see the body's energy systems, when your energies are NOT crossing over they appear to be moving in parallel lines. This pattern is referred to as homolateral (on the same side). If you are homolateral your energy systems and physical processes are operating at less than 50% efficiency. This makes it nearly impossible for your body's inner healer to do its job. It's also unlikely that any traditional or alternative healing methods you might be using will hold long term. If you are homolateral you may lack energy and clarity, your senses may become dull and you may simply feel less alive. In Eden Energy Medicine, deep homolateral energy patterns are often found in those who suffer from chronic illness and depression.

Fortunately, there are simple things you can do every day to encourage healthy energy crossovers...and everyone, whether homolateral or not, can benefit from them! Try some of these simple Eden Energy exercises today...to increase your energy level, heal easier and quicker, improve balance and coordination, optimize brain function and improve performance of your entire body and mind!

With energy work consistency is key, so I suggest you keep crossing over multiple times daily for at least 2 weeks to see if you feel a difference.

Shoulder Pull and Cross Crawl (sitting, standing or laying down, while breathing deeply)

These 2 exercises are usually done together and are very beneficial for anyone to do daily!

- Very firmly drag your fingers from your right shoulder to your left hip (or to left foot) and then drag fingers from left shoulder to right hip (or to right foot).
(4-6 times, once or twice daily)**

- **March in place, crossing the right hand to meet the left knee (or as close as you can on the leg) then the left hand to meet the right knee. (like an exaggerated walk)**

(30 seconds or so, once or twice daily)

Note: If you can, let the arm crossing over pass over your third eye (in the middle of your forehead) as it moves to meet the knee on your opposite side.

Also beneficial: To further encourage crossovers, anytime you walk, run or dance...cross your arms onto the opposite legs.

Tracing figure 8's around eyes (while breathing deeply)

This exercise is very simple and anyone can do it anytime, anywhere!

- **Trace slow, firm figure 8's in any and all directions around the eyes, using the bridge of the nose as the central point. (30 seconds, as often as you like)**

Also beneficial: To further encourage crossovers, trace figure 8's of any size, anywhere across your body or in the auric field. Integrate figure 8's into your daily exercises or chores...or make it a fun dance! You can also draw figure 8's on paper or a white board at school or surround yourself at home with décor made of figure 8 shapes, instead of parallel lines.

Homolateral Repatterning March (sitting, standing or laying down, while breathing deeply)

If you felt uncoordinated doing the Cross Crawl or have any chronic illness, it is likely that your energies are NOT crossing over and are homolateral. If so, do this repatterning march instead of the Cross Crawl. It is a little more involved, but extremely beneficial when used several times daily.

March in place in the following 2 ways (3-4 times a day, while breathing deeply)

- 1. 12 homolateral marches (same side)**

Lift right leg with right arm and then left leg with left arm.

- 2. 12 crossover marches (opposite side)**

Lift right leg to meet left hand and then left leg to meet right hand.

Do 3 sets of both marches above and end with another 12 crossover marches (opposite side).

If you like these exercises, 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. 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: <https://www.facebook.com/eembymichelle>

Interview with Michelle



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

MBO's by Tom T. Moore

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

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

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

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

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

Tom asks that we do this each day:

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

BPs FOR STORM OR TORNADO

Shirley in Red Oak Texas writes: I have said many Benevolent Prayers when a thunder storm or tornado alert was in my vicinity to turn it around or bring it to an end. "I REQUEST A MOST BENEVOLENT OUTCOME THAT THIS THUNDER STORM OR TORNADO BREAKUP AND RETURN TO WHICH IT CAME AND MAY THE RESULTS BE MORE THAN I EXPECT, ANTICIPATE OR HOPE FOR, THANK YOU, THANK YOU, THANK YOU," AND WITHIN SECONDS THE STORM WAS GONE.

BPs TO CANCEL TRASH PLANT SITE

Linda in Halfmoon New York writes: I wanted to let you know that the most recent answered prayer was to stop a development project near me that was to build a trash processing plant to collect and process trash from a 50 mile radius. After I freaked out, I calmed down and said a benevolent prayer for the most benevolent outcome for a trash plant next to me and I asked it not be placed in my town at all. I then said a benevolent prayer to get the information out for others to oppose the project. Finally I also asked a benevolent prayer for the town board and planning board to make the best decisions for the community and environment.

I then wrote a letter to the town board and went to the town board meeting to speak on this project. I said a most benevolent outcome for my statement in front of the board. I posted the project on Nextdoor app and a lady from a large community took a run on opposing the project through her community members. I also said a prayer for guidance of what action to take. Today I found out the project was withdrawn and I can't tell you how happy and grateful I was to hear my prayers answered. I continue to be amazed on how well things turn out when you ask specifically what you want and ask for guidance how to participate. Thank for all you do. BO for your perfect health!

MBO FOR RAISE AND BONUS

Chauncey writes: I request a BP that your healing comes quick and returns you to full health. I have an MBO success story. I few weeks ago I requested an MBO for a substantial raise as well as a bonus for job performance appreciation. As I received my paycheck this week, along with it was a note stating I was authorized to receive a dollar

raise, which was added to this pay period. Not only that, but the raise was prorated back to May 2022, so I also had gotten another check (bonus). I encourage every follower to request MBOs, for the Angels are waiting and listening.

I also have been requesting another MBO, which is a huge deal for my family. I own a lot in a small town in Kansas next to my sister (who of all my siblings is the closest). Can you please share this MBO with your audience? I have requested for the funds to build the perfect home on my land in Norwich Ks with an attached garage to protect my cars from the elements and a finished basement. A fenced in back yard to keep my pets safe from predators and getting lost. Energy efficient appliances as well as water filtration system to filter the harmful chemicals and solar panels/windmill for cheap energy. A sprinkler system to quench the thirst of all life who call the lot their home. May the results come swiftly and be better than I can imagine or expect. Thank You.

MBO FOR MEDICAL PROCEDURE

Larry writes: For my MBO story, I had a recent medical procedure. I had a very difficult time arranging this procedure, but when I was finally able to schedule the procedure, I requested an MBO that I have a quick, easy procedure with a quick and painless recovery.

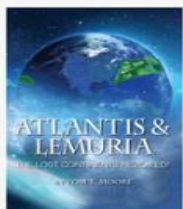
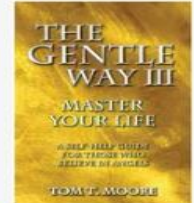
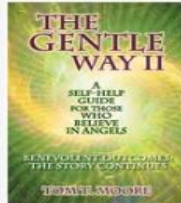
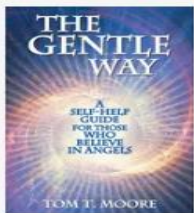
On the day of my procedure, I was scheduled for the second time in the operating room, but the person that was scheduled first was late, so they asked if I wanted to go first. Of course, I did, as I was hungry and wanted to go home and eat, so moving me up by 2 hours was great! My procedure went so well that I left a raving review of the doctors, nurses and staff. When I awoke after the surgery, I felt like I could walk to the car, but I had to be wheeled. I got in the car; my wife drove me home and made me bacon and eggs. They never tasted so good, and my recovery was very quick and easy. My doctor's office made several inquiries to follow up on my recovery, which I explained was quick, painless and easy!

Thank you, Tom, for all you do to make our lives better. Since I discovered the Gentle Way, my life has gotten better, and I really appreciate you, and all you do! MBOs work!

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

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

Tom T. Moore's Books



Tom is also a prolific writer and these books you see can be found on Amazon at:

https://www.amazon.com/Tom-T-Moore/e/B00CR1C231/ref=dp_byline_cont_book

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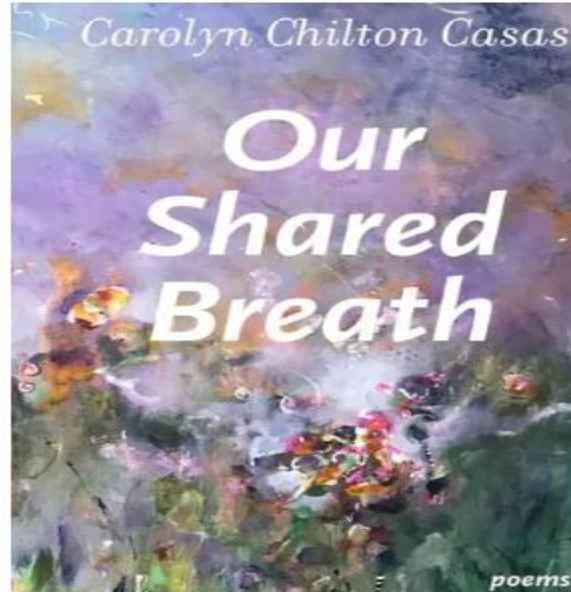


Link: <https://youtu.be/RJHpBt4sTv8>



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

Poetry By Carolyn Chilton Casas



To Leave This Plane Gently

**This morning, what wasn't a sign
leading to our destination?**

**As I'm shown how
to leave this plane gently,
there's no need to find a solution
to what isn't meant to be solved.
How useless it is, attempting
to thwart an innate process
wise beyond my understanding,
one that asks only to be honored.**

**At sunset, a coppery swirl
of brushstrokes, and after, the stars
fixing us in a filament of belonging.**

Of course, everyone wants a miracle.

**What we often get is the cosmic irony
of chasing a chimera
that comes in and out of focus—
the divine caprice**

**of agreeing to exist
at this time and in this space
on our enchanting, perplexing planet.**

**Tsunamis of unknowing,
portals to possibilities, and
the heavens quivering light.**

~ Carolyn Chilton Casas

Ready or Not

**Expect death and every other kind
of calamity.
Ready or not,
they will come.
And even when we see them
approaching, surefire,
it's a rocky, uphill trail.**

**Maybe we don't get blindsided,
but the blow
is still the same.
There's no easy way around that.
Grief is a constant,
slow crawl
through a gauntlet of change.**

**We try to make our peace with it,
or not,
the later not working out
so well.
Whatever is held inside
will surface
onto some other landscape.**

Life can be darn hard.

**But then we hear a child's
mirthful laugh, smell
the sweet hint
of honeysuckle, see
the panorama from a mountaintop
out over a sunlit coast.
And in those moments, we comprehend—**

**yes, our hearts are pierced
by unavoidable pain,
but even more often
by innocent delight—like now,
how the once-a-year blooming
of the lone yucca tree
caresses its lime green leaves**

beside a vulnerable baby blue sky.

~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>

"Opinion" By Monique Lang



This art store facade calls for our attention, as do so many things in our lives.

How do you respond to it?

Do you chuckle and find it fun or whimsical?

Do you find it tacky and obnoxious?

Do you judge what's inside? and/or the person who created it?

Do you wish you could be more 'out there'? are you repulsed by it?

There are no right or wrong answers.

But however we response to anything teaches a lot about ourselves.

And that's the gift of it all

play laugh love

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

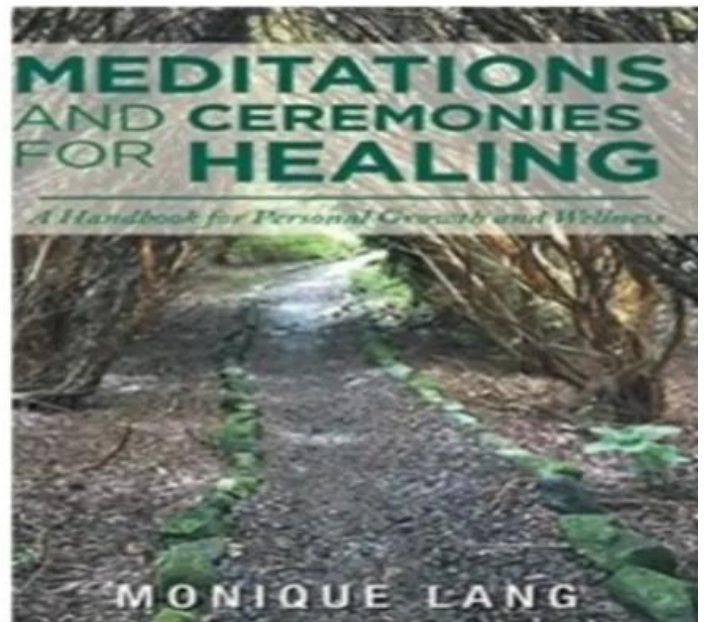
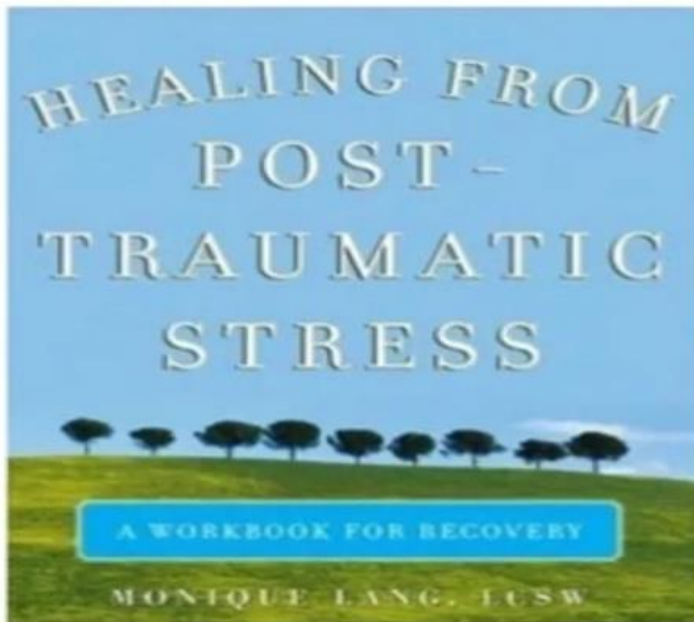
About Monique: Originally trained in psychoanalysis and Gestalt, I am certified in Internal Family Systems, Sensorimotor Psychotherapy, Comprehensive Resource Model and Past Life Regression. I am certified in both Reiki and Shamanic practices and ceremonies. In addition I have been a student of Meditation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

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

Prior to becoming a psychotherapist I was an editor and a security analyst for a financial institution, a translator, an office manager for a community action group and program director in a community center where I developed several programs. These varied experiences have given me a wider lens to understand and connect with my clients. In addition to providing psychotherapy to individuals and couples, I co-leading trips to South America to connect with and learn from Indigenous healers and wise elders, run a variety of workshops, teach clinicians how to use a multi-modal approach in their practices and help individuals and organizations in program visioning and development.

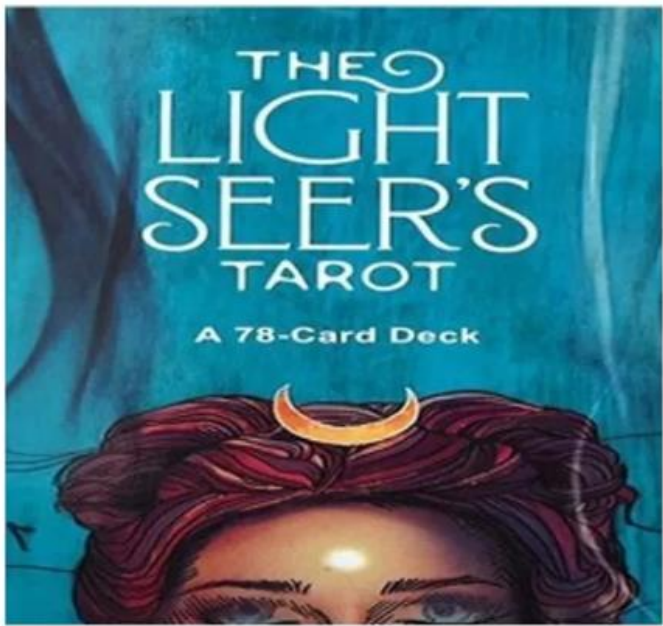
Monique's website: <http://www.moniquelanglcsw.com>

Monique's Books



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

"Tarot Tendencies for October" By Doreen Scanlan



Deck used for September



Actual Card Spread

Happy Fall!

We are entering into a very spiritual time of year. Samhain is a time when the veil between the worlds is thinner and allows us to connect if we allow ourselves. It can be a time of looking back to those who have passed or to look forward and start this new year setting new goals for yourself.

The Chariot is all about moving forward so take what your guides are showing you and make things happen. Try not to be overly judgmental of yourself and your ideas. Just put some of them into motion and see what develops.

Be careful you don't fall into the old patterns of self doubt that slow you down or even worse stall you all together. Forward movement is all that is allowed this month. If you allow this flow you may be surprised how much more inspiration can be yours.

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@yahoo.com and we can schedule one.

"Sage Wisdom" By Sage Walker

YOU ARE AMAZING
and the more you recognize that, the more wonderful, caring, compassionate, powerful, beautiful, attractive, giving, genuine, wise, open, receptive, loving, brilliant, strong, joyous, courageous, inspired, inspiring, amazing you become.

Why are we afraid to be the amazing person you are inside?

We hide parts of ourselves because of fear, doubt, rejection, judgment, and fear of failing and not being worthy. These things only hurt us and stop us from being the best person we are meant to be. They hold us back because we believe them. Each time we are in this belief we stop the path to a better life and allow ourselves to become more fearful.

Remember what others say to us is about them as that's their belief and does not need to be yours. Remember Just acknowledge it and recognize it is their thoughts and know it is not your truth. You then open a better pathway in life. Choose what you believe and allow yourself to have a better life. We need to honor our own thoughts, ideas, and opinions above all others.

When we do this become stronger and grow spiritually. It also opens our path to a more fulfilled life.

**Blessings
Sage**

KNOW THIS WORLD AS ONE

**Know this is one world.
Know that it is time to unite,
As ONE.
It is from the space of one,
In heart, mind, body and soul,
That you heal,
And that the world heals.
Nations lead people,
And it is time,
For people to lead nations.
This is the way of oneness.
To heal it must be from the heart
You must be first.
As you are a light which shines.**

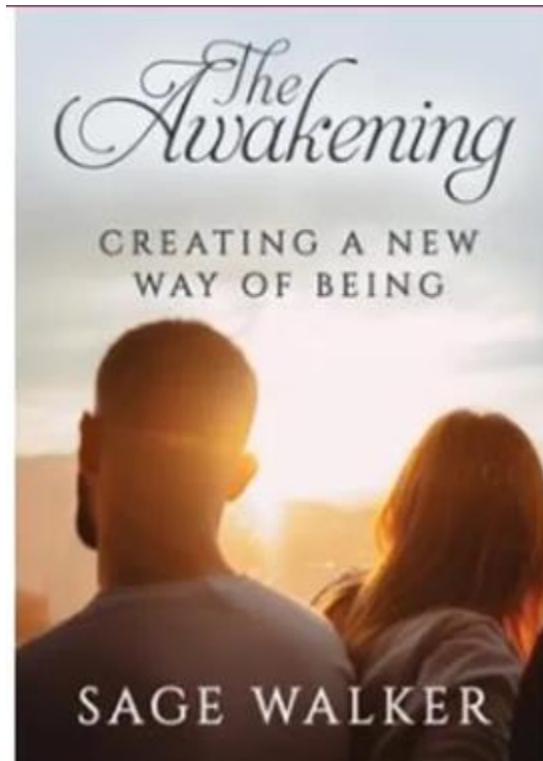
**Give awareness and gentleness to yourself first.
Bathe in the awareness of being important and worthy.
Allow this to expand as you are nurtured.
Focus within and take a golden strand,
For your heart.
Pray as you weave it around the world.
As you play with this,
See it go to every country.
See it anchor awareness and peace.
See it touch everyone.
Know you have the power.
The power of ONE.
As you create awareness and peace
You support everyone.
Encourage all to be aware.
Encourage all to play with the light.
Encourage them to weave this in their own way.
See Know. Feel. Be.
Be the awareness of the power you hold,
Inside your ONE body,
This ONE can change and lead.
Be filled with the courage to go forth and be the ONE.
Be aware. Be Free.
Be the ONE who heals and leads.
Be that ONE in the sea of humanity.**

~By Sage Walker

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

Interview with Sage

ROC Metaphysical Interview with Sage Walker

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"The Greatest Need Of The Hour" By Patricia Cota-Robles



We successfully passed through the 5th-Dimensional Lions Gate during Earth's annual alignment with the Star Sirius in the Sun Cycle of Leo. For several weeks now every person's I AM Presence has been assimilating the incredible assistance from On High that we were blessed with during that passage.

This year as we passed through the Portal of the 5th-Dimensional Lion's Gate, embraced within the Eternal Moment of Now, every person's I AM Presence was given permission by our Father-Mother God to liberate the NEW Heart-based patterns encoded within our Twelve Solar Strands of 5th-Dimensional DNA. The Divine Intent of this Celestial assistance is to prepare Humanity en masse for the events that Lightworkers around the world will Cocreate during the 36th Annual World Congress on Illumination on behalf of those that the Company of Heaven refers to as the Holy Innocents. These precious Sons and Daughters of God include the incoming babies, the children, the teenagers known as Generation Z, and the Millennials. These young people have been uniquely prepared prior to this embodiment to fulfill the facet of Mother Earth's Divine Plan that will complete the purging of the old Earth and the Cocreation of the Heart-based patterns of perfection for the 5th-Dimensional Crystalline New Earth.

In 2018, the Company of Heaven revealed that these young people have unique consciousness codes that their I AM Presence encoded within their Twelve 5th-Dimensional Solar Strands of DNA. This was accomplished prior to this embodiment after their many years of training in the Temples of Light in the Inner Planes. These consciousness codes contain new information, new technology and Divine Wisdom that will ultimately result in viable solutions for all of the human miscreations and the various maladies that a fallen Humanity either inadvertently or deliberately miscreated over aeons of time.

During various activities of Light orchestrated by the Company of Heaven and Lightworkers around the world, in 2018 the Holy Innocents reached a frequency of vibration that allowed their I AM Presence to activate the unique consciousness codes in their 5th-Dimensional DNA. Since that time, the I AM Presence within each One of these young people has been gently Awakening them in preparation for the next phase of their Divine Missions which will be initiated this year during the 36th WCI.

The Solar activity from Suns beyond Suns is increasing at this time. This is creating the opportunity for Humanity to receive higher frequencies of 5th-Dimensional Solar Light Codes from the Portals of the Suns in Earth's Lineage. This includes the Solar Light Codes flowing through the Portals of our Physical Sun – Helios and Vesta, our Central Sun – Alpha and Omega, our Great Central Sun – Elohae and Eloha and our Great, Great Central Sun - El and Ela.

This influx of Light is a catalyst that is allowing every person's I AM Presence to initiate major changes at a cellular level within our Earthly Bodies. These changes are manifesting through our 5th-Dimensional Crystalline Solar Spines, our Twelve 5th-Dimensional Solar Chakras and our Twelve 5th-Dimensional Solar Strands of DNA. These changes are actually altering and recalibrating our nervous systems, so that these pathways will be able to accommodate the greatly intensified 5th-Dimensional Crystalline Solar Light we will be blessed with during the 36th WCI.

At this time, our spiritual brain centers are also being altered in profound ways through this new infusion of 5th-Dimensional Solar

Light Codes. As higher levels of Unity Consciousness now filter into our conscious mind, our I AM Presence is releasing new concepts and visions of possibility in which Oneness, Divine Love and Reverence for ALL Life will become tangible realities for every Human Being.

We are being told from On High that due to the urgency of the hour the Company of Heaven is inspiring Awakened Lightworkers around the world to take full advantage of this powerful influx of Light on behalf of the Holy Innocents and our Sisters and Brothers who are struggling to Awaken. This has provided a collective Cup of Consciousness that is initiating literally thousands of activities of Light designed to raise the frequency of vibration within Humanity's Earthly Bodies.

As we observe the Holy Innocents and the rest of our Sisters and Brothers in the Family of Humanity, it is obvious that many of them are consciously aware of their responsibility. They are responding to their Hearts Call and actively involved in making very positive changes that will affect the lives of Humanity, the Elemental Kingdom and Mother Earth in wondrous and healing ways.

In other instances, we can observe many of these Sons and Daughters of God who are struggling. They are either still asleep and oblivious to who they are or why they are on Earth at this time, or they are tragically being controlled and manipulated by those outside of themselves with dark agendas who are desperately trying to prevent them from Awakening and fulfilling their purpose and reason for Being.

Either way, Lightworkers around the world are being Called to intervene in the plight of these young people and the rest of our unawakened Family. The Divine Intent of this intervention is to help these precious Ones, so that they will be able to receive the maximum benefit from the events Awakening Humanity will Cocreate this year through the unified efforts of Heaven and Earth. This intervention is what the Company of Heaven is referring to as “the greatest need of the hour.”

Throughout the month of September in 2022, the Company of Heaven will guide us through myriad individual and collective activities of

Light that will assist the I AM Presence of every one of the Holy Innocents to lift their head above the effluvia of their own Earthly experiences. As this occurs, they will be able to “see with new eyes and hear with new ears.” Hearing the intuitive inner guidance of their I AM Presence is by far the most powerful and the most effective way of Awakening these young people and reminding them of their purpose and reason for being on Earth during this Cosmic Moment.

Each and every person reading this Newsletter is being Called to assist with this Holy Endeavor. Your I AM Presence has magnetized this information into your sphere of awareness because you have been uniquely prepared to be the Open Door for the Light of God that is needed in order to help Awaken these young people and cut them free from the manipulation and control of misguided forces outside of themselves.

Only your I AM Presence can reveal to you how you can best assist in this essential facet of the Divine Plan for Mother Earth and all her Life. Your I AM Presence knows exactly what you have been prepared to do and how you can help. Please take time every day to go within to the Divinity of your Heart Flame and ask how you can most effectively weave your magnificent Light into this critical need of the hour. Then take the time to listen and to respond. You have been preparing for Lifetimes, and YOU’VE GOT THIS!

We are being assured by the Company of Heaven that the shift that is needed to assist these young people will be accomplished through our individual and unified efforts. Then, everything will be in place for Lightworkers to fulfill the Divine Mission for the 36th WCI which will be held in Santa Fe, New Mexico, October 15-20, 2022. During that powerful week, Lightworkers around the World will be joined by the Company of Heaven as we Cocreate the Divine Matrix that will allow the Holy Innocents to begin tangibly manifesting a “Generational Changing of the Guard.”

This Generational Shift involves the billions of incoming souls who have embodied on Earth since Harmonic Convergence in 1987. These precious Sons and Daughters of God have incarnated in every country and in every condition and situation existing in the world. Millions of them are well aware of the urgent need of the hour and they are now

standing in readiness to assume their place as Transformational Leaders.

Those of us who embodied on Earth to pave the way for this Generational Changing of the Guard are now being Called to Cocreate the Divine Matrix that will assist these young people to fulfill their monumental mission of completing the purging of the old Earth and physically Cocreating the Heart-based patterns of perfection for the New Earth. Each and every one of these precious souls has been uniquely prepared to become a steward of Mother Earth as she heals and is Transfigured into the perfection of the New Earth. This is true whether or not they are aware of this just yet on a conscious level.

Once the Divine Matrix is successfully Cocreated, these young people will begin coming to the fore all over the world and they will bring with them innovative ideas and Heart-based solutions as they replace the Old Guard and the obsolete paradigms of separation and duality that have now been dismantled. They will begin to assume Leadership for all of the various social structures existing on Earth, and they will develop new Heart-based social structures that will improve the quality of Life for ALL of Humanity, the Elemental Kingdom and Mother Earth.

All of the Lightworkers who have been prepared to serve in this powerful way on behalf of Mother Earth and all Life evolving upon her will know who they are through the inner promptings of their Heart Flame. This is true whether you are One of the new generation that will become the Transformational Leaders or One of the precious souls who have been selflessly adding to the Light of the world and paving the way for this essential phase of Mother Earth's Ascension process. This is a critical time for you to listen to your Heart and Trust your inner guidance. Your Light is needed now!

There are various ways you can participate in the 36th WCI. You can physically attend this event or you can join us each morning for a one-hour FREE VIRTUAL online activity of Light. Registration for both of these options are available on our website www.eraofpeace.org.

Dear One, this month please take time every day to go within to the Divinity of your Heart Flame and ask your I AM Presence how you can

most effectively weave your magnificent Light into this critical need of the hour. Remember, you have been preparing for Lifetimes, and YOU'VE GOT THIS!

**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>



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



"Samhain/Halloween" By Ellie Blair



Originating in ancient Europe as a Celtic Fire Festival, Samhain is now celebrated worldwide. The timing of contemporary Samhain celebrations varies according to spiritual tradition and geography. Many of us celebrate Samhain over the course of several days and nights, and these extended observances usually include a series of solo rites as well as ceremonies, feasts, and gatherings with family, friends, and spiritual community. In the northern hemisphere, many Pagans celebrate Samhain from sundown on October 31 through November 1. Others hold Samhain celebrations on the nearest weekend or on the Full or New Moon closest to this time. Some Pagans observe Samhain a bit later, or near November 6, to coincide more closely with the astronomical midpoint between Fall Equinox and Winter Solstice. Most Pagans in the southern hemisphere time their Samhain observances to coincide with the middle of their Autumn in late April and early May, rather than at the traditional European time of the holiday. Samhain also has been known by other names. Some Celtic Wiccans and Druids call it Calan Gaeaf, Calan Gwaf, Kala-Goanv, or Nos Galan Gaeof. Variant spellings of Samhain include Samain, Samuin, and Samhuinn.

With the growth and spread of Christianity as the dominant religion throughout Europe, Samhain time took on Christian names and guises. All Saints' Day or All Hallows on November 1 commemorated Christian saints and martyrs. All Souls Day on November 2 was a remembrance for all souls of the dead. With the coming of Christian Spaniards to Mexico, the indigenous customs of honoring the dead at this time of year mixed with Roman Catholicism and gave birth to the Day of the Dead, *Dia de los Muertos*, in early November. Samhain shares the ancient spiritual practice of remembering and paying respects to the dead with these related religious holidays of

Christianity. Halloween, short for All Hallows Eve, is celebrated on and around October 31. Although occurring at the same time of year and having roots in end-of-harvest celebrations of the ancient past, Halloween and Samhain are not the same, but two separate holidays that differ considerably in focus and practice. Halloween has evolved to be both a family-oriented children's holiday as well as an occasion for those of all ages to creatively express themselves and engage in play in the realm of make-believe and fantasy through costumes, trick-or-treating, storytelling, play-acting, pranks, cathartic scary place visits, and parties.

Samhain Nature Walk. Take a meditative walk in a natural area near your home. Observe and contemplate the colours, smells, sounds, and other sensations and sights of the season. Experience yourself as part of the Circle of Life and reflect on death and rebirth as being an important part of Nature. If the location you visit permits, gather some natural objects upon your return and use them to bring you closer to nature, perhaps as meditation tools.

Seasonal Imagery. Decorate your home with Samhain seasonal symbols and the colors of orange and black. Place an Autumnal wreath on your front door. Create displays with pumpkins, corn stalks, gourds, acorns, and apples. Set candles around your home.

Ancestors Altar. Gather photographs, heirlooms, and other mementos of deceased family, friends, and companion creatures. Arrange them on a table, dresser, or other surface, along with several votive candles. Kindle the candles in their memory as you call out their names and express well wishes. Thank them for being part of your life. Sit quietly and pay attention to what you experience. Note any messages you receive in your journal. This ancestor's altar can be created just for Samhain or kept year round.

Reflections. Reflect on you and your life over the past year. Review journals, planners, photographs, blogs, and other notations you have created during the past year. Consider how you have grown, accomplishments, challenges, adventures, travels, and learnings.

Renovate. Select an area of your home or life as a focus. Examine it. Re-organise it. Release what is no longer needed. Create a better

pattern. Celebrate renewal and transformation.

Bonfire Magic. Kindle a bonfire outdoors when possible or kindle flames in a fireplace or a small cauldron. Write down an outmoded habit that you wish to end and cast it into the Samhain flames as you imagine release. Imagine yourself adopting a new, healthier way of being as you move around the fire clockwise.

Divinatory Guidance. Using Tarot, Runes, Scrying, or some other method of divination, seek and reflect on guidance for the year to come. Write a summary of your process and messages. Select something appropriate to act upon and do it.

Divine Invocations. Honour and call upon the divine in one or more sacred forms associated with Samhain, such as the Crone Goddess and the Horned God of Nature. Invite them to aid you in your remembrance of the dead and in your understanding of the cycle of life, death, and rebirth. If you have lost loved ones in the past year, ask these divine ones to comfort and support you.

Feast of the Dead. Prepare a Samhain dinner. Include a place setting at your table or at a nearby altar for the dead. Add an offering of a bit of each beverage being consumed to the cup at that place setting, and to the plate, add a bit of each food served. Invite your ancestors and other deceased loved ones to come and dine with you. If possible, dine in silence. After the feast, place the contents of the plate and cup for the dead outdoors in a natural location as an offering for the dead.

Ancestor Stories. Learn about family history. Contact one or more older relatives and ask them to share memories of family members now dead. Record them in some way and later write accounts of what they share. Give thanks. Share what you learned and have written with another family member or friend. Add names of those you learned about and wish to honour to your Ancestors altar.

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/>



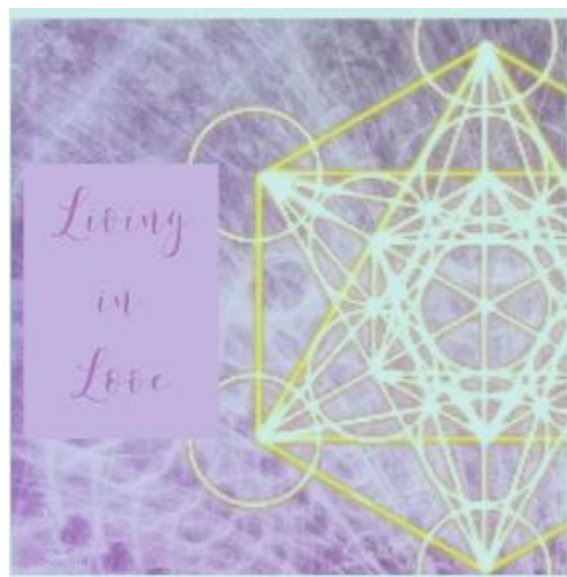
Toast to the Ancestors

*The ancestors have trod the paths
our feet are treading now.
They've known the same
ecstatic joys,
wept with self-same sighs.
Heed their softly whispered words,
knowledge from the wise.
Hear it in the sighing of the trees
blowing in the breeze,
in the patter of raindrops falling.
Hear it calling.*

*To those who came before us,
and those who came before them,
we raise this cup in honor of your lives.
We honor you in the light of Samhain.*

By Ellie Blair

**"Raising Your Frequency And What It Means To Your Life
Now" By Michelle L. Watkins**



Spiritually awakening is unprecedented. There is no precedent. We have no idea what it is or will look like in every case. Each instance is different. Each person takes their own path. Depending on where they come from or how they came to their awakening. There is no one size fits all. Every size is unique. Discovery the journey is part of the process. Some come from religious backgrounds, some come from deep wounds, and some come to it spontaneously.

Our emotions are frequency. Abraham through Esther Hicks brought us the Emotional Scale chart, showing us where our frequency is based on our emotions. Everything has a frequency because everything is energy. Quantum physics is now supporting our connection to our 'etheric' senses: clairvoyance, clair-cognizance, clairaudience, clairsentience, clair-gustation, and clair-olfaction. We are becoming awakened to the Universe unlike ever before. Becoming co-creators of our reality and learning to cooperate with each other and our eco-system, Mother Gaia, allowing us to manifest and live in alignment with where our frequency is in this moment.

Some are still on the lower rungs of the chart in denial, despair, and fear of the changes happening on the Earth plane to all of us. We are all receiving the light codes and downloads to our energetic systems. Some are more ready than others to receive this information. These changes bring uncomfortableness to get us to move up the chart into compassion, empathy and ultimately, Love.

It is this uncomfortableness that leads to the fear. We have been programmed to stay safe in being comfortable with our circumstances because that is what we know. Unfortunately, for some what we know is negative circumstances: abuse, addiction, trauma, pain, which has caused us to get comfortable with those feelings causing us to stay in those frequencies drawing more of those feelings to us through situations that we create in our lives to sustain us in the comfortability of what we perceive as normal.

These energetic light codes being downloaded to us are bringing us to get uncomfortable with our comfortability in the normal that does not serve us or our higher calling of service to humanity. Each person's service will look

different as to ‘how’ they are being of service, however, we are being pushed to be and do more. The ascension is the moving up the chart into higher states of emotion to get us to get comfortable in this new energy or paradigm shift of cooperation, letting go of the competition war-like energy of the last millennia.

We are all being called to ‘shift’ our awareness. For some the process has been in place for decades, for some the process is in process, and for some they are just beginning to understand they are shifting. This is uncomfortability at its core. Only through making us uncomfortable will we make the necessary changes.

One step at a time progress is progress.

Nothing has to be gotten in a day.

Listen to your heart.

Trust your gut.

Find your tribe.

Use affirmations.

Become aware of your thoughts and change negative self-talk.

Meditate. Connect to your breath. Ground.

Use tools: cards, pendulums, oils, smudging, crystals, etc.

Read others’ stories, teachings and be discerning to what resonates with you.

Take classes with gifted teachers.

These are just a few ways to lean into the changes and connection with the Universe. The energy shifts and ascension process will only go forward from this point onward. There is no going back. Learning to navigate these energies and your response to them will be the most beneficial thing that you can do for yourself going forward.

I have created a course, Living in Love, for you to help you where you are at in this process. You can purchase it in the Shop, or you can receive it in the Spiritual Awakening Portal in the Subkit link.

Blessings, M xo

About Melissa L. Watkins: Melissa's Guidance 311 is to help you in your evolution of spiritually awakening. When you are at the beginning of this journey, where do you go? How do you proceed? I am being guided to share my experiences and lessons to help you on your journey through my experiences and lessons guiding you with information and tools to help you. At this time on the planet, we are waking up to becoming consciously aware unlike ever before. We are all being guided to connect to realizing our divinity within through raising our vibrational frequency to be connected and living our life purpose.

Healing our past traumas and dramas will be essential in raising our vibration and I offer Integrated Energy Therapy® as an energy healing modality, working with the angels to transform the “issues in the tissues.”

I have designed classes, meditations, and tools to help you learn to connect with your guides, ascended masters, angels, and crossed over loved ones. We are all hard-wired to connect, but we need to learn the skills, trust the guidance and act on the inspiration to begin to live in alignment...that is why we are here.

Melissa's website: <https://www.guidance311.com/>

***"Improve Your Life By Removing The Clutter" By Rev.
Colleen Irwin***



One area where self-care has a major impact includes the environments where you spend time. Environmental self-care refers to indoor and outdoor locations, where you spend time. This may include at home, inside your car, at your workplace, and any area where you have some measure of control.

While clutter can include a plethora of physical objects, it's important to understand that unhelpful, unhealthy, and inaccurate thoughts contribute to your mental clutter, such as intrusive thoughts.

Simplify

Most people need far fewer things than they think they do. It's so easy today to end up with too many things cluttering up our physical environment, which ironically adds mental pressure, which increases mental clutter with intrusive thoughts. If you have items that you've not used for a full year or more, do you really need them?

Put it On a Schedule

Sometimes doing things that need to be done off schedule can add to your mental clutter. Add anything you want to accomplish to your

schedule instead of relying on yourself to remember or avoid doing too much.

For example, your air conditioner filter needs to be cleaned according to the factory's directions. Put the dates in your schedule, so you know precisely when it needs to be done. Now it can be out of mind until it needs to be in your mind. Scheduling everything you really want to do, whether pleasure or work, is imperative to your success.

Get The Right Tools

Getting rid of clutter sometimes requires that you invest in the right tools. For example, if you need a garden hose, it makes sense to buy the hose and the storage solution to enable you to use it and easily put it away.

This idea works for every physical thing you buy – if you can't also buy a place to store it or the room to use it conveniently, do you really need it? Everything you purchase or use needs a specific area to live in and a time to use it.

Learn to Say No

Sometimes people take saying no as a negative thing, but in truth, you can view it as finding a way to say yes to what you want and need with purpose rather than just learning to say no.

When someone wants your time, or you want to try something new for yourself, before you say yes or no, do your due diligence to find out if this will advance your overarching life goals or roadblock them before you jump in.

Slow Down and Be Mindful

No one can really multitask effectively because it's not a trait human beings possess. Yes, you can do some things simultaneously that don't need your brain to do, like walking and talking or sleeping and breathing – but if you need to switch your attention, it's not really multitasking, and it slows you down and increases mistakes.

When you want to do anything from bathing to bookkeeping, schedule the time to do it, invest in the right equipment to make it simple, and then do it on schedule while focusing only on that one task and not everything else.

Know What You Want

Learning how to set goals is an important part of ending clutter in your life. Learning good goal-setting processes will exponentially improve your life, but setting good goals starts with knowing what you want to achieve. So please spend a few minutes focusing on what you want in life and check to make sure that your actions support what you want to achieve.

Investing in the right knowledge, skills, tools, and equipment enables you to keep your environment clutter-free and care for yourself. Ask yourself questions before you make new purchases or bring something into your environment. One of the first questions to ask yourself is how you will pay for the item. Other important questions include where will you use it most, where will you store it, what will you do with it, and when or how often will you use it? You probably don't need the additional item if you're unsure of the answers.

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

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

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

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

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

Linkedin: <https://www.linkedin.com/in/colleen-i-a563251bo/>

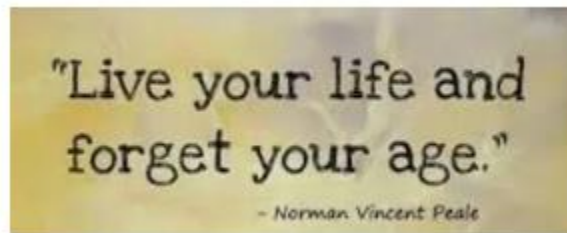
Instagram: <https://www.instagram.com/talkwithcolleen/>

YouTube:

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

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

"Can We Be Too Old?" By Barry & Joyce Vissell



We all know the expression, “You’re as old as you think or feel.” Yes, there’s a physical reality to aging, but even more importantly, there’s an emotional and spiritual reality. Too many people give up on activities just because of age. The real danger here is the giving up on life because we’re too old.

Joyce and I are 76. We can no longer physically do some of the things we used to do. Joyce is a gardener. She grows the most beautiful flowers all around our house. But she no longer has the physical endurance to be out working in the garden as much as she used to. So she chooses the jobs that bring her the most joy, and lets our beloved gardener (a refugee from El Salvador) who comes once a month, do the rest, especially the hard stuff.

True confession: I love softball! I love the feeling of the pitched ball meeting the “sweet” spot on the bat and hitting a line drive into the outfield. I no longer have the strength to hit the ball over the

outfielder's head, or over the fence for a home run. But a clean base hit really does it for me. And I love fielding the ball, getting under the long arc in the outfield, and hearing the snap of the ball hitting the glove (especially when it stays in the glove). Perhaps my favorite is playing infield and the feeling of quick reflexes to stop a hard-hit grounder or line drive.

I gave up softball six years ago when I had too much knee pain. Then I got a knee replacement and was told running would put too much stress on the new knee. But I missed softball too much to completely give it up. This past year, I tried practicing with a local 55-and-older senior league, the Santa Cruz Irregulars, but quickly realized that most of the players were closer to 55 than 76. They were too competitive for me. So I placed an ad on Craigslist for non-competitive softball players, men or women, any skill level. Initially, I made a mistake and titled the ad, "Softball Just for Fun." I got a few legitimate responses, but I also got responses from people wanting fun in other ways. You have to be careful what you put on Craigslist. I quickly changed the ad to "Non-Competitive Softball," and got more appropriate responses.

One of the responders, who has now become a regular, is a man in his fifties who had a stroke. Before his stroke, he was an excellent, and competitive, ball player. Now he can still run to get quickly to the ball, he hits better and farther than the rest of us, but his throwing is the most affected by the stroke. He loves getting out there with us and doing what he still can do.

I mentioned what I love about softball. Now I need to share my limitations. I am by far the oldest person on the field. I love hitting, but I can't hit nearly as many balls as the other players. We have perhaps 75 balls in several crates and buckets for pitching. Aside from the bad pitches, that's a lot of swings. I have to pay close attention to my limit, and stop when my body says stop.

Then there's fielding. I can run, but slowly and for only a short distance. A fly ball to the outfield has to be carefully evaluated. If I can get under it without injuring my knees by running too far or too fast, great! If I can't, and the younger, more competitive, part of me says "go for it, no matter what," I have to choose the wiser path and just let

that ball meet the grass instead of my glove. Nobody's running the bases. Nobody will be judging or heckling me. There's no competition. And it's the same when I play infield. There's even less time to get to the ball before it sails or rolls past me. Same rules apply. If I can get my glove on the ball without stressing, and therefore injuring, my body, therein lies the victory – and the wonderful feeling. The last Saturday I practiced, a ground ball was hit just out of my reach. Instinctively, I quickly removed my glove and threw it at the ball. Miraculously, the ball was caught by the flying glove to the loud cheering of everyone present. It was the “play of the day!”

Okay, enough about softball. I am encouraging the seniors among us to simply modify the activities we love, rather than dropping them completely, or saying “I'm too old for this.” Our bodies need physical exercise. The trick is to combine physical exercise with something you love, and then the physical exercise is no longer a chore. I still love rafting rivers, but now choose easier rivers. I love backpacking into the wilderness, but find the easiest and quickest ways to get into the wilderness areas. A friend of ours loves her Zumba dance classes. She is close to our age, goes almost daily, does the moves that work for her body, and has a blast!

In addition to physical activity, there are mental, emotional and spiritual activities. Don't be tempted to give older age as an excuse for giving up writing, art, music, singing, learning new things, developing a new hobby (or continuing an existing one). Joyce and I sincerely hope we can continue leading our beloved retreats, counseling our clients, writing, and recording our weekly videos for many more years.

Can you be too old? I don't think so.

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.

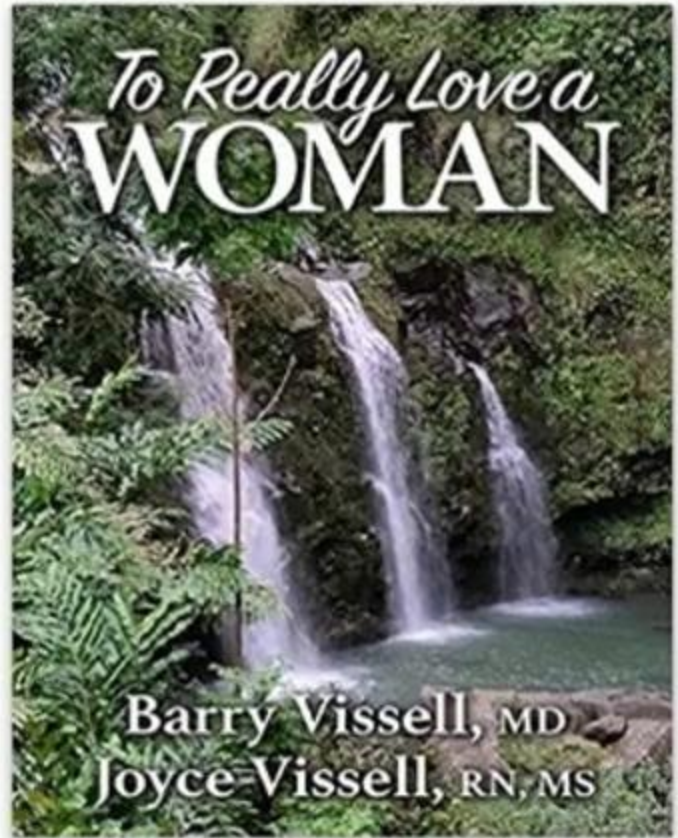
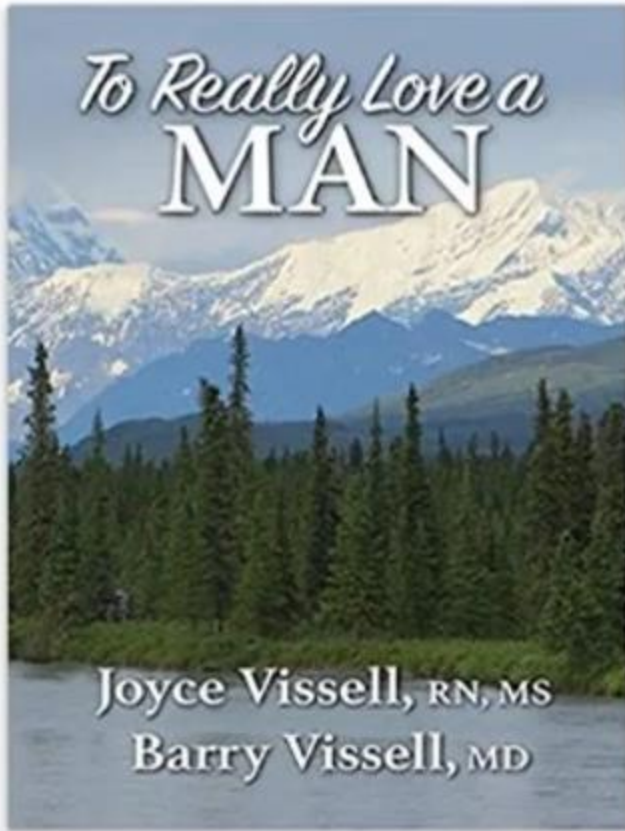
Joyce & Barry's Website: <https://sharedheart.org/>

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 bringers!

We welcome you this day! We ask that you welcome us in this day to your hearts. We are the Golden Angels of Light and we are sending special Golden God Light to each one of you. We understand physical life can be quite a challenge and we want to uplift each one of you. We want you to know you matter and your heart matters. Just being there in the physical you are helping. Just your physical body and presence upon the Earth is enough in this very moment. Please know this, please trust this, please open to receive our blessing to you and your heart. You are loved by all of us here in Spirit, you matter.

Love the Golden Angels of God

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

Become a Patron:

<https://www.patreon.com/ChristiaCummings>

Learn More at my website:

<http://www.christiacummings.com>

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Wear my art on t-shirts, hats, or enjoy on buttons and stickers at:

<http://www.cafepress.com/christiacummings>

Like my facebook page:

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Use my Coupon Code LOVo41 to get \$10 off your first order and choose from hundreds of products from iHerb.com

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>

"Break Free A Message from the Crystal People" By Dianne Robbins



Dearest Folk on Earth,

We are the Crystal People, encased in crystal bodies, waiting deep underground to make your connection to our souls. Yes, we do have souls, as all elements are alive, awake and conscious of the world around them, all vibrating at various degrees of alertness.

Our depth is the cause for our clarity and brilliance of light, for we capture the heartbeat of Mother Earth, and it pulses within our encasement and sheen of pure crystal. We wait here silently, as surface folk go about their business of hurrying and scurrying about to make a 'living' for their very existence, when our existence just is, and we do nothing to stay alive, but bask in the Creator's heartbeat deep within the Earth. It is this heartbeat that generates all we need, and gives us the nutrition, although we don't 'eat' as you do, that we need for our growth.

Our advice to you is to connect to the Creator's heartbeat, through the Earth herself, and you will be fed the food you need for your lightbody to vibrate at the Creator's frequency rather than the low beat of surface dwellers struggling for existence.

All is provided for you, you just forgot. Again, we mention the Anastasia books where she connects fully to the Earth and Nature

Kingdoms and is provided with all she needs on every level.

We watch you from below, and yes, we can clearly see you all, as impossible as you may think this is, for our eyes are not like yours, and we see through our light substance that we are made of. We see beyond what you couldn't imagine is possible – and we hear all that occurs on and in the Earth, for we are great receptors and great beacons of Light, although our bodies are small and diminutive compared to yours. It is not the size that counts, but the frequency of the Being that is encased in the body form. It is consciousness and frequency, and they go together to form the various degrees of Light that emanates from a body.

Bodies are just shells that hold Light, until we all move into our Light bodies that have no denseness surrounding them. As the frequency of Earth rises, humans are shedding their density and slowly rising in consciousness, becoming more and more aware of the Nature Kingdom around them. For you have all been living in a zoo, so to speak, just the opposite of what you created by keeping animals locked up. Well, you have been the ones locked up, with a fence surrounding your senses, keeping you away from the rest of the Nature Kingdom that is free outside the parameters of your perceptual fence that keeps you chained up inside, while we roam freely outside all around you, and you can't even see us, hear us or feel our presence. You are the ones locked up in a zoo, while we are free.

So break your shackles and break out of your self-imposed prison cells, and break free of your mental constraints and meet us now – we are just a step away – and we have been waiting for you for eons of time. It is just a mental prison, a mental zoo you have enclosed yourselves in, and we are here to assist you to break free so that you can mingle with us all – all of Nature is waiting for you, and all of Nature is calling to you to BE WITH US NOW...we are all part of you...and you are part of ALL.

Well, what is keeping you back? Step outdoors and acknowledge our existence and acknowledge all the life teeming around you, just waiting for you to say 'hello'.

We are abundant in stores around you...so go on a 'shopping spree' and buy us, and adorn your bodies with our magical glow, and hold us close to your heart, talking to us and caressing our smooth encasements that hold our great Light which we freely give to you.

Our message to you today is to BREAK FREE OF YOUR ZOO-LIKE EXISTENCE and merge with the life-forms teeming around you. There are hundreds of various forms of Elementals, Faeries, Gnomes, Elves all around you, busily working with the Trees, flowers, plants, grasses, and animals. They are literally surrounding you. They are in every garden, around every Tree. Just be aware of their existence and they will come into focus for you, and you will begin to feel their presence. Oh my, you are 'not alone' at all. If only you could see through 'our eye', you would be so surprised. Nor are you alone in the Universe, as some so foolishly believe.

One of the immutable Laws of Life is that we are never alone in existence. To exist, we must be part of the Whole. So we ask that you step into your 'part' now, which is the 'whole', and commune with us where you will be privy to all of existence and take your rightful place again by being consciously connected to the chain linking all life.

You broke the link. But you can re-connect it through your heart's call. Just ask, and it is done.

Although we leave you for now, we never sever the connection. Our line always remains open, and so must yours. It is called 'the life-line' in human vernacular, isn't it? We bid you to keep the 'life-line' open, since it is your life, and you do want to continue it, don't you? Well, you cannot do it alone, so bond with us now, and we will guide you unerringly every step of the way, right back to the Creator's heart center, located inside you. No distance to travel. It has always been with you. It is you. So claim your divinity now, and you can merge with us in an instant.

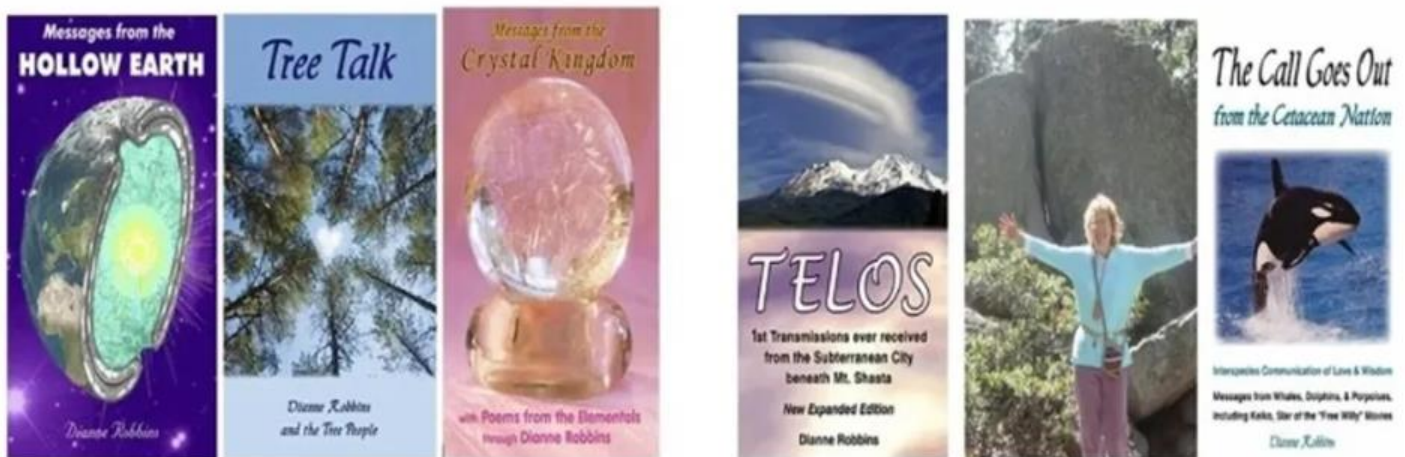
We are the Forces of Light...We are the Crystal People stationed underground and we travel as one...Always.

May your thoughts fly our way. Good day.

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>

"Become Aware of Your Loneliness" By Pamela Kribbe



Dear friends,

I am Jeshua. I greet you all from an ocean of silence and love. This invisible ocean ensures that everything is connected throughout your world. An invisible tapestry, a network of energy, connects everything with everything, and supports all. The consciousness that you seek, and to which you belong, is not bound by time and space. It is also not somewhere else, neither beyond nor above the Earth. It is much closer, yet at the same time you are always separated from it because you are drawn into the world of the senses, the physical world, the voices and sounds of the people and the society around you. And those voices you hear come not only through your ears, they come also from your inner space. Those voices have filled that space, your consciousness, with content: thoughts and beliefs which are not free from fear.

Your consciousness is largely filled with input from outside you, and that input comes from the past and is based on fear. There are all kinds of fear: anxiety about survival, fear of pain and violence, and also fear of rejection, separation, and loneliness. So you see how, in the midst of an ocean of connection and love, you are stranded on a small island of fear and trapped in old beliefs, while not being aware of the underlying unity that supports you. Be aware that you are an island; be aware of your loneliness. In every person lives this pain of

loneliness, of being alone and lost.

Let us now, very consciously, call up that loneliness and not run away from it. *Do not block it out, go straight to it.* You might then notice that before your inner eye appears something, or someone, that represents this loneliness in you: the figure of a human or an animal, or an image from nature. Just look at what reflects your loneliness, that feeling of not being connected to the whole, the feeling of having to fumble your way through the murk. Let this loneliness become larger, and also the fear that comes with it.

The deepest fear in every human being is to be ultimately abandoned: the fear of being ostracized by the whole, rejected by the father-mother of the universe and thrown back upon yourself. It makes you feel as if you are short of oxygen, as if you gasp for breath, spiritually. Your life breath seems lost to you if you are separated from this connection to the whole.

Why do I ask you to become aware of this loneliness? *Because it is something you need to do!* If you remain oblivious to your own deepest pain, you go numb inside. You search outside yourself for ways to make that pain bearable instead of looking for the true connection, the one with the heart of the universe; that which you are part of, along with your soul, along with your soul mates.

Instead of that inner connection, you usually go for superficial, outer distractions. To fill your inner emptiness, you look for success in the field of work, or you attempt to gain social respect, and so you give yourself away. And whether you do that through relationships, ambitions, dreams, or desires, the real problem, the wrenching problem, always remains in the background: *the loss of connection with what is essential, with the Source.*

I ask you to now let go of what seems to be solutions, and instead go to the depth of your own loneliness. Realize that when you enter into this loneliness with your full attention and awareness, you are then no longer alone in the darkness – *awareness brings light.* If you are fully and sincerely present to your own loneliness, you become aware of two extended arms waiting to receive you. It is life itself that

welcomes you and brings you back to your origin, to your Source.

Be fully aware, as you take this step, that you are not only seeing your own personal grief, you are also coming face to face with the common lot of humanity. Lack of connection, separation, and loneliness are the deepest pain in all people. You can read that pain in the faces and the eyes of those around you, and you do not even have to look very deep to see it. However people may live their lives, there is always that lostness in them. This is the sorrow of a world that has become alienated from the most essential thing there is: the feeling of belonging, of being at home somewhere, of being connected in a meaningful way.

You who hear this are called upon to bring this connection back into the world, among people. And you do this by looking directly at the darkness within yourself and receiving it with an open heart. By doing this, you become a gateway for others, a passage that helps them through their loneliness to their own light. Imagine now that angel wings have wrapped themselves around your shoulders. The connection to the One, the warmth of life and the Cosmos, is very close; it has never been far away.

Your society, however, has removed itself from this original energy, has become separated from this connection through movement toward the opposite, and a great amount of grasping for power has been the result of doing that. Power always leads to separation, to feelings of superiority where you conceive yourself being in a higher position than other people, and that creates a separation and an inner void within you. If you feel above another, when you have power over another in one way or another, you break the connection with the other. You are in conflict, in competition, which then becomes a striving to dominate and to avoid being dominated. In every case, it leads to a void that eventually becomes intolerable.

Also, those in power try to acquire even more power. And you can do this for a very long time, but in the end, no one can live without genuine love and connection. The world is still in the grip and thirst for power, which causes immense suffering, pain, and grief. Unfortunately, the way back is not easy to find. After all, when a society has been in the grip of power and powerlessness for a very

long time, a true understanding of what love is, what connection really means, has all but disappeared: *love without manipulation, connection without dependency and conflict.*

What this world, and everyone in this world, needs most is the energy of pure love. But this love is difficult for you to accept, because in the course of time you have lost your way as a result of your mode of thinking, willing, and acting, which has gone off in the wrong direction. That is why I ask you to have compassion for yourself and your own pain, and to understand that it is not just your personal pain with which you are dealing, but also a collective pain: the pain of humanity. If you realize this, you better understand what is at stake: *that what you do is important for the whole.*

Do you dare look at your inner darkness with the light of your awareness? If you do, you break through the pattern of the collective consciousness. You then go back to what was once original and naturally connected with, and supported by, the whole. By going your own way, you not only create your own path, you create an energetic opening for the awareness of other people and you become a pioneer for them.

Take yourself seriously, you are a carrier of light and consciousness. Feel angelic arms around you; feel the energy of Home, of the Source. If you are fully aware of this, you can more easily understand the world around you and see things in perspective. You see the world around you for what it is, and at the same time, you live from your soul and your heart. You will no longer go along with the energies of power and dependence, and you will let go of the struggle with the past. You will then be free, and your freedom serves humanity.

**Thank you so much for your attention.
Jeshua**

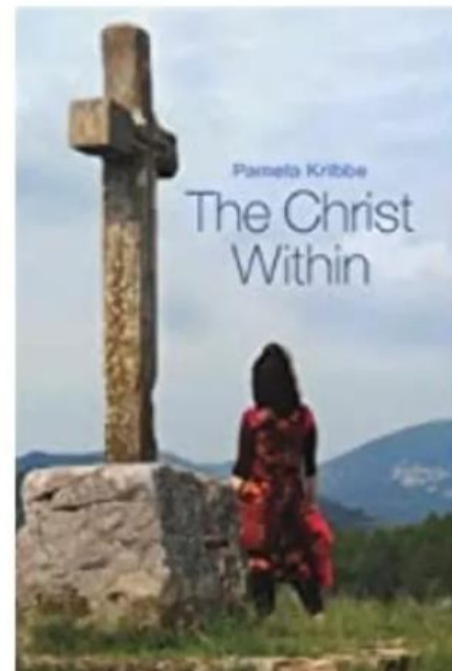
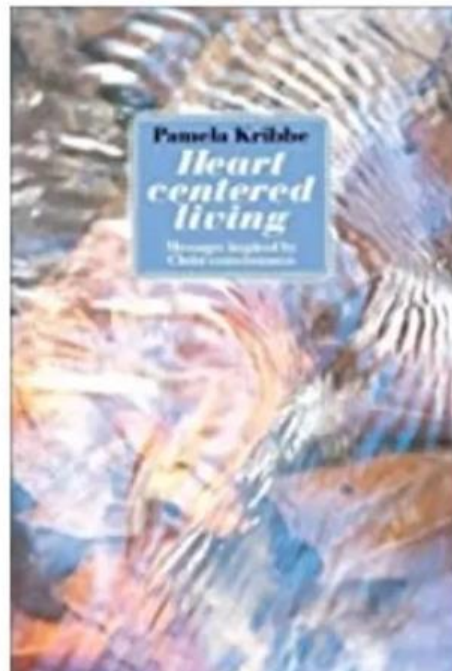
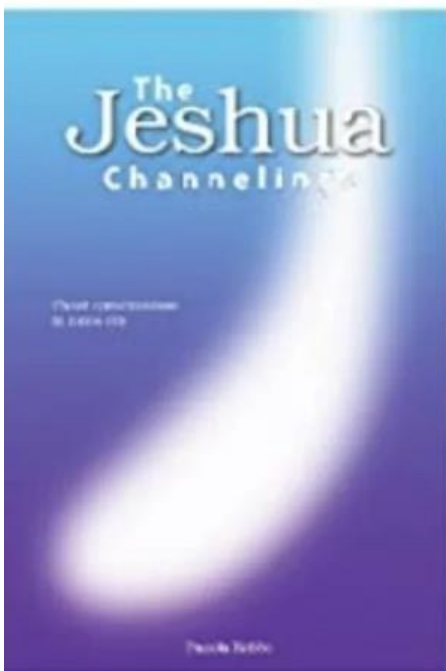
About Pamela Kribbe: Pamela Rose Kribbe works as a psychic reader and healer in her own practice in Tilburg, the Netherlands. She obtained her doctorate in the philosophy of science in 1997, after having studied philosophy at the universities of Leiden, Nijmegen and Harvard (U.S.).

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

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

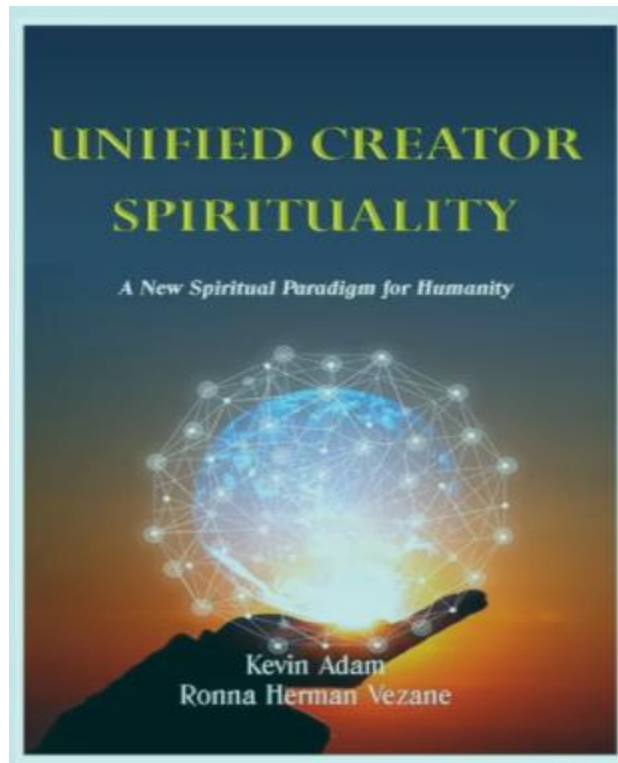
Pamela's website: <https://www.jeshua.net/>

Pamela's Books



Find her books on Amazon: https://www.amazon.com/Pamela-Kribbe/e/BooJ2DHIRY?ref=sr_ntt_srch_lnk_1&qid=1664328954&sr=1-1

"The Journey Of The Soul" By Ronna Vezane



Beloved masters, we have told you that *“You are the Inbreath of the Creator.”* These are unprecedented times, whereby you have the potential to resolve all past karmic issues, to move into harmony with your vaster Being, and to be an integral part of our Father/Mother God’s plan for the expansion of this Sub-universe. Are you ready, once and for all, to let go of all the old restrictions, beliefs and limitations that are keeping you from moving out of the quagmire of pain, lack and suffering? Will you allow your mind and heart to open to the higher wisdom of your Soul and Spirit? The ethers, or higher vibrational fields of consciousness, are filled with vast potential just waiting to be molded into your greatest dreams and desires.

Once again, we will review some of our teachings from the past to assist you to understand the complex *Journey of the Soul* every human Being is in the midst of, whether it be at an entry level of awareness or as an advanced Self-master on the Path. There comes a time when the Soul has reached the furthestmost point of Its experience in separation, fragmentation of Self and the co-creative process within the lower physical realms. The Soul entity is then

ready to begin the process of *“reunification and integration”* for the current *cosmic round of Creation*. The Soul-Self is gradually infused with a Divine discontent which slowly filters into the consciousness of the human mind. Hopefully, that is when the human entity begins to turn inward, to tame the ego personality and reconnect with the Soul, the resident OverSoul/Higher-Self, as well as with the multiple Facets of Its greater Self.

Humanity is in the midst of a *mass awakening*. A transformation of mass proportions has begun, which involves a global, galactic and Sub-Universal reunion – the beginning of an ascension into a heightened state of Creator/Spirit-infused consciousness. At a cosmic level, the Supreme Creator is now sending down the radiance of itself via the Great Central Suns, which is being filtered down upon Earth in great bursts of Cosmic White Fire Essence of Life, through the Sacred Heart Core of our Father/Mother God, by way of the Sun of this solar system.

Your Higher OverSoul-Self could be described as an etheric White Fire Memory Seed Atom of pulsating Life Force energy, which is composed of many smaller Seed Atoms containing your Divine Blueprint for this Sub-Universe. The portion of your Soul-Self that you have embodied (according to your energetic signature) resides within the Sacred Heart, along with your multi-faceted Diamond Core God Cell.

Your Diamond Core God Cell contains the Twelve Rays of God Consciousness for this Sub-Universe: the virtues, qualities, aspects and talents that you are seeking to activate once more so that you may become the proficient cocreator that you were designed to be on the material planes of consciousness. The Soul may be only a small Spark /Facet of Life within the heart area of those who are still ensnared in the illusion of the lower Dimensions. However, as it blooms and blossoms into its full dynamic power, it expands and becomes the “Solar Heart Center,” which encompasses the solar plexus, the heart, and the thymus and throat area. In the past it was called the *Three-Fold Flame*, and the heart has been called the *Seat of the Soul*.

The Soul communicates to you via both your emotional and your mental bodies: the emotions through the heart center, and with the

mind via the pineal gland, thereby igniting the Seed Packets of Light Wisdom stored within the higher vibrational portions of the brain called the “*Sacred Mind*.” When the connection is complete, the physical vessel begins to reap the rewards by way of better health and vitality, as well as a deeper connection with your Body Elemental.

We tell you emphatically that you cannot become a lost Soul or lose your connection with the Creator. You may lose your way, and you may become diminished in Creator Light, but your Soul is immortal and can never be lost or destroyed. You save yourself from pain, suffering and the illusion of being disconnected from the Creator through the integration of your Soul, the multiple Facets of your Higher-Self, and your personal God Ray. The mass consciousness belief structure of the past is slowly being replaced with *Lighter, more refined and liberating thought forms of the new Divine Plan*. It is important that you understand that there are many levels on the spiral of ascension – it is never-ending – as Creation ebbs, flows and evolves.

At a cosmic or Omniversal level, you are *Spirit*, a Facet or a White Fire Memory Seed Atom of Divine Essence sent forth from the heart core of the Supreme Creator. At that level, you are fully conscious of who you are and of your connection with the Supreme Creator; you are aware of and know your “I AM” identity.

At the Universal and Sub-universal levels, you are a Divine cocreator, once more sent forth on a great refracted Ray of Light to manifest *worlds without end* in the name of our Father/Mother God. You are aware of the overall Divine plan for this Sub-universe and the part you are to play in it; however, you may or may not remember your origins or identity at a cosmic level.

As Spirit, which we call your “*God Ray*,” you are a great Being of Light who also sent forth Facets or sub-rays of yourself, leaving *OverSouls* or parts of your *Essence* in different dimensions, galaxies, star systems and worlds throughout this Sub-Universe. In turn, each of these great *OverSouls* also sent forth Sparks or Soul Fragments of their *Essence*.

The current you, now incarnated in a physical body on planet Earth, is one of those *Soul Sparks* who agreed to journey forth into the unknown void, to create diverse worlds, to inhabit them, and then to experience what you helped to create so that your unique experiences can be incorporated into the universal consciousness and ultimately into the Cosmic Mind.

When your physical vessel was first created, the Etheric Body sent forth billions of tiny Elemental Sparks throughout the bodily form. These *Elemental Sparks* were programmed to convey the Adamantine Particles of Light (the gift of life) to all the different parts of the body: the organs, the blood stream, muscles, tissue and bone structure (much as the Nature Elementals transmit the Adamantine Particles of Sun Light to all of the Nature Kingdom, and any Facets of Creation which are *not ensouled with a Sacred Seed Atom of Creator Consciousness*).

The master teachers of the past often made reference to the *Human Body Elemental* and the *Etheric Body* or *Etheric Web*. The deep, esoteric teachings of the past were often written so that only the most advanced students on the Path could decipher the true meaning of the lessons. It is time that those teachings are revealed, upgraded and simplified so that all serious Souls on the Path of ascension can understand, and then gradually integrate them in order to expand their conscious awareness. Gaining the advanced knowledge and then integrating the wisdom from the universal teachings of the higher realms are vital components in the process of ascension.

The ancient teachings state that your physical bodies were originally created from etheric substance. You first came to Earth in your radiant crystalline form, and gradually over many ages you developed your beautiful physical body from the Adam/Eve Kadmon Divine Blueprint for this Sub-universe. *The distortions began as you sank into the density of the lower Fourth and the higher sub-levels of the Third Dimensions. The ego desire body gradually took control of the mental and emotional bodies, thereafter, in each lifetime less and less of your OverSoul consciousness embodied in your Diamond Core God Cell within your Sacred Heart. That process is now being reversed.*

In addition to the four recognized elements – fire, water, earth and air – ether is said to be the fifth element, thus comes the term “etheric.” The Etheric Body or Etheric Web, which is much finer in substance than the earthly body, refers to the invisible counterpart of the physical body. It holds the blueprint for your three lower-physical bodies (physical, mental and emotional). It is sometimes called the “*memory body*,” for it sustains and vitalizes the material form. It is susceptible to your thoughts and emotions, both positive and negative. Disease or debilitation occurs first in the Etheric Body and then gradually infiltrates into the physical vessel. The Etheric Body sustains and vitalizes the components of the physical body, and it controls the digestive and assimilation processes. It also repairs the damage in the physical body caused by the *wear and tear* of living in the Third- / Fourth-Dimensional density.

There was a failsafe program encoded within the Etheric Body so that when you sank so deeply into the density, and you were nearly to the point of self-destruction, your Body Elemental Memory Seed Atoms went into a semi-dormant state – they have remained in that state for thousands of years. Just as you are awakening to your true nature and your Divine state of Being, so is your Body Elemental consciousness. It is gradually beginning to respond to your positive affirmations and the higher frequencies of Light you are integrating.

It is vitally important that you understand that there are subatomic dark crystals throughout the bodily form of everyone who resonates to the lower frequency thought forms. These crystals are packed with negative waste material created and recreated over many lifetimes, some of which are inherited negative patterns that you brought with you into the physical form to heal.

The subconscious mind – your subjective mind – is part of the *Etheric Body consciousness*, and it records and stores everything you experience, what you see, hear, think and feel emotionally. The subconscious mind takes everything literally, and it does not matter if you have experienced an event or just imagined it vividly, the subconscious mind registers it as fact. That is why it is so important to change negative, debilitating, past memories into positive memories. Your thoughts and intentions resonate to specific frequencies, and by changing the frequency patterns you project through the use of will

power and conscious effort, you will gradually create the life, physical health and circumstances you desire.

You will become aware of your physical body consciousness as your Body Elemental wakes up, so to speak, and begins to work harmoniously with you to gradually correct all the miscreations you have created in your bodily form due to erroneous thoughts. Over time, you will gradually become more sensitive to your Body Elemental's signals. Your body cells are all conscious to one degree or another. Some are disharmonious and create chaos and discomfort within, while others resonate in harmony, thereby vibrating at a higher frequency and conveying a sense of balance and well-being. Metabolizing Light is an important, intricate process that is necessary for your well-being. You might say that you have been on a starvation diet of half-spectrum God Light. *Your trillions of bodily cells must relearn how to recognize and utilize Light as a vital energy source.*

The reality of the senses or physical body consciousness: When you are in the flow of Spirit, you will exist very lightly in your body, often with no pain or discomfort. You may experience some diminished bodily sensations, except within the Solar Power Center and especially within the deep Sacred Heart area, where you will gradually begin to feel loving bliss and joy as they blaze forth from our Mother/Father God. More and more frequently you will experience a great sense of well-being, harmony and peace.

Brave hearts, we ask you to study what we have revealed to you over the years, and to endeavor to get the universal schematic we have created firmly established within your mind so that you will be able to understand and implement the next phase of the wondrous cosmic events which are unfolding before your eyes.

*** YOUR GOAL IS TO INTEGRATE THE HIGHER MENTAL BODY, WHICH IS YOUR EN-LIGHTEN-ED HIGHER SELF FOR THIS ROUND OF EVOLUTION.**

*** IN ORDER TO ACCOMPLISH THIS, YOU MUST BRING THE EGO DESIRE BODY INTO ALIGNMENT WITH YOUR SOUL'S DESIRES.**

*** YOU CAN USE FORCE AND RESIST OR YOU CAN TAP INTO THE TRANSFORMING POWER OF LOVE.**

*** STRIVE TO TAP INTO THE WILL-POWER OF SELF-MASTERY, WHICH IS THE COMBINED WISDOM OF YOUR SACRED HEART, SACRED MIND AND YOUR OVERSOUL / HIGHER SELF.**

*** SPIRIT WITHOUT MATTER IS MOTIONLESS. MATTER WITHOUT SPIRIT IS LIFELESS.**

*** YOU ARE PASSING FROM A TIME-ORIENTED, LINEAR WORLD INTO A TIMELESS, FLUID REALITY.**

My brave ones, we know there can be much pain, discomfort and fear as you move through these accelerated processes which are causing the dramatic changes now taking place throughout your world. Know that together we will overcome all adversity. Our mission is to open the way for any dear Soul who expresses a desire to return to harmony. Know that each of you is making a difference. When you doubt, need inspiration or strength, come into your *personal, etheric pyramid of Light in the Fifth-Dimension*, and we will give you courage, lift you up and inspire you. When you feel lonely or unloved, move into your Sacred Heart center, and we will be waiting there to fill you with the radiant love of our Mother/Father God. 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.**

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=2IpAQXp2EOY>

"Maintain Balance" By Rebecca Couch



Beloved,

These are troubled times. It is the boiling up of the broth that emits the steam, but also purifies it in the process. What is no longer required is alchemized into the ethers. Do what you can to stay grounded and centered in these times, however that works for you. The trees and natural elements are masterful at helping with this. Stay in your visceral senses that keep you in your body. Stay hydrated and rested. Be vigilant over your mind that it does not carry you away into lower frequency places. Do not entertain fear in any regard. Remember the pure innocence of the child that plays without outer attention at all? This is a good place to start. Remember those boundary-less, carefree summer days? Find that place of innocent perception within and then overlay your keen sense of intuition and instinct over top of it. Trust that you will be given alarms and guidance as necessary and determine that you will follow those promptings without hesitation now. Keep things simple. Make sure all of your physical, emotional, mental and spiritual needs are met. This is critical at this time, for it sustains you when the rains come and the winds blow. Do not falter in this devotion and then you will have your sense about you and also be there to assist others as required. Your own cup remains full at all times and then you have plenty in the saucer to share with others. No drama. No fear. No sensationalizing. No superfluous energy right now...save it all for

what is most important, and that is to maintain balance. This is the way of the master. Self containment and discipline will forge a clear path for you. Now is not the time for meanderings!

What is taking place in the outer world is the result of the clash of opposite ideals. You need not really know the details, unless you are driven to seek them. You need only know which side you are on – the side that seeks the greater good for all or the side that seeks to divide and conquer for the purposes of power and control? Do you choose love or fear? Do you believe that we are all one or are there a thousand seas that divide us? Make your choice and stick to it. If you are on the side of oneness and love, do not waiver from that team, for it is the high frequency source of that stream that will conquer all. Both sides will get more of what they seek. Pray for all those who do not even know they have a choice to make. Pray for all those who have lost their way. Pray for the darkness to find the light. Accept that all have the great honour of choice and that for them, their choice is right. Not choosing is even a free will choice. Allow this great sorting to take place and witness the miracle of goodness to arise. This is the time of the great sorting and you will rejoice in the outcome. Remain strong in the storm and know that all is well. All is always well. Even when, on the outside, it appears otherwise.

Stay strong and clear in your intent. Do not waiver warriors of the light. You've got this.

We are always with you and remain steadfast throughout.

The Council of Light Within

About Rebecca Couch: Rebecca Couch is a visionary artist whose gift and passion is working with individuals and groups to counsel and teach the application of spiritual principles in everyday life. As a conscious channel, Rebecca writes messages from *The Council of Light* and also creates *Soul Portraits* that are written and painted portraits that provide guidance and insight to aspirants on their path. She is the co-founder, with her husband Dean Noblett, of *HeartLight - Living from the Heart*, a centre for metaphysical study that provides personal counselling and energy work, meditation classes, New Earth activations, Reiki training, Language of Life personal and business

seminars, Spiritual Safaris to sacred sites in the US, Canada and Australia, spiritual art classes and a specialized on-line Mastery Program.

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



BUSINESS ADVERTISING



Past Lives And Planets

Past Lives and Planets with Sophie

<https://pastlivesandplanets.com>

pastlivesandplanets@gmail.com

One of my services is past life astrology. When I provide a past life astrology reading, I look at your birth chart and choose at least three to four of your past lives that I see in your chart. The birth chart is sectioned into 12 areas, called Houses. I also explain your north and south node, and their placement along with what planets may affect you even asteroids.

I have training in crystal astrology and tarot courses from IPHM/International Practitioners of Holistic Medicine.

Your reading is customized around you. There's discussion on what the session should be centered around to help focus and set the tone for the session. I also give crystal recommendations for the past life astrology reading. After the completed session I help the customer with appropriate affirmations to help the customer be open and positive.

I provide my customer's with email support after each reading if there's any questions or clarification needed. Please email me if you have questions and to set up an appointment.

Join me in Fairport, NY
IET® Master-Instructor Class
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To learn more and to register visit: www.sheilatillich.com
REGISTRATION OPEN UNTIL October 29th, 2022

IET Class with Sheila B.

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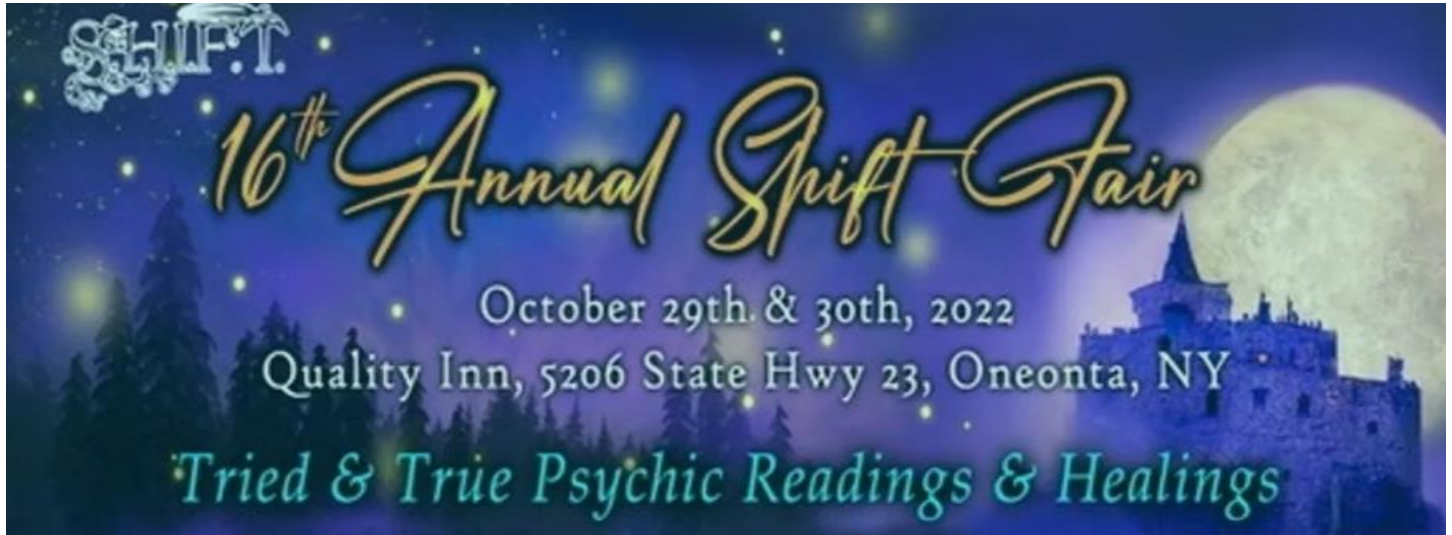
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Oneonta's Holistic & Psychic Fair

October 29th, 30th, 10am-5pm each day

Quality Inn, 5206 State Hwy 23, Oneonta, NY

Join us, once again, and celebrate health, wealth, family, and mother earth as the planet is quickening its shift into a new era. Many people are beginning to ask about alternative and complementary ways of healing, ways to find inner peace and life direction, ways to tap into intuition, and ways to live in harmony with mother nature. The SHIFT NY Holistic & Psychic Fair introduces you to top Holistic Practitioners, Psychics, Vendors, and Spiritual Teachers from the Northeast who have tried and true answers to many of your questions. All healers and psychics are pre-screened for authenticity. One of the big draws is our FREE workshops. We also offer some of the most interesting vendors of spiritual, holistic, & metaphysical items and crafts. Many are handmade items that make wonderful gift ideas.

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



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October 21, 22 & 23

Batavia Downs Gaming and Hotel

8315 Park Road

Batavia, NY 14020

November 5 & 6

Buffalo Airport Hotel

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Cheektowaga, NY 14225

For more info about Fairs go to: <https://www.experiencepsychicfair.com/copy-of-upcoming-fairs>



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***NEED TO REDUCE STRESS?
IMPROVE HEART HEALTH?
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LOWER BLOOD PRESSURE?***

Stress Reduction Class with Wendy Smith

Want to improve your heart health, improve digestion and lower your blood pressure? Just need to take time out for yourself? Sign up for Wendy's Stress Reduction Class.

Time: 6:00 – 7:15pm Thursdays starting October 6th (and 10/13, 10/20)

Includes: Three 1hr 15 min ZOOM class sessions on reducing stress. We will cover how stress impacts your health and your body as well as tips and tricks to reduce stress.

Cost: \$110 for three sessions Payment: Cash, Venmo, Zelle, Check

Registration: Please contact Wendy Smith* by email:

wendy45smith@gmail.com (if needed: text (585) 451-8155)

To take the class you must register by email or text to obtain the link.

Also available: Zoom Qigong classes on Mondays at 6pm and Thursdays at 4:30pm.

About Wendy: Wendy Smith is a professor, lecturer and wellness instructor specializing in stress management, relaxation and mind body techniques. She teaches Tai Chi, Qigong, stress management and meditation at various colleges and institutions throughout NYS. Her unique style is a blend of different approaches emphasizing evidence based techniques and the special needs of her clientele.

To find out more about other classes she's offering go to:

<https://agelessqigong.com>

Check Out These Two Samhain Events



Samhain Workshop

Saturday, October 29th 2pm-4pm

What is Samhain and how do we honor it today?

In this workshop you will learn: -The His/Herstory of Samhain and Halloween -How to create a Wiccan ritual around honoring your ancestors -How to create/build an ancestor altar - Trancework and it's uses

What to bring: -A journal & pen/pencil -Photograph of ancestor/s -Flowers or favorite decorations \$35 per person. alabasterandash.com for tickets. LIMITED.

Advance sale only. No refunds. All religious denominations are welcome! Get to know your host: Aurora Raven Dragonfly AKA Julie Anne Stratton

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



This is the time when the veil is thin and we can communicate with our ancestors.

Come and join Aurora Raven, Terra, Inanna, Kesari with Mariah and Niki, our priestesses in training, in a traditional Wiccan ritual at Alabaster & Ash. *this is a 16 and over only event*

TIME: 7-9pm

DATE: Saturday, October 29th

What to expect- This ritual will include; Creating Sacred Space, Calling in Elementals, Gods & Goddesses and more, Communion with our Ancestors & Spirits of the Past, raising energy by Dance and chanting, co-creating an altar for our Beloved Ancestors.

What to bring: This will be held outside, weather permitting.

-Comfortable & warm seasonal clothing or dress up, Halloween attire is welcome

-Water

-Chair

-An open mind

-Carved pumpkin with tea light, or battery powered jack-o-lantern

-Optional-photograph of dearly departed.

First-timers are welcome and will be guided through the event, though the circle is not the opportunity for asking questions.

Don't miss the Samhain Ritual Craft for Our Ancestors Altar happening at 6pm- Open to all who are attending the ritual

MULLEIN TORCH (aka HAGS TAPER, WITCHES CANDLE) Are dried mullein flower spikes, dipped in beeswax and rolled in ceremonial herbs used in Samhain Rituals through the ages.

Arrive early to ritual and participate in a guided tutorial to create one of these torches, in honor of your beloved dead, to grace our ancestors altar. All materials provided. Donations are welcome.

Ritual Etiquette:

Be early/on time - showing up late breaks the focus and the circle. If you are more than 15 minutes late, there is a chance we cannot interrupt the ritual to let you in. This is a drug & alcohol-free ritual.

We expect participants to come with a clear mind in order to be fully present for this sacred event.

Participate when you can - all participants will be part of the circle, standing or seated. You do not have to participate in calling corners/elements, but we ask you to respectfully maintain the group circle and focus.

When the Elements (the four directions) are being called, turn and face the same direction the leader is facing. If you are unfamiliar with arm gestures and responses being used just stand quietly or try to follow along.

Please no photographs.

Once the circle is open, it is expected for you to stay in the circle until it is closed.

Please use the restroom and silence phones prior to attending the ritual.

If you must leave for an emergency, your leader will assist you to exit safely and quickly.

\$15 per person.

alabasterandash.com for tickets.

LIMITED.

Advance sale only. No refunds.

Get to know your host: Aurora Raven Dragonfly AKA Julie Anne Stratton

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

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

Shopping and Self Care Day At the Assisi Institute



**lease join us for an afternoon of Shopping and Self Care Saturday
November 5,2022 12 noon-5pm The Assisi Institute 1400 N. Winton Rd
Rochester NY 14609**

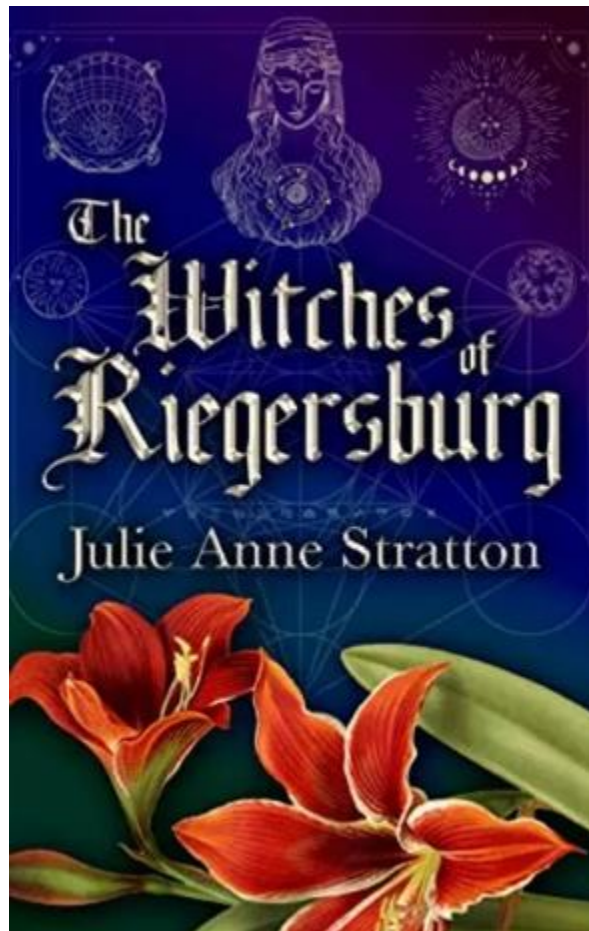
**There will be special one day only items and pricing in The Blessing Shop
There will be Mystery Bags for sale and other surprises.**

**There will be a variety of Self Care options you can treat yourself to. Each
Service is Donation Based. With a suggested minimum donation of \$5.00
for each service.**

**Bkind City will also be here with their "Yoga/Athleisure" line that you may
purchase while they are here. Refreshments will be available
Bring a friend or 2, your spouse or significant other for a fun and relaxing
afternoon. We look forward to seeing you !**

**Practitioners include: Sage Walker- Angel Readings Dana Gamache` -
Raindrop Technique Helena Listowski- Hand Massage Stephanie Kelly-
Intuitive Small Make and Take art project Grace LaDelfa- Shamanic Energy
Healing Sheila Tillich- Unity Field Healing Rebecca Washington-
Pendulum Healing**

Check Out This Book



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:
<https://www.youtube.com/watch?v=7xmIhr5xu3Q>**

To order the book go to: https://www.amazon.com/Julie-Anne-Stratton/e/B0841393VZ?ref=sr_ntt_srch_lnk_1&qid=1666043027&sr=8-1

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

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



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ONE Wellness Center
2349 Monroe Avenue, 2nd Floor (REAR)
Rochester, NY 14618

<https://www.onewellnesscntr.com>

585-645-4221

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



The Purple Door
3259 Winton Rd South
Rochester, NY 14623
Connie Wake and Sue Fiandach
585-427-8110
<http://www.purpledoorsoulsource.com>

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



Lightways Journey
31 Market Street
Brockport, NY 14420
585-281-8670
Karen & Judy

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

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



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<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

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

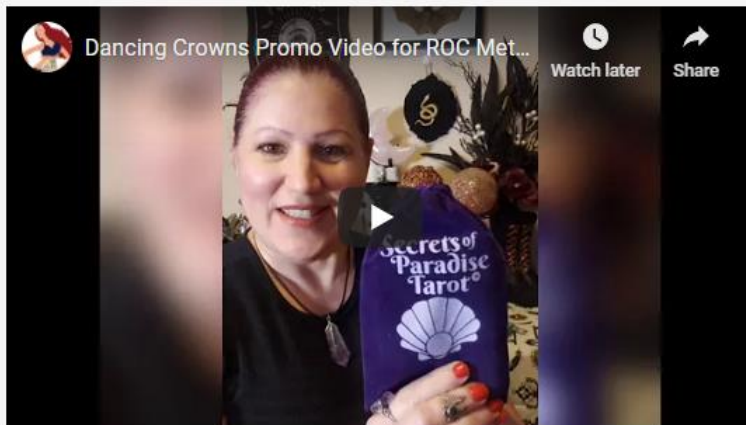
Temple of Truth Church 2 Cook St Freeville, NY 13068
Attunement Spiritualist Church Hampton Inn 5444 Camp Road, Hamburg, NY
1st Spiritual Temple 29 Temple St E. Aurora, NY 14052
The Journey Within North 182 Lincoln Rd Newark NY 14513
Plymouth Spiritualist Church Vick Park A Rochester, NY 14607 -**See 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 ← → October 2022 ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sa
25 Usui/ Holy Fire® III Reiki Master Experience Psychic Fair - Quality Inn	26 Sam Usui/ Holy Fire® III Reiki Mast 7:30pm Mindfulness and Meditation	27	28	29	30	
2 Sam Usui/ Holy Fire® III Reiki Mast	3 7:30pm Meeting with Pam Perkins 7:30pm Mindfulness and Meditation	4	5 Sam Usui/ Holy Fire® III Reiki Mast	6 4pm Book Exploration with Rev. Dai	7	8
9 7:30pm Mindfulness and Meditation	10 Sam Usui/ Holy Fire® III Reiki Mast	11 6:30pm Tea Leaf Reading Class	12 2:30pm Stress Reduction Class with	13 Sam Usui/ Holy Fire® III Reiki Mast	14	
16 Sam Usui/ Holy Fire® III Reiki Mast	17	18	19	20 Sam Usui/ Holy Fire® III Reiki Mast	21	
23 Sam Usui/ Holy Fire® III Reiki Mast	24	25	26 Sam Usui/ Holy Fire® III Reiki Mast	27	28 Stay at Quality Inn Oneonta Coope	
30 Stay at Quality Inn Oneonta Coop	31 Sam Usui/ Holy Fire® III Reiki Mast	Nov 1	2	3 Sam Usui/ Holy Fire® III Reiki Mast	4	

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.