

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

October 2023

Rochester, NY USA

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for October:

October Is CROSSOVER Month By Kent and Renee Miller

The Duality of Man By Ethan Indigo Smith

Intuitive Ethics By Frank Chodl

What Women Deserve in a Relationship By Barry & Joyce Vissell

Listening to One Tone By Jill Mattson

ROC Metaphysical Book Review Relighting The Caldron by

Rev. Wendy Van Allen

Unlocking The Power Of Your Wisdom: A Journey To A Better You

By Rev. Colleen Irwin

The Voice Of Spirit Is Calling By Ronna Vezane

ROC Metaphysical

ROCHESTER, NY USA

OUR MISSION IS TO ENLIGHTEN AND INFORM

Sections



Read Great Articles

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



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

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Calendar of Events

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

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

Video About ROC Metaphysical



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

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

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

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

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

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, 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.

We're Always Looking for Contributing Writers

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. Inquire and or send your article in a word format to rocmetaphysical@gmail.com



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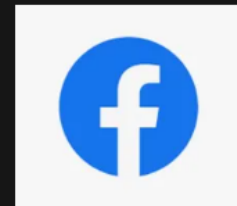
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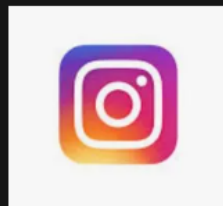
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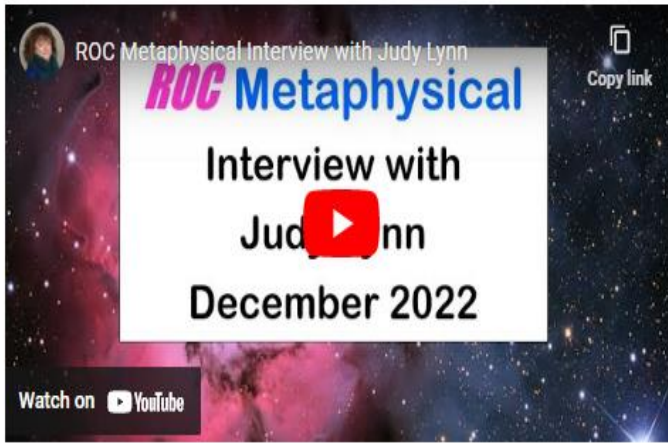


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Now that Google+ is gone the next generation is MeWe. Find us at:
<https://mewe.com/profile/Scaba69765a0815f48d3d128>

ROC Metaphysical Interviews



Judy Lynn

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

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



Sue Fiandach & Connie Wake

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

Link: <https://youtu.be/I6DdLY2dsj0>



Marjorie Baker Price

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

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



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

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



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

Link: <https://youtu.be/RLXyK8SxePs>

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

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ROC Metaphysical Online Magazine

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Kent and Renee Miller



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Rev. Colleen Irwin



Unlocking The Power of Your Wisdom: A Journey
To A Better You
By Rev. Colleen Irwin



What is Channeling?

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

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

Channeling can be done in two different ways:

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

Trance channeling is channeling done while in a deep trance state. Arguably one of the most famous trance channelers was Edgar Cayce. He was referred to as "The Sleeping Prophet" because he only channeled when he was in a deep trance state. This meant that he lost all muscle tone and had to be lying down. He was also unable to remember what he

said, which meant that his secretary had to be present to take dictation and then transcribe the notes from the channeling session.

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

Ronna Vezane



The Voice Of Spirit Is Calling
By Ronna Vezane



Pamela Kribbe



Communication With Your Body
By Pamela Kribbe

Brenda J. Hoffman



You Will
By Brenda J. Hoffman

Lee Carroll/Kyron



J. O. P. B. By Lee Carroll/Kyron

Geoff Hindmarch



Change of The Earth By Geoff Hindmarch

The secret of change is to
focus all of your energy
not on fighting the old,
but on building the new.

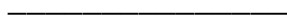
- Socrates

Embrace
uncertainty.
Some of the most
beautiful chapters
in our lives won't
have a title until
much later.

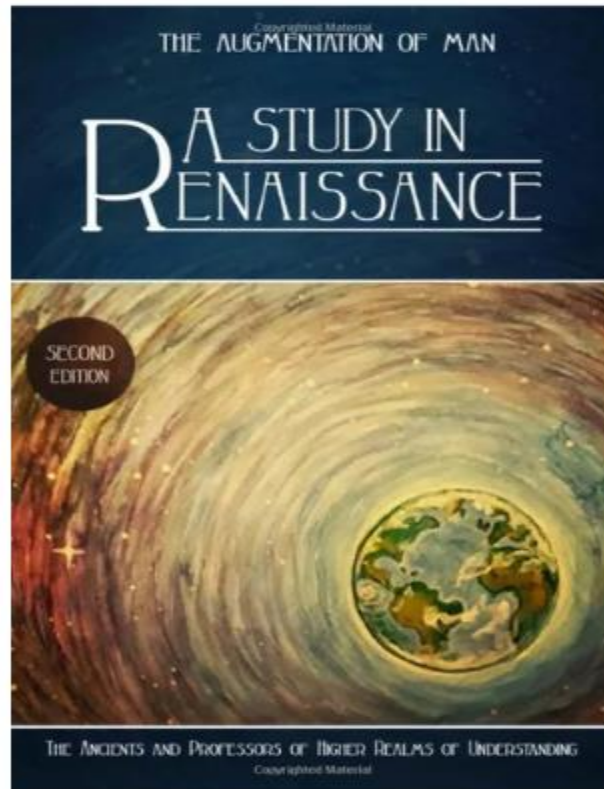
Bob Goff
Author



DO NOT FEAR THE LEAVES CHANGING
FOR IT IS LEADING TO THE BEST



October Is CROSSOVER Month By Kent and Renee Miller



It was January, 2008. Our friend Edie stood over Kent, peering through the thick lenses that amplified her blue eyes, and clipped the mic on Kent’s shirt. Kent settled into her recliner and closed his eyes. Edie took her seat next to me at a small table next to Kent where we would soon be transcribing. Soon Kent began to repeat the words he heard in his mind. Edie turned on her cassette recorder and she and I began to transcribe the message.

“I will hear the tones to the crossing of the equinox. The Crossover will last but a short period. Purveyance: astute understanding to the conveyance of the tones. Aspirate the conceptual understanding that is to prevail and come. Aspirating the vibrational understanding will begin the Transformation on an accelerated level to take in mind and body. Universal acquilliation is akin to the enlightened variation of the aligning to the equinox, the aligning of planets to come. Yes, sedatiousness is required to complete the intercept of the vibrational tones to come. Vibrations occur on various levels of understanding: Quasi, simplicity, complex, verdiance, and spiritual rising.”

To clarify, acquilliation is referencing a cosmic nervous system relative to universal consciousness. Aspirating is to aspire toward achieving something. Sedatiousness refers to the sedate, or what we call meditative, state. Verdiance is the thirst for truth.

In the years since, we have had more lessons on The Crossover. “Crossover must happen, intergalactic field.” We finally started to piece it together, “Is this a crossing over of the

Galactic meridian?” “Correct.” More questions, “What signs will we see when we know this has happened?” “Light flash, ripples...Collective movement of planetary bodies’ orbital path: planets’ reconfiguration. Magnetic pole shifts of each sphere. Molecular movement [of] atomic particles, converse relationship to magnetic field. Orbital status variance 2 degrees from top point to star Sirius, polarity adjustment configuration of orbital path with variance degrees in relation to molecular reconfiguration of mass density.”

“We prepare the crossover, connection of abundant entities surrounding your atmosphere, ready for directional path of the electromagnetic field.”

In February, 2021, we received the following message. “Given the obedience of the other planets in this system, the crossover is beginning to vibrate. Crossology is the vibration of the system and outer planets. Comprehend the magnitude of the event. It is happening on a galactic level.”

So let’s explain. The universe is an ever-changing field. Orbits drift, planetary axis’ drift. Sun’s explode into supernovas. Over the ages, this causes a shift away from the original balance, necessitating change to reinstate balance in order that planetary bodies do not collide. All things must rebalance from time to time. Mass is also periodically upgraded to provide a new learning field relevant to the coming cycle.

The Crossover is a collective movement of planetary bodies, shifting in their orbits as they pass through the galactic meridian. It is to bring balance throughout the galaxy, not just Earth. As the celestial bodies pass through this area, they will shift in varying degrees to create a new balance and start a new cycle.

We had more questions, “Does the crossover increase volcanic activity?” “Increases sun’s activity, which increases volcanic activity, along with vibrational change. A process.” We continued, “Does the increase in the sun’s activity also increase the earthquake activity?” “Correct.”

The Crossover increases the sun’s activity, which increases both volcanic and earthquake activity worldwide. Stabilizing the movement of the orbit, oceans will return to areas where they existed in antiquity and the Earth’s spin will increase, at least briefly. A shift in the electromagnetic field follows. This is a natural event to reinstate balance throughout the galaxy.

All changes will align to the next cycle of a higher learning. The solar activity will result in a change in Earth’s atmospheric gases, changing the vibration that is projected down upon Earth, shifting Earth’s vibration upward. The change in atmospheric gases results in a new geometric grid surrounding Earth. The Flower of Life has become antiquated and will be replaced by a more sophisticated template for how life is expressed on our new planet. Humans will have to work at raising their vibration to fit into the higher parameters set forth.

Mankind does not understand what lies before them. The balance is necessary, but will result in many catastrophes and much loss of life over the course of a year. To understand what the United States will look like, one can only Google “The Future Map of America”. There are several versions, but they are similar. There will be disruptions in food and supplies, so we will want to have reserves of food, seeds, a way of getting clean water, clothes, and necessities.

This is the biggest event in eons, observed by many in the universe. Though it cannot be stopped, a plethora of entities are here to guide the process, both physical and non-physical. Many are also working directly with humanity to reinstate truth, and the peace it will bring. Secularism will be pushed aside, urging us to return to God, our Creator, setting the stage for the Transformation of humanity.

“Be aware of the epic path of this planet. Beyond your imagination and understanding.”

Visit our YouTube, Rumble, BitChute, Brighteon channel or Spotify podcast under The Augmentation of Man with Kent and Renee Miller.

About Kent and Renee: Kent and Renee had learned in 2006 that Kent had an exceptional ability to channel. The discovery lead to communications with spiritual guides called the Ancients, ancient mentors and teachers of the Creator.

The communications have expanded to The Holy of Holy's, Angels, and other beings, both physical and non-physical. Kent and Renee have published these lessons and predictions for the Earth changes that are upon us and the genetic changes for humanity that will follow. The Augmentation of Man series, A Study in Renaissance and The Acquiescence of Humanity, are available on Amazon. Kent and Renee can also be found on YouTube, Brighteon, BitChute, Rumble and Spotify at The Augmentation of Man with Kent and Renee Miller.

Kent and Renee Miller's Video



Link: <https://www.youtube.com/watch?v=DJnDON2uV94>

The Duality of Man By Ethan Indigo Smith



There are numerous archetypal forks in the road we will all face in life. There might be any number of personal choices along our life paths composed of individual circumstances which at the same time often signify archetypal choices we all must make in some form or another.

Often these choices we face are seemingly simple dichotomies with certain spectrum of forces involved surely, but with two apparent directions. There may be numerous articulations and subtleties to how we proceed, but there is an apparent simplified choice where we decide to either remain or proceed, to stop or go.

A few of life's archetypal dichotomies among many are below, some of which we might face repeatedly – especially when we make the wrong choice prior it would appear. Sometimes the correct choice though might vary. The correct answer is situational not certain.

We all are faced with the choice to advance or to halt.

To obey or disobey.

To mature or to stagnate.

To learn or to ignore.

To fight or to cower.

To speak out or to sit down in silence.

To do right or to do wrong.

To stand upon truth or upon lies.

To be considerate or selfish.

To be moral or immoral.

To be productive or destructive.

To be mindful or to be mindless.

There are so many dualistic choices we all must make in numerous variations. Perhaps the most outstanding of the dichotomies of life arrives constantly nearly ever present and shapes our relationships and life direction. The duality of man here is formative of character, but results from our character as well. Answer the duality of man and you may be better understood than with any other simple information. And there is an important duality that results from it actually making it more accurately the duality of polarity of man.

At practically every step on the path we must choose to operate from the position of the materialist or of the spiritualist. The secondary duality within these two worlds and two worldviews is of the exoteric or esoteric. This personal and archetypal duality of polarity in intersection is a paramount consideration for refinement and transformation as well as understanding. You can conceptualize the construct by imagining a cross reference of the esoteric and exoteric choice intersected with the spiritual and material choice. Perhaps the best way to illustrate this idea is through consideration of the subject of Alchemy.

Alchemy was the first chemistry. And it was primarily in the beginning a materialistic practice. The exoteric practitioners refined and manifest certain chemical agents for largely artisan projects. The esoteric practitioners of alchemy refined and created certain chemical agents toward life-extension and most famously studied the transform of elements most notably transformation of lead into gold, base metals into refined metals. And it is important to note that in the materialist teachings of alchemy there was always the lesson that if you are not pure of heart and mind all the correct external calculations will not manifest the desired results.

Perhaps the above notion of internal change in order to manifest external change led to the shift in Alchemy. Alchemy was pure chemistry and it has transformed into a subject predominantly focused on individual transformation rather than chemical. Alchemy now is predominantly spiritual related to the philosophy of self-development and it is often used to convey ideas pertinent to psychological rather than the chemical. The spiritual Alchemy is internal understanding and healing. The esoteric art of it is the transformation of basic or mundane mind state into golden like enlightenment.

Another pertinent function of Alchemy Philosophy is known as The Marriage of Opposites. Understanding the contrasting and complimentary nature of opposites and what the ideas that one is marrying are as opposites is an initial step to this process.

About Ethan: Activist, author and Tai Chi teacher Ethan Indigo Smith was born on a farm in Maine and lived in Manhattan for a number of years before migrating west to Mendocino, California. Guided by a keen sense of integrity and humanity, Ethan's work is

both deeply connected and extremely insightful, blending philosophy, politics, activism, spirituality, meditation and a unique sense of humor. Ethan's most popular publications include "108 Steps to Be in The Zone", a set of 108 meditative practices for self-discovery and individual betterment, and "The Little Green Book of Revolution" an inspirational book based on ideas of peaceful revolution, historical activism and caring for the Earth like Native Americans. His latest book, "The Geometry Of Energy", explores meditation and meditative energies through the sacred dimensions of geometry.

Ethan's websites: https://wakeup-world.com/category/contributing_writers/ethan-indigo-smith/

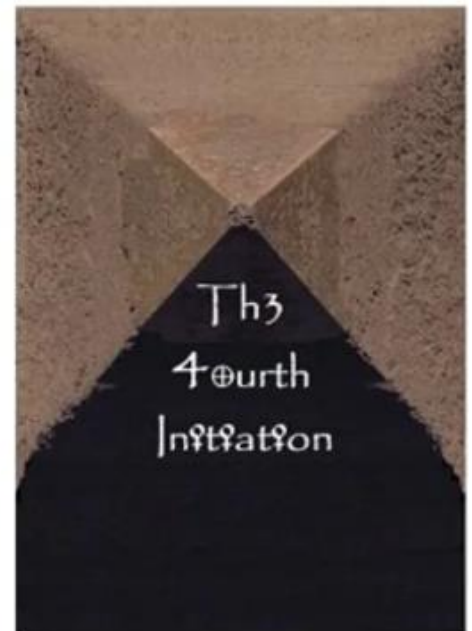
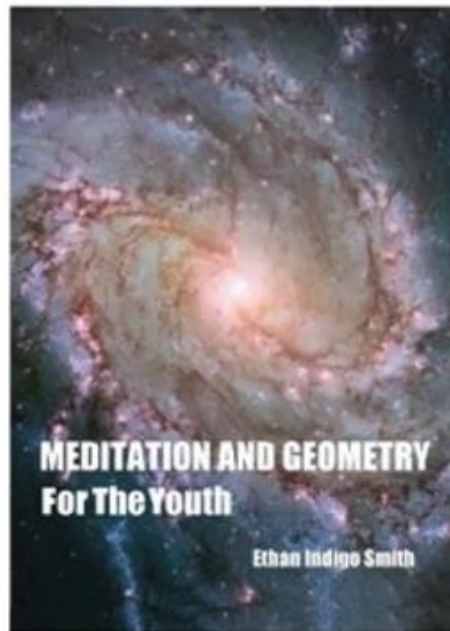
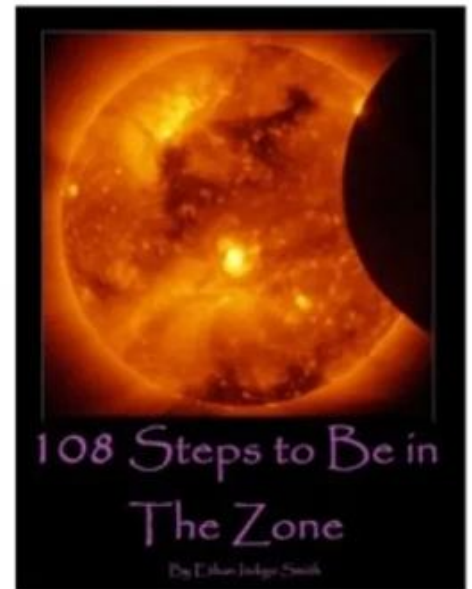
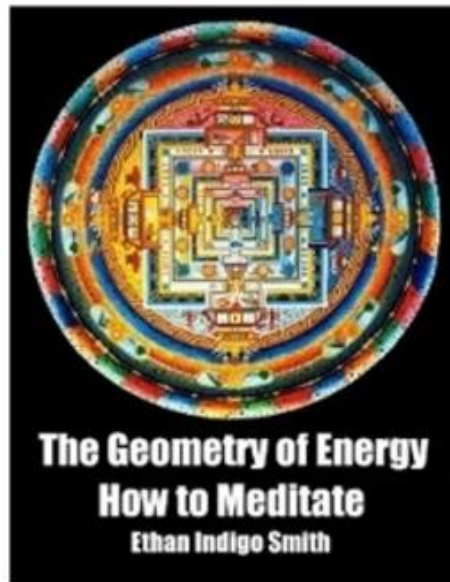
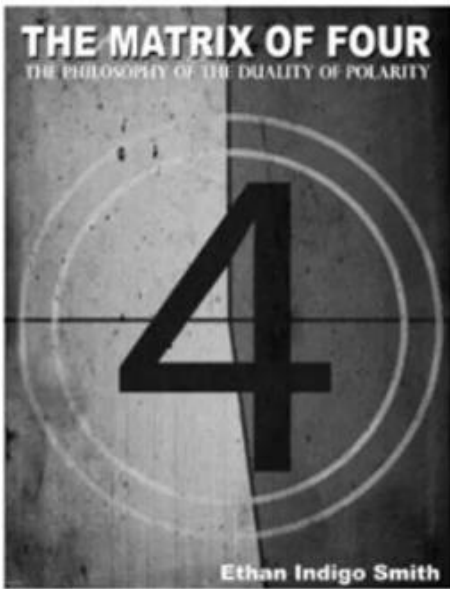
<https://matrixof4.weebly.com/the-duality-of-polarity-of-1111.html>

Interview with Ethan Indigo Smith



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

Ethan's Books



Find Ethan's Books on Amazon at: https://www.amazon.com/stores/Ethan-Indigo-Smith/author/B0058V4P2U?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

Intuitive Ethics By Frank Chodl



I've got a short story for you:

HOW LONG WILL I LIVE ?

The King summoned his Sage to the royal chamber. Upon his arrival, the King asked the Sage if he could tell him how long he would live. The Sage told the King that that was the one question which no reputable Sage would ever answer. The King became furious at the Sage's response and demanded to know the answer. The Sage tried to console the King by telling him, in a very calm and caring voice, "Sire, were I to tell you the precise moment of your demise it could dramatically affect the manner in which you live out the remainder of your time."

This only made the King angrier. "If I were to know how much time I have, I could better make the decisions necessary to best run my realm." "But sire," replied the Sage, "You might also squander the precious time that the universe has granted thee." The King was not satisfied and demanded the answer immediately lest the Sage suffer the harshest of penalties.

The Sage replied with just one word, "Five." This upset the King even more. "Only five? I only have five years left to complete all of my goals? That's absurd!" shouted the enraged King. To which the Sage replied, "Four."....

How would you react if you knew precisely when or how your time would be up? I would be willing to bet that most of you would change whatever plans you might have made prior to knowing. Would you be living your authentic life? I am often asked by clients if I could tell them when they or a loved one is going to die. Sometimes the answer is given to me, but I would almost never disclose it to the client. If I am told that their demise is not coming any time soon, I might relate that to them. But NEVER precise dates.

Professional Ethics

Intuitives are, after all, counselors of sorts. We deliver messages and advice from our various sources to our clients. Much of that is privileged information. We are on the front lines of some of our clients' deepest emotions. Granted, we may not necessarily need to have a license to practice or even specific certifications, but we are, nonetheless, responsible for and can be held legally liable for our actions.

Over the coming weeks, I will be focusing on the ethics and professionalism of intuitive practices. There are many Do's and Don'ts, and we discuss them in depth in my books and classes. While we always want to make sure that we don't cross a line that could get us in deep legal trouble (Yes, it can happen), we also want to demonstrate that we are, indeed, professionals and take our work very seriously.

If you are not working as a professional intuitive at this time you will also want to pay particular attention to these coming newsletters. They will give you the information you need to know to determine when the people you are working with are legitimate professionals or simply weekend hobbyists.

Upcoming topics:

ALWAYS make sure that you are in an emotionally and physically stable place.

NEVER offer advice or consultation without permission.

NEVER misrepresent who you are and what you do.

ALWAYS avoid the "Barnum Statements."

NEVER diagnose medical or psychological conditions. (Always refer to a licensed practitioner.)

NEVER prescribe medical treatment or the avoidance thereof.

NEVER "make it happen".

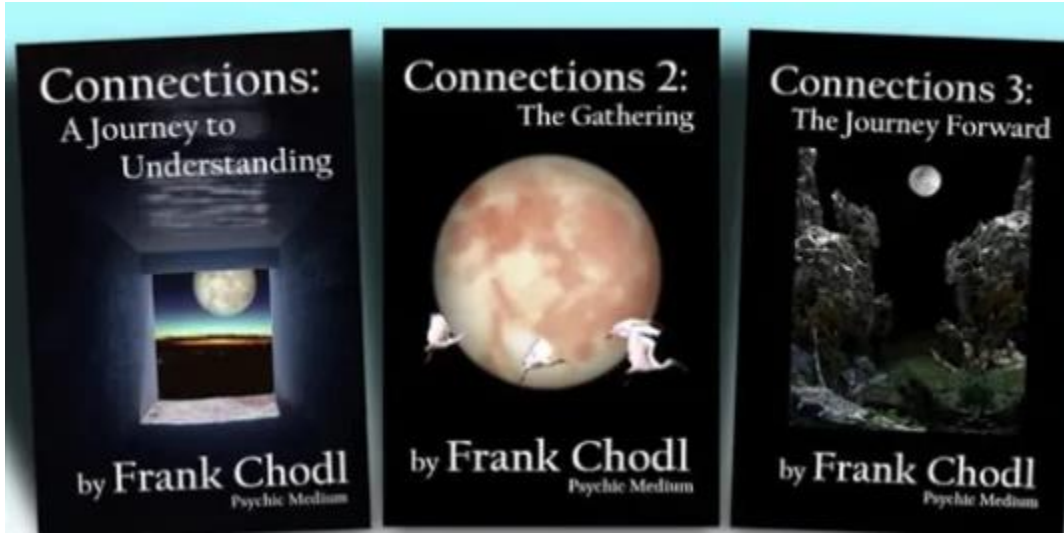
Namaste,

Frank

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

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

Frank's Books



Get his books on his website

MBO's By Tom T. Moore

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

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

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

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

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

Tom asks that we do this each day:

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

REQUEST FOR COMPRESSION OF TIME

Ghislaine writes: I watched your interview with Debbie today. Immediately after I sent a request for time compression for something I wanted to have finished by 5:45 pm ... and it was exactly that time when I got ready. I will continue to practice; very useful, considering the time acceleration we are undergoing.

Best wishes for many benevolent outcomes and great things to continue to happen in your life, and for all who go the Gentle Way.

I haven't covered requesting a Compression of Time for quite a while, so let's review how it works and how to make the request. First, it works just like an MBO request. You say it out loud. You use it when you feel you need extra time to finish some project, or to arrive on time for an appointment or meeting. A week or so ago I was having problems with the computer program for my Newsletters. Normally on Wednesday morning I color the text and insert images, but I was not able to even begin until around 2:45 pm CT. I felt I would be fortunate to finish by 6 pm, so I said out loud, "I request a Compression of Time until 5:30 pm, thank you!" Then I purposely did not look at my watch or clock in my office while working on the Newsletter. When I finished, I was quite surprised to see that it was only 4:35 pm! That was one of my best compression of times ever.

What we are doing is manipulating time just a little. But if you look at a clock, time jumps to that time. Experiment with it the next time you need more time for some reason. I think you will be pleasantly surprised.

MBO FOR BREAST ULTRASOUND

I'll call her Jane writes: Last week I had a routine mammogram and the doctor found something they were not sure about. I was called in for additional images to be taken and possibly an ultrasound. The night before I asked for an MBO "I request a most benevolent outcome that my test tomorrow will be negative and I'll be free of any cancer in my body."

The next day I had my repeat mammogram and right before I asked field an MBO that it will be found clear and that I won't even have to do the ultrasound. But they did send me to the ultrasound so I added an MBO to have the results of the ultrasound negative and that I be free of all cancer.

Immediately after the ultrasound was done, the doctor came back into the room and said "everything is OK, there were no suspicious findings!" I thanked my angels and guides



Thank you again for your service to others, Tom.

MBOs FOR PATIENTS

Edward writes: I am a cardiologist and do my best to help heal my patients or help in any way I can. Often give them healing from my home. I use MBOs many times during the day for many, many things. It works wonderfully and is a gift to all. I meditate numerous times during the day and send light and try to increase the vibration of all. Some people try to decrease the vibration and it is always a challenge. We all need to help not only our world but all of creation.

I truly appreciate what you are doing and may GOD BLESS.

BPs & MBOs IN THE PATH OF THE HURRICANE

Ellen writes from Florida: Living in Florida AND on the Nature coast, I was a bit worried when I heard about the approaching hurricane Idalia. I live 60 miles south of Cedar Key

but 30 miles inland and about 120 feet above sea level. As soon as I heard that the track of the storm was heading directly our way I began to say BP's for my safety and all the people in this area. We needed the rain, as this area was in a rainfall deficit, but the wind and the tidal surge were the problem for low lying areas on the coast in Cedar Key, Crystal River and the Nature Coast.

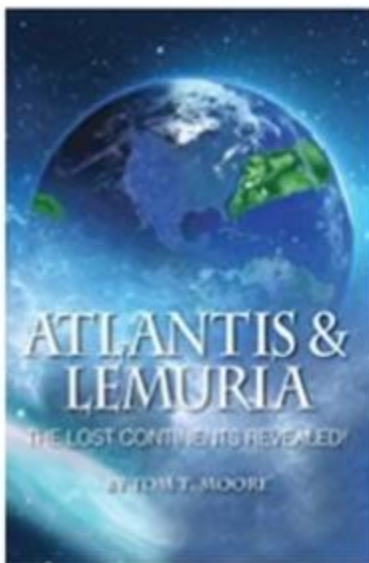
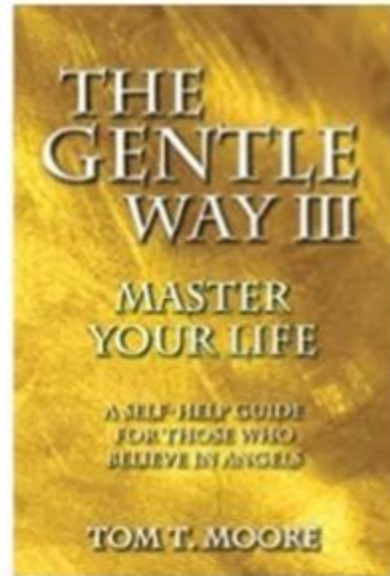
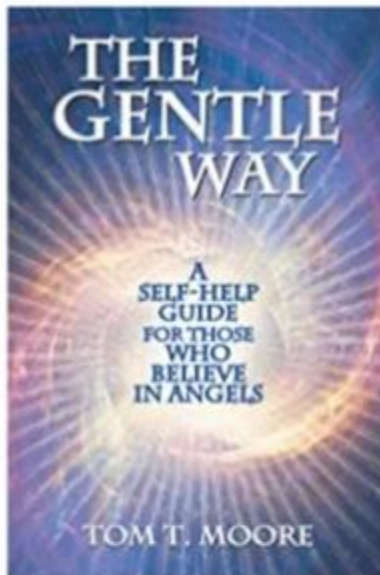
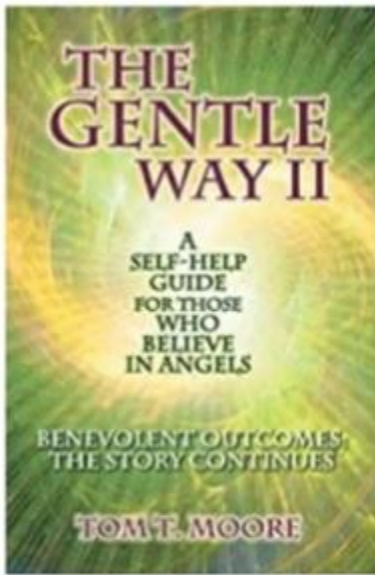
I asked for a Most benevolent outcome for all the people who would be affected by the storm. I asked for everyone in our area to be safe and for those that could go to shelters or friend's homes to take shelter. I also requested a most benevolent outcome for our area to have the supplies they needed and especially electricity throughout the storm.

I am happy to report that my neighborhood did not lose power and even though the coast did flood and there were some power outages in that area, there have been no reports of any fatalities that I am aware of. My prayer for safety was answered. Thank you GA and thank you Tom for sharing this powerful prayer.

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

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

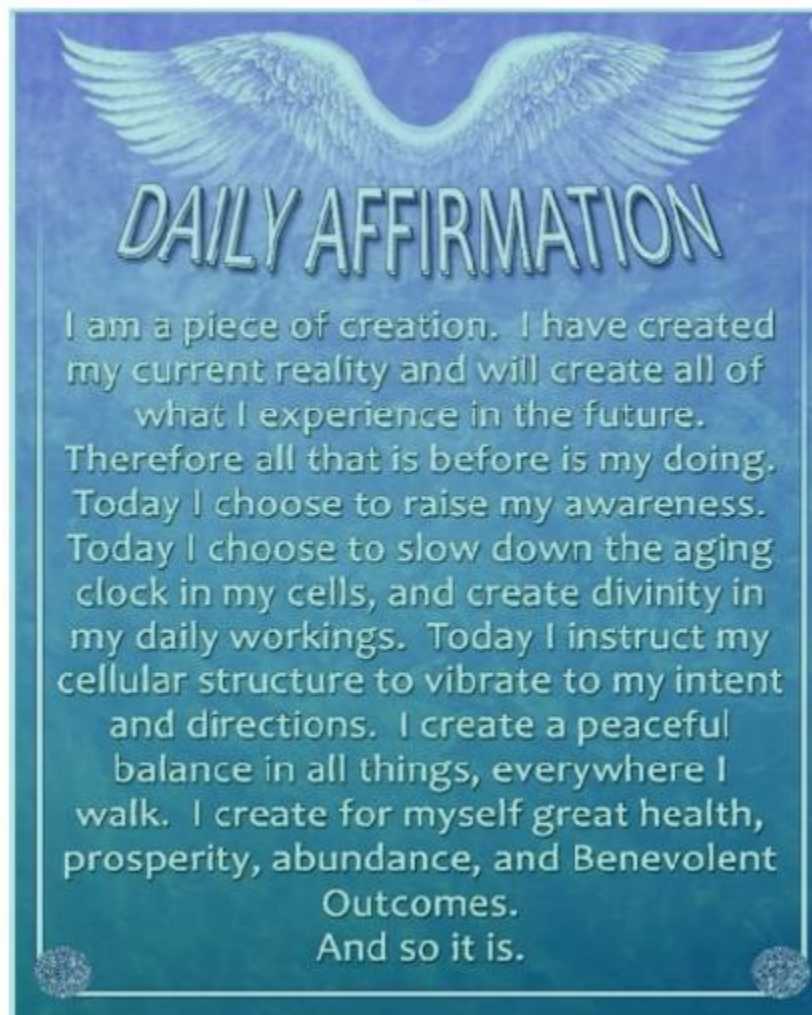
Tom T. Moore's Books



Tom is also a prolific writer and these books you see can be found on Amazon at: https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp_byline_cont_book



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



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

Find other signs on Tom's website

The Stunning Path to Finding Yourself By Bernard Beitman, MD



On this week's Connecting with Coincidence podcast, you'll hear how Ricardo Escamilla's uncertainty was transformed into his life's work through stunning synchronicity. The story of Ricardo's path to leadership and creativity will inspire you to look for and grasp the synchronistic opportunities in your own life.

As our regular podcast listeners know, I like to start each podcast with a coincidence story of my own. I call this week's story, "The Missing Motorcycle Jacket Materializes":

In the late 1960s, I was a part-time hippie in San Francisco. It was a great time to hang around the Haight-Ashbury district, with a whole new culture being created right there in the United States. I was a "part-time" hippie because I was also a psychiatric resident at Stanford, not far south of San Francisco near Palo Alto.

Back then, I had a purple leather motorcycle jacket given to me by an older woman, because she liked the way I ran with the football, and I reminded her of the father of her only child. Someone from the hippie house where I sometimes hung out had apparently stolen the jacket. I had laid it on a bed, but when I went to get it, it was just gone.

A few weeks later at a gas station, the thief and I surprisingly crossed paths. What a coincidence! That stunning purple jacket had few peers, and the man looked familiar. But as with a lot of coincidences, you must act. Here, I had a momentary window in which to get my leather jacket back. So I decided to confront him, and I got my jacket.

The idea here is that I was in the right place at the right time, but I also had to act. When you find yourself in a synchronistic situation, you may need to seize the moment. Then that opportunity can become an actuality.

I'm excited to welcome Ricardo Escamilla as my guest on this week's podcast. Since childhood, Ricardo has been interested in the mind and consciousness. At the age of 11, he took his first spirituality course. He studied administration at ITAM, a prestigious business institute in Mexico and received a national award for his research on creativity and entrepreneurship. He pursued a master's degree in Applied Creativity in Spain and a postgraduate degree in Emotional Ecology.

His fascination with synchronicity began at the age of 23, sparked by a fortunate event that led him to focus on business training. With 25 years of professional experience, he teaches various soft skills, creativity, and innovation. Through awareness-raising activities on synchronicity, he aims to connect individuals with life's purpose. Currently, he is writing a book on meaningful coincidences based on personal experiences and close ones.

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

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

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

Interview with Bernie



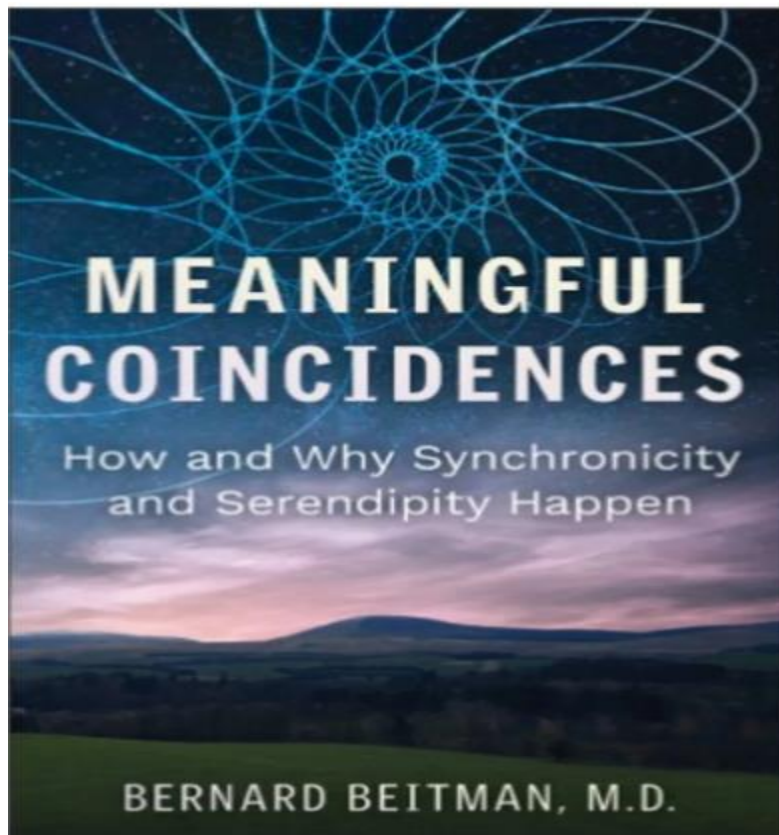
Link: <https://www.youtube.com/watch?v=zUnfwnFIP-Q>

Bernie's Podcast



Link: https://www.youtube.com/watch?v=HhjNX6as_Dk&t=40s

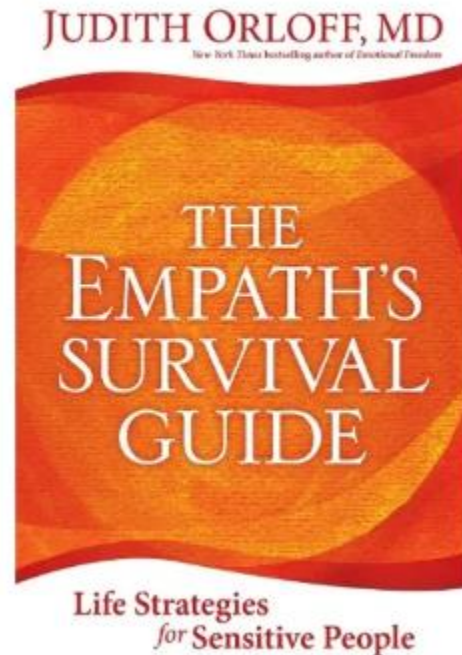
Bernie's Book



Find his book on Amazon:

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

Who Are the Best Partners for Empaths? By Dr. Judith Orloff



Which type of person makes the ideal match for empaths? It depends on your temperament and needs. You must determine which type (or mixture of types) you prefer and will be most compatible with over time. Each type can be extroverted or introverted. (See “The Empath’s Survival Guide” to learn more about an empath’s needs in love.)

Type #1. The Intellectual: Intense Thinker

Intellectuals are smart and astute analyzers who are most at home in their mind. They see the world through logic and rational thought. Known for keeping calm during a conflict, they often avoid their emotions, don’t easily trust their gut, and are slow to participate in light-hearted, sensual, or playful activities. Intellectuals can make good partners for certain empaths because their sense of logic compliments and grounds an empath’s emotional intensity.

Tips to Help an Empath Communicate with an Intellectual

Ask for help. Intellectuals love to solve problems. Be very specific about ways they can assist you with a problem or task.

Mention only one issue at a time. Intellectuals can get thrown off by too many “unfixable” emotions.

Regularly communicate. Keeping the lines of communication open with intellectuals allows you to be clearer and more loving with each other.

Type #2. The Empath: Emotional Sponge

Empaths are kind, supportive, and passionate partners. They also tend to feel their own and their spouse’s emotions to an extreme. I am often asked, “Can two empaths have a

good relationship?” Yes, definitely. The heart connection is incredible! Because both partners understand each other, they don’t have to explain themselves as much. However, for such a relationship to succeed and remain harmonious, the couple must keep sharing about their mutual needs. Two empaths on overwhelm at the same time can get pretty intense. Such a relationship requires mutual understanding and separate spaces to wind down.

I’ve treated many couples in which both partners are empaths. I’ve taught them how to respect each other’s sensitivities but stay grounded. The positive side is that each person easily appreciates what the other is feeling. The more difficult aspect is defining your own needs and setting boundaries to feel safe and calm. When empaths are triggered, they need a time-out to regroup and decompress. Two empaths who are both upset can aggravate each other’s anxiety. Each partner needs his or her separate quiet space to unwind. Though it is often challenging for two empaths to be in love, over the long term, the relationship can be successful with mutual respect.

Tips to Help Two Empaths Communicate

Take time apart each day to relax. Calming minibreaks by yourself are restorative. Go for a walk outside or meditate in your room alone. Exhale pent-up emotions such as anxiety or fear so they don’t stay in your body or you project them to your partner.

Protect your sensitivities. Make a list of your top five most emotionally triggering situations. Then, together, formulate a plan for handling them so you don’t get caught in a panic.

Meditate together. This helps you to connect spiritually in silence and will strengthen your bond.

Type #3. The Rock: Strong and Silent Type

Consistent, dependable, and stable, they will always be there for you. You can express emotions freely around them. They won’t get alarmed or be critical. You can always count on them, which is reassuring for empaths who love consistency. But Rocks often have a hard time sharing their own feelings. Their empath mates may keep trying to get them to open up but become frustrated with the slow progress. Empaths may feel that Rocks are emotionally shut off, even boring.

Empaths and Rocks can make wonderful partners. They balance each other. Rocks can learn from empaths how to express their passion and emotions more clearly, while empaths can learn grounding from the Rock. Their feet are solid on the earth. It’s not that Rocks don’t have feelings. They just need you to lovingly support them to bring them out.

Tips to Help an Empath Communicate with a Rock

Express gratitude. Regularly voice appreciation for a Rock’s positive qualities.

Make an intimacy request. In order to connect more deeply, ask the Rock to express at least one emotion a day such as “I’m delighted,” “I love you,” or “I’m feeling anxious.”

Spend time in nature together. This will let you have a mutual physical activity which will bring you closer to each other in natural settings.

I do best with a partner who is a Rock and a non-empath. My mate, who has some admirable Rock qualities, is grounded and can hear my emotions without getting swept away by them. Being with another empath would feel too overwhelming for me. I also prefer a partner who is quiet and contained, rather than someone who talks a lot and shares his emotional states frequently.

How do you find a compatible partner? Empaths can feel a connection with someone, more with energy than with words. Notice the way you relate to someone's energy. Ask yourself, does this person's words match their energy or is something amiss? If you have doubts, go slowly. Do not give your heart to people unless they prove themselves worthy of your love. Keep intuitively tuning in to find out who that person really is.

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

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

Video By Dr. Judith Orloff



Link: <https://www.youtube.com/watch?v=SHRsB9XbA-c&t=18s>

Witchy Tips with Aurora Raven Dragonfly



Dear Readers,

Here are two more simple candle magic spells that I find important. One is embracing and widening our awareness around gender and sexual orientation. The other is for our Mother Earth. She needs our attention and help.

Directions for 'LOVE IS LOVE' Spell

Get multi-colored candles. Write down either how to love yourself as you are, find love or how to be an ally to the LGBTQ community. Where can you expand your heart? Find a non-binary deity to ask for guidance. There are ones in every culture.

Call on the Mysterious Ones for help.

Place your paper next to your candles, placing your hands on your heart chakra; knowing Her worship is in the heart that rejoices for behold-all acts of love and pleasure are My rituals.

Take a step to be kinder in your life and to others.

Directions for 'Mother Earth Spell'

Get a green candle and write down things you are grateful for from Mother Earth. Think of ways you can honor Her through song, dance, gardening, walking in the woods or just appreciating nature. Think of one way you will step up for Her as in action for the greater good and write it down, too. It could be supporting national forests, cutting back on your carbon foot print, recycling or supporting animal sanctuaries. Mother Earth needs us all. Remember we are part of Her. Light the candle and leave your promise there. Take one step towards your promise. Blessed Be.

Happy Spelling, Aurora Raven Dragonfly

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

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

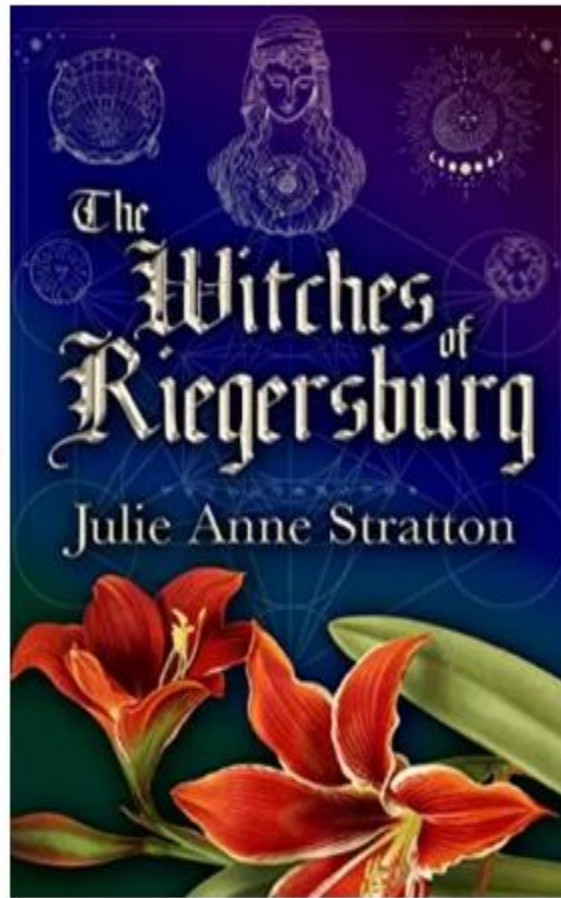
I have led and participated in many covens over the years; The Circle of the Rising Phoenix, Sacred Daughters of Her, and Reclaiming the Radiant Wild. I did a green witch intensive for a year with Susan Weed and have taught workshops at witch camps, organized for VWC and was on the World Witch Council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

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

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

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

Check out her book aka Julie Anne Stratton



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

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

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

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

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

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

Interview with Aurora Raven Dragonfly aka Julie



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

What Women Deserve in a Relationship By Barry & Joyce Vissell



It amazes Barry and me how many women are still settling for less than they deserve in their relationships. The women's movement of the sixties has done much to liberate women in their careers. Fathers are now helping out more than ever with child care responsibilities. Women are crowding the health clubs and marathons getting physically strong and healthy. And yet in the area of relationship many women are settling for far less than they deserve, and who hesitate to speak their truth. Often a "yes" is said, when a "no" would be more appropriate. Sometimes they put up with certain behaviors because they are afraid to take a stand.

Women who do not have an equal place in relationships with men need to take responsibility for themselves. Women need to know that they deserve to be totally loved, accepted and heard. They need to know that their voice is equally as powerful and needed in the relationship as the man's.

Many women are aware of the possibility of a totally equal relationship with a man, but are unaware of how to attain this. The whole key is in knowing that we as women deserve this. This is our birthright and it is time to fully bring it into being.

When women do not feel that they deserve full equality in the relationship, they will do several things. First, and most common, they will suppress their needs, making their partners needs more important. This is codependence.

Second, they will take an attitude of "all men are out to use me; therefore I will avoid them." This is the paranoid approach.

The third is to use anger and nagging to try to get the love and equality they are wanting. This is trying to be outwardly powerful, but lacks love of self, and therefore is but a desperate attempt.

None of these methods work. What is needed is to go right to the source of the difficulty, the feeling of being undeserving or not worthy of love. A woman can enjoy an equal role with her partner, be loved, accepted and heard. She must first be willing to feel worthy of such love from a partner.

When a woman truly knows herself and therefore, knows that she deserves love and respect, then she will naturally draw that out of her partner. They will want to love her in a special way because she loves herself in a special way. A woman who knows that she is worthy will be able to communicate her needs to a partner in a way that makes them want to give to her.

I want to fully support women in letting go of all feelings of unworthiness and coming fully into the realization of divine birthright and value. We, as women, deserve to be seen, heard, loved and honored in our relationships. We will then have the power to love and honor our partners, for they deserve this same special love.

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](https://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.

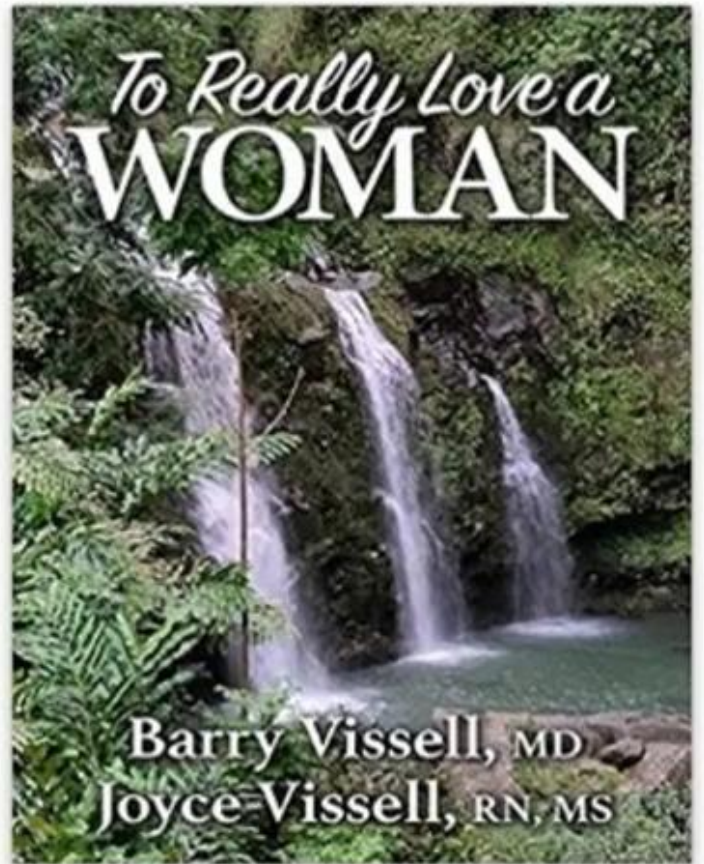
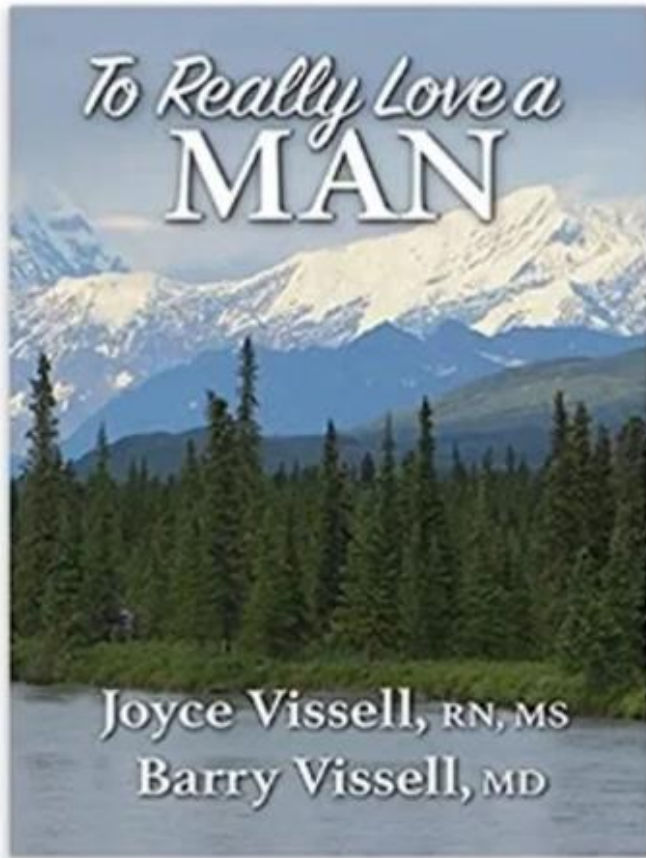
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce Video



Link: <https://youtu.be/-7XZ6pILIdI>

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref=db_s_p_ebk_r00_abau_000000

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.

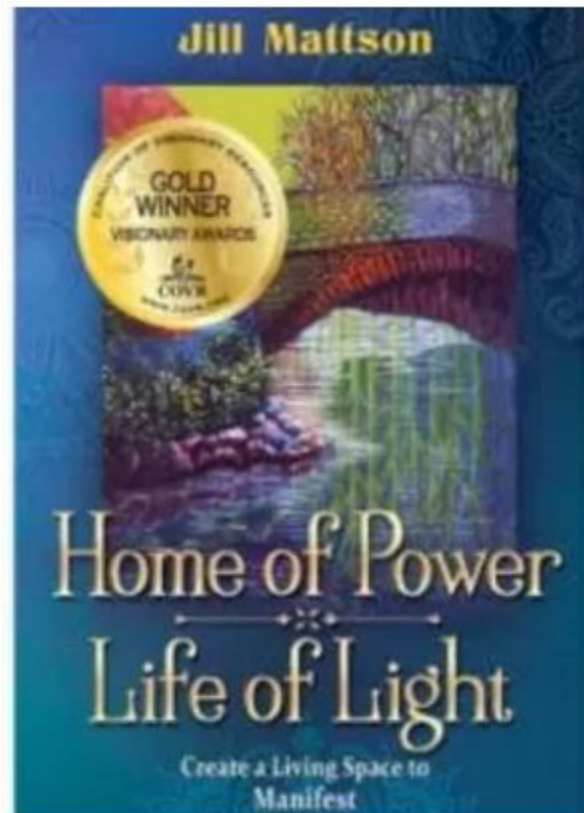
Take some me time and listen to the video.

Video



Link: <https://www.youtube.com/watch?v=6icBCyit3Ko>

Listening to One Tone By Jill Mattson



In ancient China people harmonized and meditated to a single tone...for hours. The listeners mimicked the feeling of a tone - to develop mastery over the emotional, mental and physical lessons contained within it. Physical elements, brain waves and emotions are vibratory, just as tones are. Waves in close proximity combine. Therefore, tones affect emotions and brainwaves. Their idea was anything, but flawed.

The ancient Chinese strove to master and balance frequencies. Each tone was important. Today, who would listen to just one tone and marvel on its beauty? That would be boring and obnoxious. We do perform a watered down version of this practice, however. When a musician plays a song in one key, the song begins and ends with the same note. The music seemingly hovers around this same note. Eventually the listeners resonate with this keynote.

Listening to one tone was mixed with listening to a word. Confucius recited a verse and then a percussive instrument sounded a note to "receive the tone and transmit it to the following word." [1] The instrument literally combined with the sound wave of the word and subtly filled the silence until the next word was spoken, creating an unbroken energy stream.

To perform one tone - the Chinese made hundreds of subtle variations that we would not appreciate. In the duration of mere seconds the ancient Chinese prescribed volume and

speed variations in vibrato. Vibrato is created by fluctuating a tone up and down a tiny bit, perhaps one cycle per second. For example, the music could dictate fast vibrato then slower, slower still and then none. ... all this in a second or two. The ancients documented 26 variations in the rate, volume and pitch of a vibrato. Today we employ one.

Music created subtle feelings, even inaudible vibrations. For example, the silence after various notes has different subtle feelings. Listeners achieve mastery of subtle awareness when they appreciate such tiny details. Contrast the experience of enjoying different "silences"- to listening to Mic Jagger's song "I can't get No Satisfaction." Listening styles cultivate fine or gross levels of perception.

There were other ways of modifying a single tone. The same pitch can be created on different strings. The timber sounds different on each string due its thickness and what the string is made of. The ancient Chinese regulated the measurements of musical instruments and what materials that they were constructed from. They dictated which string a note was to be played on, controlling subtle tonal color. They also prescribed lightly or firmly placing your finger on the strings, creating an airy or solid feeling. Finally, which finger was used to pluck a string created a subtle variation of strumming sounds?

People embraced subtleness within a tone that today we would not even notice. The listener and musician would have to be "in the zone" to notice such minute attention to subtlety. By focusing on subtle effects they refined and mastered their perception of subtle energy, which was most useful in other contexts and developed psychic skills.

[1] Sachs, Curt. *The Rise of Music in the Ancient World, East and West*, Dover Publications: Mineola, N.Y., 1943, Pg. 108.

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

The field of Sound Healing is a rapidly growing discipline that is attracting great interest. As indicated above, many of the techniques that are employed stem from ancient

traditions. There is also cutting edge research underway, which is expanding the understanding and promise of this field. My personal specialty in Sound Healing utilizes the intricate combination and interplay of numerous musical effects along with specific frequencies. It is the magical and complex interaction of special healing sounds with the human body and mind that give the impressive results that can be achieved with Sound Healing.

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

Interview with Jill



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

Jill's Art



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

Poetry By Ashleigh Kathleen Furry

IO

His presence is always around
me

Lusty, male, mighty
Perfect concoction of light and
dark

Smells of cedar, wet earth, and
roots all around me
Needing him like I need oxygen
Inhaling deeply

Drums pounding in my mind
My heart belongs to you
Flute songs in a frenzy

~ By Ashleigh Kathleen Furry

Candle Magic

Pushing in the intention
Let the flame warm the wax
Just a splash of moon water
Check the phase
Grind to dust
Sprinkle in it
Flames growing higher
Snuff it
Extinguished but not the
spellwork

~ By Ashleigh Kathleen Furry

Protection

Bath water filled with flowers
and herbs
Crushed and ground to assist
Here to help you; protect you
Soak in it
Relax and let in the light
Feel it surround you
Magick in the making

~ By Ashleigh Kathleen Furry



My Helper - Hekate

**She protects me
A spiritual mother
A mother of witchcraft**

**Crossroads and cemetery dirt
Spells and incantations
Magick**

**Cloaked in blackness
She comes to me
Through the fire she shows herself**

**Beautiful
Dark
Mysterious**

**A cawing like sound roars from the fenceline behind me
Her power a force to be unseen
I'm lucky to have her by my side**

~ By Ashleigh Kathleen Furry

About Ashleigh



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

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

BREAKTHROUGH For Conscious Evolution Of The Plant Kingdom And Humanity In Climate Extremes!

By Dr. Jim Conroy & Basia Alexander



ANNOUNCING a climate-survival BREAKTHROUGH for the conscious evolution of the Plant Kingdom and humanity on planet Gaia

Plant-communication leaders and expert tree-healers Dr. Jim Conroy and Ms. Basia Alexander of BioBalia Institute have collaboratively co-created with the Plant Kingdom's profound intelligence an UPSHIFT in the Plant Kingdom's Consciousness which will cause an evolution of tree's, plant's, crop's, and forest's inner circulation systems and their capacity to photosynthesize food for themselves.

However, the Plant Kingdom needs humanity's help—your help—to mindfully IMPLEMENT the three specific higher level shifts in consciousness that Conroy and Alexander have identified. People need to help trees, plants, crops, and forests implement the new consciousness into their daily operations of inner parts, systems, and functions.

In other words, the Plant Kingdom's profound consciousness perceives the existential threat that climate extremes are and “knows” that it can no longer operate in inefficient and unprepared old ways. The Plant Kingdom's Spirit and awareness is willing and able to EVOLVE in order to survive. But trees, plants, crops, and forests can't do it by themselves given their current state of stress and decline in advancing climate extremes. Just because a tree is green doesn't mean that it is healthy on the inside.

How can you help your trees, plants, crops, and forests? By engaging your own consciousness—your mind, feelings, and Spirit—with theirs. You can take a moment to hold specific concepts in your awareness while you are focusing your attention on trees and plants in your world. Since the Plant Kingdom is already a single united being at the level of consciousness or Spirit, your interaction with one can impact all.

Expected results:

Because of interacting with the Plant Kingdom that mindful way, humanity — you — will expand your own consciousness and gain hope-filled inner peace for a positive future on a livable planet.

When more people are interacting with the Plant Kingdom in Conroy and Alexander's easy and simple ways, more people will become part of a group consciousness that has profound power to cause improvements on the planet.

Your specific trees, plants, crops, and forests will become more able to implement the three specific higher-level shifts in consciousness into their daily operations to improve inner health. Those healthier trees, plants, crops, and forests will re-unite with others locally and all over the world to re-form their global, healthy community of oneness.

Here are the 3 physiologically correct and botanically targeted ways the Plant Kingdom's consciousness is shifting:

Trees, plants, crops, and forests learning that they have to make a lot more food for themselves in their leaves.

Evolving their circulation systems to become responsive, efficient, and thrusting.

Becoming in harmony with the energy-forces of climate extremes, as those conditions increase around them.

If you want to make a difference to your future, the Plant Kingdom, humanity, and the planet, please join us in using these simple and easy BioBalia Nature Interplay™ mindful and consciousness-based methods.

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

Jim's website = www.TreeWhisperer.com

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

Tree Whisperer's websites: BioBaliaInstituteSchool.org PartnerWithNature.org,
NaturePartner@PartnerWithNature.org

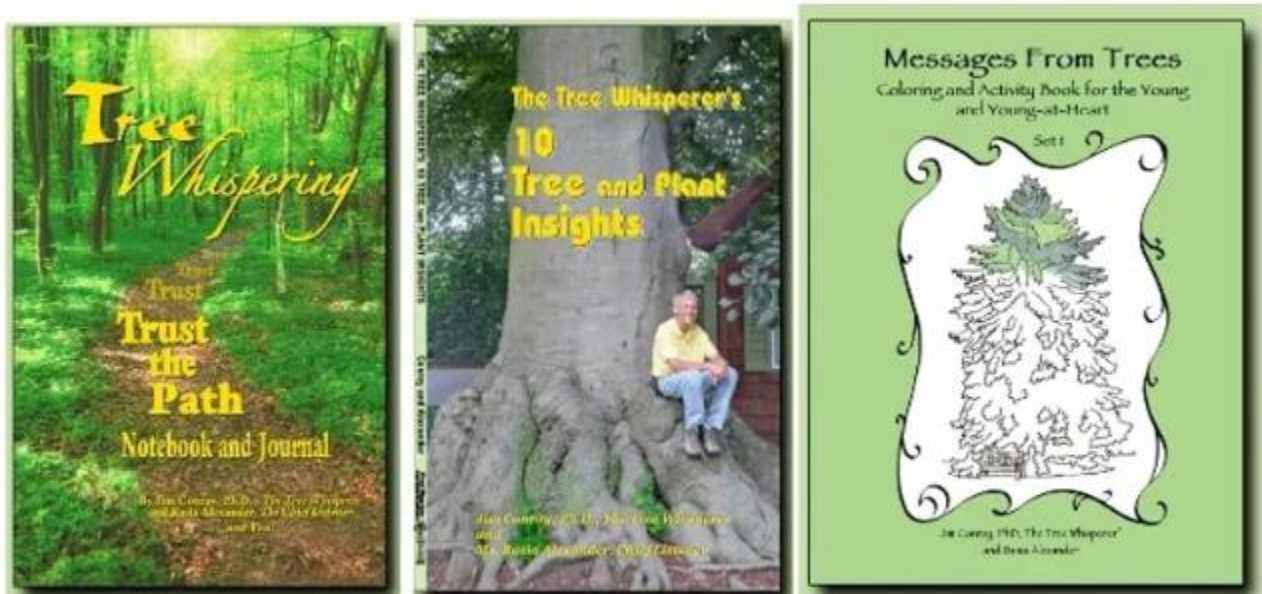
TheTreeWhisperer.com, whisperer@TheTreeWhisperer.com

Jim's Video

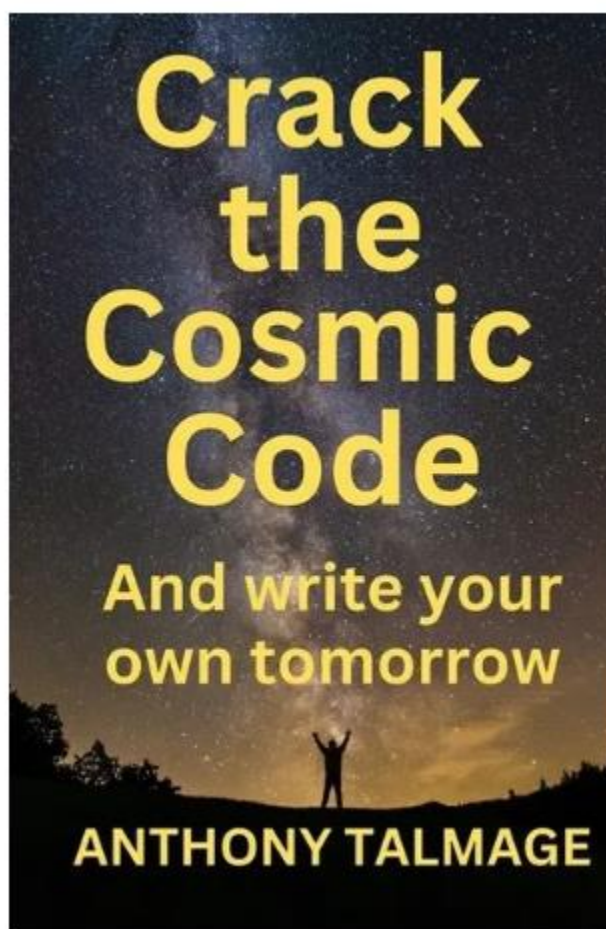


Link: <https://www.youtube.com/watch?v=RNFfus6xKeY&t=3s>

The Tree Whisperer Books



Go to Jim's website for all his books: <https://www.thetreewhisperer.com/store>



There is an indispensable tool for anyone seeking to achieve their objectives. Those who haven't got it are doomed to eternal frustration and failure. Whether you are trying to manifest abundance in your life, heal a physical ailment, or connect with your intuition, the key to unlocking your full potential is...BELIEF.

It sounds so ordinary, doesn't it? And you'll probably retort that of course you have belief. You wouldn't attempt any project without believing it could be achieved. But, is it the right kind of belief? Unshakeable? A deep down conviction that, no matter what, you're going to succeed? Or is your belief a fair-weather friend who fades away just when you need their support most.

So your first step to success is to believe in your belief – that it will stay with you whatever life throws at you. OK, now you know what kind of belief you must have here are some quotes from battle-hardened experts who know how important it is:

'Believe you can and you're halfway there' - Theodore Roosevelt.

This famous quote from the 26th President of the United States encapsulates the power of belief to propel us forward towards our goals. When we believe in ourselves and our abilities, we are more likely to take action and persevere in the face of obstacles.

‘Whatever the mind can conceive and believe, it can achieve’ - Napoleon Hill. Napoleon Hill, author of the classic self-help book *Think and Grow Rich*, understood the importance of belief in achieving success. He asserted that our thoughts have the power to shape our reality, and that by visualising our desired outcomes, and truly believing in their possibility, we can manifest them into existence.

‘Belief is the ignition switch that gets you off the launching pad’ - Denis Waitley. Denis Waitley, author and motivational speaker, uses a powerful metaphor to describe the role of belief in achieving our objectives. Just as an ignition switch is necessary to start a rocket launch, belief is the starting point for any endeavour.

These quotes from celebrities are just a few that emphasise the importance of belief. But why is it so crucial to achieving our goals?

If you don’t believe, nothing will happen. Or even worse, something will happen but it’ll be the opposite of what you want! Belief, or faith if you like, is indispensable if you want to achieve your objectives. So, if you desire to tap into, say, the psychic secrets of the Universe, you’ve got to believe the Universe has got psychic secrets. And then you must believe that they are accessible to you. And then you must believe you are worthy of receiving those secrets and that you are capable of handling them.

Belief can overcome the doubts and fears that hold us back. When we believe in ourselves and our abilities, we are less likely to be deterred by negative thoughts and external obstacles enabling us to focus our energy on achieving our goals and manifesting our desires.

But there’s more to it than that. If there was ever a ‘secret’ to gaining success it’s this: By believing with all our heart that we will achieve our objective we’re handing our trust over to the Universe and the Universe sets things in motion for us and the Universe will never let us down.

That special kind of belief helps us to open our minds to new possibilities. When we believe that there is more to the world than what we can see, hear and touch, we are more likely to be open to the possibility of experiences outside of our daily normality. For instance, this openness allows us to receive psychic information more easily.

Of course, belief alone is not enough - it must be combined with action and effort to produce results. A well known saying is: God (the Universe) helps those who help themselves. But without belief, even the most skilled and talented psychic practitioner may struggle to achieve their objectives. Why am I talking about psychic practitioners? Because, if you believe that you are connected to the Universal Consciousness, you are calling on powers beyond our five senses and that is the key to mental, physical and emotional breakthroughs. And that makes you a psychic practitioner (perhaps at this stage an apprentice one).

‘I truly believe that everything that we do and everyone that we meet is put in our path for a purpose. There are no accidents; we’re all teachers - if we’re willing to pay attention to the lessons we learn, trust our positive instincts and not be afraid to take risks or wait for

some miracle to come knocking at our door.’ So said American actress, singer, writer, and producer Marla Gibbs, best known for her role as the sassy maid Florence Johnston on the popular 1970s sitcom, ‘The Jeffersons.’

Throughout her career, she credited her success to her unwavering belief in herself and her abilities, and her willingness to trust the Universe and take risks. Her quote emphasizes the power of belief and faith in achieving goals and finding meaning in the people and experiences that cross our paths.

This reminds me of something I should have told you earlier in this article. That is to tap into the powers of our intuition (aka the Universe) we need to **MAKE A DECISION TO NOTICE** the response. If we don’t look and listen we won’t see or hear anything!

So, summing up, if you are seeking to tap into the power of psychic abilities to achieve your goals, remember the importance of belief. Visualise your desired outcomes, affirm your belief in their possibility, take action towards your objectives with confidence and determination and stay alert for responses. With belief as your starting point, there is no limit to what you can achieve in partnership with the Cosmic Consciousness.

If I still haven’t convinced you, would you believe the word of America’s best-known media executive, actress, talk show host, television producer and philanthropist Oprah Winfrey? Her guiding philosophy is, ‘You become what you believe.’

About Anthony Talmage: Anthony Talmage is author of four books in his Psychic Mind series, *Dowse Your Way To Psychic Power*, *In Tune With The Infinite Mind*, *Unlock The Psychic Powers Of Your Unconscious Mind* and the just-published *Crack the Cosmic Code (and write your own tomorrow)* all available in Kindle, printed and audio versions from Amazon. Just put Anthony Talmage in the books search field. Anthony also covers more of the above themes in his popular podcast, available absolutely free. Just click on this link to listen or download: <https://www.buzzsprout.com/1742930> So far it’s had 16000 downloads and counting.

Anthony's website: <https://www.facebook.com/anthony.talmage/>

Anthony's Video



Dowse Your Way to Psychic Power Anthony Talmage

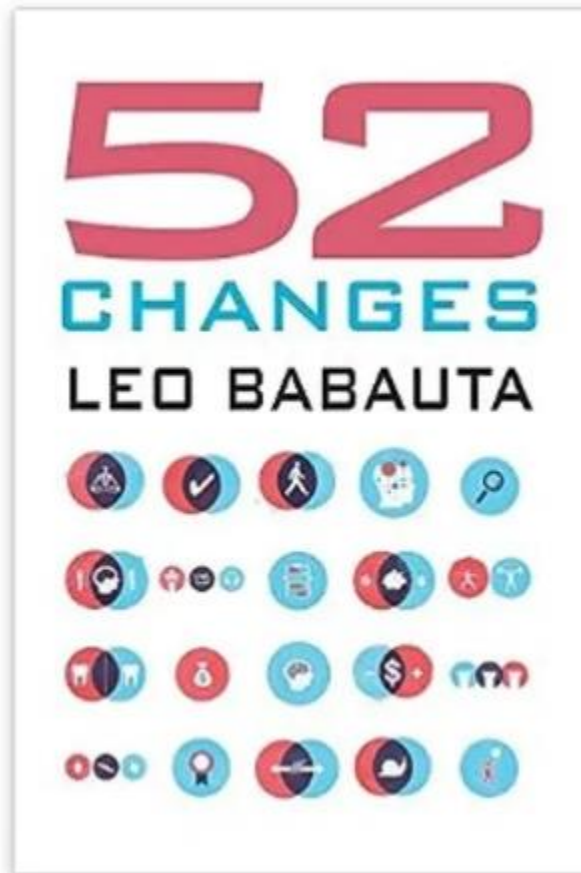


Link:

https://www.youtube.com/watch?v=mFQnHv4fH3Y&list=PLh5FEe02zQnX2_va1HnKs7I1zrH9dzRI2

zen habits by Leo Babauta

Learning to Surf the Uncertainty of Life By Leo Babauta



When things are changing rapidly, and an overwhelming number of things are coming at you ... it can be tough to navigate.

Anyone who is up to anything big will have a lot going on. Lots of emails and messages, lots of tasks, lots of meetings and calls, lots of things changing every day. Lots of uncertainty.

How do we navigate the uncertainty of all of this?

The visual metaphor that works for me is surfing. I'm going to talk about how to surf uncertainty, and how to learn to surf uncertainty.

Surf Uncertainty

What we really want is a simple, straightforward path. No uncertainty, no tough decisions, nothing overwhelming. Simple, clear, easy path.

But life is full of uncertainty, and full of abundance. That's what makes it so beautiful!

So I like to imagine life as an ocean, full of unpredictable waves. If I were a surfer (I'm not), I wouldn't curse the overwhelming number of waves ... I'd be psyched that there are waves! That's what I'm here for.

And I wouldn't moan about how unpredictable the waves are — that's what makes it fun!

So the way I might approach the uncertainty of waves is:

Relish a new wave coming my way

Jump on the surf board as the wave approaches, reading the wave as best I can

Have a direction I'd like to go, but ...

Also navigate the wave as it breaks, learning to go with what I'm given

Try again if I'm knocked off

This applies to my life, of course. Each day is a new wave, and the opportunity is to get excited by it, jump on and ride it, set a direction but also flow with what comes up.

The attitude is one of ease and acceptance of uncertainty and change, with determination toward a direction that I've chosen. There's trust in myself to be able to navigate change.

What would that be like for you, if you approached every day with this relaxed but determined attitude toward the uncertainty of your life?

How to Learn to Surf Uncertainty

This kind of uncertainty surfing takes practice. It's not as simple as saying, "OK, just surf and be relaxed and flow!" That might have some immediate impact, but long-term impact will mean practice.

The most important place to practice is at our edge — where things aren't so easy, but also not so challenging that it feels too impossible. Where is your edge right now? Maybe it's chaotic mornings, maybe it's taking on a challenging project, maybe it's around difficult conversations.

Then when you find this edge, notice that you're feeling uncertainty. How are you relating to that uncertainty, and the resistance and fear that come up in uncertainty? Do you hate it, wish you didn't feel it? What do you try to do from that uncertainty? How does it feel? Bringing curiosity like this gives you awareness and the opportunity to work with it.

Now when you notice the uncertainty, see if you can take a "surf with ease and flow" approach. How can you make this easy? How can you flow in the direction you'd like? How can it be fun, with determination?

Play with it! See what you can create. Bring some lightness to it, without harshness.

Then as you practice, notice that changes aren't necessarily anything to stress about, but simply something to flow with.

How can you still go in the direction you want as you flow?

How can this be the most amazing moment, this moment of change and flow?

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.

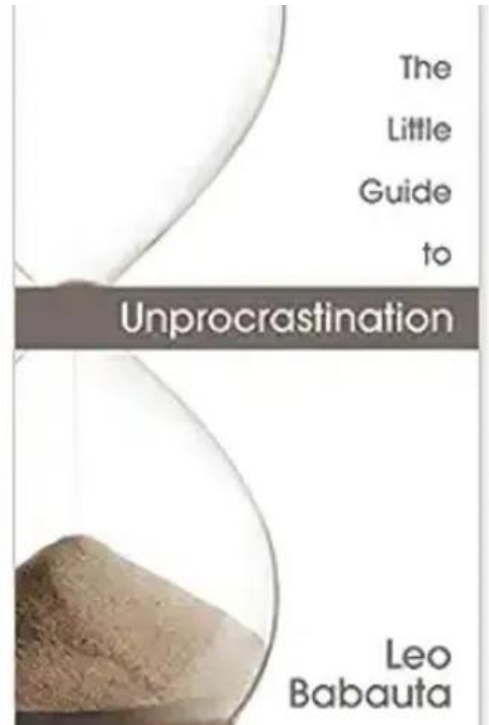
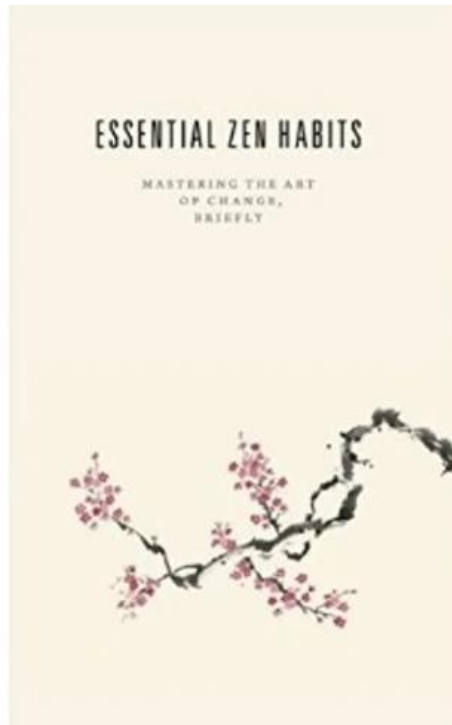
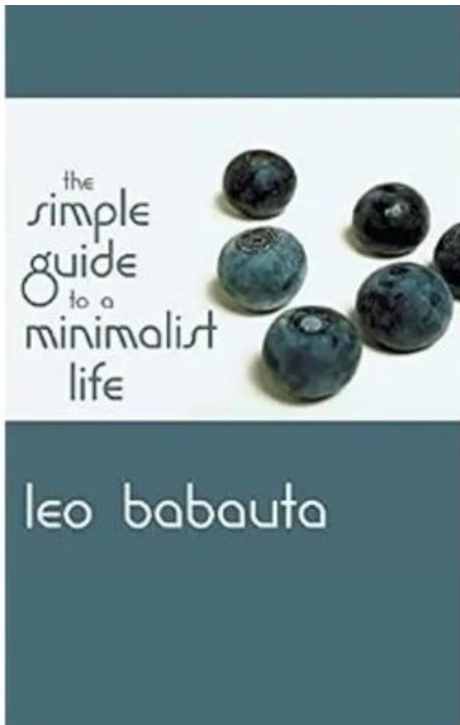
Leo's website: <http://www.zenhabits.net> and <https://seachange.zenhabits.net>

Video with Leo Babauta



Link: <https://www.youtube.com/watch?v=uADW9G9BK7c>

Sample of Leo's Books



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

Paranormal Investigations – How to Start and Much More With Jay Gridley & Shawn Curran



My foray into the spirit world first started with taking a training class on how to use as my intuitive skills along with dowsing, remote viewing and investigative protocols to do psychic detective work.

Shawn was part of the group and now runs it. In our class he has brought in equipment such as an EVP detector, plain old flash light and some other cool techie equipment. He likes to use science, logic and use of technical equipment as a way to sift and sort out what is going on. Shawn has his own investigation business called Spiritwalkers Paranormal. This year he was a presenter at Lily Dale. He does private investigations to help home owner's with unusual events happening in the home. And he may run his own or joint public investigations with Jay.

Jay Gridley has his group called New York Paranormal. His paranormal group offers both public & private investigations. He will open up investigations for the public to go to old courthouses, museum and the like to go with his group to do investigative work. He also does private work when people have weird happenings in and around their home.

I attended a presentation that Jay did at the Purple Door. I appreciated his point of view that when doing investigations it's not "Hunting" it's investigating and assistance for both the home owners and Spirit(s) that are residing in the same location.

As the magazine's mission is to educate and inform I did an interview with these two to learn more about their work and have them share their knowledge for those who may not know about paranormal or are interested and need to know the basics.

I hope you find their interview informative and you'll be on your way to understanding more about Spirit and investigations.

Jay Gridley's website: <https://www.facebook.com/profile.php?id=100075579471390>

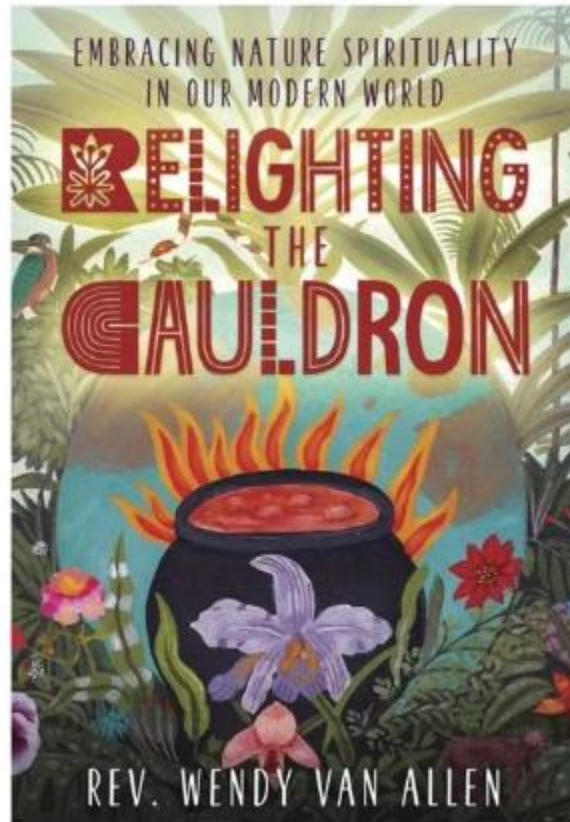
Shawn Curran's website: <https://spiritwalkersparanormal.com/about-us>

Interview with Jay and Shawn



ROC Metaphysical Book Review

Relighting The Caldron By Rev. Wendy Van Allen



***** Editor's Note: Synchronicity was working for me, a friend told me about this book. I looked her up and sent a message to see if we could talk. Of course she said yes and we did a zoom interview so I could learn more about the book, her vested interest in Earth practices and of course her background which the book demonstrates.**

Here's her background so you have a glimpse into the why and how the book came to be.

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

Embracing Nature Spirituality for the Modern World, published by Llewellyn's Worldwide Publications in early 2023.

She also teaches at in person and on zoom at: <https://www.soulblossomcenter.com/>

Mother Earth's cauldron flame has gone out as the climate crisis and resulting social chaos have worsened. But it's not too late. Rev. Wendy Van Allen confronts this problem and its origins, focusing on the spiritual disconnect we have between ourselves and our natural world. With the help of ten other voices from diverse, nature-centered practices, she helps you discover your spiritual center, better recognize humanity's interdependence with itself and other species, and live in harmony with the environment. Learn to celebrate your ancestors, seek spirit guidance, journey to the astral plane, implement energy healing techniques, and lead a sustainable lifestyle. Enhancing your physical and spiritual connection to the earth can help create more awakened humanity, relight Mother Earth's cauldron, and save the planet.

"Relighting the Cauldron gives us hope. It speaks to the possibility of revisiting that time when the world was exciting, when the fire burned brightly. While the book identifies ways in which modern humanity is endangering all life on Earth, it also assures us that it's possible to recapture magick and move toward a new level of human evolution and a deeper relationship with the rest of the natural world."

Find her book at: <https://www.llewellyn.com/product.php?ean=9780738771786>

Interview with Wendy



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

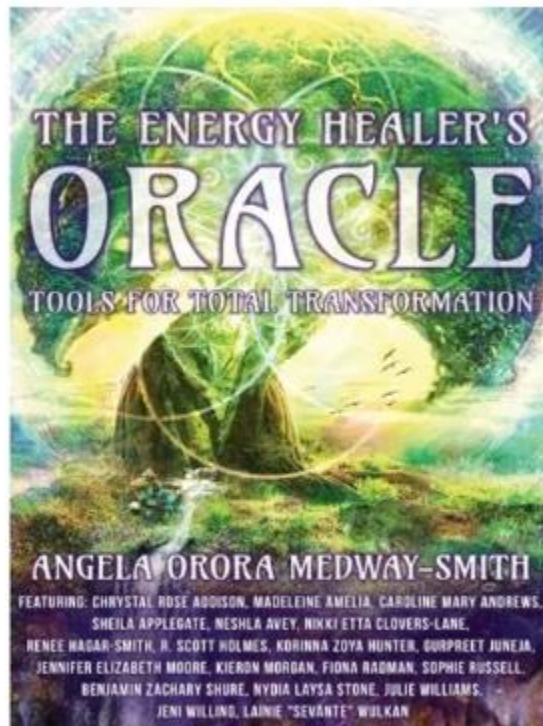
ROC Metaphysical Book Review

The Energy Healer's Oracle: Tool for Total Transformation

Zac Hansen



Sheila Applegate



***** Editor's Note: I have met Sheila and Zac a few times at different events. I saw they had a book out about healing work. As synchronicity works I saw Zac in person and asked can we sit down and do an interview to learn more about their work and the book. Here's the results. The two of them have a great story to tell. This is just another great outcome of their partnership along with other writers who contributed to this book.**

The Energy Healer's Oracle: Tool for Total Transformation is a collaboration between 20 Master Healers from all over the world featuring 20 different healing modalities and tools you can try at home that can truly transform your life.

Sheila Applegate and Zachery Hansen, co-authors in the number one international bestselling book, *The Energy Healers Oracle: Tools for Total Transformation*.

Brought together through divine intervention, Sheila Applegate and Zac Hansen are the co-founders of Consciously Awesome, co-hosts of the Live Sense8 podcast, and authors of the upcoming fictional series, *The Adventures of Ashzar*. Fractal Illumination remains one of their favorite offerings.

Zac and Sheila's mission is to illuminate the dormant awesomeness within you to help you access your higher consciousness every moment. Opening to the full expression of your authentic self will enhance your career and relationships, giving you a more profound sense of fulfillment. You'll discover deep clarity, heightened inspiration, and expanded understanding as you navigate life seamlessly. Opening to the full expression of your gifts amplifies your ability to influence the conscious transformation of our world.

Zac Hansen is a certified Ambassador of Consciousness, Soul Messenger, Reiki Master, and Somatic Breathwork Practitioner. Zac has over 20 years of training in martial arts, energy healing, breathwork therapy, and spiritual communication. Zac will help you embody the full spectrum of your multidimensional human experience in a magnificent way so you can enjoy your life without spending your time alone in quiet meditation. When Zac enjoys his downtime, you'll find him painting miniatures, going on adventures in nature, or growing a garden. Consciouslyawesome.com/withzac/

Sheila Applegate, MSW, offers practical guidance on living in conscious oneness. Through her twenty-five years of channeling, Sheila developed an intimate relationship with the divine. Together, they forged a path for her to access all levels of consciousness while navigating her daily life with joy. Sheila shares this process through the Consciously Awesome Gnostic Adventures to help you reclaim your divine connection and live your best life. Sheila is the author of the award-winning, best-selling book *Enchanted One: the Portal to Love*, which weaves together channeled messages from Isis and Magdaline with Sheila's journey of integrating these messages into her daily life. Sheila's meditation album, *Enchanted Garden*, featuring music by Grammy Award winner Joanne Shenandoah, won a Native American Music Award for Best New Age Album. www.SheilaApplegate.com

Link to purchase the book <https://www.sheilaapplegate.com/product/the-energy-healers-oracle-tool-for-total-transformation/>

Interview with Zac & Sheila



ROC Metaphysical Interview with Zac Hansen & Sheila Applegate

ROC Metaphysical

Interview with
Zac Hansen &
Sheila Applegate
September 2023

Watch on  YouTube

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ROC Metaphysical Book Review
The Wisdom of Hilarion By Jessica Bryan



THE WISDOM OF
HILARION

This book of channeled messages comes to us from beyond the veil, from the fifth dimension, from the other side—however you choose to think of the non-physical reality we will all experience when we return to our true “home”. It is not to be read with only your mind, but also with your heart. You might begin reading on the first page or open the book at random. Simply allow spirit and the energy of Hilarion to guide you, trusting that you will be led to the support you need at any given moment. Different people will be drawn to different messages. As you proceed, you will likely be drawn to one or more of them because of the way they make you feel. Sit quietly and let the energy of the words filter through into the deepest part of you, bringing healing and understanding, and guiding you to the best path forward.

Hilarion’s Messages illuminate spiritual truth and open a window into dimensions of reality that exist beyond the physical world we experience with our senses. They are based on the concept that we are energy beings in solid form, and as such we can be healed at the energy level. The Messages are also rooted in 3 the concepts that life continues after death; we experience multiple lifetimes; and that while we are still in the physical body we have the ability to communicate with our loved ones who have “crossed over.”

THE WISDOM OF HILARION by Jessica Bryan is available on Amazon in print for \$10. Also, Master Hilarion has indicated that he wants this book to be readily available to anyone who wants or needs it, and, thus, it is available at no charge in e-book format. Just send an e-mail to Jessica and request your **FREE** download: medium@mind.net

JESSICA BRYAN is a Spiritual Medium who does energy healing and clairvoyant readings. Jessica lives in Ashland, Oregon and can be reached by e-mail: medium@mind.net. For more information and to read interesting metaphysical articles, see her website: <https://theflowofgrace.net/>

MASTER HILARION is known as “Ascended Master Hilarion, Lord of the Fifth Ray.” Having once lived in the Third Dimension, he continues his spiritual mission from the etheric plane and serves by anchoring the flame of truth, healing, and music in the hearts of humanity. Hilarion is associated with the color emerald green and the Third Eye Chakra.

Reader's review: “I LOVE this book. It raises me into a state of heightened awareness and gratitude for everything having to do with the Divine. Having recently been faced with a crisis in my life, The Wisdom of Hilarion has come at the perfect time. I read it before I go to bed, during the night if I wake and can't get back to sleep, and on and off during the day. I treasure the wisdom and healing effect it has on me. Thank you, Jessica, for channeling these beautiful messages.” J.F.

Tarot Tendencies for October By Doreen Scanlan



Listen to your intuition if you are drawn to do or experience something that allows you to be you.

Take a leap of faith to try and let go a little bit. It is a great way to refocus your attention away from something less satisfying. You can't repel it but you can replace it with something more satisfying.

From that perspective you can start looking for more options ahead of you instead of focusing on what has already happened. October is a magical month to make things happen.

Give yourself permission to shine. Free your soul to soar. You might just like it.

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

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

Interview with Doreen



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

Unlocking The Power Of Your Wisdom: A Journey To A Better You

By Rev. Colleen Irwin

The difference between knowledge, knowing, and wisdom: Knowledge can be acquired. Knowing is a realization. Wisdom, you have to earn
- Sadhguru

Life is a journey filled with ups and downs, and as we journey through it, we gather something truly precious - wisdom. Wisdom isn't about having all the answers; it's about knowing the right questions to ask and using your life experiences to guide your way. Today, we're going to explore how you can harness your years of wisdom for a brighter, better you.

Wisdom vs. Knowledge: What's the Difference?

First things first, let's clear up a common misconception. Wisdom and knowledge aren't the same thing. Knowledge is like the foundation of wisdom; it's the information you gather about specific topics. Wisdom, on the other hand, is the art of applying that knowledge to make sound decisions and navigate life's twists and turns with grace.

Think of knowledge as the ingredients and wisdom as the recipe. You can have all the ingredients, but it's the wisdom that turns them into a delicious dish. And the secret ingredient? Experience - both successes and failures.

Embracing Your Wisdom

Now, let's dive into how you can make the most of your wisdom:

- **Empathy is Your Superpower:** One of the hallmarks of wisdom is the ability to empathize and see the world from different perspectives. This empathy helps you connect with others on a deeper level, understanding their needs, motivations, and fears.
- **Combat Loneliness:** Studies have shown that wise individuals often experience less loneliness. This may stem from their emotional awareness and willingness to explore new horizons. When you're open to new experiences and connections, your life becomes richer, and loneliness takes a back seat.
- **Balancing Boundaries:** Wisdom also brings the gift of knowing when to say yes and when to say no. It's like having a built-in compass for personal boundaries. You can contribute to your community, work, and home without feeling overwhelmed, leading to reduced stress and anxiety.
- **Emotional Awareness:** Being in touch with your feelings allows you to take proactive steps when things get tough. Wisdom encourages you to pause and reflect before taking action, leading to better decision-making and emotional well-being.

· **Embrace Change:** With wisdom by your side, you can welcome change with open arms. A positive mindset and hopefulness make adapting to new situations and overcoming challenges easier.

Harnessing your years of wisdom is a journey well worth taking. It's about applying your experiences and knowledge to lead a fulfilling and successful life. We've shared some practical ways to make the most of your wisdom, and it's now up to you to put them into practice.

Remember, these changes may not come overnight, but the effort you invest in applying your wisdom will pay off in the long run. So, go out there and let your wisdom shine as you continue your journey towards a better you!

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

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

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

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

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

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

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

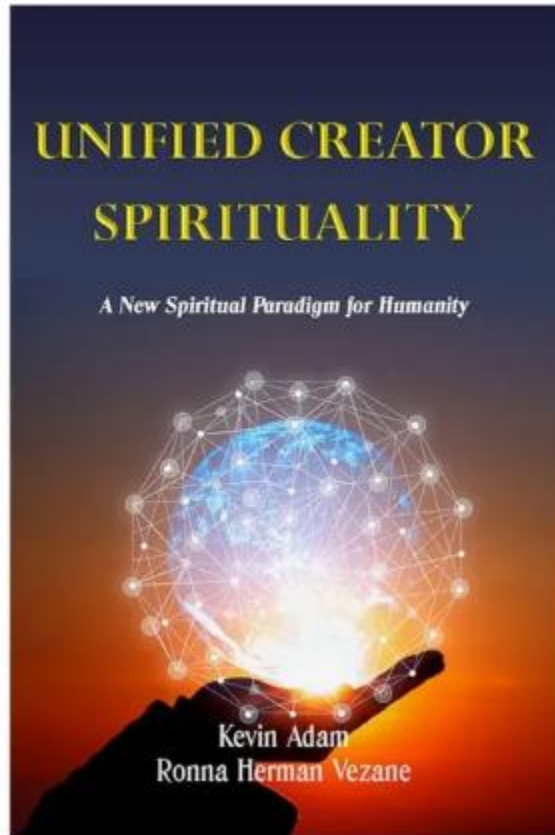
YouTube: <https://www.youtube.com/channel/UCyqiREJNkKCEenfDWeTozCQ>

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

Interview with Colleen



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



Beloved masters, as more and more dear Souls begin to awaken to the nudging of Spirit, it is time for a review of some of the fundamental teachings of expanded consciousness. Even those of you who have been on the Path of Ascension for many years sometimes need a “refresher course” in some of the critical steps in attaining Self-mastery. This review is a critical phase for humanity, and many of you are feeling the “Ascension symptoms” which accompany these life-altering changes.

As the Light Cells of God Consciousness infiltrate deeper and deeper into the physical structure, the membranes of Light surrounding the DNA begin to dissolve. As part of this Sub-Universal experience, this was programmed into the Adam/Eve Kadmon Light Body blueprint so that the activation of the DNA strands would take place two at a time. The DNA strands are attuned to the different dimensional levels. The two strands which are now available and active in the physical vessel are attuned to the First-, Second- and Third-Dimensional levels.

As we have told you before, as you sank into the density of the lower dimensions, two by two, your DNA strands were encased in membranes of Light and placed in reserve until the time you were ready to begin your journey back into the higher dimensions of Light.

FIRST, SECOND AND THIRD DIMENSIONS: TWO STRANDS OF DNA

FOURTH AND FIFTH DIMENSIONS: FOUR STRANDS OF DNA

SIXTH AND SEVENTH DIMENSIONS: SIX STRANDS OF DNA

EIGHTH AND NINTH DIMENSIONS: EIGHT STRANDS OF DNA

TENTH AND ELEVENTH DIMENSIONS: TEN STRANDS OF DNA

TWELFTH DIMENSION: TWELVE STRANDS OF DNA

For clarity and to help you understand the sequence of Higher Self/OverSoul integration, let us assign numbers to each Facet of your Higher Self. You were born with a Facet of your God Self enclosed within a Sphere of Light, which was stored within your Sacred Heart. Encoded within your DNA, your auric field and the White Fire Memory Seed Atoms throughout your body were the frequencies you were to experience in the beginning stages of your life. Your number One Soul Self, which we will call your OverSoul, took up residency within your Soul Star, the Eighth Chakra, at the time of your birth.

If your Heart Chakra remains open, gradually over time, this higher dimensional Facets of your Soul OverLights you and radiates Its refined Light frequencies into your chakra system and auric field. If everything goes according to plan and your Heart Chakra remains open and unsullied, sometime in your early years of life you begin to awaken to the nudging, whisperings of your Soul Self (around seven years of age), and a Soul/personality merge process begins. We will call this your number Two Soul Self.

When the integration of this Facet of your higher consciousness is complete, at the appropriate time your number Three Soul Self (around twelve years old), the next more advanced Spark of your multi-dimensional Being, moves down into the Eighth Chakra position. It becomes your OverSoul consciousness which OverLights your physical, mental and emotional expression.

This process will be repeated over and over again at regular, pre-determined intervals throughout this physical lifetime until you reach the mid-sixties or early seventh decade of life. If the Sacred Heart center has not been actively opened by this time, the Higher OverSoul Self would no longer send the Memory Seed Atom Cells of higher consciousness to awaken you. You would transition from this life experience without ever tapping into the full measure of this priceless gift of Godly Cosmic Consciousness stored therein.

When you began your adventure into the physical realms of materiality, you slowly built a garment of flesh around your shining, crystalline Light Body. A Sphere of Light was placed in the back area of the body behind your physical heart. This Light Sphere, which

would be called your Sacred Heart, became the home of your Soul/Higher Self, and your Diamond Core God Cell was also placed within this Sacred Chamber.

The qualities, attributes and virtues of the Seven Rays of God Consciousness were also placed within Spheres of Light. These spheres, known as chakras, were designed to spin at a very high velocity, which made them appear to be spinning cones of Light radiating from the front and back of the physical body. Now you are striving to reverse the process as you seek to eliminate all the discordant frequencies you have created down through the ages, thereby purifying your four lower bodily systems, physical, mental, emotional and astral, so that you can move beyond your physiological limitations.

You must move from an ego-desire body, self-centered attitude; however, this does not occur until you are well on the path of Ascension. Remember, we have told you, there is a virtue in “selfishness,” or a time of intense self-absorption, when you are endeavoring to heal and balance your physical, emotional and mental bodies. This preparation and refining of the physical vessel is an important step for each higher level of Light infusion. Otherwise, it would be like inserting a 110-volt electrical plug into a 220-volt outlet. It would result in an instant shock, and most likely, the destruction of the appliance (physical vessel).

It is extremely important that you focus on refining the seven chakras of the bodily form, thereby creating and activating your Pillar of Light, which follows the path – in front – of the spinal column. This Pillar of Light must reestablish its connection to the Heart Core Center of the Earth and to your Star Tetrahedron, your Soul Star, which is eight to twelve inches above the crown of your head. When this is accomplished, you will gradually gain access to the five higher Rays of Creator Light, which will assist you in the completion of your Divine Blueprint for this particular Round of Evolution.

We must explain, however, that during your journey back into the higher dimensions, you will be asked to accept many special missions and you will usually agree; for this is the way the Ascension process was designed. You will forever seek to return to the fullness of your God Consciousness, but you will also maintain a burning desire to serve in some way; for deep within your Sacred Heart there is a Memory Seed Atom that pulsates with pure love and an inborn desire to serve.

It was ordained that many Facets or Sparks of the angelic kingdom, and of other great Beings of Light, would incarnate on Earth and follow the path of humans. Portals of initiation were opened and have remained open down through the Ages. However, in the past, only a few brave Souls made it past the entry gateway of illumination and gained Self-mastery.

Conscious awareness is developed through gradual stages of awakening and understanding more complex and refined concepts. As you progress, you will gradually

gain access to higher and higher dimensional levels of consciousness during your nightly Astral Body travels. You are taken to halls of learning and eventually into halls of wisdom. Over time, each seeker of the Light will join the World Server Groups, who breathe in and radiate forth waves of Adamantine Particles of Creator Light, which will be used for the greatest good.

How will you know when you are eligible to join members of your Soul group in the World Server Pyramid? You will automatically be taken there when your Soul Song resonates to the mid-Fourth Dimensions and above. You will go there when you have balanced 51% of your karma, and you are truly making an effort to control your emotional nature. You will go there when you begin to see the best in those around you, and when you are endeavoring to move out of judgment as you learn to view life and the world through eyes filtered with compassion.

Allow us to explain the makeup of the World Server Pyramid. Envision a gigantic crystal pyramid in the Fifth Dimension, with the peak and the double-terminated crystal extending up into the first level of the Sixth Dimension. Within this wondrous edifice are graduated levels of the Fifth- and lower Sixth-Dimensional frequency patterns. There are thousands of smaller pyramids, each of which resonate to particular harmonic frequencies of Light. You might equate these pyramids to small cities of Light. When the time arrives that you are qualified to join the group of World Servers, you will be taken into the Light pyramid that is attuned to your particular vibrational patterns. As you advance in Light resonance, you will move ever upward into higher and higher stations of Light within the World Server Pyramid. This too is an integral part of the Ascension process.

The focused gaze of humanity is being lifted out of the stifling quagmire of earthly existence onto the far-distant horizon of the future. Desire for material riches is being replaced with a yearning for Soul consciousness. World Servers will be held together by a strong Soul connection: a remembrance of a solemn oath to serve humanity, with a common goal of ascending in consciousness.

The Divine Blueprint for this Sub-Universe was created as a Twelve-Dimensional experience. There are other Sub-Universes that were created to experience a greater number of dimensions and some others with fewer dimensions. The Earth and the solar system of which it is a part are in the process of reintegrating all of the attributes, qualities and virtues of the twelve Rays of God Consciousness in order to be eligible to join in the next higher degree of the Divine Plan for the expansion of this Sub-Universe.

Over time, evolution of consciousness is followed by stages of evolution within the physical vessel. Form always follows thought. The human body is being prepared to receive the higher frequencies of Creator Light, the Adamantine Particles of Sacred Fire Light. You must evolve from a passive mode of Being into a newly refined State of Being as an action-

oriented, expansive Bearer of Light if you are to become a COCREATIVE MASTER OF LIGHT.

As you turn inward and reach upward for higher frequency concepts and information, you will automatically begin to withdraw from the astral plane, collective consciousness belief system. From a spiritual viewpoint, evolution means a steadily increasing sensitivity to vibrational frequencies and an ability to integrate more Creator Essence. This results in greater illumination and a more compassionate nature. The intuition of an intelligent, awakened person leads to a greater understanding of the Divine Plan for humanity and the part he or she is to play. Focused intelligence is necessary to successfully enter the Fifth Dimension, and then, to tap into the vast storehouse of wisdom and advanced abilities therein available. Meditation and a strong Soul-consciousness open the portal to cosmic revelation.

When needed, appropriate, expanded information will always be supplied to the aspirant on the Path of Light. Your next step and the action needed are revealed one level at a time. Think of telepathic communication with the Beings of the Higher Realms as receiving Memory Seed Atoms of thought and information. You must practice perfecting the ability to create a vivid picture of your ideas, and to hold them long enough until they register within your brain and the Ethers. Remember, energy follows thought.

Light is both energy and matter. Electrification or conversion of matter / energy happens when energy is processed through a Pyramid of Light. As the human mind reaches out to the en-Lighten-ed Beings of the higher realms, it results in an energy conversion. Gradually, using these advanced techniques and perfecting them release you from the laws of entropy and decay, so that you may slowly begin the process of rejuvenation.

You are also gradually moving from one type of visibility to a more advanced state. You will be moving beyond the ultraviolet spectrum of color and Light into the many higher frequency, electromagnetic spectrums of Light. You are also being prepared to work on many levels of intelligence.

You cannot escape the streams of energy that are constantly bombarding the Earth and humanity. The life-giving energy of the great Rays radiates forth from our Father/Mother God via the Great Central Sun of this Universe through the myriad suns of the Sub-Universes, galaxies and solar systems. There are also specialized frequencies of cosmic energy pulsating throughout this Sub-Universe from the many constellations and other solar systems – as well as the pulse and heartbeat of your Mother Earth, which has a direct influence upon all living things.

Many of the cosmic forces of the higher dimensional frequencies are beneficial, life-sustaining and enhancing, while those of the lower, discordant frequencies of the Third / Fourth Dimensions are detrimental and limiting. Every Soul determines which of the

multitude of frequencies they will respond to via their Energetic Signature. In doing so, they either create their personal Heaven on Earth or their private hell.

Your brain is a magnificent organ which contains a vast number of “Consciousness Life Codes or Memory Seed Atoms.” Most of your genius potential has been stored away in the higher dimensional levels of your Sacred Mind, which is located at the back of the head near the crown chakra. Your Soul Song contains the frequencies which will assist you in accessing this rich storehouse of knowledge. Every octave of frequency acceleration gives you access to a higher level of God Consciousness. Your brain and mind hold the keys to mastership and illumination.

Dear hearts, remember, if you are focused only on your personal Ascension, you are misinterpreting our messages. As you tread the high road that leads to illumination, you must reach out and touch the hearts of others through your words, actions and deeds. A true disciple on the Path leads a life of service.

A wayshower on the Path gradually moves beyond physical family duties and responsibilities as his or her consciousness, wisdom and Light magnify. Gradually, the aspirant’s influence expands, and his or her opportunity to become a true wayshower increases. It takes constant and deliberate effort to tame the ego, and to gain the knowledge and expertise necessary to become a World Server. You must be an outstanding example and have the ability to excite and stimulate desire for spiritual wisdom in order to serve humanity as a guiding Light.

My brave friends, we know how it feels to bask in the perfection of Creator Love/Light. You are just beginning to understand. Your yearning within will grow stronger and more compelling as you reach higher and higher into the illumined realms of existence. In the beginning we were in perfect rapport and finely attuned, one with another. Together, we are slowly but surely returning to that beautiful state of unity. I am forever your friend and constant companion, I AM Archangel Michael.

**Transmitted through RONNA VEZANE / SACRED SCRIBE *STAR*QUEST*
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About Ronna: She teaches a common sense approach to the basic principles of spirituality. Thousands of people around the world testify that her books and seminars have changed their lives for the better. Ronna established her company/website *STAR*QUEST* in

1994 and is currently known worldwide for her inspired monthly messages from Archangel Michael, and for her life-changing seminars and workshops.

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

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

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

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

Ronna's Video



Link: <https://www.youtube.com/watch?v=fJt8QsoKquw>

Communication With Your Body By Pamela Kribbe



Dear friends, dear children of Earth. I am the voice of the Earth, and I welcome you.

I would like you to acknowledge me as your mother, for I carry and support you, gently, as does a mother, yet in a way that is also powerful and strong. Feel the ground beneath you through your feet, which are sense organs that can feel the Earth's energy. Feel the vibration of the Earth in this place, and allow it to penetrate into you in a pure and clean way. Feel the element of air and that of water from the sea so close by, the element of earth from the rocks under your feet, and the element of fire from the Sun overhead. Feel the great forces of nature that surround you and rest in them. You are welcome here on Earth – you belong here. Sometimes you forget that, but your body knows it belongs here; it moves with the rhythms and cycles of its earthly nature.

When you can experience the soul as a source of light that descends onto Earth and which, once here, learns to enjoy and take pleasure in earthly things, you can then see that the body is the guide of the soul. The body receives the soul and the soul imbues the body with consciousness, and although that consciousness is divine, it is not all-knowing. The idea of an all-knowing God has been taught to you through your religious traditions, but God is something else entirely: it is the Source of brilliant, life-loving energy. This divine energy flows from the Source as does water from a fountain, and although this energy is imbued with infinite power, it always finds new paths to travel. It does not know everything in advance, but discovers ever new adventures as it flows.

You are a drop in an infinite, brilliant stream of light; a drop which is now residing in an earthly body. And although that drop is full of light and wisdom, it is always a new adventure for the soul when it again inhabits a body, when it finds itself again incarnated and discovers new things to enrich itself. Look at yourself and see how your soul, how this drop of light from that eternal Source, merges with your body. See in what parts of your body the light is the clearest; where the body is most lively, relaxed, and flowing; where it flows with the rhythm of nature, of this planet. Feel those places in your body where

everything is flowing well. There is where your soul and body are dancing together in harmony.

See how happy your soul is being here; it wants to enter into this adventure. It is not a punishment, or a duty, or a “should” – your soul wants to be here. This body of yours is the partner of your soul’s dreams. Your soul is grateful for this body, even though, from your human perspective, the experience can at times be very difficult. Therefore, let us look for places in your body where your soul-light flows less freely, where there might be a separation between the light of your soul and your body. Descend, with your complete awareness, to those places in your body where you experience tension or distress. Descend with an inquiring mind and look, very openly and honestly, at those places in your body.

Many of you desire to understand the language of your body, to understand what messages the body has for you, but you are accustomed to doing so through thinking. It is through thinking that you want to inspect and analyze everything, but the body does not work that way. It inhabits another level, which is the same level as nature outside you: the trees, the plants, the rocks, the animals, and they do not think, as do humans. There is certainly a living, feeling, perceiving consciousness in everything, but the thinking part is not there, which is why nature surrenders more easily to the flow of life.

Humans, however, have a choice, as there is also space within you for spontaneity and play, which is part of being human. But in many people, that space is filled from being very occupied with the mind. In that way, you do not really inhabit your body until the body knocks on your door through a pain, an ailment, or an illness. It wants to tell you something, but you cannot understand it with your mind. That is why I encourage you to descend into those places in your body where things do not flow well and to find another language to communicate with your body. That alone brings healing because you release the thoughts in your head and, through your body, connect with me, the Earth. I live in your body – I have my own wisdom, and follow laws and rhythms that you have forgotten.

Descend into me and allow me, the Earth, to reside in you. Descend into me and allow an animal to appear in that place where the energy is blocked, and observe what arises in you. What does this animal look like, and what does it tell you? It speaks in a very plain language, but it is not a language of words and thoughts. It wants your attention and it is here to help restore harmony in your energy field, you aura. It is a healing animal that can do its work only if you trust it and allow it to restore your balance. This animal embodies the wisdom of nature; take it in and absorb the energy this animal has to offer. Do it without words and be really open to the energy of this animal. Fill your whole body and aura with its energy.

Feel how this animal grounds and connects you with me, your mother, and all the elements of nature. Become this animal for a moment by becoming one with it. Feel what it takes to soothe the pain or ailment that you experience, and to resolve it. The animal carries an instinctive force in itself, which allows it to know what you need. Your thoughts can keep you from that knowledge, because they are full of judgments, commands, and prohibitions. But you are souls who have connected to an earthly body that contains

elements of the plants, the animals, and the minerals. All levels of nature are represented in you, so feel your oneness with the Earth.

I ask that you connect with one of the four elements: earth, water, air, fire. All the elements are represented here; however, there is one that you currently need the most. Is it the power of fire, with its enthusiasm and passion, or the smooth, flowing, nature of water? Is it the strength and the grounding of earth, or the vastness and spaciousness of the sky, the element of air? Imagine for a moment how the four elements are represented by four figures and one of them comes forward spontaneously to give you something – connect with that element. Receive the healing power of that element with awe and wonder, so it can show you what is important for you at this time.

Finally, I ask that you be aware of the many guides you have here on Earth: your body that always speaks to you in its own language, and the consciousness in the animals, plants, minerals, and elements around you. They are all equally your guides, very tangible, very close. You are very welcome here, and when you temporarily lose that feeling of welcome, then fully descend into your entire body. Your body knows you are at home here, that you are not alone, and that you are always surrounded by resources and forces that support you.

I am Mother Earth, and I myself am a mixture of heavenly energies and physical forces – I am a soulful creature. And when I see you, who are also soulful creatures, connect with the Earth forces and radiate your light here and enjoy doing that, I am intensely happy. To surround you with the guides I offer to you is my joy, my passion. Therefore, receive my energy. You are my children, and nothing makes a mother happier than to see her children grow and flourish.

Thank you very much.

Pamela Kribbe

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.

Jeshua's messages shed light on our soul history and destination and they also deal with everyday issues such as relationships, health, work, and more.

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

Pamela's video



Link: <https://www.youtube.com/watch?v= I0Qz5zxY8k>

You Will By Brenda J. Hoffman



Dear Ones,

Confusion likely dominates many of your activities and thoughts. What was is not as it seems. And what is feels confusing.

So you plan for this, and it does not happen. Then, you plan for that, and the results are unexpected.

A feeling of neither here nor there.

This confusion influences both the lives of those you hold dear and yourself. Your plans change minute-by-minute, as well as those with whom you interact. Nothing is as it seems. Everything is different.

You are entering your new world. A world that likely feels confusing but is actually exciting. What was is no more. And what will be is just beginning to appear.

If your days continued as they were, there would be nothing new for you to address, deny, or accept. Because you would know how to act and react – as you have for years, decades, or even lifetimes.

So, you are being exposed to new thoughts and actions. Many of which are not as expected or even desired. You will make new decisions and take new actions.

This is your new life. And you will find joy and laughter out of the tangle of these new energies and activities. In a sense, it is like throwing up your hands to the expected and realizing with joy that such expectations are no longer possible or desired.

Everything is new – including you. You will explore new places, people, actions, and activities. Not because you have to, but because what used to be is no more.

But you will not take this sudden shift in your routine or expectations lightly. You will likely do so kicking and screaming. You built a wall of expectations around yourself that seems acceptable, even pleasant. But in reality, it is the “same old, same old.” What was is so expected and accepted, you do not have to stretch your being. Everything is in its place, including you. That is, everything was in its place.

You are a new, sparkling being with new thoughts and actions waiting for you on the horizon. A horizon you are not yet necessarily comfortable accepting.

So, you dabble in this activity and then return to the familiar. Allowing your days to be as expected, with a few new events here and there. That life, that action mode, is ending within the next few days. What was is no more, and the unexpected is what is.

Do you dare? More accurately – you will.

Your actions will shift, as will those near you. So even if you are not yet daring to dance to the new, those close to you will do so with or without you.

What daring adventure is waiting for you now, tomorrow, or next week? Open your heart and your eyes to the new. You are not in Kansas anymore and never will be again. So be it. Amen.

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

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

Brenda's website: <https://www.lifetapestrycreations.com/>



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

Saturday, 6 December, 2014

Greetings, dear ones, I am Kryon of Magnetic Service. The channelling process is far more common than you know. I know who's here, and there are those in this room, right now, who know how channelling works. When the healer steps up to the patient, there's a communication. It's channelling, and the healer knows all about it. Sometimes the healer steps aside and in comes the information the healer needs, which is often verified by the innate of the patient in front of them. Then the two of them begin the balance, the dance of energies, and the channelling begins.

Now a healer and a channeller have something in common. They both are channelling, but in different ways. Healers don't heal. They balance. No Human Being can force healing on another. However, most patients are asking for balance so they can heal themselves with the assistance of the balancing healer. True healing requires this cooperative process, and what you're hearing right now is similar. There is balancing energy present within the message being delivered.

The messages I give contain energy, dear ones, and like the healer, there is balance to help clear the way within your thinking process. This clearing may help you make a decision, enabling you to move to a different level of understanding. It's a healing of the mind. This is free choice. Many times, the message is simply the exposure of the energy of truth, ripping away the veil for a moment, which creates balance. So that's what we want to do tonight. This is not a long channelling, but one that is profoundly different, for we want to open a subject we don't talk about very often.

The Soul of the Human Being

We have spent many months communicating to you about the current shift. We actually started this information way before 2012. Now we've continued into 2013 and all through 2014, giving you even more attributes of the shift. In these years, we made suggestions

about what is next for you. We told you of the energies around you and what to expect, and we gave you a warning not to despair over the dark and negative energies that you see around you. We told you that your current situation is like a final battle between dark and light. We also told you that the things that have low consciousness would quickly rise to the forefront and would show themselves in all their darkness and ugliness.

What happens when you move a lot of large rocks in your garden that you've never moved before? The things that live under them, in the dark, suddenly scamper out when exposed to the light. Perhaps you didn't even know they were there, lurking, but they were all along. We told you some time ago that these dark things would occur at this time. You would see them in your news, and we begged you not to despair. We gave you instructions about how to have peace with it all, and we gave you instructions about tolerance and benevolent behavior, but we've never talked about the soul, not like this.

What is the difference between the Higher-Self and the soul? First, the Higher-Self is a unique part of you. It is part of what we call the "soup of God that has your name on it". It is part of your Akash [the record of your soul's journey]. It is you, the part of God that is you, walking on the planet. It's important for you to remember that each time you incarnate, it is the same Higher-Self that comes with you. Did you realize what a friend you have here? The Higher-Self has been through all the lifetimes with you! When you connect to your Higher-Self, you connect to the entire Human family - something that you know about and have been with. The Akash is the record of everything you have ever learned. It is part of the system of your innate, which is also a part of your Higher-Self. When you are NOT on planet Earth, the Higher-Self is not present. It's totally something that belongs to the duality of the Human on the planet.

Now I want to talk about the soul, because it's very different from the Higher-Self. Be clear with something: In an older energy, not all Humans were able to connect with the soul parts of them. The soul part was far above their consciousness and was only a concept. Now, the new energy begins [after the 2012 shift] and we wish you to start learning to connect to the creator. What is the soul? Why is it different from the Higher-Self? For the explanation, we often get into concepts that are very difficult to explain in any language.

The soul is the spark of God. It is forever, and it doesn't have your Akash within it. Instead, it has the imprint of the creator, and it is all that is. Some of you can feel it when you drop into the core during meditation. That's when it starts to come forward and you actually feel it. You know that it is not the Higher-Self. It's beyond that. However, it still belongs with you as a Human, since you are a multidimensional being. Your duality supports this, for it is corporeal and spiritual at the same time.

The soul is not that which communicates with you with words or thoughts or gives you intuition. It's more than that. It's not on the other side of the veil either! It's with you, and it hides in every single piece of the corporeal you. It's the beauty of you; the magnificence of all things. There are some attributes you need to hear, for I want you to begin to practice feeling the soul within. Every moment you spend in this kind of communication

changes you. Some of you will be able to do this and some of you will not. Some of you will not even care to, but for those who wish to, I want to take you there.

If you're going to understand these things, you're going to have to take a little metaphoric trip with me. I want you to go to a place in yourself that is eternal. It's a safe place and only you can go there. It represents the deepest meditation you have ever had. It represents the attributes of the soul and the things it wants to give you on a daily basis. Take my hand, let's go together.

The Journey

Look around with me. What is the first thing you experience? If there is a hierarchy to experience, the first thing is joy - joy! It's a peaceful joy, for no matter what's happening in your life, the essence of God and love is joy! It's overflowing, and it explains why many will weep with joy when they meet themselves in this way. It is the essence of the creator in you and it's quiet and safe. You can tap into it any time you want to, for it belongs to you.

The creator has a smiling face all the time! Did you realize this? Humanity needs to hear this! So many Humans believe you must suffer to get the attention of almighty God. I would like to give you a secret: JOY gets you more attention! Suffering is a three-dimensional Human attribute. It never belonged to God the creator. It was never a prerequisite for acceptance from God. Suffering is a concept that was totally created by Humans. Dear ones, again we tell you: Do not apply the attributes of humanism and Human consciousness to the Almighty, the Great Creative Source, the pure love of the Universe. God does not "think like a Human". Your soul is the essence of God.

Do you know how old you are? This part of you had no beginning and will have no end. It is a circle of love that is so perfect, the Human mind cannot conceive it. The soul is part of the creative source of all things. It makes you different from the other animals, dear ones. I want you to start dropping into the core more often, to experience these things that we have not talked about before in this way.

The Oneness of All Things

Our journey continues and we see another attribute of the soul. We only have one word for it - oneness. Oneness comes from the Ancients, who often said, "Become one with everything." All creation has the source of God, and you have the ability to become one with it all. Oneness isn't a concept. It's a state of being. Can you feel it? Can you see that the grids of the planet were created to help you feel it? Oneness allows you to feel the energy of the animals, the air, the rocks and the trees. But mostly, oneness helps you to relate to God with the others like you, the other Human Beings on the planet.

Oneness is the opposite of separatism. An older energy has Humans deciding who they are and then separating themselves from others. They categorize themselves and put themselves in groups. Is that an attribute of God? Would Spirit be like that? Would the creator of the Universe decide to put you apart from the others? You are a perfect creation, and so is the one next to you and next to you and next to you and next to you

[Kryon points to the audience sitting in front of him]. This goes beyond the concept of "Love your neighbor." It means that you are made of the same star stuff as they are!

Oneness: Many are not able to feel this. It is a concept that is simply too high to experience. It must be sensed. Listen: Sensing the soul is an attribute that has been restricted to the Shamans of the past, and now it is yours. I want you to feel the oneness of all humanity. Don't look at what they do, but WHO they are! Did you know that as you picture this and as you feel this, it affects everything around you? Higher consciousness is like a glue - it's sticky. It affects others around you, and it helps them to see you as a balanced person who cares. They see something they like and enjoy about you. Dear ones, you cannot hide a person who is one with everything! They glow! Their light is bright, and they smile in joy and oneness.

Complete Peace

The journey continues into the soul, and we see and feel the second attribute: Complete peace. This is not partial peace, not peace just for you, or for now, but complete, eternal peace. It's the peace that surpasses all understanding, for there is no logical reason for it. It exists because "IT IS," not because of any outside reason why it should. It is the source of peace. No matter what is happening in your life or around you, when you drop into the core of the soul, everything is perfect forever. It has nothing to do with your life, but rather with the story of creation and beyond.

It takes you to the place where universes are created and things that are far beyond anything you can even imagine are common. You see, you are a part of that because you were there when the Universe was created - in complete peace. Imagine a place that you can drop into, where there's no drama, no problems and only love. This is the peace that is part of you.

Belonging

Your journey is almost done. We've not talked about this much, but it's about your identity. I'll call it belonging. We have said this before so many times: You are not alone! Oh, that statement goes so much beyond those words! What is it like to belong to God? What is it like to be part of God? The joy and the oneness and the peace are all in a circle around that which is your soul. It's not your Higher-Self or your pineal portal, and it's not your Akash. Instead, it is all that is. You are timeless and forever, and you belong to the central source. You belong to the creator.

This belonging is forever and absolute. You can't hide from it, and you always have it. Because you are a piece of the creative source called God, that means you are never apart from it. It is you and you are it. Therefore, no matter who you think you are, you are always with family - forever.

Is there anything that can ever touch that? No. As your metaphoric journey into the heart of your soul comes to a close, say it: Joy, oneness, peace and belonging. Joy, oneness, peace and belonging. Joy, oneness, peace and belonging.

I've just given you the secrets of the Shamans. Sometimes they would sit for hours and sort through those concepts, trying to integrate them or separate them from the corporeal Human Being - anything that would make them more potent and real. They wished to capture the essence of them and claim them as their own and use them. In an older energy, it was frustrating to feel these yet not be able to touch them or work closely with them. Now that is starting to change.

Human DNA is starting to grow more spiritually functional, and in the process, it is going to take on more energy. The attributes of this beautiful, eternal soul are finally going to be able to be held by you in a corporeal way. Did you see it in the masters? Yes! This is what attracted you to them. You FELT God in them, and as part of humanity, you reacted. You revere them today and remember these who could touch the face of eternity with every step.

Come back now and join me in the chair. Listen: All of these things are part of what you can be. Today, for the first time, we have started speaking of these things: Joy, oneness, peace, belonging. So now I'll ask you again: Who are you? With these masterful tools, who are you? I'll tell you who you are.

Raise your hand and make this statement if you wish: "I am part of the creative source. I'm as old as old. I'm as young as young. I am eternal and my wisdom is forever. I can co-create miracles even though I am a Human, because my soul awakens in me and the beauty of mastery is finally within my grasp. I am God."

Dear ones, even a little goes a long way. Your entire body and all your cells are ready to awaken to this truth. I want you to sit and go to this core every day.

Joy, oneness, peace, belonging.

And so it is.

Kryon

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

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

Timidly, the first writings were presented to the metaphysical community in Del Mar, California, and the rest is history - with a total of sixteen metaphysical books being

released in a twelve-year span. There are now almost one million Kryon and Indigo books in print in over twenty eight languages worldwide. Lee continues to visit other countries regularly see it here.

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

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

Lee Carroll/Kryon Video



Link: <https://www.youtube.com/watch?v=l4jecIlb1zI>

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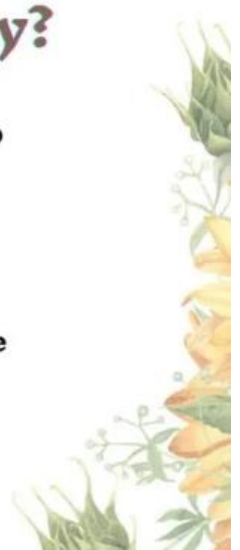
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The ONE Wellness Center is located on Monroe Avenue, Brighton, on the 2nd floor of the historic Cherry House building. The Center's practitioners are focused on working with clients to promote greater health and well-being. This is accomplished via 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.



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



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

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



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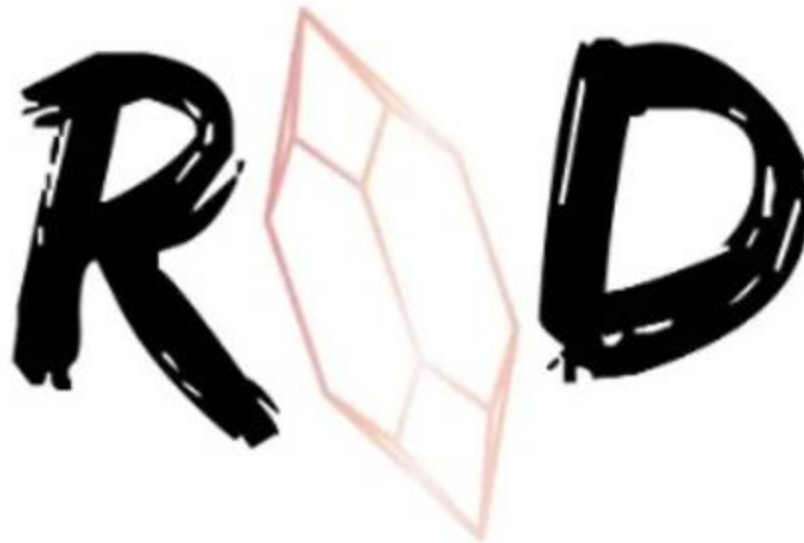
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Where magic and healing begin!

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



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



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www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

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



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

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



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

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

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



Marjorie Baker Price , RN

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

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

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



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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

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

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

<https://sheilatillich.com>

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

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

Join the Lightworkers Connection Circle Facebook Group:

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

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

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

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



Wyld Ravin Candle Co. & Apothecary

<https://wyldravin.com/pages/about-us>

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

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

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

To contact email at wyldravin@yahoo.com

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



Share International

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

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

888-242-8272



Rev. Bunny DuPuis

716-241-1414

revbunnydupuis@gmail.com

<http://www.bunnydupuis.com>

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

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



THE CRESCENT COLLECTIVE

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

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



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

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

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

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



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

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

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



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

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

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

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

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

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



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

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

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

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



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

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 July 2023



Sun	Mon	Tue	Wed	Thu	Fri
25	26	27	28	29	30
			7pm You're going to this event! Sav		
2	3	4	5	6	7
					1
9	10	11	12	13	14
10am The 56th Gem, Mineral, Fossil					
16	17	18	19	20	21
23	24	25	26	27	28
30	31	Aug 1	2	3	4
		Lammas Holiday			

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.