



ROC Metaphysical

November 2025

Our Mission Is To Enlighten And Inform

Free To Read

www.rocmetaphysical.com

Here's a Sampling of Articles for the month:

Self Worth And Spirituality Go Hand In Hand By Maureen/Muktima Law

The Danger Of Unheard Sounds By Jill Mattson

Trust, Growth, And Connection: Why You Need A Mediumship Development Circle By Rev. Colleen Irwin

Friends Or Lovers? By Barry & Joyce Vissell

Sage Wisdom By Sage Walker

The Finish Line - November 2025 By Emmanuel Dagher

Are Angels Real? By Kryon/Lee Carroll

Embrace Uncertainty By Kate Spreckley

Welcome to ROC Metaphysical – A Gateway to Expanded Consciousness

What Is ROC Metaphysical?

Hi, I'm the creator of ROC Metaphysical, an online magazine dedicated to metaphysical, spiritual, and alternative wellness topics. You might be wondering about the name—ROC stands for Rochester, NY, the historic home of the Fox Sisters, pioneers of modern spiritualism. Many local businesses use “ROC” as a nod to our city, and it just felt right to include it in the name of a magazine that reflects both community and consciousness.

Each month, ROC Metaphysical features:

- Original articles on metaphysical and spiritual topics
- Alternative health insights
- Videos and interviews
- An events calendar and alternative directory
- Opportunities for advertising and outreach

The new edition is published on the first of every month, and you can explore previous issues in PDF format.

Why I Created ROC Metaphysical

As a lifelong seeker of metaphysical knowledge, I've attended countless classes, read tons of books, watched endless videos, and hosted a metaphysical Meetup group. Through this journey, I met amazing teachers and speakers—people with powerful stories, healing gifts, and insights worth sharing with the world.

That's when I realized: Why not create a place where this information could reach a wider audience?

And just like that, ROC Metaphysical was born.

What You'll Find

Each issue is brought to life by a network of generous, passionate writers who seem to find me at just the right time. Their articles offer a wide range of perspectives—from healing practices and spiritual awakenings to personal stories of transformation.

Whether you're just beginning your journey or have been exploring the metaphysical for years, there's something here for you. Some ideas may resonate, others may challenge you—and that's okay. Growth begins with curiosity and questioning.

Delve into the extraordinary with the latest issue of ROC Metaphysical. Explore thought-provoking articles, spiritual insights, and powerful personal stories that awaken your spirit and expand your consciousness.

◆ Always free to read. Let us help you on your path.

Join Our Community

We're more than just a magazine—we're a growing community of seekers, healers, and visionaries. You can also find us on:

- ◆ Facebook <https://www.facebook.com/ROCMetaphysical/>
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Contact US

Have a question, want to know about advertising? You can reach us at rocmetaphysical@gmail.com



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

Highlights of The Magazine



Read Interesting and Informative Articles

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

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Read Channeled Messages

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

[LEARN MORE](#)



Learn About Incredible Alternative Businesses

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

[LEARN MORE](#)

Discernment/Disclaimer

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

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

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

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ROC Metaphysical Your Metaphysical Online Magazine

Articles for November 2025

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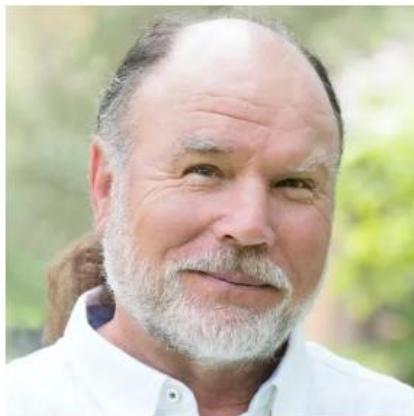
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Sound Healing



What Can Sound Healing Do For You?

ROC Metaphysical Book Review



Freedom Now
Transform Your Life Experiences Into
Miraculous Moments
By Patti Fields

ROC Metaphysical YouTube



Check Out Our YouTube Channel

ROC Metaphysical Book Review



Life & Times Of Tuscarora Seer
By Mackboogaloo

“

Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts.

Sage Walker



Sage Wisdom
By Sage Walker

“Never let the things you want make you forget the things you have.”

Channelings



What is Channeling?

Channeling is the practice of connecting with non-physical realms or higher consciousness to receive and convey guidance, love, healing, or insight. It involves entering a focused or altered state of awareness to attune to spiritual beings—such as angels, ascended masters, guides, nature spirits, or deceased loved ones—and translating their messages into human language.

The guide explains that channeling expands consciousness, raises vibration, and bridges communication with benevolent higher realms, often referred to as the Universal Mind or Divine Source. True channeling is rooted in discernment, aligning only with loving and high-integrity energies.

Three main types are outlined:

Clairvoyant channeling — interpreting symbolic images and visions.

Conscious channeling — relaying messages while fully aware and able to pause or clarify.

Trance channeling — allowing a being to speak directly through the channeler's body, as practiced by figures such as Edgar Cayce; this requires training and caution.

Channelers function like interpreters, translating non-verbal spiritual communication into words or writing, and in some cases even physical movement. Examples include Esther Hicks channeling "Abraham" on the Law of Attraction. Channeling is described as a transformative spiritual art that provides accurate guidance, healing energy, and profound insight to help people grow on their path.

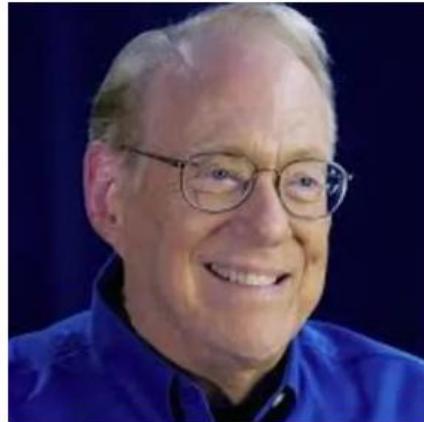
Channeling Articles

Emmanuel Dagher



The Finish Line – November 2025
By Emmanuel Dagher

Lee Carroll//Kryon



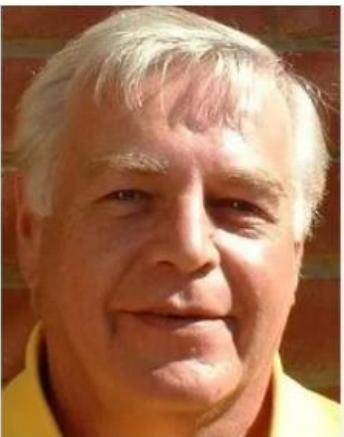
Are Angels Real?
By Lee Carroll/Kryon

Kate Spreckley

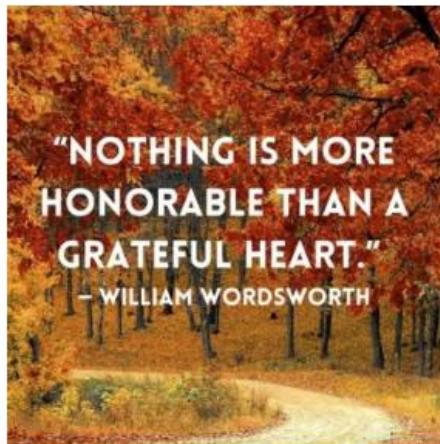


Embrace Uncertainty
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Geoff Hindmarch



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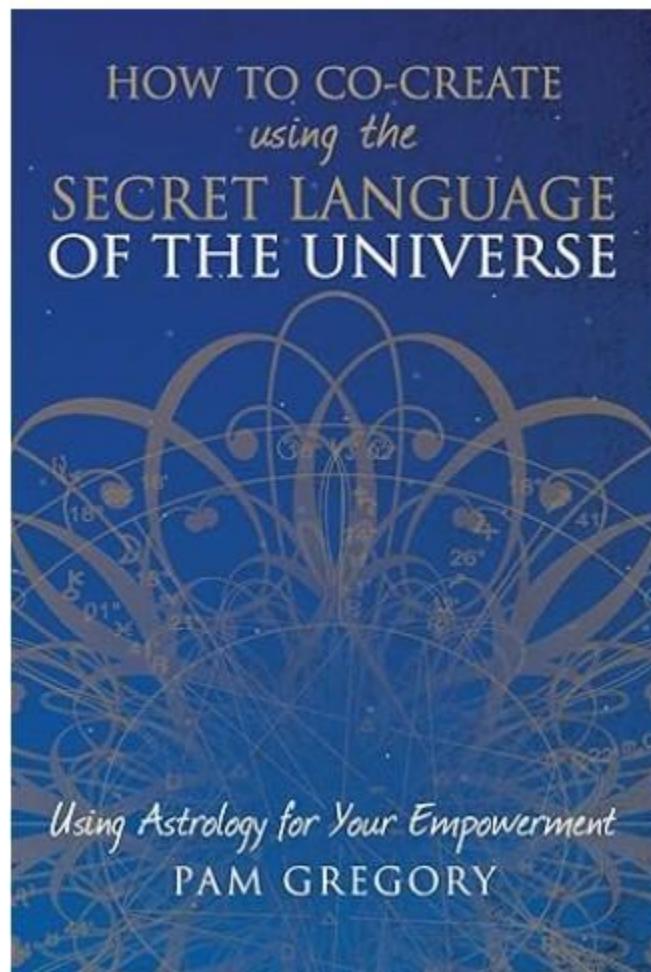


Patricia Cota-Robles



Our Next Level Of Healing
By Patricia Cota-Robles

Who Is Pam Gregory? Astrologer, Author and Teacher



Pam Gregory is a British astrologer, author, and teacher with over 40 years of experience in the field. She first became fascinated by astrology after meeting an astrologer while living in Toronto, an encounter that sparked a lifelong passion for exploring the subject. Even during her 35-year corporate career in management training, Gregory continued to study and practise astrology.

She holds the prestigious Faculty of Astrological Studies Diploma (DFAstrolS)—earned after eight years of study—and later achieved Highest Honours in a Master's qualification in astrology. Her rigorous academic foundation informs her deeply insightful and spiritually grounded approach to the subject.

Gregory runs a full-time client practice from her home in the New Forest, England, where she provides personal readings and consultations for clients around the world. Alongside her client work, she is a frequent guest on radio programs, podcasts, and public talks, sharing her passion for astrology and its role in personal transformation.

As a best-selling author, Pam has written two acclaimed books:

You Don't Really Believe in Astrology, Do You?

How to Co-Create Using the Secret Language of the Universe

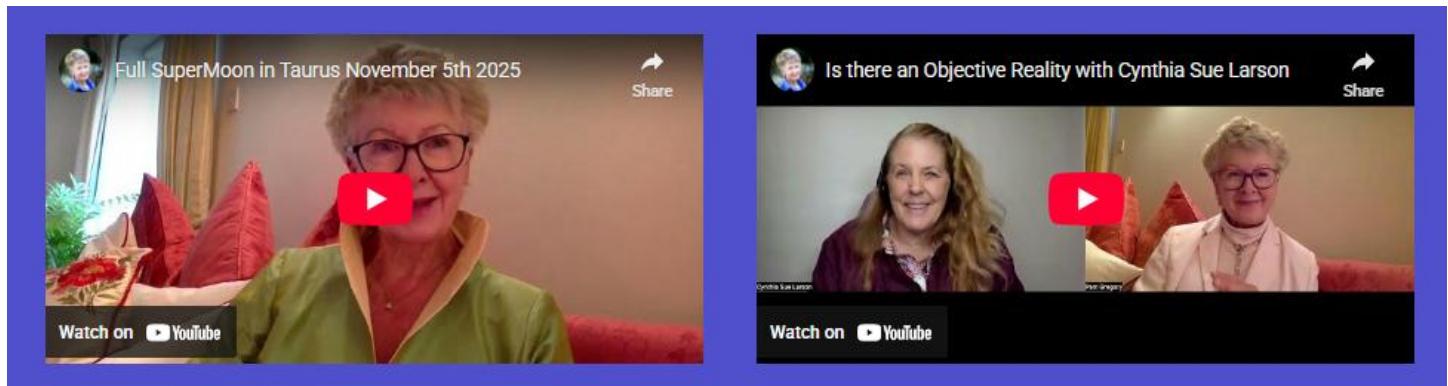
Her writings aim to make astrology accessible to everyone, presenting it as a practical and spiritual framework for understanding life and personal growth.

In addition to her books and client work, Pam maintains a strong online presence, particularly through her popular YouTube channel, where she shares regular astrological updates, interviews, and insights about current celestial movements. Her teachings often explore themes like the nodal axis, quantum reality, and collective consciousness, inspiring audiences worldwide to align more consciously with universal energies.

Pam's website: <https://www.thenextstep.uk.com/>

Pam's Youtube: <https://www.youtube.com/@PamGregoryOfficial>

Samples of Pam's Videos

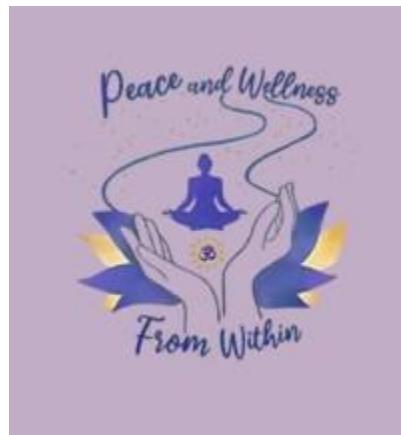


Link: <https://youtu.be/syvqqfHxTI4>

Link: <https://www.youtube.com/watch?v=s1jpDRXt43E>

Self Worth And Spirituality Go Hand In Hand

By Maureen/Muktima Law



80% of women and 73% of men feel unworthy, they are not enough as they are inadequate.

Each of us has the ability within us to lower these statistics one by one.

We were each loved into existence by God. Worthiness is our innate birthright.

You are worthy just because you exist. You were given gifts no one else has or can express in the exact way you can.

We are Spiritual Beings (Soul) having a human experience. When we connect with our souls on a daily basis through prayer and meditation we remember and strengthen our connection with God, Source, Divine Being, Spirit (any of these words describe a Power Greater than ourselves, guiding all things). As you connect in each day and follow a Spiritual Path that you feel connected to, your life becomes more divinely guided. As this happens the untrue labels you have given yourself, those others may have given society, past generations, they start to fall away and you begin to embody your Worthiness.

You may not recognize this happening, but it is. As with anything in life, you still need to do your part. Actively start to unlearn those untrue labels. IE. "I'm not smart enough, I don't have enough experience, I'm not pretty enough, I'm not fit enough, I'm too tall, too short, too fat, too skinny, I'll never amount to anything, I can't sing, dance etc, etc. The list of untrue labels are endless.

How do you do this? You actively start telling yourself a new story and you start to embody that new story.

Your thoughts, words, actions feelings are all energy. Energy follows energy. What you keep telling yourself and keep doing to reinforce it, is what you become. When you change the energy that you say to yourself you form new thought patterns, new grooves in your brain and as you take action towards that goal of innate worthiness that is what you become, you believe it and you live it.

New labels: "I have the ability to learn anything I want", "My experience/mistakes qualify me", " my height is not of any consequence "" My size doesn't matter, I am worthy of love" etc, etc...

Create an environment for yourself that nurtures worthiness. Create a space in your home that is for prayer and meditation only. Over time that space becomes sacred. Place items around your home, workspace etc. that reflect beauty, peace, joy, love. All visuals of beauty, high vibrational energy, & worthiness.

Listen to music that feeds your soul and quiets your nervous system. Heavy metal, hard rock for example on a regular basis will rattle your nervous system. And if you really are listening to the words, many of the lyrics in these music genres have very derogatory meanings that feed into your unworthiness.

Make sticky notes with positive words, thoughts, etc. And stick them around your environment where you see them several times a day. Repeat the words each time you look at them. You are creating new brain waves and grooves, which will lead to you believing and embodying your God given innate Worthiness.

Surround yourself with people who are in alignment with the new person you are becoming.

Those who support and encourage you.

Those who drain your energy, are discouraging of your hopes and dreams, take advantage of your time and heart, making you feel small and needing to hide in plain sight. Unable to be your authentic self you need to walk on eggshells around. These are not your true friends, or people in alignment with you. This is an unbalanced relationship. If you are unable yet to let the friendship go, I suggest that you create clear boundaries, limit the interactions with this person(s). Spend time with them when it is you deciding the time, place and duration. Eventually the relationship will naturally slip away.

When you show up as your Authentic Self, the right people show up in your life, the right opportunities present themselves. You are in alignment with your true self at Soul Level, life flows more easily and peacefully. And you Walk in Worthiness. You Embody Worthiness.

You then Empower Others just by being in their presence. Because your energy field is emanating worthiness and Love.

You are a Divine Gift in the World. Don't hide in plain sight. Share your gifts. Shine your light.

Be your Authentic Self -Oh beautiful one! You are Loved! You are Worthy!

Muktima 

About Maureen/Muktima Law: I'm Muktima, a Usui/Holy Fire III Reiki Master, Meditation Teacher, and retired LPN with over 45 years of service. My journey of healing and self-discovery has led me to many practices, including Reiki, meditation, and pendulum healing, which have become essential to my life, helping me feel grounded, clear, and at ease. Over the past 10 years, I have trained in and shared the power of these practices with wonderful individuals like you. I firmly believe in blending holistic care with traditional approaches to guide you towards inner peace and overall well-being.

My extensive training includes Usui Reiki since 2014, and advanced Usui/Holy Fire Reiki levels 1, 2, and Master level, under the esteemed guidance of William Rand in 2021. Additionally, I hold certifications in Integrated Energy Therapy (IET) and have received training in Pendulum Healing, Access Consciousness Bars, and Theta Healing.

I am a proud Professional member of the Reiki Membership Association, and am committed to my own personal growth and spiritual practice, living a Kriya Yoga lifestyle. Currently, I reside in an Ashram in Rochester, NY, where I have been bestowed the Swami name of Muktima, meaning "Mother of Liberation," within the Saraswati order.

I am deeply honored to support others on their transformative journey towards inner peace and well-being. Through personalized Reiki sessions, Pendulum healing, guided meditations, and comprehensive Reiki training classes, I am here to help you harness your inner power and experience profound growth and healing.

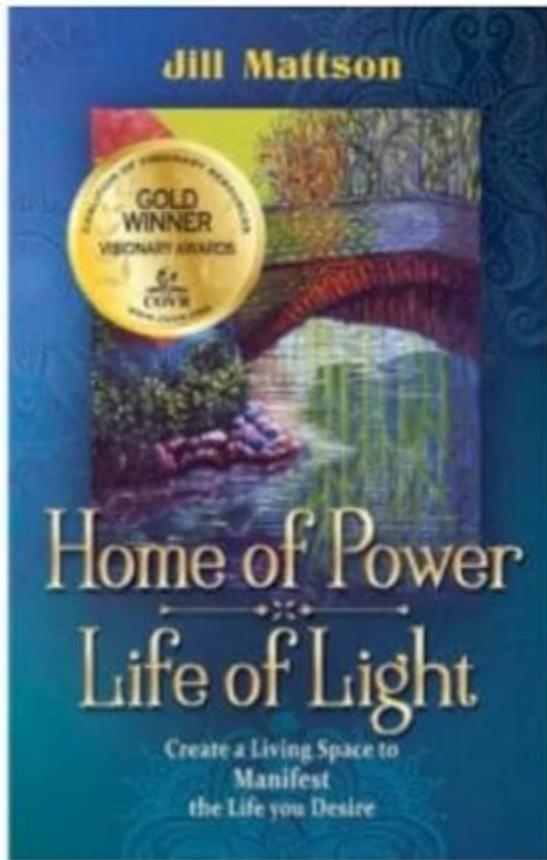
Maureen//Muktima's website: <https://www.peaceandwellnessfromwithin.org/>

Interview with Maureen/Muktima



Link: <https://youtu.be/g52hg3ft2qE>

The Danger Of Unheard Sounds By Jill Mattson



Seeing is believing, but a bizarre experiment revealed that people are affected by sound they cannot hear nor see. Scientists working at Liverpool's Metropolitan Cathedral analyzed the responses of 250 people who heard a 50 minute piano recital and also inaudible vibrations, too low in pitch for them to hear. The audience's emotions intensified as the inaudible sound vibrations were blasted out. Those feeling uncomfortable before the concert got increasingly angry. Their emotion intensified during the piano performance. Others, who were initially happy, got progressively more joyful. Focused concentration on music has a mesmerizing effect, almost hypnotic. The surprising thing is that this is also true for inaudible sound.

In experiments people felt physical affects from the silent blasts: tingling in the back of the neck and a strange feeling in the stomach. [1] This should not come as a surprise as many scientists confirmed harmful effects from unheard or unseen vibrations, such as microwaves and electrical energy. A science experiment conducted by students in Denmark demonstrated that unheard vibrations from cell phones mutilated bean sprouts in a matter of days. Sharry Edwards who brought forth the science of BioAcoustics, certain sounds can make us physically ill.

It is well documented that sound entrains brainwaves, creating specific states of consciousness, and of course music makes us feel as we dance to a lively beat and feel sad with another song. Clearly vibrations of sound change us.

At least within the hearing spectrum we have a clue as to the impact of sound vibrations because we can hear them. Vibrations, even those unheard, can intensify our emotions – for better or worse. Our brain waves can be deliberately altered with sounds, with a similar result – altering our consciousness. Can we be brainwashed or influenced – without a clue as to what is impacting us?

This revives the ancient argument about free will versus destiny. Do we choose our emotions and thoughts, or do we respond like robots to unseen vibrations? Inaudible vibrations have a strong impact on us – our body, mind and emotions, and we are helpless to avoid the strong influences. Waves in close proximity combine – like it or not.

As a consequence of this breaking new knowledge - we should not take people's emotional responses personally – maybe their behavior is a result of some unheard sound vibrations or influence.

Finally, are there “Sound Stalkers?” Are people creating unheard blasts to thin the populations or at least make them ill, depressed or angry? Given all the people creating computer viruses with intent on wreaking havoc... this action would not be hard to conceive of. How many unscrupulous people are blasting us with unheard sounds – what kind of protection do we have?

Sound blasts can be used for good – for nutrition, for encouraging positive emotions, to elevating our consciousness and awareness, and more. How about educating people how we ingest sound? We should monitor unheard vibrations and be warned of their effects. Ultimately, when are we going to take what we listen to seriously?

Plotinus of ancient Greece wrote: “Harmonies unheard create the harmonies we hear and wake the soul to the consciousness of beauty.” He suggested that subtle, unheard sounds (such as those coming from nature) are the sounds that influence musicians to create beautiful works of art. Whether or not unheard sounds (from tiny volumes or out of our hearing range) help or hurt us, is not the biggest issue. We are influenced by all kinds of vibrations, without a clue to their influence, which can be significant. It is time to wake up and take control of our vibratory world! o

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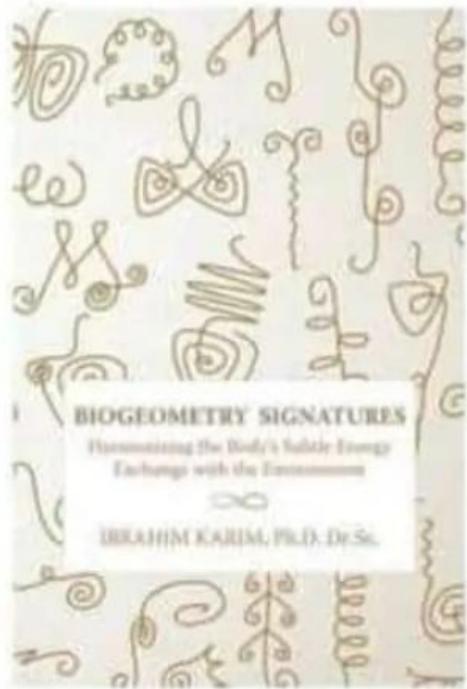
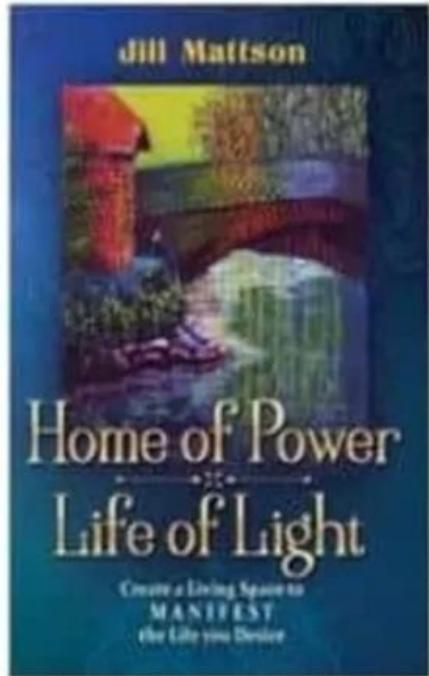
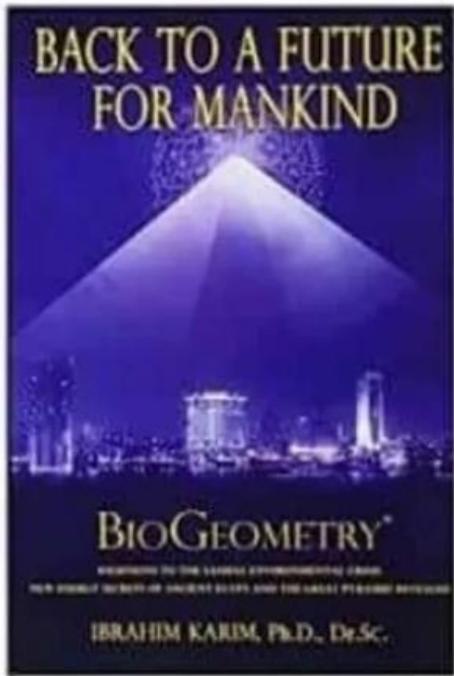
[1] http://www.reversespins.com/Music_and_Sound.html

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

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

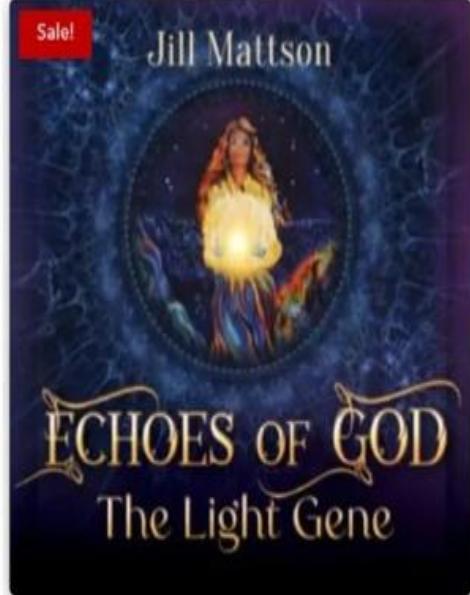
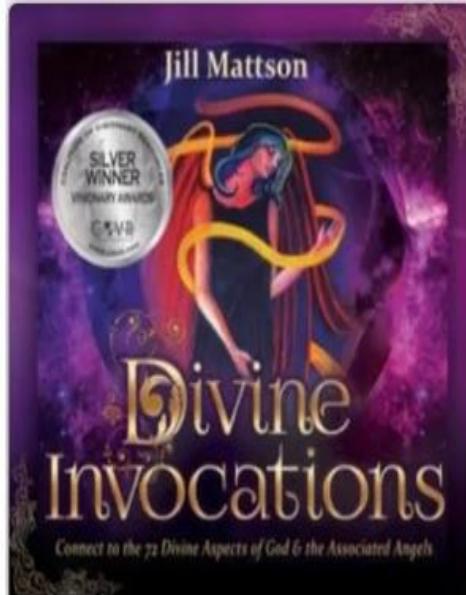
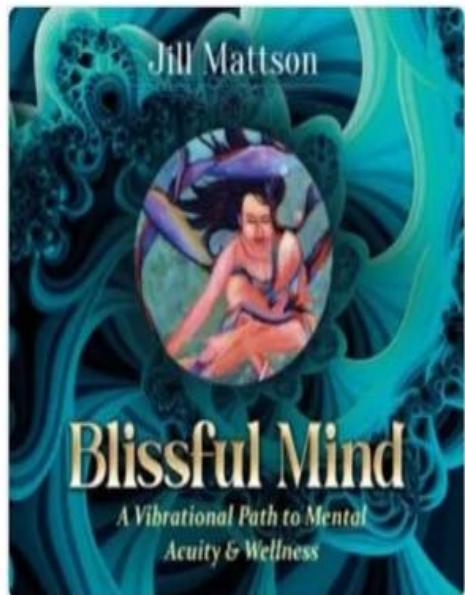
Jill's website: <https://www.jillswingsoflight.com/>

Jill's Books



Find her books on her website: <https://www.jillswingsoflight.com/product/create-healing-with-subtle-energy-bundle-three-hard-copy-books/>

Jill's Music



This is just a sample of Jill's music. Find out more at:
<https://www.jillswingsoflight.com/product-category/books-cds/music/digital-download-music>

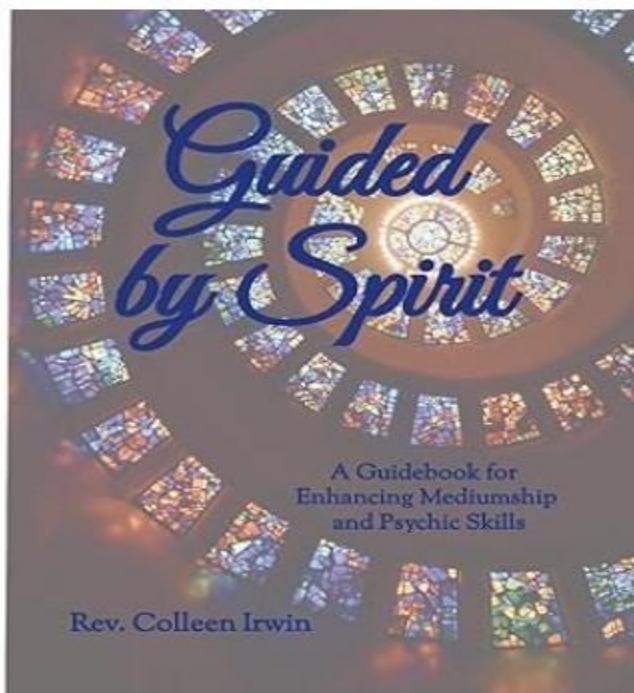
Interview With Jill



Link: <https://www.youtube.com/watch?v=29jPxbXjI2s>

Trust, Growth, And Connection: Why You Need A Mediumship Development Circle

By Rev. Colleen Irwin



Mediumship is a journey of growth, practice, and deepening connection with Spirit. Whether you're a seasoned practitioner, an emerging facilitator, or a beginner, being part of a Mediumship Development Circle offers invaluable support and fosters an environment where trust and confidence are built.

Mediumship development is not linear—it's a spiral. You'll return to the same concepts from a different perspective, each time with more depth and understanding.

For the Beginner: A Foundation of Trust and Learning

Starting as a beginner can feel overwhelming, but a development circle offers a safe space to explore your abilities without fear of judgment. Trust is a key component of this journey. Trust in yourself, trust in Spirit, and trust in the group. In a circle, beginners are surrounded by people who share their experiences, which helps foster confidence and openness.

The spiral nature of development means that you'll keep returning to key foundational concepts, such as grounding, protection, and interpreting signs. But with each revisit, your understanding deepens, and your trust in Spirit grows stronger. The support and feedback from the circle build trust not just in your own abilities, but in the collective energy of the group.

For the Experienced Practitioner: Growth Through Giving and Revisiting

For experienced practitioners, development circles provide an opportunity to give back while continuing your own journey of growth. Even after years of practice, returning to foundational concepts like energy management or intuitive development brings new insights. You'll find yourself revisiting these areas with fresh eyes, discovering deeper layers of understanding.

Trust plays a significant role at this stage, too. Trust in your abilities is reinforced as you mentor and guide others. By sharing your wisdom and watching others grow, your own connection with Spirit deepens. The circle becomes a space where you not only continue to develop, but also help others build the same trust in their own gifts.

For the Facilitator: Building Trust and a Safe Space for Growth

As a facilitator, you play a pivotal role in creating an environment where trust thrives. A key part of your responsibility is building a space where each person—no matter their level—feels valued, safe, and supported. Trust within the circle begins with the facilitator, who sets the tone for openness, respect, and inclusivity.

You'll also experience personal growth as a facilitator. Revisiting foundational topics with your group strengthens your connection to these concepts, and the trust you build with circle members enhances the collective energy. Your role is not just to teach, but to create an atmosphere of trust where Spirit can move freely, and participants can explore their abilities without hesitation.

Not All Circles Are Equal: Finding the Right Fit

It's important to acknowledge that not all development circles are created equal. The quality of the circle depends on the facilitator, the structure, and the commitment of its members. Some circles are highly structured, led by experienced facilitators who provide clear boundaries and guidance, while others may be more casual with varying levels of support.

Trust is essential when finding the right circle. A well-led circle will build trust among its members, encouraging everyone to open up and share without fear of judgment. If you don't feel a strong sense of trust in the circle, it might not be the right fit. The best circles foster trust and create a space where everyone feels safe to grow.

The Spiral of Collective Energy and Trust

One of the most powerful aspects of a Mediumship Development Circle is the collective energy that develops over time. As members work together, trust is built not only in themselves but in the group as a whole. This trust is the foundation for deeper spiritual exploration and growth.

The spiral nature of development means that the circle will continually revisit core concepts, each time gaining a deeper understanding. With each revisit, the trust in Spirit and in each other grows, enhancing the circle's collective energy. This shared trust allows for more profound spiritual connections and a heightened sense of community.

The Spiral Path of Mediumship Development

Mediumship development is not a straight line; it's a spiral that continually brings you back to core concepts with new perspectives and greater trust. Whether you are a beginner building trust in your abilities, an experienced practitioner deepening your connection with Spirit, or a facilitator creating a safe space for others to grow, a Mediumship Development Circle provides the support and trust needed for personal and collective growth.

But remember, not all circles are the same. Trust your instincts when finding the right fit. Seek a circle that nurtures growth, builds trust, and creates a safe, supportive environment. The right circle will help you spiral upward in your development, offering both challenges and support as you continue your journey.

Are you ready to find your circle and trust in your journey? Reach out to me today for more information about how you can join or facilitate a Mediumship Development Circle. Together, we can explore how to take the next step on your spiritual path.

About Rev. Colleen Irwin: Rev. Colleen Irwin is a powerhouse of intuition, insight, and inspiration. A natural Medium, she turns whispers from Spirit into wisdom that empowers others. She is the author of *Discovering Your Stream* and the upcoming *Guided by Spirit*, a must-read for those developing their spiritual gifts.

As a business consultant, Colleen blends intuition with strategy to help others succeed. She also teaches, writes, and leads development circles. In addition, she volunteers at the Susan B. Anthony Museum, sharing stories of resilience. A Previvor since 2019, Colleen knows the power of healing and transformation. She inspires others to trust their gifts, embrace their path, and live their truth.

Colleen has written a book to help you develop your mediumship skills:

https://www.amazon.com/s?i=stripbooks&rh=p_27%3AColleen%2BIrwin&s=relevancerank&text=Colleen+Irwin&ref=dp_byline_sr_book_1

Colleen's Media Links:

Bluesky: <https://bsky.app/profile/talkwithcolleen.bsky.social>

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

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

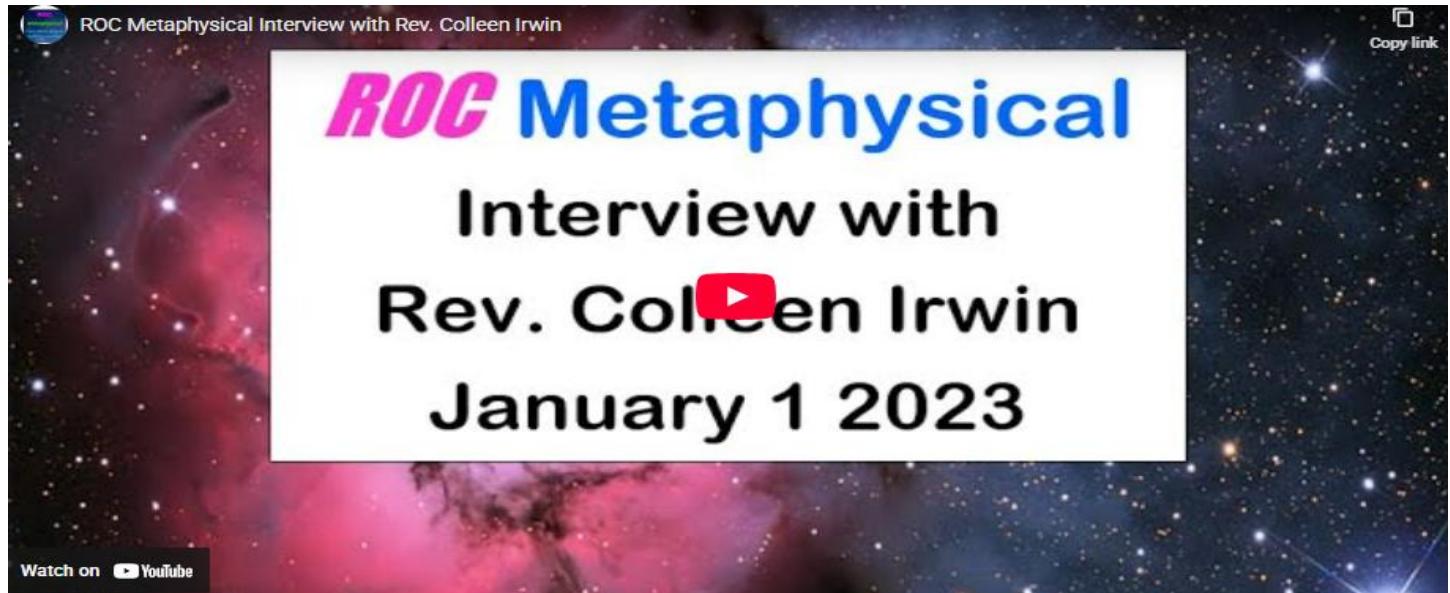
LinkedIn: <https://www.linkedin.com/in/colleen-i-a563251b0/>

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

YouTube: <https://www.youtube.com/@talkwithcolleen>

Website: <http://talkwithcolleen.com/>

Interview with Colleen



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

Friends Or Lovers? By Barry & Joyce Vissell

“Being *in love* with each other doesn't mean you have to be *Lovers*. sometimes you just have to be *Friends*. ”

We have a friend who, shortly after getting married, realized it was a mistake. She felt like she had married a very dear friend and was trying to force a physically intimate relationship where it just did not fit. Both realized their mistake, ended the marriage and, after a brief period of turmoil and adjusting, have continued their beautiful friendship for many years.

Over the years we have seen many people make the same mistake. Two people connect as friends and develop a wonderful relationship based on friendship. There is honesty, respect, caring, all the ingredients of true friendship. Yet, because of social pressures, these two assume the logical next step is sex, marriage, or living together with a monogamous commitment. It is true with same-gendered as well as heterosexual partners. This assumption is often incorrect.

It sometimes happens that two friends have little or no sexual desire for each other. This fact can help make a relationship based on friendship clearer. We knew a man whose involvement with a woman friend was based on a very high level of mutual support and honest communication of feelings. They truly loved one another. Although the man had a desire for physical connection, he never fantasized about sex with his friend. It was a desire to hold her and be held by her. Is there anything wrong with this? No.

On the other hand, sometimes there is a sexual attraction between friends. Here it gets trickier. We're taught all our lives that sexual attraction needs to be acted upon. But this is not necessarily so. Our hearts, not our genitals, and not our minds, must ultimately decide the highest course of action. Yes, it can be quite okay to have a sexual attraction to someone and not act on it. This doesn't mean suppressing the feelings or making them wrong. It means allowing them to be there, acknowledging sexual desire, even talking about these feelings with our friend, and listening deeply to what feels like the right course of action.

Sometimes the only way to find out whether the two of you are friends or lovers is to experience the physical sexual connection. Many people find out this way. They make love and discover the true nature of their relationship. Sexual expression may initiate them into the next level of relationship, be it friends or lovers. If the discovery is friends, not lovers, there needs to be complete honesty about this. Often, our sexual shame causes us to be silent about our feelings. We feel we have made some horrible mistake and

have ruined the friendship. But this is not so. Friendships cannot be ruined by having sex. Friendships are only ruined by lack of honest communication of feelings. When we have the courage to be truthful about what we feel, the friendship can progress to the next level. We have seen the best of friends have sex, realize something was lost from the relationship, share openly and honestly their feelings, make a new commitment based on what they learned, and have even more love and respect for one another.

Sometimes this process needs to be repeated several times during a relationship. Sometimes lovemaking can happen too soon in a relationship and, after enough time has passed and the relationship has evolved to a new level of closeness, sexual activity can have a whole new feeling.

It's also perfectly okay to be both friends and lovers. In fact, to truly be lovers is to include the friendship. If lovers are not friends, then it's casual sex, and there's no real connection or fulfillment.

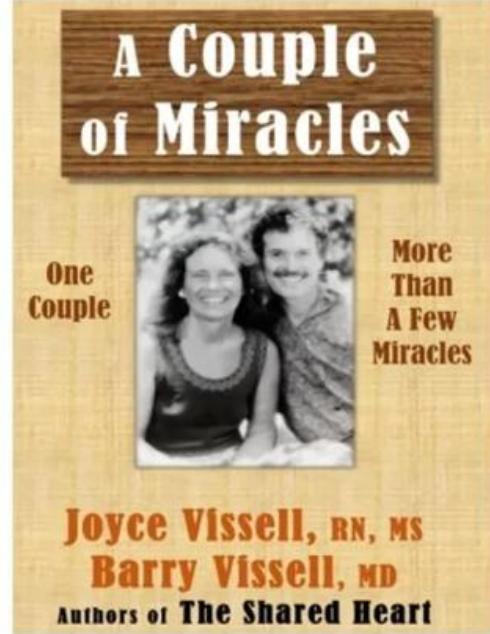
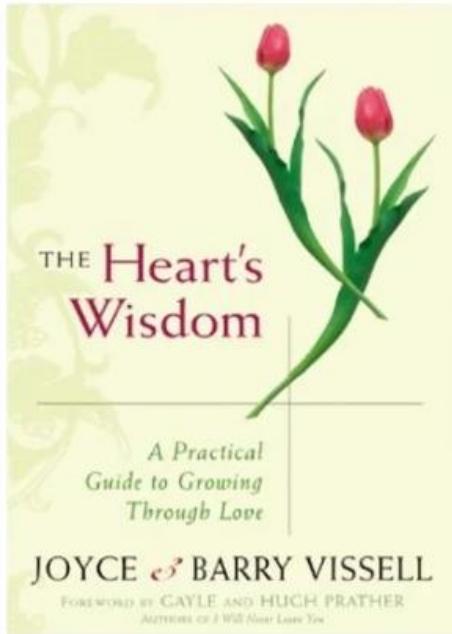
The two of us, and many couples, realize our friendship is the most important ingredient of our relationship. Our sexual relationship is a source of enormous fulfillment, but our friendship is the foundation of our connection.

Mrs. Browning, the poet, once asked Charles Kingsley, the novelist, "What is the secret of your life? Tell me, that I may make mine beautiful also." Thinking a moment, the beloved old author replied, "I had a friend."

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. 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.

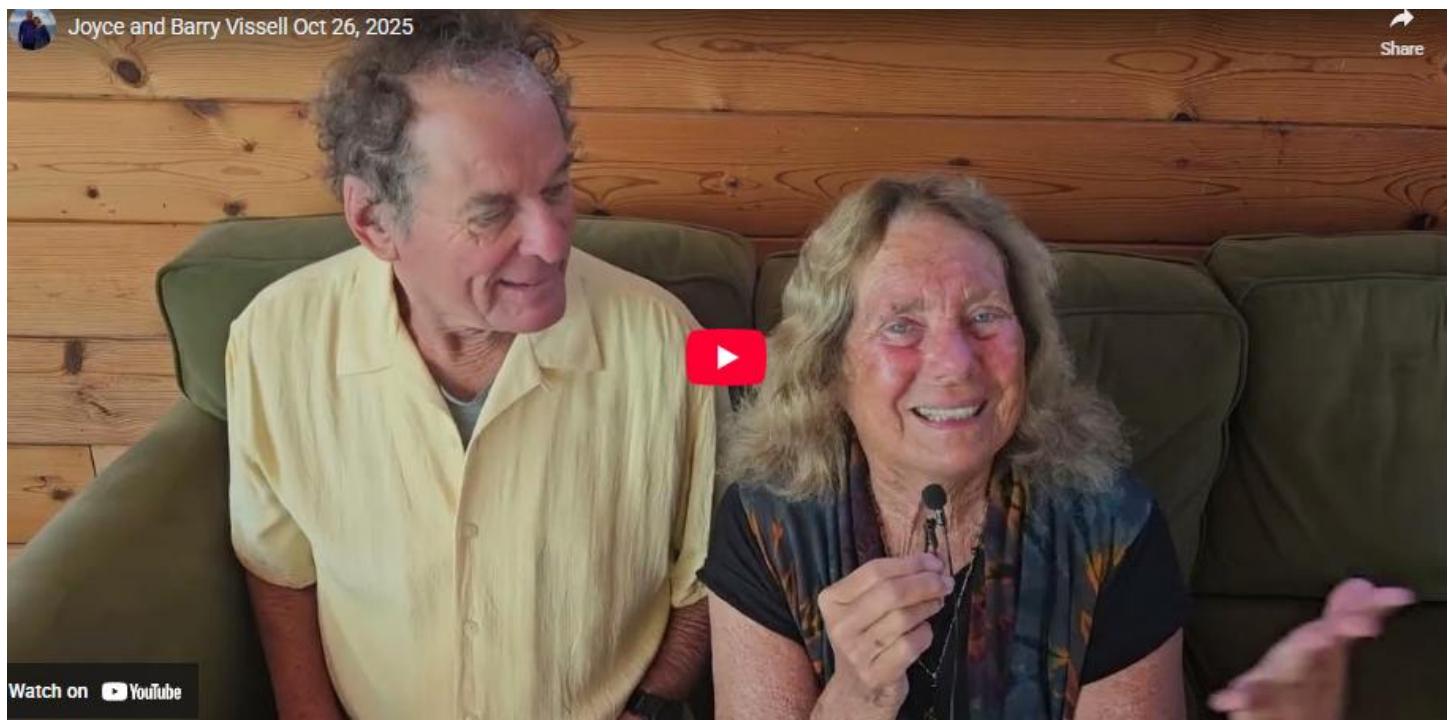
Joyce & Barry's Website: <https://sharedheart.org>

Barry & Joyce's Books



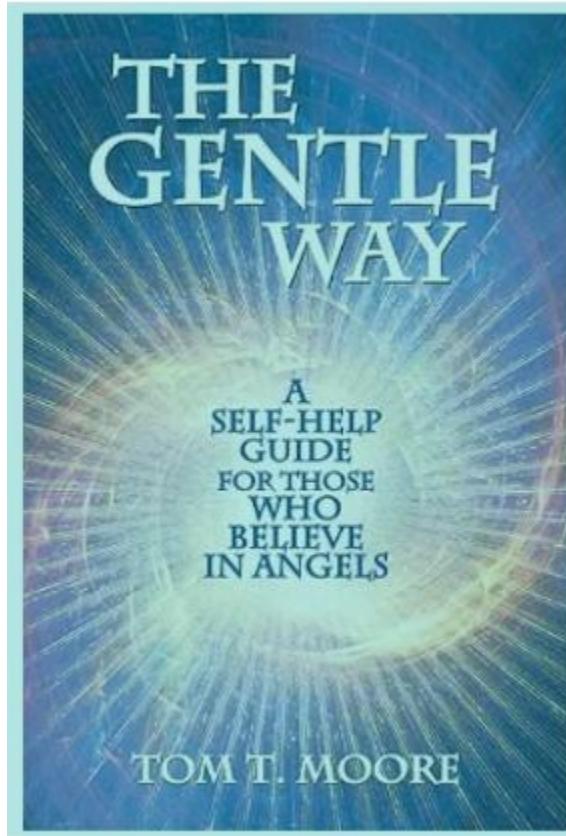
Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref=dbs_p_ebk_r00_abau_000000

Barry & Joyce's Video



Link: <https://www.youtube.com/watch?v=oYt4olchRZA>

Most Benevolent Outcomes Or 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!" ******

MBO FOR THE EFFECTS OF LEMON WATER

Kathryn writes: My MBO story might not be one that you want to publish because of the nature of the topic but I just had to share because I'm thrilled.

Every morning I drink a glass of lemon water to help my liver flush toxins from my body. Every time I do this I set my intention by reciting out loud "This lemon water flushes toxins from my liver and detoxifies my body easily and effectively. It's like drinking lemon light." I've done this for several years now. Since finding your website I've added an MBO request to the beginning of it, and the effect is incredible! My body noticeably flushes out a lot more than I'm accustomed to! At first I didn't make the connection as to what changed, and then I realized the changes happened once I added the MBO! How exciting! Blessings to you. I use them all the time for everything now.

MBOs IN A HOSTILE ENVIRONMENT

Richard writes: I have found that I can ask for an MBO to remember to ask for and MBO. I am retraining my brain circuitry to default to asking for the MBO, instead of worrying. this may seem small, but for me, it isn't.

I had a supervisor who was a diversity hire. She hated veterans [like me], treated them badly. Let's just say that it was unpleasant, for a while. I thought hard work and great service would fix it. Not in her case. Well, I kept saying MBOs to make it to my full retirement date, which I did do. She caused me more trouble- of course. She trashed other staff that left the office, also, as well as staff that stayed. Well... she was federal. WAS. Her position was cut, under DOGE, and she's gone. In the past our previous supervisors had extensive experience, were wise, understood the programs, appreciated excellence, etc. She was a diversity hire. Every one of her staffers was glad to see her go. I don't wish ill on anyone, I just do MBOs to stay out of their field of vision. I am not rejoicing that she's gone, but I'm also not sorry she's gone. Other remaining staff were ecstatic she's gone. She trashed every veteran who ever worked for her, and others. I will say this- that woman made me study your Gentle Way books, and apply everything I could figure out from them.

BPs FOR DAUGHTER & SON-IN-LAW'S DRIVE

We suddenly got the news from our daughter that our son-in-law's father had transitioned in Georgia. He was going to drive by himself from Plano Texas to Georgia, so we offered to keep our granddaughter for the week so that our daughter could help drive and assist in clearing out the houseboat he and his wife lived in and work to get her admitted to an assisted living place.

I requested BPs for their drive to Georgia and back along with hotel stays and packing up the houseboat, along with him seeing his dad one more time before cremation. We also requested MBOs for our granddaughter's stay with us.

So far, everything is working out well.

BPs FOR TOWN IMPROVEMENT

Richard writes: There was a really junky area in the town I formerly lived in. There were 2 derelict houses, and this was the center of town, sort of. I decided that I was going to clean it up, so I did my MBO thing, put in fountains of love, and so on. I've discovered I can MBO any spiritual method... it seems to work. Within 6 months, the town came together- to create a park there- at no cost to the town. I helped the volunteer crew that demolished one of the derelict houses. I lent my books on Japanese gardens to the

designer, who had a sort of Zen rock garden idea at the center, with low stone walls. So many townspeople came together to make that place happen. That place is gorgeous. They do celebrations there. This was some years ago. The park is actually being improved. If you want to see it, you can- it is just west of the intersection of Route 189, and Route 20, maybe a mile north of the CT border, in MA. I haven't lived in the area for 24 years, but I go back, rarely, just to see how it has improved. I requested MBOs, for continual transmutation/improvement of the energies, and it seems to be happening. Of course all this could have just happened by coincidence. Naaaah. It is a small town, of course, where people still help each other, as it was in the old days, where people are more cooperative.

About Tom T. Moore: In 2005, Tom and Dena signed up for a seminar put on by Dick Sutphen to improve one's psychic ability. Tom decided to try and contact an American Indian Shaman that Robert Shapiro channeled for him named "Reveals the Mysteries," while in an altered state. He was successful, and was informed that he was a Shaman living at the same time period in the mid-1600s named "Still Water" and was told he had decided to incarnate in the 20th century to "reintroduce people to The Gentle Way." He received the name of the first book in The Gentle Way series the first time he communicated with his Shaman pal, who is now his main Guide. He was told to write "BOOKS!" and so he wrote the first *The Gentle Way* book in only 90 days.

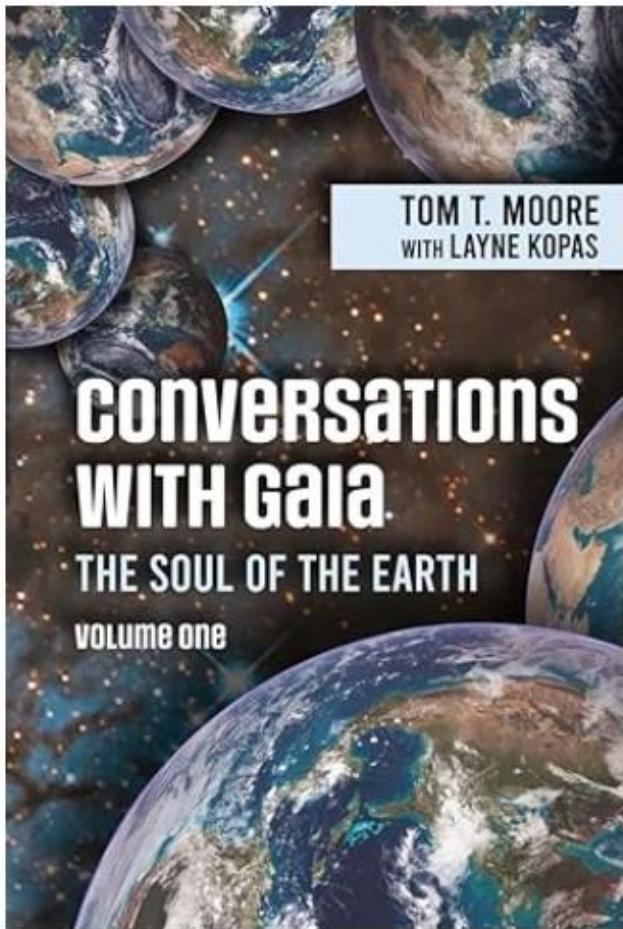
He began asking questions, first of Reveals the Mysteries and then his own Guardian Angel Theo, and Gaia, soul of the Earth. Each time he would ask how his reception was progressing, he was told "Practice, Practice, Practice." It helped that when he started a weekly newsletter questions that he never would have thought to ask were sent in by subscribers.

In 2008, Theo introduced him to a member of his soul group or "cluster," an ET named Antura. Antura is part of a "first contact" team specializing in making contact with evolving societies. Tom asked Antura hundreds of questions over the next few years, which resulted in his fourth book, *FIRST CONTACT: Conversations with an ET*. Just before he sent the manuscript to his publisher, Antura informed him that he and his family would be visiting their huge mothership, with a crew of 900, in 2017 to shoot the first documentary on board an ET ship. This date has slipped to 2023.

Additionally, in 2008, Tom was told that in a past Atlantean life he was "inspired" to create The Gentle Way, and 200 years before they destroyed themselves in a horrific war, he led 25,000 people to resettle in Egypt. Again, he asked hundreds of questions about Atlantis and Lemuria, resulting in his book *ATLANTIS & LEMURIA: The Lost Continents Revealed!* that was published in 2015. And since then Tom has published many more books. Check out his website.

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

Tom's Two New Books



In **Conversations with Gaia – The Soul of the Earth, Volume 1**, renowned author and spiritual explorer Tom T. Moore shares his remarkable dialogues with Gaia, the consciousness of our planet. Through hundreds of profound questions and answers, Gaia offers deep insights into her purpose, the intricate systems that sustain life, and humanity's evolving spiritual journey.

Explore how Gaia came to inhabit Earth, how she works tirelessly to maintain balance, and what it means to live in harmony with her energy. Dive into expansive topics including past lives, karma, soul balancing, timelines, ancient and modern religious practices, and the future of technology—all through Gaia's unique perspective.

Tom also reveals his personal process of channeling and communication, offering meditations and Most Benevolent Prayers to help readers connect with their own spiritual guidance.

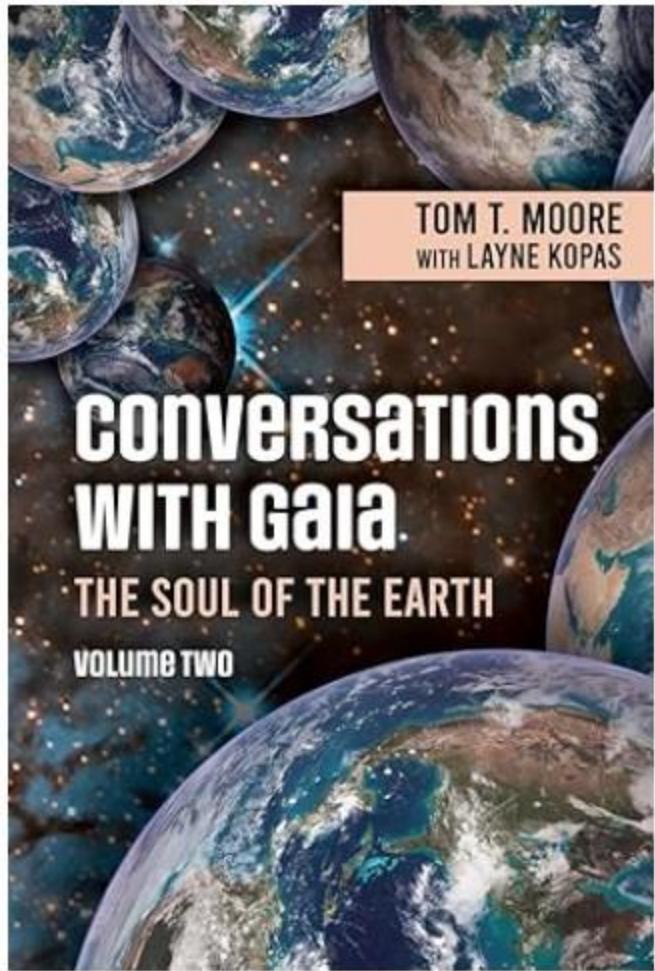
Whether you are newly curious or already on a metaphysical path, **Conversations with Gaia** is a transformative guide for those seeking a deeper understanding of the planet we call home—and the soul within it.

“In this thought-provoking collection, seekers pose timeless questions to Gaia—the living Earth. Her answers, both poetic and profound, illuminate our deep connection to nature and the wisdom it holds. A soulful dialogue for those yearning to listen, learn, and live in harmony with the planet.”

-Steve Rother, Author, seminar presenter, and channel for The Group

“The entire Most Benevolent Outcome (MBO) movement started with Tom Moore. But it's not just a phrase. MBOs work! I have been using Tom's method for years and often quote it to those who need to hear it in my work. So, when Tom publishes something new, I absolutely know that it will be about how to create benevolent outcomes for others and yourself. This book is no exception and contains more of his GENTLE WAY PHILOSOPHY. Good work, Tom. You continue to change and affect lives in Most Benevolent Ways.”

Lee Carroll, Author of **The Journey Home**, channel for KRYON



In this continuation of *Conversations with Gaia – The Soul of the Earth, Volume 2*, Tom T. Moore once again connects with Gaia to explore profound truths about our world and beyond. Through hundreds of questions and answers, Tom brings forward Gaia's insights on topics ranging from revolutionary medical breakthroughs and extraterrestrial life to ancient civilizations, mystical beings, and the deeper meaning behind recent world events and controversies.

This volume not only expands the boundaries of spiritual understanding but also offers practical tools for readers seeking a personal connection to the Divine. Tom shares his channeling process and includes powerful meditations and Most Benevolent Prayers, guiding readers to open their own lines of communication with Gaia and other benevolent beings.

Whether you are a spiritual seeker, a curious skeptic, or someone longing for a deeper relationship with the Earth, *Conversations with Gaia – The Soul of the Earth Volume 2*, invites you to journey beyond the physical and into the wisdom of the planet herself.

“In this thought-provoking collection, seekers pose timeless questions to Gaia—the living Earth. Her answers, both poetic and profound, illuminate our deep connection to nature and the wisdom it holds. A soulful dialogue for those yearning to listen, learn, and live in harmony with the planet.” -Steve Rother, Author, seminar presenter, and channel for The Group

“The entire Most Benevolent Outcome (MBO) movement started with Tom Moore. But it’s not just a phrase. MBOs work! I have been using Tom’s method for years and often quote it to those who need to hear it in my work. So, when Tom publishes something new, I absolutely know that it will be about how to create benevolent outcomes for others and yourself. This book is no exception and contains more of his GENTLE WAY PHILOSOPHY. Good work, Tom. You continue to change and affect lives in Most Benevolent Ways.”

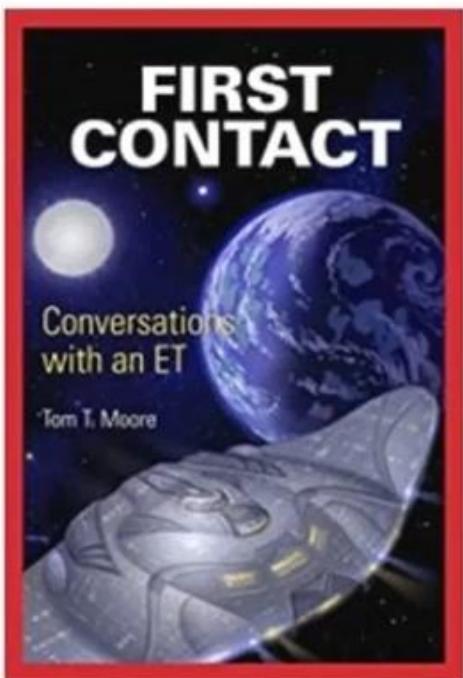
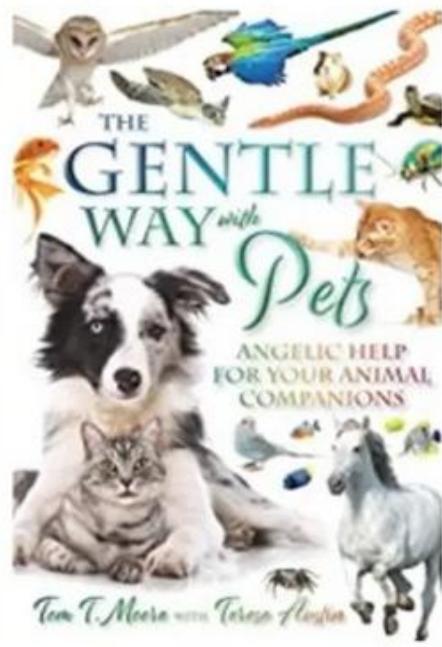
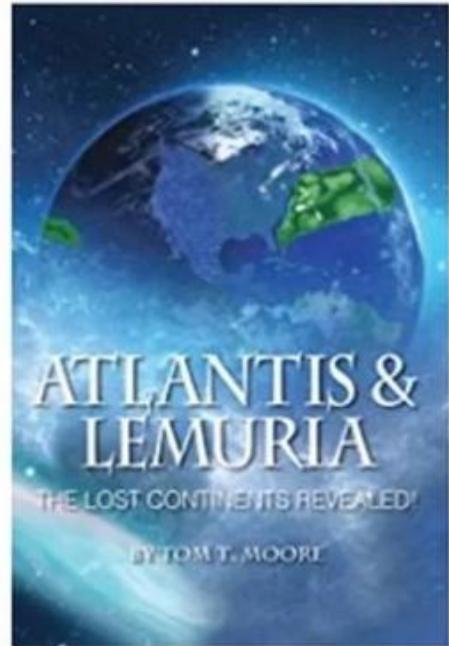
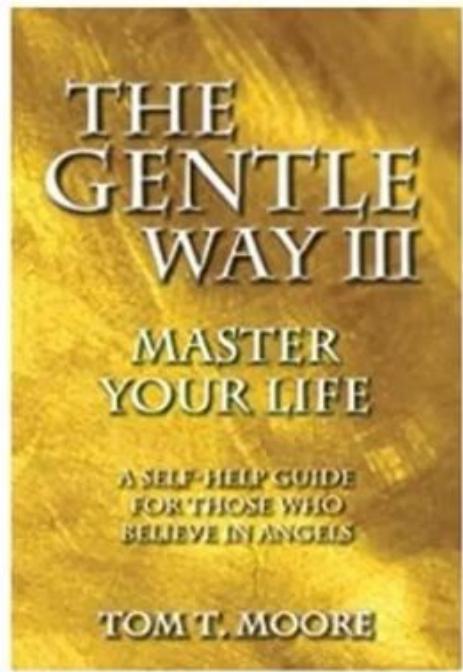
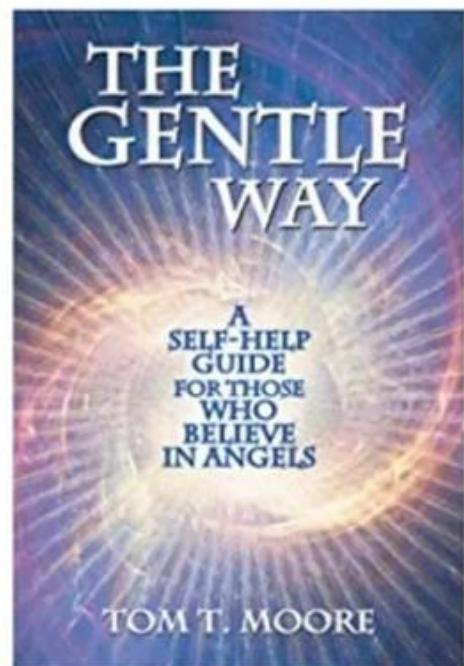
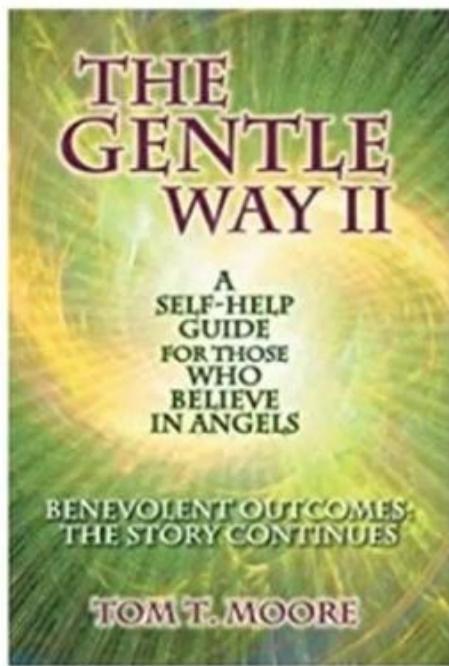
-Lee Carroll, Author of *The Journey Home*, channel for KRYON

Tom's Interview About His New Book Volume 1



Link: <https://youtu.be/8HlQ6xwYpWk>

Books By Tom T. Moore

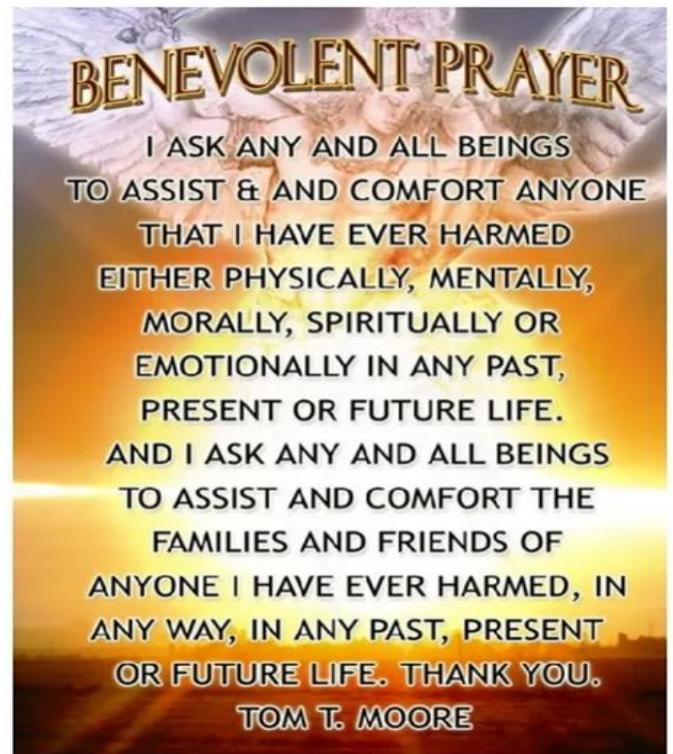
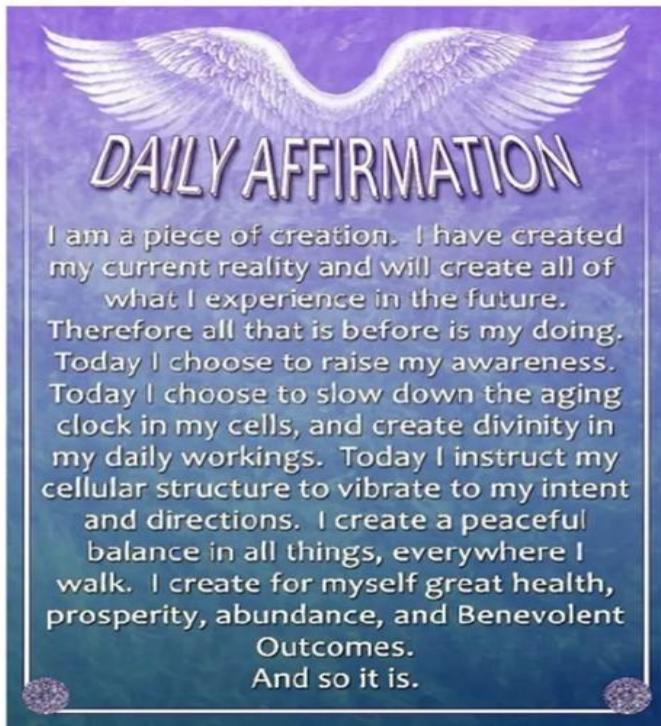


Tom is also a prolific writer and these books you see can be found on Amazon at: https://www.amazon.com/Tom-T-Moore/e/BooCR1C23I/ref=dp_byline_cont_book

Interview with Tom



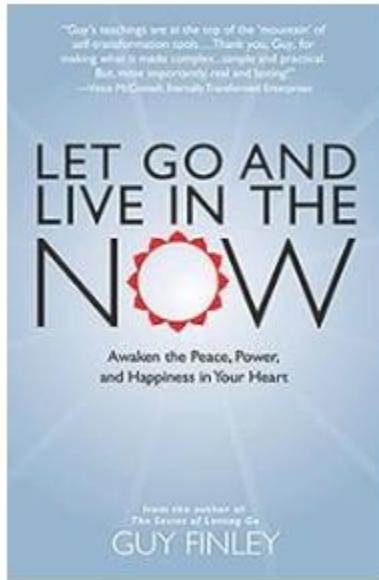
Link: <https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s>



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

Find other signs on Tom's website

How To Be Your Best Self By Guy Finley



First Key Lesson: We are not being called to be more than we are, let alone to judge ourselves when we see we have missed the mark; rather, we are here to discover ALL that we have been given, and how – if we dare accept this unimaginable gift – we will see it multiplied a hundredfold.

Second Key Lesson: Our awareness of any yet-to-be perfected character in our consciousness IS NOT a judgment made by the Light that has made us aware of it.

FOR FURTHER STUDY

To Attain the Unattainable

Almost every day I receive a letter, an e-mail, or phone call from an aspirant who wants to know, essentially, the following: "What must I do to succeed spiritually?" Or, in a slight variation on that theme: "What's the right way to do what I must in order to awaken?"

There's little doubt as to the sincerity of these questions; but the problem is this: true spirituality is not something that can be attained through "doing" whatever one imagines; there is no "right way" to follow if one wants real freedom. It's important you see these truths for yourself. If it is authentic newness of heart that one longs for – an uncorrupted, uncompromised mind that responds effortlessly to the demands of the moment – then all images of such a life must be thrown away, died to, as clearly they belong to "what was." To model oneself after anything, or anyone, is to imitate; but if nothing else is clear, this should be:

The Divine Life -- as it expresses itself in the presence moment – is inimitable. Which means we are either present to that Life – being moment-to-moment what we are given to be (and see about life) through that Light – or... we have the all-too familiar alternative: the endless questions about "What one must do in order to be (free)?"

Asking ourselves "What must we do in order to be?"... is not unlike the eye asking what it must do to be able to see! And though somewhat unavoidable for many years along the path, such questions must eventually be outgrown. This gradual spiritual maturity is something that happens quite naturally as we

awaken to see (in the present moment) that all of these pressing questions of ours (about what is the right thing to do or be) are secretly double-edged swords: one side is the endless hope of becoming someone special through the pursuit of an imagined ideal; the other side is the growing realization that comparing ourselves to any spiritual ideal doesn't liberate us; rather it imprisons us in the painful illusion that a comparative mind can transcend its own captivity.

Again, the true spiritual life is incomparable; nothing comes before now, nothing follows it.

Dare to be and see just what you are; give yourself to that task wholeheartedly... and for your willing entrance into the whole estate of yourself, you will realize the unattainable life you seek.

About Guy Finley: Guy Finley is the Founding Director of Life of Learning Foundation, a nonprofit Center for Spiritual Discovery. He is the acclaimed author of *The Secret of Letting Go* and more than 50 other books and audio programs, translated into 30 languages, that have touched the hearts and minds of millions worldwide.

For over 45 years, Guy has helped people around the globe discover the inner path to freedom, and a more authentic way of living. His direct, down-to-earth teachings speak to some of life's most pressing challenges—fear, anxiety, relationships, addiction, stress, and the search for peace. His work has been widely endorsed by physicians, business leaders, and spiritual teachers of every tradition.

Guy lives and teaches in New Smyrna Beach, Florida. He holds regular online classes that are livestreamed (<https://www.guyfinley.org/light>). These free classes are open to all.

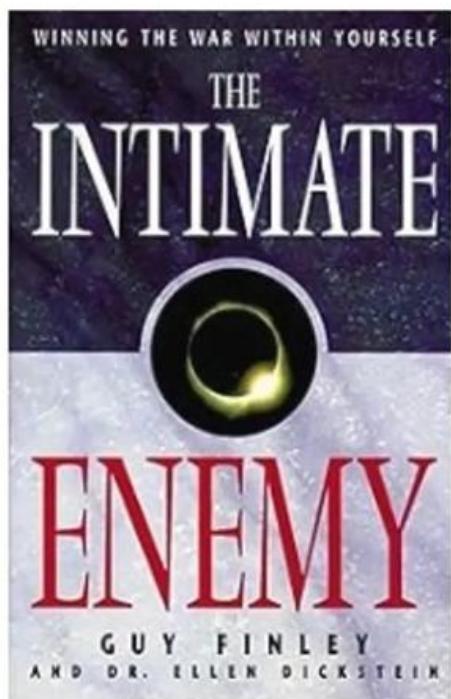
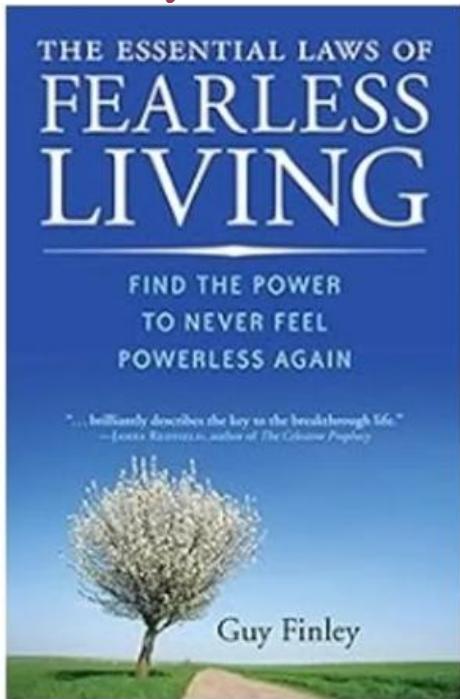
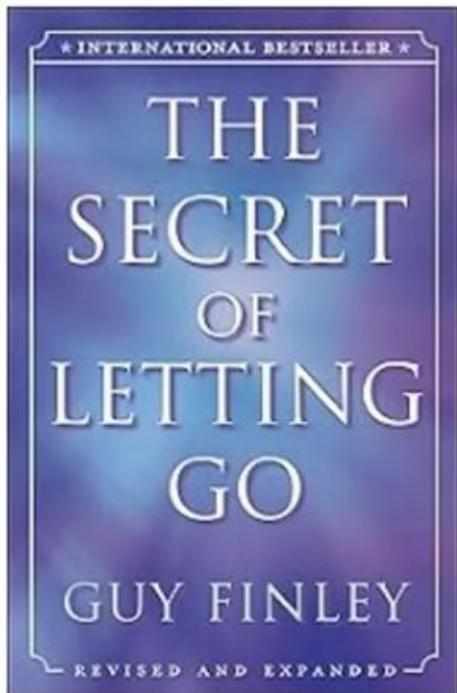
For more information about Guy Finley and nonprofit Life of Learning Foundation visit www.guyfinley.org

Guy's Video



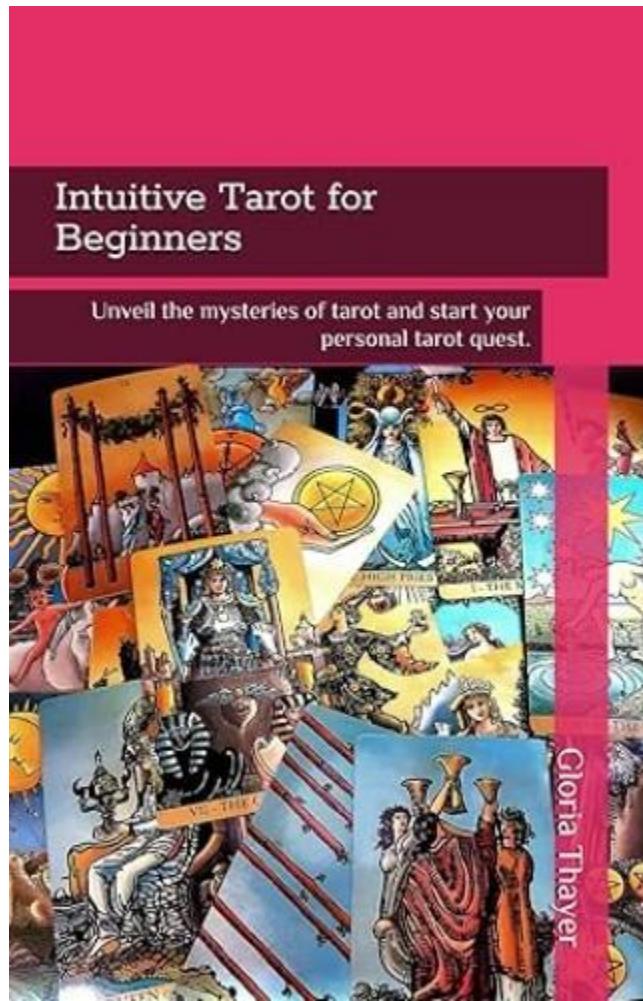
Link: https://youtu.be/8TPOAmoC_kU

Guy's Books



Find these books and more at: <https://www.guyfinley.org/store>

ROC Metaphysical Book Review Intuitive Tarot For Beginners By Gloria Thayer



**** Editor's Note: Gloria Thayer is a name that is at the heart of the metaphysical community. She has owned and operated metaphysical stores, taught classes on a variety of metaphysical subjects, makes her own special incenses and runs two very highly used Facebook pages that help promote metaphysical/spiritual connection and events.**

Gloria has written her second book, this one is about Intuitive Tarot. This was a class that she taught for years and I actually took the class. She helped us newbies who were a bit intimidated by knowing all the cards, their meaning and recognizing the intuitive piece so it would make sense for the client. She helped us realize that anyone can work with Tarot if you allow yourself to be open, forget being overwhelmed and have fun.

Now years later she has taken all that teaching and her years of understanding Tarot producing a great book to help others.

Intuitive Tarot for Beginners is a practical and empowering guide designed to help newcomers master tarot through intuition and experience. The book provides foundational teachings, tools, and exercises that build confidence and deepen understanding of the cards. Readers learn to connect intuitively,

interpret symbols, ask effective questions, and dispel common tarot myths. Step by step, it leads you toward self-discovery, spiritual growth, and a meaningful connection with the wisdom and magic of the tarot.

See the video below to learn more about Gloria and her new book.

Find her book on Amazon: https://www.amazon.com/Intuitive-Tarot-Beginners-mysteries-personal/dp/B0FR2FNK9J?ref_=ast_author_mpb



Link: <https://youtu.be/ac3SUkEtorI>

transition By Monique Lang



**What do you see when you look at this picture?
So often we look at things without really looking.**

**We miss Intricacies, shapes, images and perhaps a teaching.
How often do you actually see deeply?**

*Kindness is my religion. HH the Dalai Lama
Be kind to yourself and others.*

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

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

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

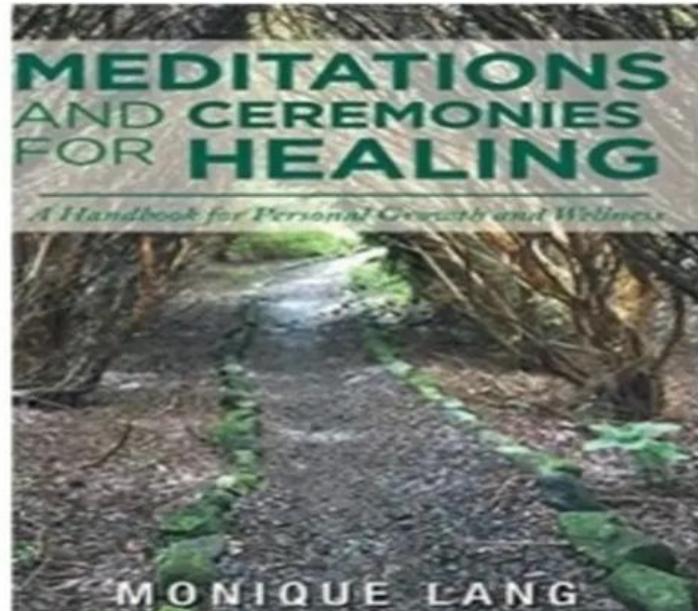
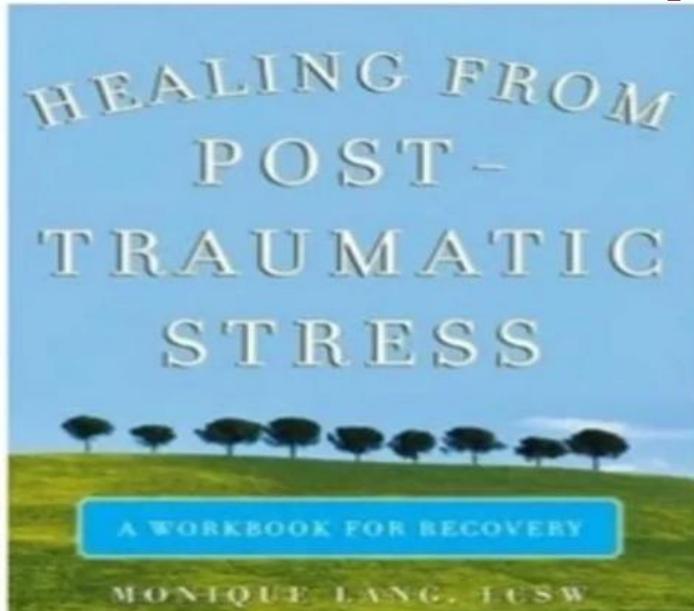
Monique's website: <http://www.moniquelanglcsw.com>

Monique's Video



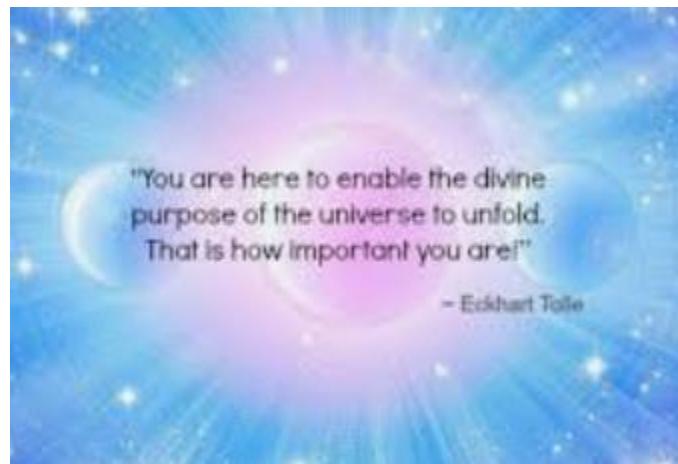
Link: <https://www.youtube.com/watch?v=izy6417t5qc>

Monique's Books



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

Maddie B By Richard Hughson



Maddie was bright, inquisitive, beautiful, and charming. She was in love with everything and everyone, and stole people's hearts away just by being in their presence.

To me, there always seemed to be a look in her eye which said, "All of this is nice, but there's something more." No matter how much I focused on her, I had no further insights.

Leukemia steals your life away, especially the most difficult kind. Maddie got sick at age 5.

Other than a couple of very carefully crafted trips home, and only for a couple of days, she lived in the hospital for over a year.

Have you ever seen someone so pale and tired that they could not hold their head up? But when you ask them, "How do you feel?" They would manage a smile and give you two thumbs up? That was Maddie, always.

I don't know how many times she was near death, way too many for her parents to smile through. Santa visited her by video call on one of her good days. She showed off that she could put her foot behind her head. Santa gave a valiant effort to follow along. She smiled. She always smiled.

The note came from her mother. "If ever there was a time to pray, it's now."

I don't know how long I sat there. At some point I perceived an image of her as a young woman, mid-twenties and in perfect health. As she approached I was given to understand, "That was the plan all along." She came here to love everyone and have everyone fall in love with her, then go home — leaving hearts broken open by love.

There were a thousand or more people at her funeral, and her name lives on even today. She did her job well and somehow, underneath it all, she knew it. No matter how sick she got, no matter the ravages of the disease or the chemo, she smiled and gave a thumbs up. She fulfilled her spiritual job. About Richard Hughson: Richard Hughson, a machinist by trade, came to understand the many STEs he had experienced since childhood through his friendship with Tom Sawyer. Tom's unique NDE brought him both spiritual responsibilities and the ability to fulfill them. The two remained close friends, traveling the world and goofing around together until Tom's natural passing in 2007.

Their adventures included healing the Dalai Lama and a healing by Mother Meera. All have relevance and deep implications for personal growth and the future of humanity. Richard shares the joy of his spiritual growth as a healer through storytelling, hospital clowning, and even as Santa. He leads workshops on Healing with Humor and lectures on Tom Sawyer at spiritual conferences and IANDS chapters across the country. He has authored the Heart-Session Meditations blog for 16 years at <https://heart-session.blogspot.com/>.

Interview With Richard



Link: <https://youtu.be/RxzJ-TwgIOo>

Tarot Tendencies For November By Doreen Scanlan



Start out this month on Samhain (Halloween) weekend by releasing anything that you no longer want to carry into the new year and new month. Then step into the newness of what is ahead with a sense of freedom from past burdens.

Start looking forward to the new things you want to explore. Try a new activity or better yet one you used to do that you have neglected. The page of cups invites you to find ways to express your passion. He invites you to learn something new. Maybe it is time to sign up for that class you have been putting off. Or maybe take an advanced class in something you are already doing.

The 8 of swords suggests that you stop telling yourself you can't and just try. New year, new levels of expression.

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

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

Interview with Doreen



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

What Can Sound Healing Do For You?



Take a break, listen to the video, relax and allow the music to take you into a relaxing state.

And although sound healing has grown in popularity in recent years, it is a healing modality that dates way back. From vocal chanting to instruments such as Tibetan singing bowls, shamanic drums, and more, you will find some form of sound healing in every culture on Earth. According to historical records sound healing can be traced back 40,000 years to when indigenous Australians used ancient didgeridoos for healing. Did you know that there is healing sound chambers in the Egyptian pyramids?

4 benefits of sound healing

1. It's super-relaxing

Deep relaxation is one of the most significant and universal benefits of sound therapy. "The sounds permeate our system returning it back into harmony. So if you take nothing else away from a sound healing session, relaxation on its own is worth it. With our busy schedules and so much going on in the world, we can all use some chill vibes.

2. It helps clears energetic blockages

Some people experience deep healing during sound therapy as the sound vibrations open, clear, and balance their chakras and release stuck energy. It can be described as an "energetic deep tissue massage" that leaves you feeling balanced and replenished.

3. It boosts your health

That's right—it's not completely woo-woo. Research has already demonstrated that sound healing can be incredibly beneficial in many aspects of the physical body and beyond.

Benefits can include improved sleep, reduction of chronic pain and blood pressure, lowered cholesterol, and a decreased risk of heart disease.

4. It supports mental, emotional, and spiritual well-being

It also heals on the mental and emotional levels. Sound healing helps reduce stress, anxiety, and depression. It balances and clears the mind, and leads to a renewed sense of purpose, well-being, calm, and happiness.

Learn about 432 hertz.

The history of the 432 Hz frequency goes back far into antiquity. Even in ancient cultures such as the Egyptians, Sumerians and Greeks, special vibration frequencies were considered sacred. The number 432 has a special meaning in many of these cultures. It stands for the natural cycles of the earth and the cosmos.

The famous Greek philosopher and mathematician Pythagoras played a crucial role in the discovery of the 432 Hz frequency. He recognized the harmonious relationships between numbers and tones and developed the Pythagorean tuning, which used 432 Hz as the fundamental frequency. Pythagoras believed that this frequency had a profound effect on the human psyche and contributed to spiritual development.

The symbolism of the 432 Hz frequency extends to the present day. The number 432 is closely linked to the number 9, as $4 + 3 + 2 = 9$. The number nine is considered a symbol of completion and spiritual awakening in many spiritual traditions. The 432 Hz frequency is believed to create a harmonious balance with the natural rhythms of the universe and thus has profound spiritual significance.

There's all kinds of sound healing on the internet and loads of people who offer sound healing or sound baths where you live. Try it, you'll love it.

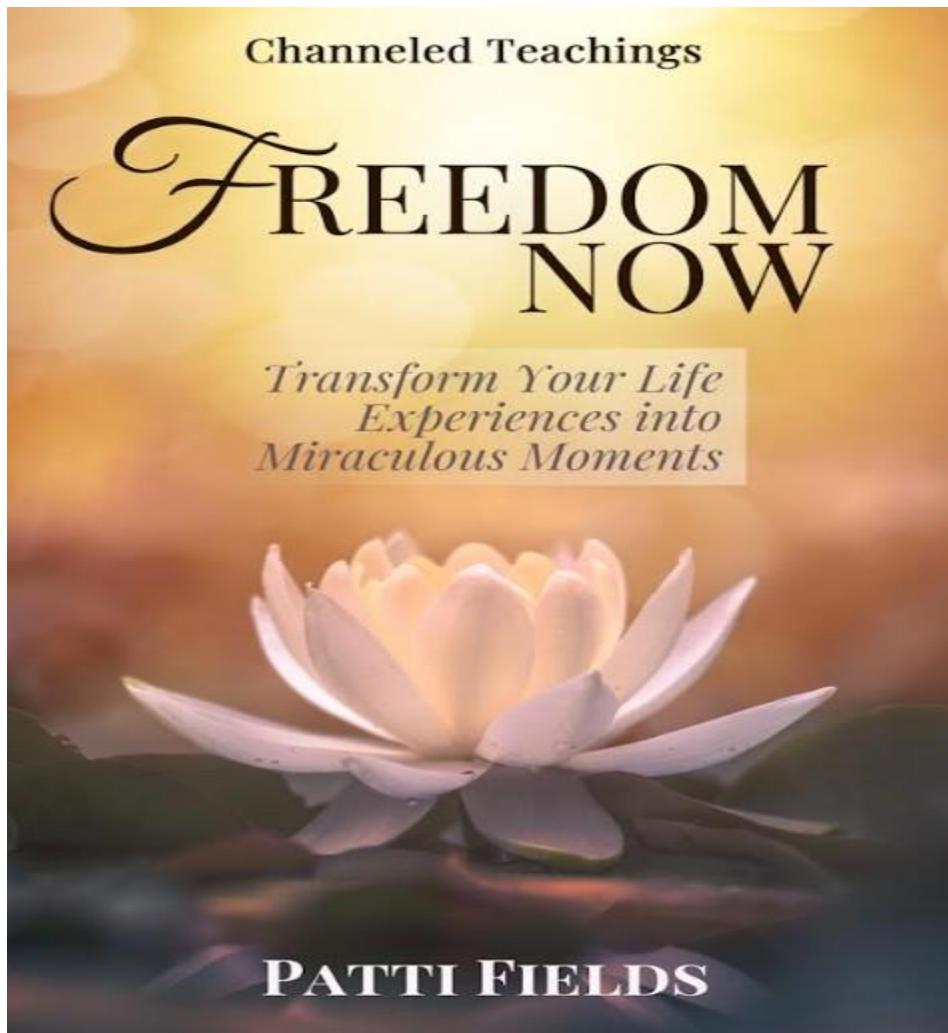
Take some me time and listen to the video.

Listen to the video



ROC Metaphysical Book Review

Freedom Now By Patti Fields



*** Editor's Note: This is my second interview with Patti about her second book. Something new happened and her spirit guide was speaking directly to her with information that we all need to use. See the video interview below to get know more about Patti and her second book.

Sunbury Press review:

In Freedom Now, Patti Fields shares profound teachings from her spirit guide, Neshea, about harnessing the transformative power of the present moment. This book offers practical tools to help you release distress and fear, enabling you to experience pure love and connection—even in the most challenging circumstances. Topics include expanded states of consciousness, manifestation, relationships, intuitive guidance, change, purpose, Self-awareness, and abundance.

“When you are ready, we will proceed with a way to acknowledge what is valuable to the world but has been forgotten. Your life is meant to serve your highest aspiration. What you desire to achieve is not of this world, yet the world is here to help you achieve your goal. These teachings and practices will ignite the flame that will grow into a burning desire to experience Divine love, peace, and joy while living in this world. Anyone pursuing this worthy goal is a wayshower and will help others remember their Divine purpose. I am a teacher for those who want freedom now and are willing to lead others to greater freedom and happiness while living in this world. If you are drawn to these teachings, the spark has been ignited in your soul.”— Neshea

Find her book at: [Freedom Now – Sunbury Press Bookstore](#)

Interview with Patti Fields



Link: <https://www.youtube.com/watch?v=Iw-h8oVAQxA>

ROC Metaphysical Has A YouTube Channel

We're excited to share this feature that brings our community even closer—video interviews with writers, authors, and metaphysical practitioners. You'll now find videos on most pages, offering personal insights and behind-the-scenes stories you won't want to miss.

We've also sat down with alternative health providers and businesses, giving you a deeper look at the people shaping this community. To make it easy to explore, we've launched a dedicated YouTube Channel—check out some of our sample interviews and get inspired!

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

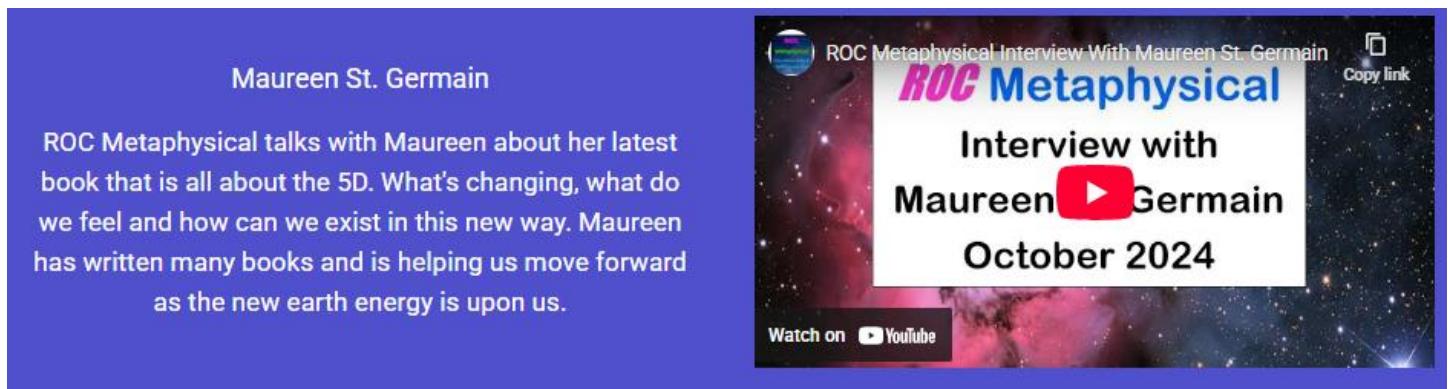


Sample Videos



Tom T. Moore

Tom T. Moore has written two new books about Gaia (the name for Earth). In his meditations he learns what new changes are happening on Earth and how it may impact all living beings.



Maureen St. Germain

ROC Metaphysical talks with Maureen about her latest book that is all about the 5D. What's changing, what do we feel and how can we exist in this new way. Maureen has written many books and is helping us move forward as the new earth energy is upon us.



Rev. Wendy Van Allen

ROC Metaphysical talks with Wendy about her new book Relighting The Cauldron. Mother Earth's cauldron flame has gone out as the climate crisis and resulting social chaos have worsened. But it's not too late. Watch the interview to learn more about Wendy's background that brought her to the point of writing the book.

ROC Metaphysical Book Review

Ted Silverhand: Life & Times Of Tuscarora Seer By Mackboogaloo



**** Editor's Note: I attend a lot of the same events as Ted. I never knew him and just recently got to sit with him and find out he has a book written about him. I knew of him and have heard people mention his name. He's been doing this work for a long time and has built a wonderful reputation. I finally had time to sit with him and get to know him better.**

He is a lovely, kind and easy to talk to. But once he starts telling stories about growing up within the Native community, to traveling out West as a child to be cured of asthma I was hooked. Then his connection to such interesting characters that were friends and mentors. Ted has worked side-by-side with Rolling Thunder just as an example. In addition, he was influenced by many other teachers on his exciting life's journey, like Mad Bear Anderson, Twylah Nitsch, William Commanda, Sara Smith, Dennis Banks, Beeman Logan, Dan George and Semu Huaute.

His book explains his connection to Spirit, how he came to use his gifts and all the unique characters he has met along the way. Plus he shares simple wisdom that we all should follow.

Get to know more about him in the video below.

Find His book on Amazon: [Amazon.com: TED SILVERHAND: Life & times of Tuscarora Seer eBook : BOOGALOO, MACK: Kindle Store](https://www.amazon.com/dp/B00GALOO-MACK)

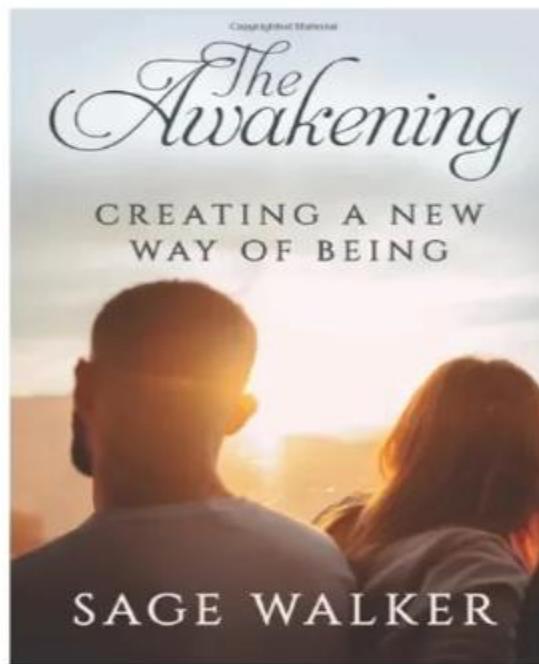
Ted's Website: <https://www.tedsilverhand.com/>

Interview With Ted Silverhand



Link: <https://youtu.be/y3LVhgrBxpg>

Sage Wisdom By Sage Walker



A Blessing

**May the Light of your Soul guide you.
May the light of your soul bless the work you do,
With the secret love and warmth of your heart.
May you see in what you do the beauty of your own soul.
May the sacredness of your work bring healing, light, ad renewal.
May it be brought to those who work with you
And to those who see and receive your work.
May your work never weary you.
May it release within your wellsprings of refreshing energy,
Inspiration and excitement.
May you be present in what you do.
May you never become lost in the bland absences of life.
May the day never burden you.
May dawn find you awake and alert,
Approaching your new day with dreams,
Possibilities and promises.
May evening find your gracious and fulfilled.
May you go into the night blessed, sheltered and protected.
may your soul calm, console and renew you.**

~Sage Walker

About Sage: I am an ordained minister, spiritual counselor, intuitive guide and energy worker. I have a deep commitment to health and healing personally and professionally and have been a passionate healing

professional for almost my adult life. In addition, I am a Master-Instructor in Integrated Energy Therapy® (IET), which is a high-vibration angelic healing therapy, and I have trained with Metaphysical teacher Shad Diamond.

I am highly connected to Guides, Angels, Ascended Masters and other light beings who assist me in my work. They guide me in each session as I allow the energy and information to flow through me. In this process Spirit has sent me many Spiritual Messages that I then share with you.

My sessions are unique and guided from the highest realms. With this assistance I am able to see issues in the aura and chakras and how they affect the body. I provide full spectrum healing that addresses all layers of the Human Energy Field.

The unique wisdom and spiritual awareness has led me in assisting others to make changes in their lives. I believe in the power of each person and their ability to change their lives for the better.

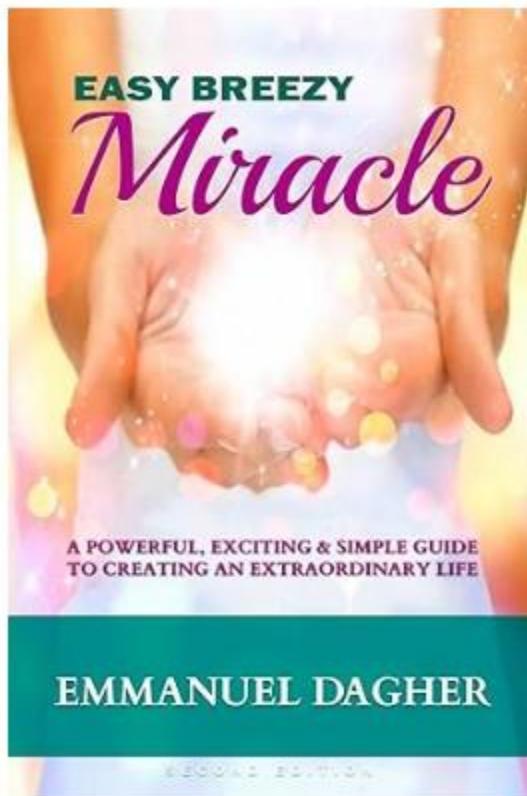
Sage's website: <https://www.theangeliclink.com>

Interview with Sage Walker



Link: <https://youtu.be/v9AzKAJx7Lg>

The Finish Line - November 2025 By Emmanuel Dagher



Dear Friend,

We are in a pivotal moment in humanity's awakening journey, one that is changing the landscape of our personal and global reality forever.

The Completions of a 9-Year Era

As 2025 (2 + 0 + 2 + 5 = a 9 year) begins to wind down, the most heightened aspects of this year's numerical influence are being turbocharged, quickly shifting and preparing us for a brand new 9-year era of change, growth, and transformation.

Since 9 represents the frequencies of completion, reflection, and service, the next few months will be mainly focused on those areas.

You've probably noticed these themes, especially endings or completions, showing up in a big way this year, both in the outer world and in your own life.

With times of Universal completions and endings, we are always asked to fully face and resolve any unfinished business in any areas of our lives that need tending to.

These include the areas of health, relationships, and patterns of behavior, including how we treat ourselves.

The last few months of a 9 Universal Year are often the most intense, because we are being nudged to quickly finish everything that needs to be completed from the past 9 years, before the new 9-year era begins.

During a 9 Universal Year, we often notice some stagnancy when it comes to accepting change, such as hesitancy about starting a new project, job, or relationship, or moving to a new location.

If this is happening in your life, know that it is also happening all over the planet!

We are being given the space to finish with the old before we begin with the new.

Here is a practical invitation that can be supportive at this time: Choose one area that keeps asking for your attention, and bring it to completion in a clean and loving way.

This could be a boundary that needs to be set, a conversation that needs to happen, a habit that's ready to be released, or a commitment that's ready to be honored.

One completed action clears more energetic bandwidth than 10 unfulfilled intentions.

Completion is not about perfection. It is about integrity.

Once we bring everything current and up to date, our energy stops leaking into the past. We feel clearer, lighter, and more available for authentic creation.

Even small completions done consistently will build the inner momentum you have been asking for.

2025 has been a highly karmic year, in which we have been experiencing the karma of the actions we've taken over the last 9 years.

Think back to what was occurring in your life in 2016, and you may notice some similar themes are coming up in your life now. Some of these themes may feel wonderful, and some, not so much.

This is not a coincidence. This is clear feedback that indicates which energies, patterns, and outer situations you need to address now.

Think back to 2017. Did you start a new job or project? Did you move somewhere new or begin a new relationship that year?

Can you remember the tone of your mindset that year?

You may have decided inwardly, *Things are going to start changing for me now, in positive ways.*

That was because 2017 was a 1 year, and it set the tone for the current 9-year era that we are about to complete now.

If things are not feeling so wonderful for you right now, view it as an opportunity to learn the lessons you set out to learn long ago on a higher level.

You are being given the chance to let go and move on now, so that you no longer need to repeat those lessons.

If everything is feeling wonderful for you right now, it means that over the last 9 years, you intentionally set a positive course for your life that is now being reflected back to you in real and meaningful ways.

The next two months are very important, because they are giving us the opportunity to be completely finished, once and for all, with whatever we are ready to move beyond.

It will be increasingly harder to operate in a victim consciousness now, because we are being called to action, to finish the challenges we began long ago.

A simple way to work through this, is to close each day by asking what you can address, complete or resolve, before you sleep.

Then decide that when you awaken in the morning, you will take one step toward that completion.

Send the message. Apologize where needed. Release what you do not intend to carry. Your future self will thank you for every door you close with grace.

A Time of Service

A 9 Universal Year is also a year of service.

We all know what it's like when the mind gets too caught up in itself. This can also be referred to as being too self-involved.

Being constantly self-involved is an indicator that the mind is operating in survival mode to the degree that it is unable to see the bigger picture in life.

We do not need to judge self-involvement as either good or bad. Yet it's important to realize that if we remain in that space for long periods of time, it keeps our energies limited and stagnant, keeping us from feeling expansive and in the flow of life.

Adding more acts of selfless service into our lives helps remedy limitation and stagnancy. This kind of giving can open up the areas of health, wealth, and overall happiness.

Service to others is also one of the most effective things we can do to balance and resolve old karmic debts.

If you are experiencing the results of karmic debts in your life, such as in the areas of health, financial wealth, and inner fulfillment, this would be the perfect time for you to dive into the energy of service to others.

Whenever you offer any kind of helpful service to others, higher energies of love and compassion flow powerfully through you.

Over the next two months, those energies will be magnified many times over, because of the highly potent moment of completion we are now in.

Service does not have to be dramatic to be meaningful. Make it specific and consistent.

Check on a neighbor. Share a resource. Mentor someone who is a few steps behind you. Donate time or funds to a cause that matters to you. When service is personal and steady, it rewrites your inner state from scarcity to sufficiency.

Notice what happens in your body when you give without trying to get something back. The breath deepens. The mind softens. A natural warmth rises within.

This is your system confirming that generosity is health-promoting.

Serving well is not self-neglect; it is a form of self-respect that includes others.

If you feel depleted, pair service with strong care for yourself.

Nourish your sleep. Feed your body real food. Keep your word to yourself. Service has the greatest impact when it flows from a steady center.

You are not here to rescue anyone. You are here to contribute what is yours to give with clarity and kindness.

I invite you to give yourself a weekly Renewal Ritual for November.

Choose one day of the week to sit quietly for 10 minutes, and each week on that day, ask three questions:

1. *What issue has already been completed?*
2. *What issue still needs my honest attention?*
3. *How can I be of real service to myself and others this week?*

Then anchor it in your body. Place a hand over your heart, breathe gently into your belly, and let your shoulders soften so all aspects of you feel safe.

Write one concrete completion for the week, one loving boundary or repair if needed, and one simple act of service you will offer.

This keeps you grounded, clears emotional residue, and opens the path for grace to move through your health, relationships, creativity, and prosperity as we close this era with clarity.

Preparing for a Brand New 9-Year Era

You may be noticing certain forms of stagnancy in your life, especially as you desire to release the past while beginning new relationships or creative endeavors, or moving to a new home.

If you begin doing the inner healing work needed to resolve any old blockages, pains, or grudges you may have, while being in service to others in some way, things will begin shifting powerfully for you as we move into 2026.

That is because the new year will offer us something extraordinary.

It will give us the opportunity to embrace and step into the person that, deep down, we have always known ourselves to be.

Now is the time to answer a few powerful questions, such as:

- **What would you like to create more of in your life?**
- **What behaviors are you ready to let go of?**
- **How will you treat yourself after you have committed to more self-love?**
- **How will you treat others, and allow them to treat you, once you have committed to offering more loving support to them and to yourself?**
- **What are some extra things you can add to your daily or weekly schedule, no matter how small, that promote having more love, happiness, freedom, balance, wholeness, gratitude, wonder, kindness, miracles, and prosperity in your life and in the world?**

We can begin asking and answering these questions now, in preparation for creating our happiest and most fulfilling life, as we begin a brand new 9-year era in 2026. (A “1” year, as $2 + 0 + 2 + 6 = 10$, which reduces to 1.)

A helpful structure for this preparation is to choose one theme per month and one practice per day.

For example, November could be completion with a daily practice of 10-minute tidy-ups, and December could be connected with a daily practice of one sincere outreach.

Simple, repeatable actions build the new era on solid ground.

Clarity loves a plan. Create a short, written vision for the first quarter of 2026 that names what you are creating, why it matters to you, and how you will begin.

Keep it where you can see it. Review it each week. Adjust it as you learn what needs refining.

Let your vision be flexible rather than rigid, so it can welcome the richness of life as it unfolds.

This is a time to let go of the firm grip we have had on the things we've been attached to for so long that are no longer serving us or those around us.

This is the time to let go, and to simply let ourselves be.

It will serve us well to do so. It will be much easier to do this now, instead of moving into the new 9-year era while still holding on to what belongs in the past.

If you are reading this forecast, take it as your confirmation that you are willing to let go of any lingering attachments to what is no longer aligned with your highest good.

Be comforted by just that alone, and trust that *you are exactly where you are meant to be* on your sacred journey.

Let November be the month you close open loops, tell the truth kindly, forgive what can be forgiven, and release what is complete.

As you do, space opens. That space is not empty.

It is filled with joy, peace, prosperity, and readiness. It is the ground from which the next era of your life will take root

**Until next time,
With gratitude,
Emmanuel**

About Emmanuel Dagher: Emmanuel Dagher has had the honor of positively shifting the lives of thousands of people around the world through his work as an Intuitive, Personal Development Coach, and Advanced Holistic Healer. Emmanuel's exceptional skills have become highly sought after by people of all walks of life, including Fortune 500 companies and leading experts in the field of personal development. Emmanuel is recognized globally as "*the healer's healer*" for his ability to help even the most advanced healers positively transform what they might not have been able to do themselves. Emmanuel has the ability to instantly pin point and release deeply rooted emotional blocks that commonly prevent people from living their highest potential. The idea is that when the emotional blocks are resolved, the body moves back in to a state of homeostasis where it can easily heal itself.

Emmanuel's deep desire to help others live the life of their dreams started at a very early age, and was magnified when he was diagnosed with a 30 degree curvature of the spine (Scoliosis) at the age of 11 which doctors felt could only be repaired through surgery and a metal rod, leaving Emmanuel with having to live in pain for the rest of his life. Knowing that there had to be another way, Emmanuel decided to dedicate his life to learning many different natural therapies and combined them with his intuitive gifts to facilitate powerful and lasting transformations in other people's lives. Sure enough, Emmanuel was able to correct his spine naturally, and has used his experience as a catalyst to go on and help thousands of people positively transform their lives in areas of physical, emotional, spiritual, and financial well-being.

Emmanuel is also the co-host of *High Vibe Radio*, a talk show with the intention to help raise the vibration of the planet through positive and authentic conversations that create a space for incredible transformation to occur for each listener. Tune in live every Wednesday at 1pm Pacific/4pm Eastern at <http://contacttalkradio.com/hosts/highviberadio.html>

Emmanuel's website: www.emmanueldagher.com

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Emmanuel's Video



Divine Invocation to Archangel Raphael | Physical & Emotional Healing, Dissolve Fear and Stress

Share

ANGEL OF HEALING

Watch on  YouTube

Link: <https://www.youtube.com/watch?v=Yr6kQJGo3bI>

Are Angels Real? By Kryon/Lee Carroll



Lee Carroll has moved to technology as his primary way of sharing his knowledge and information. Here is one of his recent videos below.

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.

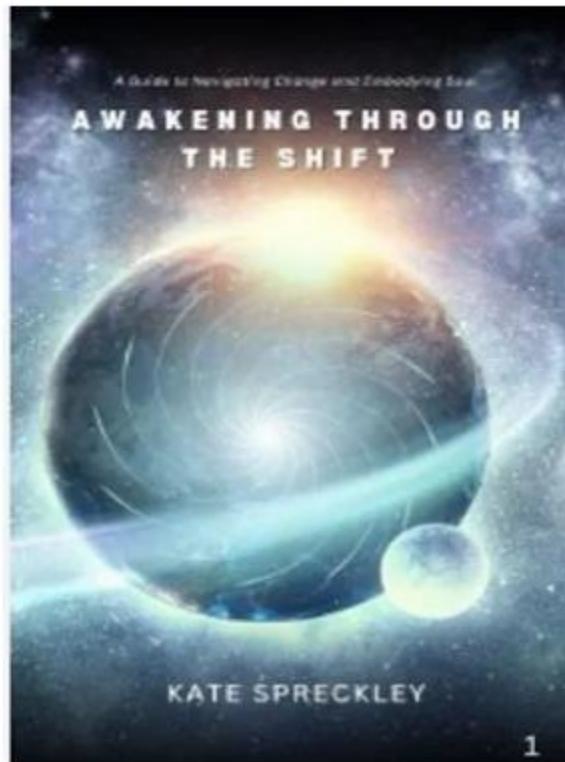
Lee Carroll/Kryon's website: <https://www.menus.kryon.com/>

Kryon/Lee Carroll's Video



Link: <https://www.youtube.com/watch?v=XX5fJkbke5s>

Embrace Uncertainty By Kate Spreckley



At times it may feel like we are on an emotional roller coaster of sorts. One moment feeling the expansiveness of the times we are in, and the knowing that all that unfolding has purpose, and then in the next dropping into the depths of old wounds and patterns where hope and motivation seem lacking. This can create feelings of listlessness and emotional fatigue as we wonder whether our efforts have any real effect, or even if we are moving in the right direction.

These are intense and emotionally disorientating times which requires patience and trust. We cannot accomplish what needs to be accomplished by forcing anything or trying to rush solutions. There is an internal sorting process happening that at times may feel and look chaotic, but is in actuality enabling us to process and integrate what is being released and what is being birthed. This process involves letting go of old perspectives, beliefs, and aspects of our self-identity that no longer serve a purpose. It can be painful and disorientating and yet, despite the discomfort as the old self is released, space is created for the new to emerge. This birthing is an intense, creative and transformative experience which will ultimately culminate in a changed, and more empowered version of ourself.

As you move through this time embrace uncertainty. Recognize that life is non-linear and that periods of confusion are a natural part of growth. Rather than feeling shame or blame for the turmoil understand that it is a necessary part of the major life transition you are moving through. Accept that what is occurring is a much needed catharsis of the undercurrents of your emotional world, which is needed for you to find motivation and direction. Allow the purging to happen as it is what will amplify your intuition and bring a new coherent vision.

Much love

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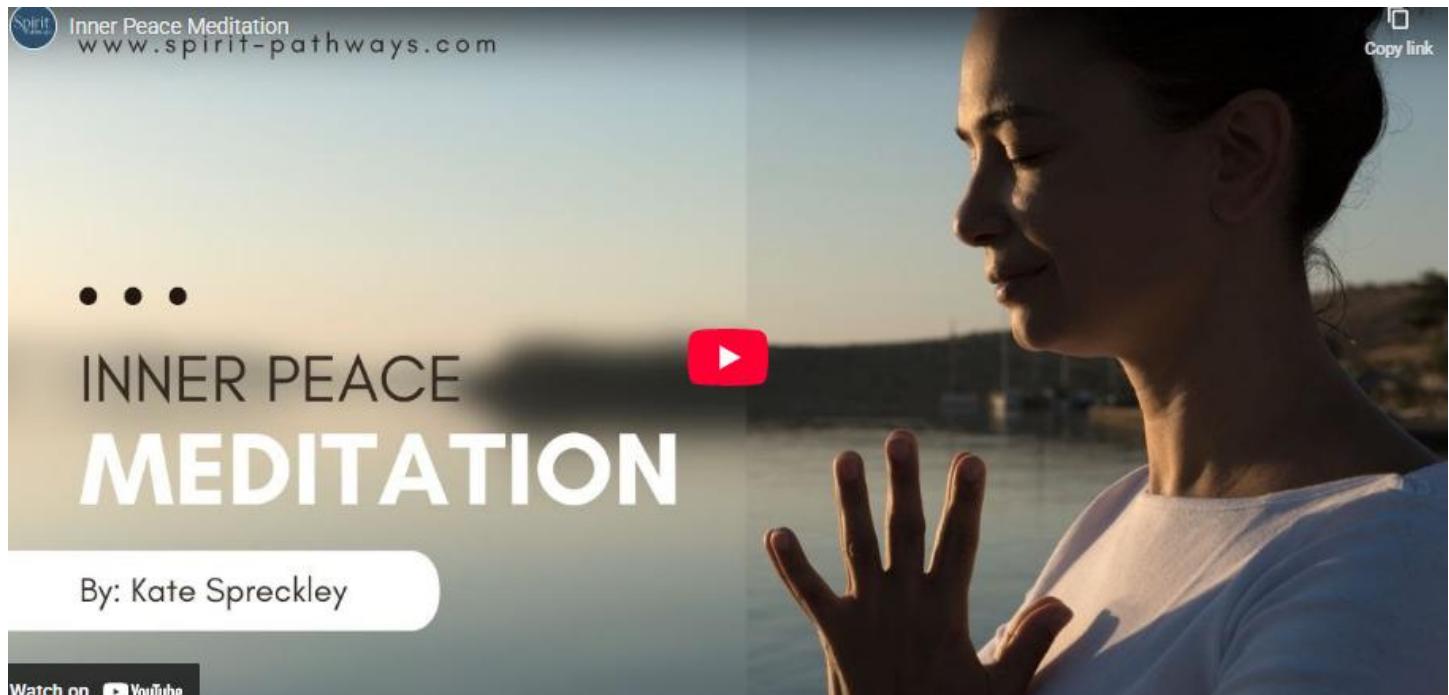
Kate

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About Kate Spreckley: Kate is a dedicated and passionate Spiritual Healer and Teacher, based in South Africa. Her passion lies in helping, guiding and supporting individuals and organisations who wish to heal, grow and evolve. All of her work is directed by Spirit and all the information Kate receives comes directly from the Divine Creator, her own Spirit Teachers and Guides. All written information, messages and articles are her own interpretation of the energies currently affecting our world at this time.

Kate's website: <https://spirit-pathways.com/>

Kate's Video



Link: <https://www.youtube.com/watch?v=bZXAp9aNajg>

What We Will See In The Future

By Geoff Hindmarch

Geoff Hindmarch

082 325 6889
Geoff@SpiritualDictionary.com

For those who are Ready to Learn

www.SpiritualDictionary.com



Geoff is being shown some of the nice changes coming up through “Instant understanding”

Geoff: Why there is going to be far less vehicles are because there won’t be so much important exports. People will be living on the food which is in their particular country but eventually that food is going to be in their particular area. So people won’t need to travel so much. You won’t need the big trucks to travel backwards and forwards but also people themselves because they’ll be changing towards nature and that automatically gives them a very negative view of the combustion engine, and all these sorts of things. A lot will change over to bicycle, electric scooters, bikes and cars.

But not very big ones, but just very practical ones. Because they’re not going to go very far. So you won’t need big cars anymore, just be very comfortable. Because the weather of course is going to be a lot nicer, because of the change, because of the energy. You’ve going to be a lot more nature, people will not travel so far, people will be a lot happier, they will have more time to look around and so they might want to just buy cars to get from one place to another very quickly. So that is going to be quite a change. And there will be another thing. What they show me is like a flying seat. Imagine an ordinary plastic chair, but one made of proper material and then on top of that you’ve got something that looks like a cross between a drone and a helicopter.

It looks like a single helicopter and you sit in it – you’ve got a hand control, to just go up and along and so the traveling is not so much by vehicles. You can use this to travel anywhere along virtual roads, but people won’t be speeding so much because it won’t be that important to get there on time. It’s more of you know take your time look at the view and so on.

That’s just a very neat thing. No big blades on the top, but a mixture of little blades five six seven little rotary blades driven by solar. Solar will be the same as the microchip, every two years it gets twice as powerful.

What you’ve got now is solar panels and wind farms, and as new technology develops, those will get better and better. So your solar, it’s just a matter of being able to gather more and more energy. What I’m seeing is, if you can imagine ten sheets of glass each a few inches apart and each one has a hole in it in a different place. so sunlight will go through the top one and then through the hole in the second one and change direction and go through the third one and the fourth one all the way down. And what it does on the way down is it creates a bit of heat in multiple ways. One beam of sunshine will catch multiple different mirrors if you can understand that. And that’s all it needs to create enough lift to lift these things and move them around. So it stores electricity but that’s the way it does it. That’s very neat.

Right, they are saying you can go to the distant future, but this is not going to be for a while yet. We are going to Farms next. We are seeing a track going up to a building that has got bales of hay on this side of it. So it looks like a farm. And at the back there are many fields. Now, what do they want there? I am going to go down into the farm itself. This is a modern type farm; it is not full of cow dung and mud like a normal farm. There are no animals there, this is just food, vegetables, and what has been set up is automation. These are lots of different types of machinery and robots are assembled, but they're not made of steel. The reason they are not made of steel is because it is very alien to nature. So they are made from things like cork and rubber, highly condensed versions, and they will be able to work 24 hours a day if needed. So they'll be able to produce far better vegetables because they'll have built in sensors. They can tell what is growing when where, what stage they're at, etc.

They can work 24 hours a day. They can work non-stop. So they can produce vegetables much better, cheaper, but they can produce them more to perfection because they've got these sensors on literally everything. They will also monitor the ecosystem around the farm because you've got to have the right balance of nature to get the right thing in the stores, the right water is running through, all sorts of different nutrients coming down rivers into land and so on. There's an awful lot to it. But if you have all these sensors around a particular farm or group of farms, then it's much easier to keep things in a 100% condition. Also the weather of course as we know is going to be a lot better, it's going to be far more controllable. But having these robots doing all the collecting and the sorting and looking after the plants, so that the plants get more loved in a way. It's all TLC. And then the farmers simply look after the whole project. And when it comes to harvesting, that's all automated as well. Harvested by this equipment, all automated, it comes into the farm where it's basically just supervised. There are all sorts of different vats, machinery, packaging, cleaning, freezing, all sorts. It's all in there. It's literally all automated. And so it's producing this very good, high quality food, nourishing food, that can be purchased by the locals, it can be sent off to the nearest shops at a very very reasonable price. That's what everybody wants. There won't be so much value placed on big businesses, property etc. That will basically be shunned.

You want big business because big business will create, develop and so on. Yeah. But there won't be this competition. Those that are just in it for the money will just fade away.

That's very nice. Now let me see if I can see animals. Animals are a huge negative. You have got cows of course for milk. I am looking I don't see any.

With new technology, and they're already working on this at the moment, they're making simulated meat. But they're making it basically through as much natural means as they can, but it's in a very basic format at the moment. What they're able to establish, if you take something like bacon for example, they know exactly how it tastes, how much fat, what content is in there, what protein etc. So all they have to do is replicate the flavour and all the nutrients. They can do that, they know exactly what that is. But what they've got to do is find the right material to replicate that so it's suitable for what we think it should taste like.

And they said they'll find that because you've got so many different herbs, spices and so on, You know vegetarians will have cakes Patties made out of soy and all sorts of things. And that's just going to get better and better. It hasn't really progressed because the vegetarian movement hasn't taken off that much. So it's not sort of worldwide, it's just in little groups.

But now it's going to start, they're going to create better and better. And of course having all this automated stuff around is very easy to get the perfect recipe and just recreate that recipe, keep on recreating it.

That will be easy using AI and automation. So you have meat but the main thing is going to be vegetables and fruit. That's simply going to taste so much better.

Even that manufactured version will be better than the hormonal version because the fear and all the energies from the animals that we are eating, will be removed, and will not be passed on either.. So even if they make it as natural as possible, but even eating whatever toxicity is left in there is still better for us, for the human body.

So all the experiments that have been done with food and genetic engineering, has all been in the last 20, 30, 40 years. You know when you think how food has changed that much, it has changed to a chemical poisonous type product. And that's all got to be reversed.

Cats and dogs in a new world. They are going to be a lot different. They're going to be happier because there's less negativity around. There are so many things that relate to negativity, and they can sense negativity.

Besides cats and dogs, horses, etc. All your plants, your plant life, nature. You can feel it. So, it's giving a nice change there. You see, if only humans had known this years ago, a lot of things would have changed, but that's how you evolve, that's how you learn.

I see I have gone to chickens and ducks and they are saying the same thing. It's going to be seen so differently as people change. It's not gonna happen straight away, but this is in 20 years or so time. Rats and mice are considered vermin because they come into homes and buildings looking for food. So in the future what you've got is you've got nature on a far better scale. So there's more than enough food out in nature. So there's no need to come into a city. Now what's going to change their thinking about this is basically the negative energy we were talking about. In the city you've got this negative energy and what you've got beckoning you outside the city is this beautiful new nature energy with loads of natural food. So let's go live there, it's so much better. And that's exactly what's going to happen. And nature of course will help balance everything out there because you've got to have the balance of the predators and so on, even in nature. That's very neat. I wonder if I could do spiders?

Sharon: No you can't send spiders to another planet, Grandpa.

Geoff: Spiders can become friendly, that will suit me. So to finish off, what I've got on the right hand side is basically a city, which is getting smaller and smaller, it's getting more and more empty and unkempt and dirty and so on. Nature outside is just blooming, it's getting bigger and better, beautiful energy. So that means more people now want to go and live literally in the country. They want to live where there is more nature rather than in a city. They follow the energy. Now the main reason of being in a city is because you've got all the businesses there and you go to work in the city.

Then you've got all the facilities that you need, all the businesses congregate and that's what makes up a city. So normally you have a central city and then you have suburbs. So when you don't have to work so much, so many more people are going to be working from home. So these whole cities will start to basically dissolve and what you end up with is basically hubs as you were discussing last year. So you get a community and there is just enough supply there to keep everybody happy in the community. So just imagine this, wouldn't you enjoy having your own little plot where you can grow your own vegetables, where dogs can run around but also where you've got a market up the road where you can go and meet all your friends and you can do all your shopping in the market and everybody shares in that particular area because you're supporting the local community. Very nice energy, everybody's very friendly. Do

you need any more than that?

Okay. Now I have just got one more area. I am seeing a valley, and one hill which is going down into a valley and up the other side. It is full of bush, but the bush is old, dried up. It has not seen rain for a long time, not in good condition at all. Dry leaves on the ground.

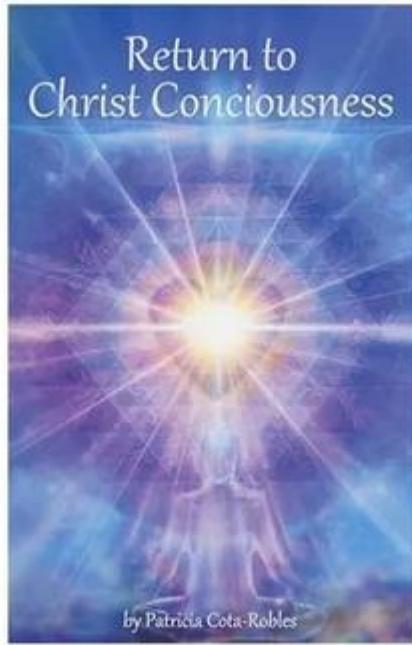
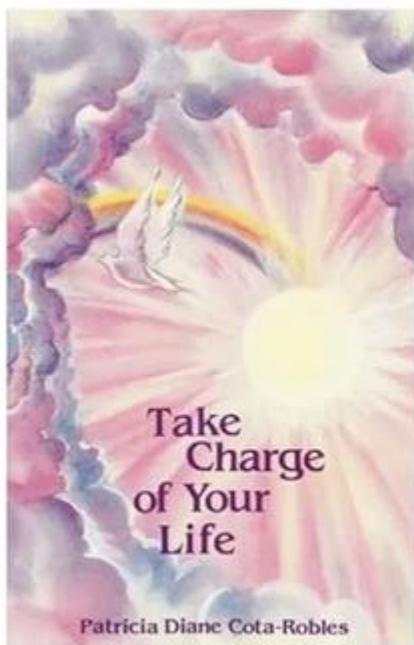
am right in the middle of all of this bush, and I am looking out to the horizon, I can see all this beautiful, lovely energy, all these bright colours and sunshine, birds flying and I get them in this dirty old bush.

I'm trying to find out what the significance is. Oh, balance, okay. You've always got to have a little bit of balance. Even in nature you've got to have a little bit of balance so everybody can see what the difference is – it's not just a matter of nature picking it up it's all literally animals insects people everybody has to see this little bit of negativity so they can appreciate the quality of what else there is. And that's where we're going to leave it for tonight.

About Geoff Hindmarch: I am so lucky. My life has been understanding Spiritualism. My parents and wife were all mediums, my daughter still is. Whenever I tuned in to the other side, there were always Teachers and Guides waiting to show me something new. Sometimes I would travel through different dimensions – often the past and occasionally the future. What I learnt and experienced was beyond my wildest imagination. On this site, you can share these adventures, and you will find them hard to believe. I experienced them and understood them. And with each new adventure I understood that there were fewer and fewer people that I would be able to discuss them with. I met some beautiful souls during this period. When you meet a soul on the other side you have an instant understanding of who they are – but you see and sense right into their inner being and experience the huge amount of love that they have to give – and their willingness to help and teach. It is a very humbling experience.

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

Our Next Level Of Healing By Patricia Cota Robles



Patricia is using Youtube as a primary way to communicate her messages. See her video below.

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

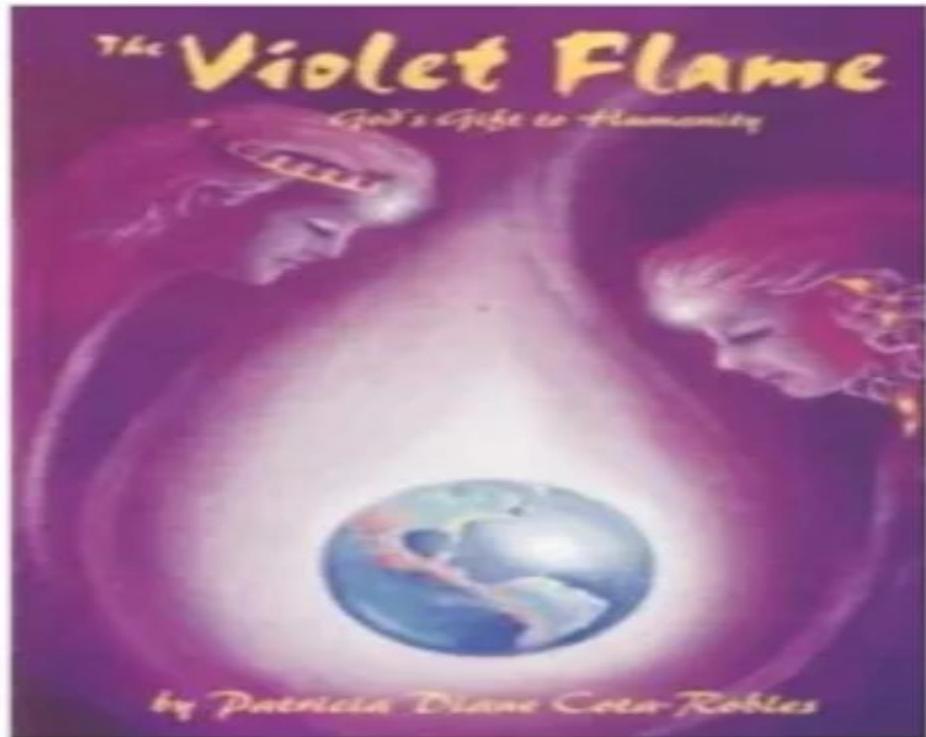
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program,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

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A



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

Patricia's Vlog



Link: <https://www.youtube.com/watch?v=h-1SI1y9LR8>

ROC Metaphysical Event Advertising

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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.

Mythic Treasures Faire



Come to the store from 1 pm to 7 pm, at our Jefferson Road Store for the MYTHIC MARKET FAIRE.

We celebrate our local metaphysical community every Second Saturday of each month by providing them with a venue to sell their services and products. This gives you the opportunity to talk with and support local practitioners and have some fun!

Free Admission! And as always Mythic Treasures will have sale items that day to further entice you!

Events At ONE Wellness



Join Us for Monthly Spiritual Social Hours!

Drop in for light refreshments & the chance to get to know other members of ONE's spiritual community!

Bring a friend or make new ones!

Third Wednesday Each Month
6:00p – 7:30p

2349 Monroe Ave., Rochester, 14618
585.645.4221





Gratitude Circle

Walking the Path Together



Join us at ONE Wellness Center for this free, monthly spiritual discussion group. It is a space to discuss your own journey, learn from others, and make meaningful connections within ONE's spiritual community. All are welcome. Attendees are invited to share at their comfort level- participation is voluntary.

Please do rsvp via email (onewellnesscntr@gmail.com) or via phone 585-645-4221, so that we can assure adequate space.

When: Second Saturday 10:00a-11:30a
Where: ONE Wellness Center
Institute for Spiritual Integration
2349 Monroe Avenue, Rochester 14618

All are welcome! Free of charge!



<https://onewellnesscntr.com>

Follow us on Facebook

Do you know where the ONE Wellness Center is on Monroe Avenue? Do you know that they have a wide variety of providers offering all kinds of alternative health and spiritual support.

This is open to all, bring friends. No admission fee.

For more info go to [www.onewellnesscntr.com](https://onewellnesscntr.com) and they're also on Facebook.

November Events At ONE Wellness



Gratitude Circle
Walking the Path Together



Join us at ONE Wellness Center for this free, monthly spiritual discussion group. It is a space to discuss your own journey, learn from others, and make meaningful connections within ONE's spiritual community. All are welcome. Attendees are invited to share at their comfort level- participation is voluntary.

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Institute for Spiritual Integration
2349 Monroe Avenue, Rochester 14618
All are welcome! Free of charge!

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Meditation Class with Muktima
At ONE Wellness
2349 Monroe Avenue
6:30 – 7:30pm
Free!
November 17, 2025

Peace Meditation

with the Love Peace Harmony Calligraphies



CREATE HARMONY

Create love, peace, and harmony through the transformative Love Peace Harmony Field. This high frequency field can transform negative information to positive information, creating a greater field of love, kindness, compassion, and more; for you, your loved ones, humanity, and the world.

Create Peace by chanting, singing, dancing, or simply sit & meditate in the peace and calm of the high-frequency Love Peace Harmony Field.

FREE - All Are Welcome

Join us on the 3rd Saturday of each month.

10-11am at ONE Wellness

2349 Monroe Ave – Back of the Building

RSVP to Robyn 585-582-6194



Join Us for Monthly Spiritual Social Hours!

Drop in for light refreshments & the chance to get to know other members of ONE's spiritual community!

Bring a friend or make new ones!

Third Wednesday Each Month
6:00p – 7:30p

2349 Monroe Ave., Rochester, 14618
585.645.4221



Energy 101 with Johanna Rae



- New to the concepts of "energy", "vibration", and "auras"?
- Unsure how to protect your energy field from intrusion by others' energy?
- Unsure how (or when) to clear and reset your energy field?

Join Johanna Rae, founder and owner of ONE Wellness Center, as she covers the basics of managing one's own energy field. Johanna Rae has been a practitioner of ancient energy healing techniques for more than 25 years. The presentation will include opportunities to practice feeling energy, will help you know when to clear and/or protect your energy, and give you ways to do so.

[This class is not intended to provide training to begin working as an energy healer.]

The cost for this class is \$20 per person. RSVP to onewellnesscntr@gmail.com.

	<p>Tuesday, December 16, 2025 6p-7:30p</p> <p>ONE Wellness Center Institute for Spiritual Integration 2349 Monroe Avenue Rochester, New York 14618 585.645.4221 onewellnesscntr@gmail.com</p>
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Offerings By Sheila



HEALING SESSIONS
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REIKI -Reiki healing is a Japanese therapy that uses gentle touch to balance and change the energy fields around and within the body.

(IET®) - Integrated Energy Therapy® will help you understand the "issues in your tissues" and how they affect your everyday life. IET® works to release negative blocks on the cellular level.

UFH—Unity Field Healing is a new energy-based modality that supports healing and "bio-spiritual" transformation through the axis of your spiritual Quantum DNA.

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2 Modalities - \$100

3 Modalities - \$122

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Sheila B.

Divine Angelic Gathering

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Host a Gathering and Receive a **FREE 30-minute Healing Session!**
Gather 8 or more of your closest friends.
Cost: \$333 for 2 Hours.

What is included:

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Ideal for those seeking an extraordinary twist on girls' nights out, a soulful birthday celebration with friends, a mystical alternative for a bachelorette party, or an invigorating work event, this gathering promises an experience like no other.

Immerse yourself and your loved ones in the ethereal embrace of angelic blessings and healing, orchestrated by the renowned Sheila B. Tillich, a Recovery Metaphysician & Galactic Grandmother known for her profound connection to the angelic realms.

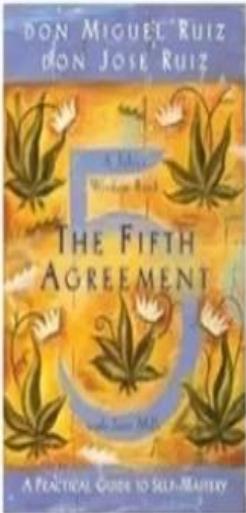
Find out more about these in-person or online gatherings at
<https://sheilatillich.com/product/divine-angelic-gathering/>

ONE Wellness Center Book Club



November Book Circle

The Fifth Agreement: A Practical Guide to Self-Mastery



The Fifth Agreement offers a powerful new agreement for transforming your life.

As always, free copies of this book are available to be borrowed from the spiritual resource library.

When: November 8, 2025, 1:00p-2:30p
Where: ONE Wellness Center
Institute for Spiritual Integration
2349 Monroe Avenue, Rochester 14618

All are welcome! Free of charge!



<https://onewellnesscntr.com>



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December Book Circle

Greatest Forgiveness: Bring Joy and Peace to Your Life with the Power of Unconditional Forgiveness

Plum and Sandal
#1 NEW YORK TIMES BESTSELLING AUTHOR



Greatest Forgiveness

Bring Joy and Peace to Your Life with the Power of Unconditional Forgiveness

DR. & MASTER ZHI GANG SHA
WITH MASTERS SPUTNIK DEVERAKER
AND MISTER DAVID LEEVER

When: December 13, 2025, 1:00p-2:30p
Where: ONE Wellness Center
Institute for Spiritual Integration
2349 Monroe Avenue, Rochester 14618

All are welcome! Free of charge!



<https://onewellnesscntr.com>



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This is a free event. For more info go to <https://onewellnesscntr.com>

Heal & Transform Relationships for the Holidays

HEAL & TRANSFORM RELATIONSHIPS FOR FREE THE HOLIDAYS FREE



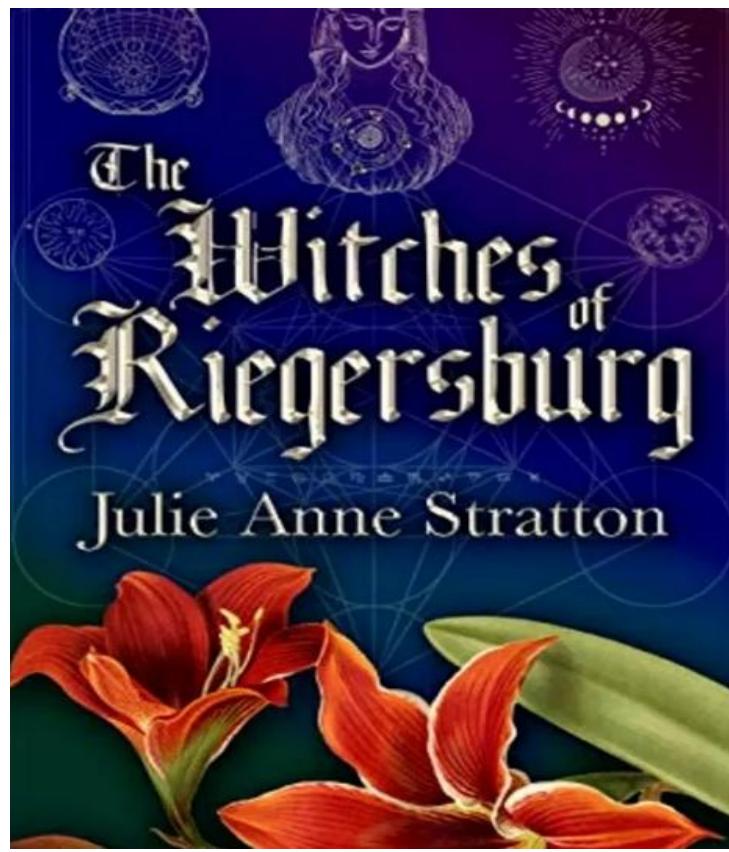
Ever wonder why every time you get together with the same people for the holidays, everyone seems to revert to the same unhealthy behavior?

Come to this event facilitated by Robyn Michele. The event is on Dec 10 6-8 at ONE Wellness Center 2349 Monroe Ave. Park in back of the building.

Robyn is a Peace Minister, Tao Healer, lifelong student of the world's wisdom traditions. After earning her MBA from UMass Amherst and her Master of Divinity, she devoted her life to understanding how science and soul unite in healing. In 2005 Robyn was ordained as a Peace Minister. Her "Ministry of the Moment" is dedicated to helping individuals worldwide uncover the peace within and around them. She provides personalized solutions and group practices that integrate and align the soul, heart, mind and body.

For more info on Robyn: <https://www.soulmindbodywellness.com/>
Call to save your seat: 585.582.6194

Books That Are a Must Read!



The Witches of Riegersburg by JA Stratton

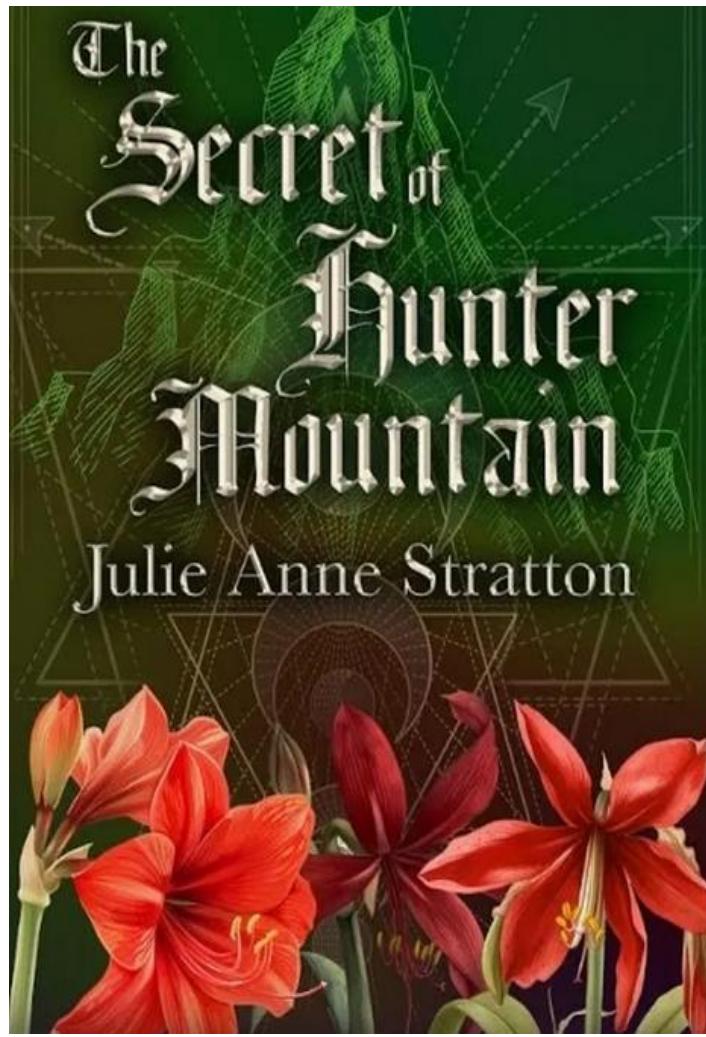
-- For fans of *The Da Vinci Code* and historical intrigue, *The Witches of Riegersburg* is an unforgettable ride through time, magic, and resilience.

This gripping novel spans three timelines, following three extraordinary women bound by an ancient Goddess faith and a mysterious Book of Shadows. Baroness Elisabeth von Galler faces the hysteria of 1665 European witch trials, protecting her family and faith under the shadow of persecution. Fast forward to 1938, Katarina Lilienthal uses the same ancient wisdom to navigate the horrors of Nazi Austria and save her Jewish family. Finally, in the present day, Sarah Lilienthal inherits the Book of Shadows and embarks on a soul-searching journey to Austria, unearthing her family's secrets and her own identity.

Julie Anne Stratton masterfully weaves history, magic, and mythology into a story that's as empowering as it is thrilling. The characters are richly drawn, and the stakes—whether facing witch trials, World War II, or personal discovery—are as high as they come.

-reviewed by Mansi Rawmani

@<https://www.instagram.com/whatmansireads/>



The Secret of Hunter Mountain by JA Stratton

Julie Anne Stratton is back with another spellbinding adventure in *The Secret of Hunter Mountain*! If you loved *The Da Vinci Code* or *A Discovery of Witches*, this book is your next obsession.

Gerlinde, an Austrian witch and Faith-Keeper of an ancient Goddess religion, uncovers a prophecy in her 300-year-old Book of Shadows about a hidden Templar treasure. Determined to raise divine feminine energies in the world, she teams up with her American cousin, Sarah, a savvy photojournalist. Together, they embark on an epic journey across the U.S., from herbal festivals to the mystical Hunter Mountain and beyond, unraveling cryptic clues tied to settlers, Templar secrets, and First Nations wisdom. But their quest isn't without danger. A shadowy, far-right Christian group is hot on their trail, determined to claim the treasure's power for their own dark agenda. Will Gerlinde and Sarah protect the sacred elements before it's too late?

This book is a perfect blend of history, mystery, and feminist empowerment, with richly drawn characters and a fast-paced plot. You'll root for Gerlinde and Sarah every step of the way while uncovering treasures of your own. Dive into this magical, suspense-filled journey today! reviewed by Mansi Rawmani@

@<https://www.instagram.com/whatmansireads/>

More about Julie and her Books



About Julie:

While raising her three daughters, Julie stumbled on the book, "Ich bin eine Hexe" ("I am a witch") by Gerlinde Schilcher. She traveled to mountains of upper Austria where Gerlinde introduced her to Goddess worship. She was hooked and read as many books about witch craft as she could find.

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

Her passion is writing fiction about strong women and continuing to practice her earth-based, reclaiming Goddess religion.

Find the books on Amazon: <https://www.amazon.com/stores/author/B0841393VZ>

ROC Metaphysical Alternative Businesses & Provider Directory



Rev. Vicki Snyder-Young

**Spirit and Tarot Connections
The Park at Allens Creek
100 Allens Creek Rd.
Suite 216
Rochester, NY 14618
585-354-6907**

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

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



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

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



The
PurpleDoor
Soul Source LLC



**The Purple Door
The Plaza in Win Jeff Plaza**

**3450 Winton Rd South
Rochester, NY 14623**

Connie Wake and Sue Fiandach

585-427-8110

<http://www.purpledoorsoulsource.com>

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



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

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

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



**NEW LOCATION
1225 Jefferson Rd
Henrietta, NY**

**585-266-8350
Sue Stephens**

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

Sue has been in business and an anchor in the metaphysical community since 1990. Over the years her store has evolved into a mythical wonderland carrying a variety of Incense and Candles to calm your spirit. Energize yourself with our large selection of crystals and stones. Empower yourself with charms and amulets. Dragons, Fairies and ancient Gods will inspire you.

Expand your mind by browsing through our books and glimpse into the unknown with tarot cards and other divination tools. This store is about you and the tools you need to create and walk your own path. The store has a new location - so much bigger with a wide variety of all kinds of items, there is shopping carts to help with your shopping.



The Lotus Blossoms



**The Lotus Blossoms
100 White Springs Ln**

Geneva, NY

315-789-4650

<http://www.thelotusblossoms.org>

<https://www.facebook.com/TheLotusBlossoms5/>

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

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



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

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

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

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

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



ROCK DUDE

Rock Dude

Lee Parker - OWNER

795 Waterman Rd

Forestville, NY 14062

<https://www.rockdudestore.com/store/about/>

<https://www.facebook.com/rockdude68>

716-679-8544

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



Healthy Alternatives Wellness Center

Carol Scheg-Morissette

4358 Culver Rd

Rochester, NY

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

www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

Theressa Johnson, Psychic Medium teaches Psychic and Mediumship Development classes at several locations in and around Buffalo, NY. She loves reading at Psychic Fairs in and around Buffalo, Niagara Falls and Rochester, NY and Erie, PA and also holds specialty classes including Past Life

Regression, Meet Your Spirit Guide, Meet your Guardian Angel, Learn to Read Tarot Intuitively and more ! She became aware of her abilities at the age of 6 and teaches others to develop their own abilities and awareness because she was helped to do this. Look for her live video's and astrology reports on Facebook. She can also be seen on the Youtube Channel Psychic Inspiration: <https://www.youtube.com/channel/UCNlx19eoFgnHnsUlR63ejJw> and can be contacted for a telephone or private reading at psychic fairs or her home via her website.

Learn more about Theressa 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.



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>

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 intimating 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>



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>



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 EEM-AP

Eden Energy Medicine Advanced Practitioner and Authorized Teacher

585-730-2762

eembymichelle@gmail.com

<https://eembymichelle.wixsite.com/hope>

669 State Rt 31, Macedon, NY

By Appointment Only

The legendary Donna Eden's simple, yet effective Daily Energy Routine relieved Michelle's chronic migraines and changed her life dramatically. She was gifted a renewed sense of vitality and life purpose and driven to help others with this new discovery. She completed the rigorous 4 year hands on Certification Program for Eden Energy Medicine, and became the first advanced practitioner in the Rochester area. Michelle also has a diverse background in Reiki, Therapeutic Touch, Intuitive Consulting, Teaching and the 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. It can be done as simple self care at home or with the help of a qualified practitioner. Michelle teaches introductory classes and does private sessions.

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 pursing 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. 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>



B&R CRYSTAL
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B & R Crystal Cavern

B&R carries lots of unique crystals in all kinds of forms. Shop online or in person. B&R can be found in person at events around NY. Shipping is offered or pick up can be done in person in Fairport, NY
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and on <https://www.instagram.com/b.r.crystalcavern/>

LifeForce Rejuvenation



**Jon Kotowski
Lockport, NY. 14094
<https://lifeforcerejuvenation.com/>
716-344-3787**

Theraphi is an innovative technology that combines the power of meditation with electromagnetic frequencies. It is designed to enhance the meditation experience by creating a harmonious energy field around the body. By using specific frequencies, Theraphi aims to promote relaxation, balance the chakras, and stimulate the body's natural healing abilities. This unique approach to meditation allows individuals to deepen their practice and achieve a state of profound relaxation and inner peace.

Whether you're a seasoned meditator or just starting your journey, Theraphi with meditation can provide a transformative and rejuvenating experience for your mind, body, and spirit.

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An Alternative Medicine & Holistic Directory

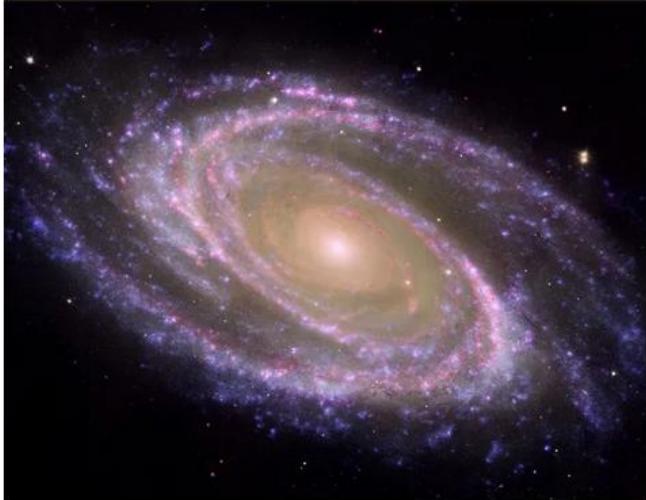


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<https://www.alternativesforhealing.com/>



Sacred Light of Cosmic Awareness Community

3961 E. Chandler Blvd.

#Ste. 111-198

Phoenix, AZ. 85048

Tel: (480) 273-4577

Sacredlight777@proton.me

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

Reclaim your power. Identify your soul purpose. Spiritual healing & self-realization workshops. Channeled messages from Divine Creator. Free past life readings. Develop psychic clarity, inner trust, strength and confidence, examine hidden unconscious patterns, personal power management, karmic healing, calming the mind and dream interpretation.



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Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

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

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

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

Shops Around New York



Metaphysical Shops / Mystical /Magickal / Occult Shops/Gift 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@gmail.com

Majestic Hudson Lifestye Boutique 223 Katonah Ave Katonash, 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

Modern Druid 60 S Broadway, Nyack, NY 10960

Light Club Curiosity Shop 1379 Kingshighway Sugar Loaf, NY 10981

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

Light Club Curiosity Shop 40 Main Street Warwick, NY 10990

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

Magical Vibes 215 Main St New Paltz, NY 12561

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

The Mindful Rabbit 146 Main St Northport NY 11768

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

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
The East Witchery 661 Lansing Rd, Glen, NY 12072

Crystal Crossing 586 Columbia Tpke Ste 9 Rensselaer, NY 12180
Hippies, Witches & Gypsies 33 2nd St, Troy, NY 12180
Star and Splendor 96 Congress St, Troy, NY 12180
Golden Leaf Books 30 Saratoga Ave, Waterford, NY 12188
Reiki Rocks! Crystal Shoppe 1817 Western Ave Albany NY 12203
Nerdy By Nature 1 Crossgates Mall Road Albany, NY 12203
Sour Girlz Wellness Boutique 443 Saratoga Rd Glenville, NY 12302
The Sages Circle Point Plaza, 443 Saratoga Rd, East 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
Salem's Moon 408 Main St Catskill, NY 12414
Mirabai 23 Mill Hill Rd, Woodstock, NY 12498
Violet Moon Apothecary & Mercantile 21 Reed St, Coxsackie, NY 12051
Other Worldly Waxes Kube Art Center At Old Beacon HS 211 Fishkill Ave Rm 309 Beacon, NY 12508
Luna Enchanted 461 Rte 9W, Marlboro, NY 12542
The Awareness Shop 180 Main St, New Paltz, NY 12561
Nutz 1708 U.S. 9, Wappingers Falls, NY 12590

Witchcraft District Bazar 8 Mt Carmel Pl, Poughkeepsie, NY 12601
The Dreaming Goddess 44 Raymond Ave, Poughkeepsie, NY 12603
The Pointed Hat 43 Front St, Port Jervis, NY 12771
Gifts Of Nyx 71 Lawrence St #201C, Glens Falls, NY 12801
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
Mhisty Coven Tree Not set up yet Peru, NY 12901
The Hidden Gem 66 Margaret St Plattsburgh NY 12901
Solstice LLC Mystical Magickal Mindful 7307 US-9, Elizabethtown, NY 12932
Mystical Magickal Mindful 7307 US Route 9, Elizabethtown, NY
Crystal Caboose 4 Academy St, West Chazy, NY 12992
Incantation 1224 Stevenson Rd Suite 1 Westport, NY 12993
Unicorn Square 5722 NY-86, Wilmington, NY 12997

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
The Magical Muse 103 N Peterboro St Canastota NY 13032
Crow City Curiosities 75 East Court St First Floor Cortland NY 13045
Dejà Vu 143 Main St, Cortland, NY 13045
Resonate Trading Company 130 W Main St, Mohawk, NY 13407
Foundation for Elevation / Heathen's Touch 732 West Broadway Fulton, NY 13069
Peace Love and a Fuller Experience 3 Village Square, Hannibal, NY 13074

Julie's Cauldron 6749 N Manlius Rd Kirkville, NY 13082

Healing Inspirations 215 First St Liverpool, NY 13088

Blue Moon Apothecary 105 1st St, Liverpool, NY 13088

3 Sisters Gifts 116 W 2nd St Oswego, NY 13126

The Cat and The Kettle 6 County Rte 24, Oswego, NY 13126

Earthly Emporium 2211 NY-31, Port Byron, NY 13140

The Crystal Jelly 7 South Jefferson St Pulaski, NY 13142

Cozmic Cauldron 357 S Warren St Suite 10, Syracuse, NY 13202

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

Souls Expressions 9090 Destiny USA Dr, Syracuse, NY 13290

Ash, Oak & Thorn 414 Broad St, Oneida, NY 13421

Alabaster & Ash 10169 Fuller Rd Remsen NY 13438

The Crescent Moon Crystal Shop 7321 NY-12, Sherburne, NY 13460

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

The Wellness Cottage Crystals 608 Pearl St, Watertown, NY 13601

Hedgewitch Botanicals 111 Esselstyne St, Cape Vincent, NY 13618

Beyond The Tarot 71 Main St, Massena, NY 13662

Handmaiden's Garden 117 W Main St, Sackets Harbor, NY 13685

Seven Stones 2582 State Hwy 7 Bainbridge NY 13733

Shops of 607 4416 Watson Blvd, Johnson City, NY 13790

Bewitch Me Joyful 1398 East Side Rd, Morris, NY 13808

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 & Earth 385 Main St, Otego, NY 13825

Imagicka 39 Court St Binghamton, NY 13901

Tom's Coffee Cards & Gifts 184 Main St, Binghamton, NY 13905

Ascension Outpost 12 Center St Batavia, NY 14020

Paranormal Oddities 5283 Transit Rd, Depew, NY 14043

Reflections Mind Body Soul 620 Main St E Aurora, NY 14052

Lady of the Lake 2 52 W Main St, Fredonia, NY 14063

Circle of Light Spiritual Center 40 E. Main St, Fredonia, NY 14063

Flicker Gifts 141 Buffalo St Suite 18, Hamburg, NY 14075

Mystic Dragon's Lair 339 N Main St, Medina, NY 14103

Spiritually Rooted 90 Webster St N. Tonawanda, NY 14120

Rising Goddess 225 Highland Parkway, Tonawanda, NY 14150

Green Apotha 1507 Hertel Ave, Buffalo NY 14216
Strange Brew 2703 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
Green Apotheca at The Ren Haus 1507 Hertel Ave Buffalo, NY 14216
The Psychic Shop 2822 Elmwood Ave Buffalo NY 14217

Lightways Journey 7 Main St Brockport, NY 14420
A Mae Zing Mind Body Soul Center 142 Mill St #2023 Canandaigua, NY 14424
The Enchanted Butterfly 360 Macedon Center Rd Rochester, NY 14450
Scent and Stone 4550 Millennium Dr, Geneseo, NY 14454
As Above, So Below 110 Castle St, Geneva, NY 14456
Mystic Moon Crystals 74 Main St Mt. Morris, NY 14510
Twizted Creations 247 E Main St Palmyra, NY 14522
Angelic Love and Light 488 Plank Rd Webster, NY 14580
The Spell Jar 9018 Route 5 & 20 West Bloomfield, NY 14585

Mythic Treasures 1225 Jefferson Rd Henrietta NY 14623
Mystic Moon 1726 Long Pond Rd #4, Rochester, NY 14626
Obatala Shango 412 State St., Rochester, NY 14608
Spiritual Vibes Bonatica 637 Monroe Avenue, Rochester, NY 14620
Healthy Alternatives Wellness Center 4358 Culver Rd, Rochester, NY 14622
The Purple Door Soul Source 3450 Winton Rd S, Rochester, NY 14623
The Tempermental Goddess Shops on the Ridge 3200 West Ridge Rd Rochester, NY 14626
Crystal Bodhi Tree 16 E 3rd St, Jamestown, NY 14701
Tree of Life Studio 1771 Foote Ave Jamestown, NY 14701
Mystic Crossroad 17 S Main St, Cassadaga, NY 14718
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
Moonlight Treasures 4268 Main St, Millport, NY 14864
Griffin's Aerie 1 E Lamoka Ave Savona, NY 14879
Mystick Rose Magick 31 Main St., Apt 201, Addison, NY 14801
Cookie's Creations 231 W Water St Elmira, NY 14901
Okultik 5 W Market St Corning, NY 14830
Kokoro Ancient Healing & Sacred Ritual 2078 College Ave, Elmira Heights, NY 14903

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
Crystal Crossing 568 Columbia TnPk E Greenbush NY 12061
Reiki Rocks and Crystal Shop 1811 Western Ave, Albany, NY 12203
Tincture of Time 296 Delaware Ave Albany, NY 12209 At Kate's 60 Broadway Tivoli NY 12583

Stone Corner Minerals 5 Main St Chatham, NY 12307
Lodes of Nature 135 Canal St, Ellenville, NY 12428
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
Two Hawks 6930 Cold Brook Rd Homer, NY 13077
The Finders Keepers Mining Co Syracuse, NY
Crystal Cove 104 North Main St N. Syracuse NY 13212
The Rose Quartz Stand 107 Mohawk St Herkimer NY 13350
Fall Hill Bead and Gem 411 Canal Place Little Falls, NY 13365
Resonate Trading Company 130 W Main St, Mohawk, NY 13407
The Crystal Spell 73 Glenwood Ave Binghamton NY 13905
Past & Present 3767 South Park Ave Blasdell NY 14219
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 Southtowns Salt Cave, 140 Pine Street, Hamburg, NY 14075
1st Spiritual Temple 29 Temple St E. Aurora, NY 14052
Plymouth Spiritualist Church Vick Park A Rochester, NY 14607
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
Santosha 8201 Main Street, Suite 6 Williamsville, NY, 14221