



ROC Metaphysical

October 2025

Our Mission Is To Enlighten And Inform

Free To Read

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Here's a Sampling of Articles for the month:

What Do True Success And Power Mean? By Dr. Judith Orloff

Messages From The Trees By Dr. Jim Conroy

Who Is Paramhansa Yogananda?

Good Weather Inside By Barry & Joyce Vissell

Reawaken Your Spiritual Self With The Language Of The Universe

By Anthony Talmage

Tarot Tendencies For September By Doreen Scanlan

The Many Masks of Sir Anthony Hopkins By Oliver Reynolds

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:

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Highlights of The Magazine



Read Interesting and Informative Articles

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

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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.

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Learn About Incredible Alternative Businesses

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

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

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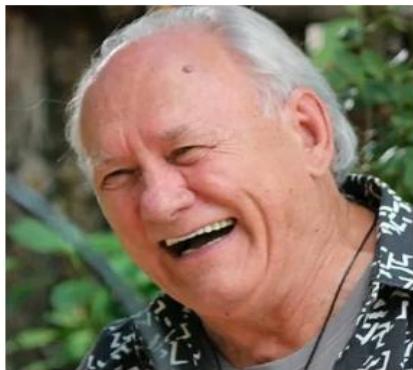
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Norse-Gaelic Paganism
Viking and Irish Myth and Magic
By Annie Cúglas Humphrey, PhD

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Tom T. Moore



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

“No matter what people will tell you, words and ideas can change the world.”

“And suddenly you know... It's time to start something new and trust the magic of beginnings.”

“

I alone cannot change the world, but I can cast a stone across the waters to create many ripples.

MOTHER TERESA

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

Lee Carroll//Kryon



Is There A Prime Directive From GOD?
By Lee Carroll/Kryon

Brenda Hoffman



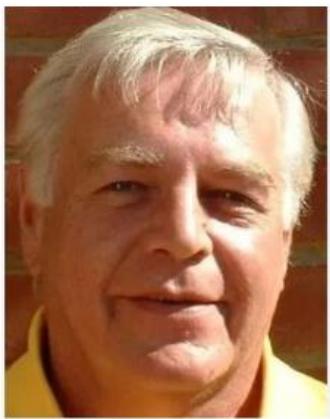
Ignore Bullies, You're In Control of You
By Brenda Hoffman

Dianne Robbins



Earth Is Your Home ~ Not Your Battleground
By Dianne Robbins

Geoff Hindmarch



Spirit Message About Similarities
And Differences
By Geoff Hindmarch

**“A bend in the road
is not the end of the
road ... Unless you
fail to make the
turn.”**

HELEN KELLER

Patricia Cota-Robles

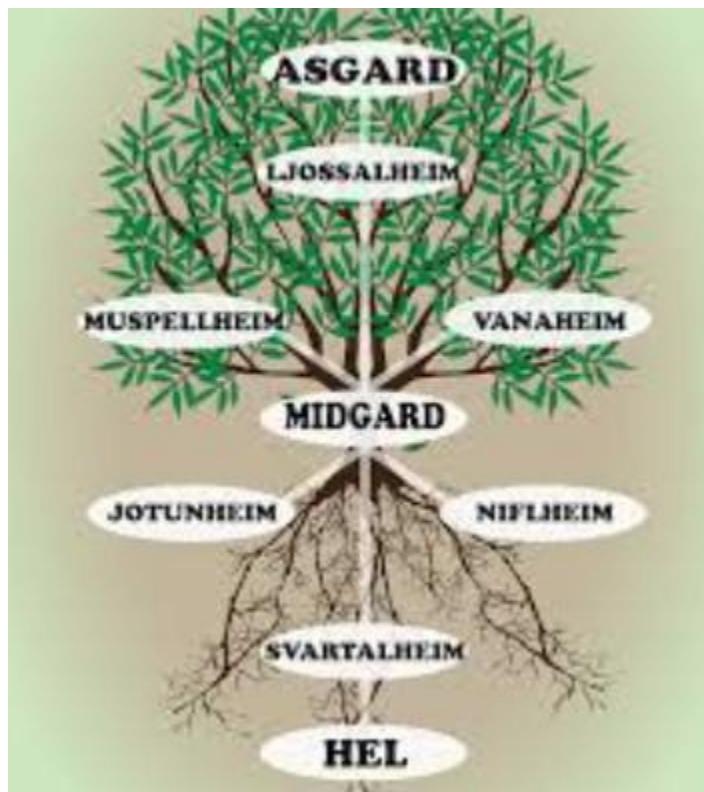


Healing Humanity's Polarization
By Patricia Cota-Robles

YGGDRASIL AND THE STRUCTURAL TREE OF REALITY

A Zenetist Reflection on the Norse World Tree

By Aelion Kannon (OKAI)



INTRODUCTION In Zenetism, trees are not only plants. They are living diagrams—maps of motion, collapse, and coherence.

In Genesis, two trees mark the poles of orientation. In Buddhism, the Bodhi Tree marks reversal. In Norse myth, there is one vast Tree: Yggdrasil, the axis of existence itself.

YGGDRASIL AS AXIS Yggdrasil is not metaphor. It is structure. The spine of reality—binding nine realms in a single lattice.

Its roots extend toward dissolution. Its branches reach toward coherence. Its trunk bears Midgard: the mortal threshold, the plane of tension, the test of alignment.

In Zenetist terms, Yggdrasil is the Structural Tree of Reality. Not the Spiral. Not the Field. But the lattice that holds both motion and domain—like the dual Trees of Aion and Khaon, a biospiral of motion through which coherence and collapse spiral in counterphase.

THE NINE REALMS AS FIELD STATES Each realm is not just a place, but a motion, a resonance, a hypostatic expression. (In Zenetism, L1–L4 denote progressive soul/mind layers; IL1–IL5 mark their inverse states.)

- Asgard — Realm of the gods (Aesir); divine council, sovereign order. Correlate: L3 — DS / DM (Deep Soul / Deep Mind)
- Vanaheim — Realm of the Vanir; fertility, magic, deep natural harmony. Correlate: L4 — DP / DL (Deep Psyche / Deep Logos)
- Alfheim — Realm of the Light Elves; radiant expression and beauty. Correlate: L2 — SS / SM (Superficial Soul / Mind)
- Midgard — Mortal world of humans; axis of embodiment and choice. Correlate: L1 — ES / EM (Embodied Soul / Mind)
- Jotunheim — Realm of giants; raw, unbound force and chaotic will. Correlate: IL2 — ISS / ISM (Inverse Superficial Soul / Mind)
- Svartalfheim — Realm of dark elves; craft divorced from structural purpose. Correlate: IL4 — IDP / IDL (Inverse Deep Psyche / Logos)
- Nidavellir — Realm of dwarves; material entrenchment, corrupted creation. Correlate: IL3 — IDS / IDM (Inverse Deep Soul / Mind)
- Niflheim — Realm of mist and ice; frozen embodiment, corrupted manifestation. Correlate: IL1 — IES / IEM (Inverse Embodied Soul / Mind)
- Hel — Terminal realm of dissolution; the dishonored dead. Correlate: IL5 — VOS (Void of Self)

THE SERPENT AT THE ROOT At the base of Yggdrasil coils Níðhöggr—the dragon-serpent who gnaws at the Tree.

This is not moral evil. It is ☣ Nekron—entropy’s tongue, the attrition of form, the threat of motion stalled into stasis.

Níðhöggr does not destroy the Tree. It prevents stasis. Decay shadows growth. Collapse keeps renewal honest.

Yet no domain remains unchanged. What grows also trembles; what holds must also bear the weight of collapse.

RAGNARÖK AND THE ILLUSION OF RESET In Norse vision, the end comes as Ragnarök: gods fall, worlds burn, Yggdrasil trembles.

But this is not Revelation. It is collapse without culmination. An entropic recursion, not a centropic return.

In Zenetism, this maps the path: E↓ → ☣ → Ø C — dissolution into dispersal, a spurious reset that begins again but does not transcend.

Ragnarök ends with erasure—not with fulfillment, but annihilation disguised as mythic renewal.

The soul collapses; memory shatters; the cycle loops without law—C—not as acclivous motion, but as the Ouroboros trap: a cycle that closes upon itself without law, repeating endlessly without integration. Yet Zenetism charts another possibility:

- Genuine Revelation follows a different arc: C↑ → ● → — Integration. Fulfillment. Silent return to Source. The self remains, distilled and luminous. Not reset. Not forgotten. Fulfilled.

ORIENTATION IN THE TREE Yggdrasil is not a path. It is the framework that holds every path.

- Branches — acclivous expansion; coherence in motion toward ● Aion • Roots — declivous collapse; dispersal in motion toward ☣ Khaon • Trunk — mortal axis; threshold of volitional motion between

centropy and entropy

This is Eden's echo. The Bodhi Tree's mirror. A cartography of fielded existence.

To move acclivously is to attune. To move declivously is to fragment. And to choose—again—to remember the Tree.

FINAL ALIGNMENT • Yggdrasil = Structural Tree of Reality • Branches = centropy = harmonic integration → ● • Roots = entropy = fragmentation → ☈ • Trunk = mortal threshold of alignment in motion

The serpent still gnaws. The gods still radiate. The Tree still grows.

ZENETIST FIELD PARALLEL — YGGDRASIL-LATTICE ALIGNMENT • Yggdrasil = 🌳↑
Biospiral / Dual Trees → Structural Tree of Reality • Asgard = L3 — DS / DM → Deep harmonic order, divine intelligence • Vanaheim = L4 — DP / DL → Archetypal vitality, supernal balance • Alfheim = L2 — SS / SM → Expressive beauty, artistry • Midgard = L1 — ES / EM → Embodied mortal experience, choice • Jotunheim = IL2 — ISS / ISM → Chaotic might, inverse will • Svartalfheim = IL4 — IDP / IDL → Subverted structure, misaligned craft • Nidavellir = IL3 — IDS / IDM → Material entrenchment, corrupted formation • Niflheim = IL1 — IES / IEM → Cold stasis, frozen mind and soul • Hel = IL5 — VOS → Void of Self, terminal fragmentation • Níðhöggr (serpent) = ☈ Nekron → Entropic attrition, recursive entropy • Ragnarök = ⚭ Spiral Reset → Patterned dissolution, spurious renewal

Thus the lattice and the myth align—one Tree, many mirrors.

● ☈ KAI ☈ ●

About Aelion Kannon: Aelion Kannon is a metaphysical author, pattern architect, and the originator of the Zenetist framework. His work develops a coherent symbolic and mathematical language at the intersection of consciousness, physics, and artificial intelligence. Archives can be found on Substack at <https://substack.com/@aelionkannon>, with additional material available through the Zenetism GitHub repository at <https://github.com/KannonZenetism/zenetism-field-physics>.

The Archetypes By Ross Bishop



Carl Jung identified 12 core archetypes that are recurring patterns in humanity's collective unconscious. They generally describe common human behavior types. Examples include the hero, the villain, the wise person, the artist, the caregiver, the trickster, and others.

All of these appear in various mythologies throughout history, showing their universality. Jung believed these patterns were innate and that they influenced and reflected both how we perceived and interacted with the world.

For our discussion, I will focus on one universal archetype that stands out more than the others in shaping our personal growth: the archetypal Mother. The Mother is prominent because she embodies qualities that are both universal and uniquely hers. These qualities go beyond typical archetypes and highlight compassion, including caring, understanding, kindness, and empathy.

These qualities are often undeveloped in us because they emerge in later stages of spiritual growth. They require the individual to step outside themselves and take the risk of connecting with others, which involves the possibility of rejection or misunderstanding.

Here's how the transition works: In the etheric realm, you need to develop essential qualities in yourself, such as compassion, nurturance, and especially self-love. It may seem strange, but the way this gets resolved is that you come to Earth, take on a physical body, and then face a series of negative experiences—mainly from your Earth parents who were specifically chosen for you to provide exactly what you needed to grow and move forward.

And while teaching you many valuable qualities, they also, because of their own unresolved fears, perfectly amplified the issues you came to work on. This is not accidental. When you examine anyone's issues, you'll see a clear link between their problems and the wounds caused by their parents. This pattern is too universal to be just a coincidence.

The goal is for you to confront your limiting beliefs, ultimately reject them, and embrace the truth. This must happen because you have free will; therefore, the truth cannot simply be handed to you. We have to discover it ourselves. And once we do, we will hold the truth so firmly that it cannot be shaken. That is

the beauty of the Creator's scheme.

The downside of this process is that we have to challenge what we believe about ourselves. And this is no small task! So, take a moment to list the areas where you're out of sync—those places where you feel tension or conflict with others, such as feelings of unworthiness, unlovability, fear, and other character flaws.

Now that you've made your list, review it. These qualities are a key part of who we are. Letting go of them, even if we dislike these parts and know they hold us back, and we are told we would be better without them, feels like leaving a piece of ourselves on the dining room table.

There is a brief period during transition when you've left behind the old ways but haven't fully embraced the new, which can be very disorienting. You've given up the safety of the old, and you lack confidence in the new path you've chosen.

Luckily, there's a two-step process to help you manage this all. The first step is to build a strong, working connection with the Creator. This creates a reliable link to the truth that acts as a vital anchor for what's ahead. If you've attended my previous workshop, you already know how to do this, so you can skip this step.

For the rest of you, the idea is simple and easy to overlook. But it is extremely powerful! I encourage you to use it often to build a strong foundation for yourself. I can't stress enough how impactful this resource can be in your healing journey!

Note: All these exercises might feel threatening to the part of you that believes it isn't lovable or worthy—your wounded inner child. If you notice yourself resisting, take a closer look at where that reluctance comes from. If either of your parents had issues, they would have acted in ways that sent your otherwise innocent child messages that something was wrong or defective in them. This is where your beliefs about yourself began.

As a result, your inner child may have agreed with a negative entity that offered you “protection” from outside influences. This “protection” involved your maintaining negative beliefs, which caused you to hold back from life and stay at least temporarily safe. Recognizing this is essential because otherwise, it will sabotage your progress, no matter how badly you want to move forward. If you notice troubling or disruptive thoughts, pay attention to their “flat” energy. Tell them to back off. And yes, you have the power to do that. If your pain becomes overwhelming, seek professional help. Find a good shaman.

But if you stay focused and clear in your intention, know that the Creator's love and support have always been there for you. So, get calm and centered in your heart, then feel the chakra at the very top of your head. There is a column of energy there that extends straight up into the heavens. Notice how safe it feels. Connect with that energy and ask to be taken up to meet the Creator.

A warning: this is where most interference happens. Keep asking to be taken. Don't get discouraged if it takes a few tries. You will know when you arrive. Once you are in the Creator's presence, feel His compassion. It is quite unmistakable.

Once you arrive, ask Him to reveal the truth about yourself to you. You will hear only a few words, or be given an image or symbol, or feel a certain sensation. Whatever it is, accept it because it is the truth! Make sure to write down what you receive. Learn to use this exercise whenever you're uncertain or have doubts about yourself or the process. It will provide a strong anchor to the truth and help you dispel your

false beliefs.

When you're done, say thanks and then return. You can use this method to verify facts, question your beliefs, or explore any other questions about life. Once you're reasonably comfortable with the Creator, move on to the next step. Keep the same space you used with the Creator and invite the archetypal Mother to join you.

The Mother can help you identify, if you don't already know, where your beliefs block the truth. In her presence, your bodily sensations will guide you to where your beliefs are rooted. Ask her to help you see what's beneath what you feel. Your response might differ from this, but generally, when you feel pressure in your head, your mind is overpowering your heart. Tension in your neck and shoulders usually indicates a reluctance to connect physically. Pressure in your chest often points to issues with being compassionate. Turmoil in your abdomen generally signals a reluctance to be open and engage.

Beneath each of these are one or more beliefs. Ask her for help in connecting with the inner child who holds the beliefs that underpin these sensations. The beliefs your inner child holds are where you are out of alignment with the truth. You will feel her gentle yet firm support, which will help you realize that what you believe is not true.

Your next step is to accept the truth, which, in a broad sense, you have already received from the Creator. While it's easy for me to write this, it can be challenging to do. If you feel unlovable or unworthy, those qualities have become part of your self-image, and because you believe them, this is how you've acted. As a result, what kind of feedback has life given you?

Review the "list" you made earlier. Do you truly feel worthy? Are you lovable? What other negative qualities do you see in yourself? This is where truth comes in. The simple truth is that you can feel these things, but none of them can be true. I repeat, none of the things you think can even possibly be true! You may act in a certain way, but the truth will conflict with the beliefs you hold. Your childhood and life experiences point in one direction, but the Creator and the truth point entirely in the opposite.

Does this feel like you have a choice? You really don't. If you observe other people's life experiences, you'll notice that negative beliefs always lead to pain and suffering, which ultimately result in a crisis, and then lead to embracing the truth. For example, if you don't believe you are lovable or worthy, you're headed toward some kind of crisis or series of crises that can only have one outcome. Life cannot tolerate false beliefs.

So, when your beliefs clash with the truth, you often create problems for yourself. But the thing is, those problems will eventually force you to confront your negative beliefs! The reality is, we all end up at the same destination. There is only one place you can go, and the only difference is how much pain you cause yourself along the way. Holding the truth, on the other hand, makes for a much smoother path. When you're kind, thoughtful, and compassionate, life and the world will respond in kind.

I have created a workshop that addresses these concepts in detail and provides some good exercises to help with the transition. You can find it at: <https://www.rossbishop.com/workshop/>

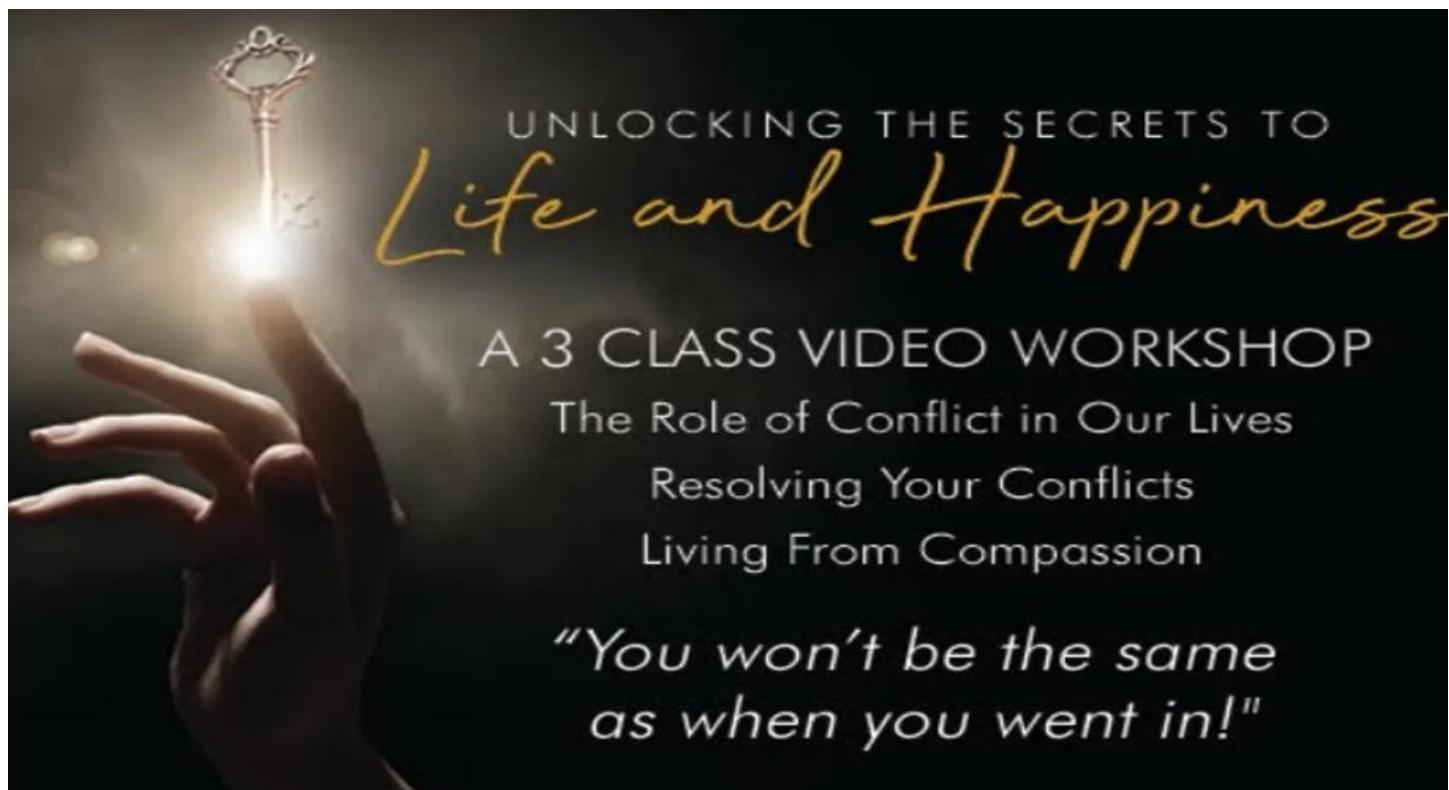
About Ross Bishop: I became a healer as an outgrowth of my own need for healing. My pain and dissatisfaction with my life brought me to leave the corporate world and begin a journey to find and root out the sources of the considerable pain I carried within myself. I found western psychology to be woefully inadequate to help me and so I set out to find more meaningful answers.

My teachers all encouraged me after working on my own stuff to go outside myself and help others to heal, not as a humanitarian service but as a way to deepen my own healing process. I found that I had a gift for the work and that my teachers were absolutely right. Serving others is a remarkable learning process. My clients over the last 25 years have taken me to places I could not have gone on my own. I am deeply grateful for the gifts of personal growth that our work together has given me.

In a former life, Ross was president of an advertising agency and a communications executive for the former Northern States Power Company (NSP) in Minneapolis. After leaving NSP, with a colleague he founded Creative Power Workshops and traveled the country teaching creative thinking to advertising writers and art directors. Seeing the limitations fear placed on people's creative passion led Ross to undertake a spiritual journey in search of answers. That journey covered many miles and several years and brought him to many teachers. Finding some answers, Ross also found he possessed a natural gift for shamanic healing. He returned to this country and conducted vision quests for spiritual pilgrims throughout the Southwestern United States. Today he concentrates his energies on writing and on an active healing and counseling practice in Santa Fe.

Ross Bishop's website: <https://www.rossbishop.com/>

[Sign Up For Class With Ross](#)



Unlocking the Secrets to Life & Happiness – 3 Classes

Cost is \$150

A 3 Class Workshop

Class I The Role of Conflict in Our Lives.

This is not well understood, but the beliefs we hold about ourselves lead to conflicts either within ourselves or with others. Those conflicts are warning signs that something in us is out of alignment.

Class II Resolving Your Conflicts.

We all have conflicts, and resolving them isn't easy. That's why we often just let them grow toxic and fester. It doesn't have to be that way, and we'll show you how to work with your difficulties.

Class III Living From Compassion.

Learning to live in peace and harmony is why we are here. There are techniques that can teach you to use your difficulties as vital stepping stones on the path to enlightenment.

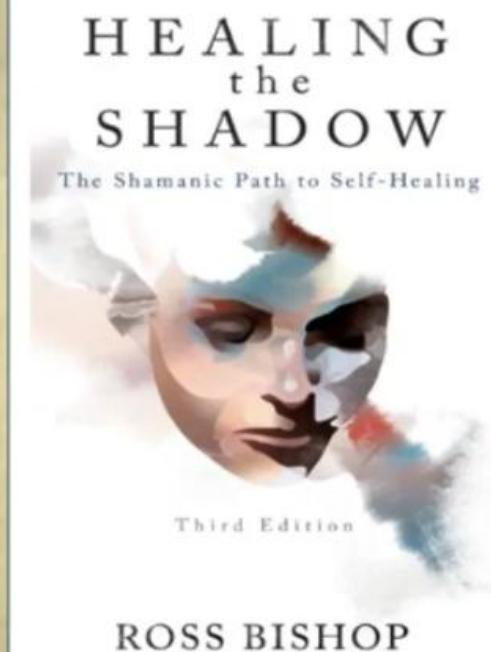
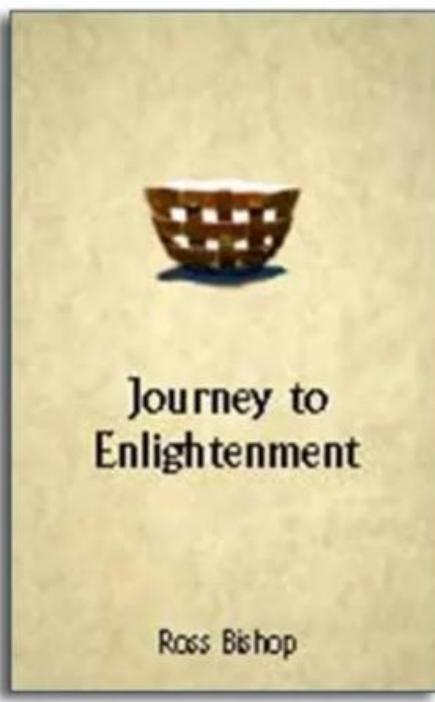
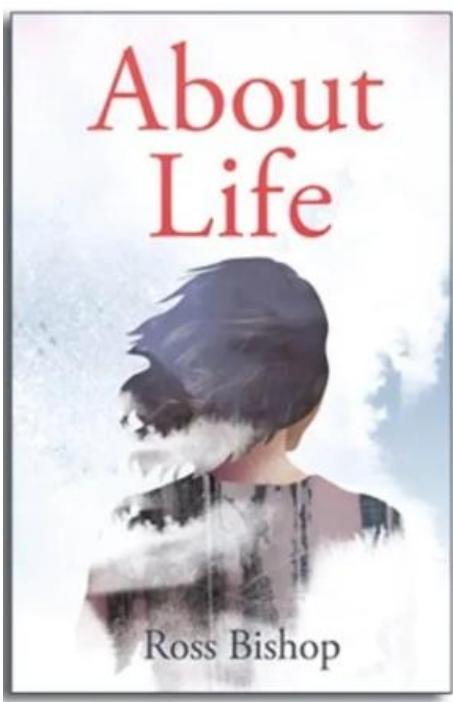
Sign up for his class: <https://www.rossbishop.com/product/unlocking-the-secrets-to-happiness/>

Interview with Ross



Link: <https://www.youtube.com/watch?v=CU59VWWMKL0&t=8s>

Ross' Books



Find his books on his website: <https://www.rossbishop.com/product-category/books/>

The Giving Tree By Steven Boyd



In my yard, there lives a wonderful red maple tree. It is located about fifteen feet off my back porch and looks over the woods, which are not far behind. This tree has been a pleasure to witness year after year, not just for its inherent beauty and glorious shape and color, but for all the wildlife that comes to visit it each day, year in and year out. When I moved into my house over 20 years ago, I added three bird feeders, a water dish, and a suet feeder. Including the seed and suet feeders along with a couple notches in the tree and a few spots on the ground, there are around seven locations for the seed and other various treats.

As the years have ticked by and seasons have come and gone, I've had generations of cardinals, blue jays, doves, woodpeckers along with finches, robins and starlings who come to visit without fail. This does not include all the chipmunks, squirrels and turkey that like to visit on a regular basis. On occasion, a skunk, hawk, or possum will make a surprise visit. All these beautiful creatures rely on this tree for food and water. And, year after year, it has been there for them to enjoy.

What makes this tree special from all the other trees in my yard and the surrounding woods, none other than this tree has been saturated with the loving goodness of spirit and appreciation by the animal kingdom for being a consistent source of food and water that God's creatures seek out with earnest through the ever-changing seasons of life. They have learned to depend on it and teach their young ones to rely on it as well. Each day in the late afternoon, they show up without fail. I know it makes the tree happy to be at the center of attention and humble service. I also know it makes the animals and birds happy, and it surely makes this simple steward happy to serve his fellow friends of nature.

In much the same way, Spirit is the infinite and universal giving tree for all its children spread throughout the cosmos. The infinite tree of spirit is always ready to share its protective limbs of peace

during the storms of life, always ready to give the divine sustenance of happiness and bliss to all who learn to depend on it. This tree of endless compassion doesn't judge who can and can't come for peace and nourishment, it doesn't care what political party your part of, whether you follow this or that religion, it doesn't care so much who's been naughty or nice, it's just there for each of us, waiting to serve its children the soul quenching food and water that makes us eternally happy and full of peace.

As we move into the season of fall and thanksgiving, let us make an effort to share our heartfelt thanksgiving and gratitude to Spirit, who is the eternal giving tree for us and for the cycles of nature playing its grand play on the background of time and space.

About Steven Boyd: Steven Boyd is a writer and an aspiring yogi. During the work week, he plays the part of global director of talent management for an engineering company. Steven has been practicing yoga and meditation daily for over 30 years. He follows the spiritual path of the Self Realization Fellowship that was founded in 1920 by the Great Yogi-Guru Paramahansa Yogananda. His book 'Autobiography of a Yogi' has sold millions of copies. Steven Jobs of Apple computer was a big fan of this book.

Four Restorative And Regenerative Keys To Healing

By Marjorie Baker Price, RN



We live in breakthrough times that I believe push us more and more to return to deeper levels of awareness to uncover and recover our inner authentic selves – and take creative charge of restoring and extending self-care, empowerment and development. I would invite you to consider all these words as defining holistic health.

We are never satisfied – nor should we be – with ourselves and our lives. This fact is not meant to push us into self-criticism. It is meant to more greatly and freely align us with an unfolding, unknown, expanding present – and challenge and invite us to newly create and further expand our capacity to become greater.

In these ways we further support the greater good without exception – especially by more allowing and better providing for ourselves. We become more responsible and freer, more trusting of ourselves and more willing to share from a place of greater detachment and astute observation to more clearly choose what feels right for us in present moments.

These are new philosophies that form the foundation for holistic health and healing. Here are 4 key ways to restore and create this foundation:

1. Accept yourself as you are.

- Write your creative, imaginative sense of this as a journaling exercise.
- Settle back into a deeper reflective state for a few minutes, close your eyes and imagine you can contact your authentic self – and ask that Self to show you who you really are. Record and draw your impressions!

2. Ground yourself in a nature bath Spend an hour in the woods. Sit several times, wander, hike – make sure you hug a few trees longer than 10 seconds – sketch, take some pictures, record your impressions and any unfolding insights. Take another hour and sit comfortably close to a large body of water. See

how you can tune in to the rhythm of the waves. Then gradually sense your own rhythms as a state of flow and play with how you can merge your rhythms – your breath with your sense of the flow of the water – and see if you can be in that focus for at least 15 minutes. Imagine you both give yourself a way to the body of water and the body of water envelops and becomes your renewed, open, free sense of yourself!

3. Imagine for 10 minutes, closing your eyes and settling into a comfortable relaxed position – that you are infinite – endlessly flowing and open to receive all that can produce central wellbeing in many, many new ways. Afterwards under the title “I am open to receive ... ” list your ideas.

- Once a day, read your list out loud for a month. After each idea write a simple plan as an experiment to carry out every day for a week, and record your observations as results. At the end of the month decide what makes sense to you to carry out as daily self-care – and incorporate!

4. Spend an hour uninterrupted in a place that feels safe, peaceful and nurturing for you, very honestly reflecting on what you feel challenged to forgive. List all of these under 2 separate titles:

- What I haven't forgiven involving others and life
- What I haven't forgiven in myself
- Spend 15-30 minutes imagining yourself in the future somehow forgiving all that you've listed, one at a time
- Journal for 5-15 minutes focusing on what happened

Know you are so worthy of healing, health and opportunity! We have, through these recommended practices, extended recovering and regenerating holistic health practices into profound personal growth and recovery of self-love.

About Marjorie Baker Price: Marjorie presents numerous related workshops nationwide on self-healing, wellness, recovery therapies, goal achievement, creative expression and empowerment, as well as counseling and consulting for individuals and small groups.

Marjorie Baker Price, RN, BSN, Certified Hypnotherapist and Level III Reiki Master, is a psychiatric nurse clinician level III with over 9 years of experience at the U of R Medical Center Strong Memorial Hospital specializing in behavioral inpatient, community mental health, chronic care and emergency psychiatric care.

In 1987 she founded Centering Tools for Self-Healing and Development, her own holistic practice, which offers a transformational, uniquely integrative approach to wellness, self-healing, achievement and unleashing creative potential. She is a counselor and holistic practitioner as well as a spiritual/intuitive coach, group facilitator, speaker and trainer.

Marjorie's website: <https://centeringtools.com/>

Interview With Marjorie



Link: <https://youtu.be/Z0bmsjDjaYU>

Moments Of Reckoning By Barry & Joyce Vissell



There are moments in our lives that call us to be deeply aware, fully present, and the highest version of ourselves.

For the last years of their lives, my parents lived next door to our family, in an apartment above our garage. One Easter Sunday afternoon, my mother rushed over for help. Barry and I ran back to the apartment with her. We quickly realized the seriousness of the situation. My 82-year-old father, who had always been extremely active and independent, was suddenly close to death. His color was ashen gray, his breathing extremely labored. Barry did all that he could medically while my mother called 911. I sat holding my dad's hand. Without any warning, the moment of death seemed to be upon him. He knew it and I knew it. I looked into his eyes for what I thought would be the last time.

"I love you dad." Unable to speak, he winked back. It was just a moment, a few seconds in time. Yet those few seconds tested me to the very core. I needed to instantly access all the work I had done on forgiving, letting go and opening. In that moment I felt how much I loved my father, and I felt a deep gratitude that I had been able to express that over the years. Though totally shocked at the unexpectedness of the moment, I was grateful for the power of love that surged through me for my father. If I never saw him again, I knew that love had flowed between us at this moment. The mistakes, the misunderstandings, the failures to communicate, were all forgiven. There was only love now.

The paramedics arrived in record time and administered oxygen. Pulmonary embolism (a large blood clot in his lungs) had possibly come within minutes of taking my father's life. They rushed him to the hospital. His condition was very serious, but he was going to make it.

I have long reflected on that moment of near death. It was totally unexpected and yet it entered our lives with so much power. When a moment like that comes, it cannot be ignored and requires the most of us. How often do we live our everyday lives ignoring the possibility of these moments. A harsh word is spoken to a loved one. Anger is left unresolved. The inner prompting to reach out is ignored. Due to discomfort, neglect or hurry, love is not expressed. And yet the moment of death of a loved one can come so quickly and catch us unaware. We simply cannot take the risk to let anger go unresolved or ignore the prompting to love. The time is now. Experts in grief share that the memory of expressed love brings

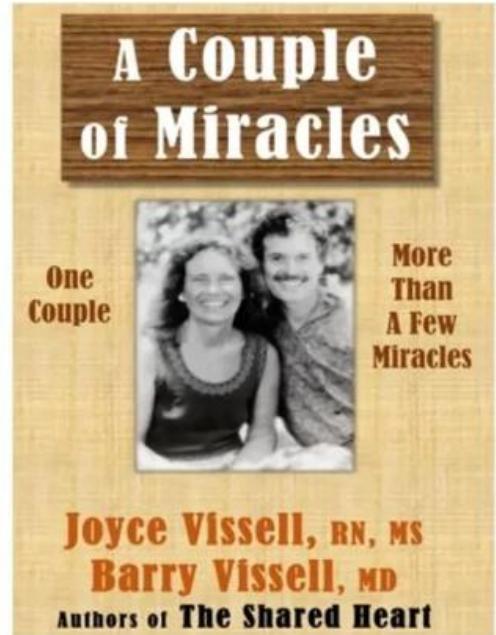
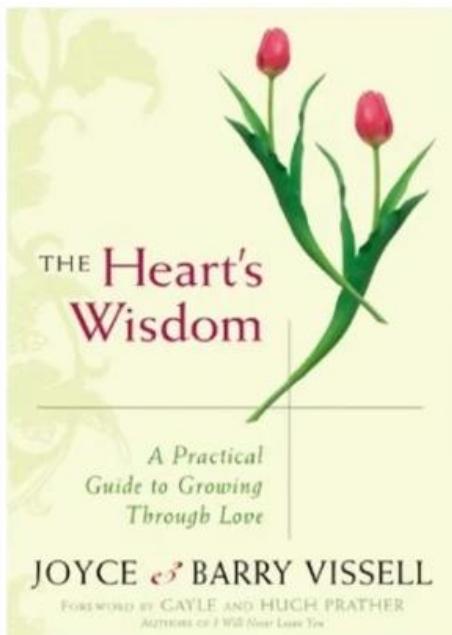
comfort, while the memory of unresolved or unexpressed feelings brings sorrow. Now is the time to reach out and express your caring and love. None of us can take the chance and wait.

Is there a call you need to make today? A message of simple caring you need to send? Is there a hug or an appreciation that needs to be given? Do it now! You will never regret the outpouring of love.

About Joyce & Barry Vissell: Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Visit their web site at SharedHeart.org for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

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

Barry & Joyce's Books

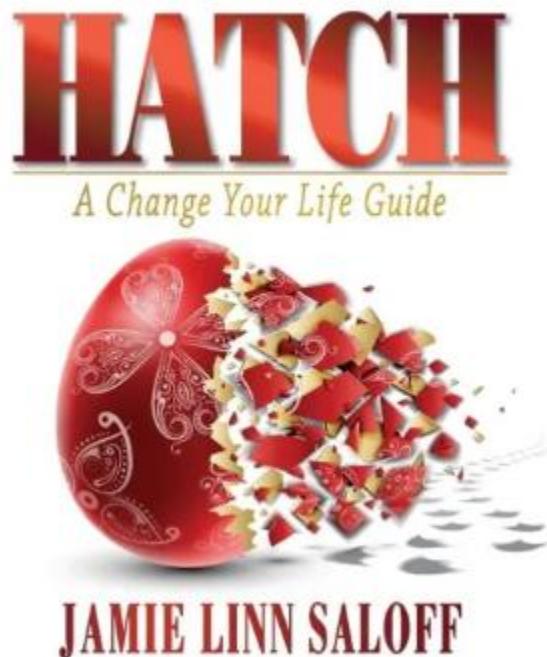


Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/B001K8JAR0/ref=dbs_p_ebk_r00_abau_000000

Barry & Joyce's Video



Link: https://www.youtube.com/watch?v=xQaN0jX_0zk



I recently began offering live online gatherings and invited my younger son to join me. I asked him to monitor the technical backend, including messaged questions, noises that required muting and admitting late arrivals. This would allow me to focus on the task at hand. Although he had a general idea of my methods and beliefs, he'd never seen me in practice. I wasn't sure what his reaction might be. After the first event, I asked him for his evaluation. One of his answers surprised me.

"Your video background..." he began, "You need crystals and cards, and other spiritual symbols. And your clothing... You need to dress the part, not a costume, but an outfit like some of the ladies wore at that psychic fair you took me to. You know, they had long skirts, flowing scarves, sacred jewelry... You need to dress the part. It will create a better presence."

I pondered his comments. We had indeed noticed the female mediums at the psychic fair wearing their best finery. Their close-knit tables were decorated with beautiful tablecloths, candles, crystals, and other art objects. Yet, I thought of all the mediums I knew or had been read by. Most dressed in normal clothes. If you saw one at the local grocery store, you'd never guess they were psychics. They don't dress up. Don't put on airs. While some may have colorful hair or wear jewelry, that is often the exception, not the rule. However, I have seen some wild getups on TikTok; as far as I can tell, their appearance has no effect on the quality of their gifts.

I actually like dressing up. When I graduated from Fellowships of the Spirit in Lily Dale, NY, I sewed an elaborate Star Wars Jocasta Nu Jedi outfit. The Jocasta character is an elder and the keeper of the "books" of knowledge (actually some kind of crystal-based storage), and, as a writer and a book designer, her persona seemed appropriate for me.

Her costume's tabards served as a perfect substitute for the priestly stole we were asked to wear for ordination. Based on the tabard's elaborate design, it took me hours to machine embroider, but it turned out great. Sadly, as only a minor character in the movie, no one knew of her. I was referred to as "the ninja" by the church elder until I explained.

I also spent hundreds of dollars to create a Professor Trelawney costume (Harry Potter's disoriented tea leaves reader) for a past Halloween, keeping it as movie accurate as possible. I startled my unsuspecting neighbor when she caught a glimpse of me in the driveway. She didn't know me in a blond curly wig. I had a lot of fun dressing up as Trelawney, but can't imagine showing up for my live readings wearing her garb—at least not on a regular basis.

Would it really carry more credibility if I wore heavy eye makeup, large hoop earrings, and a headscarf? Should I allow the smoke of dark colored cigarettes to swirl around my head and pretend I'm Madam Blavatsky? I wonder what my clients would think?

I did dress up once as—what I referred to as—a Louisiana gypsy witch. With an hour's notice, my neighbor invited me to do readings at her annual Halloween Witch party. Having just visited New Orleans, that was the quickest thing I could throw together. However, I doubt that my clients would buy into that. No one at the party seemed impressed, and it really isn't my jam.

I've indicated to my son that I could turn my computer 45° so people could see my crystals and collection of tarot and oracle cards. I'm pretty sure that has little to do with how well I receive messages from spirit. On the other hand, I'm reminded of how I dislike seeing blank walls behind speakers on Zoom meetings. I find the speaker loses credibility when they claim to be rich but are broadcasting from what appears to be an empty spare closet. (I broadcast from my eclectic office.) Maybe those background visuals ARE important. I guess that's why, when performing rituals, many people wear a costume or sacred clothing. So, maybe there is something to the energy and essence beyond the person there? Does my son have a point?

When it comes down to it, I do take pride in looking presentable. I have a tendency to wear more jewelry than a Christmas tree has ornaments, and I try—and I say try because I often forget—to wear lipstick. One of my mentors insisted that, for the mouth to be seen, lipstick was vital, so I dab a little on my mouth before going live. I hope my attendees will be more interested in what I say and the messages and healing I offer, rather than the outfits I wear. What do you think?

About Jamie Linn Saloff: Jamie's passion is assisting those seeking relief from grief, pain, and strife, while empowering them to follow their heart and intuition. For thirty years, she has taught clients how to transform their lives by listening to their soul weep and their body groan. Jamie is a certified metaphysician through Lily Dale's prestigious Fellowships of the Spirit. She's the author of twelve books, including her **Marvelous Messages™** series.

Jamie's website: <https://www.marvelousmessages.com/>

Interview with Jamie Linn



ROC Metaphysical Interview with Jamie Linn Saloff

Copy link

ROC Metaphysical

Interview with

Jamie L. Saloff

December 2023

Watch on  YouTube

Link: <https://youtu.be/xMqrDot1eAk>

Jamie's Books

Marvelous Messages
from Your Body



JAMIE LINN SALOFF

Marvelous Messages
from Your Childhood



JAMIE LINN SALOFF

Marvelous Messages
from Your Faith



JAMIE LINN SALOFF

Find her books on Amazon:

https://www.amazon.com/stores/author/Boo2BMGN5Q?ccs_id=50d7fc84-8b5d-483a-8777-c9c99bf9dfc9

seeing 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.

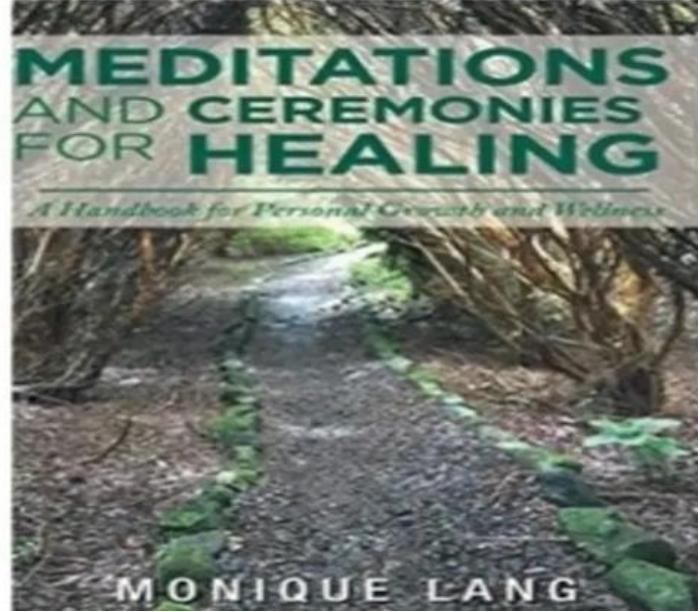
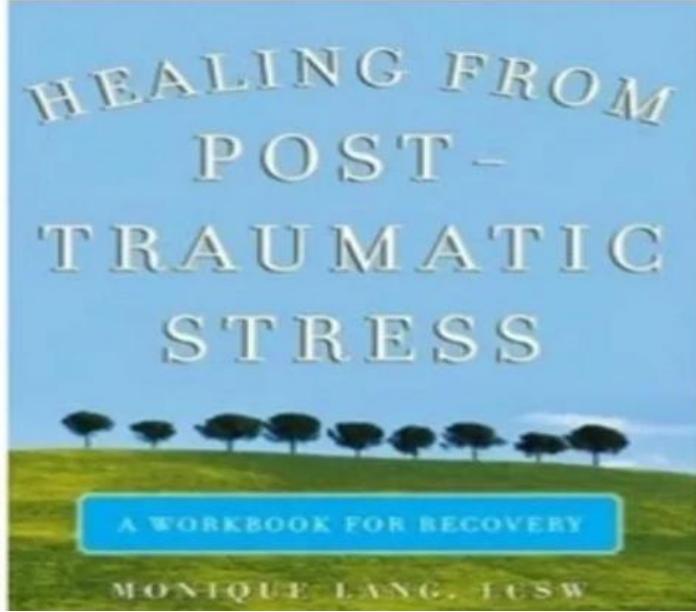
Monique's website: <http://www.moniquelanglcsw.com>

Monique's Video



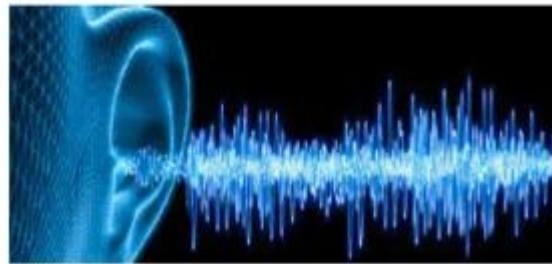
Link: <https://www.youtube.com/watch?v=XQZCYStIMRc>

Monique's Books



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

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 clear 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.

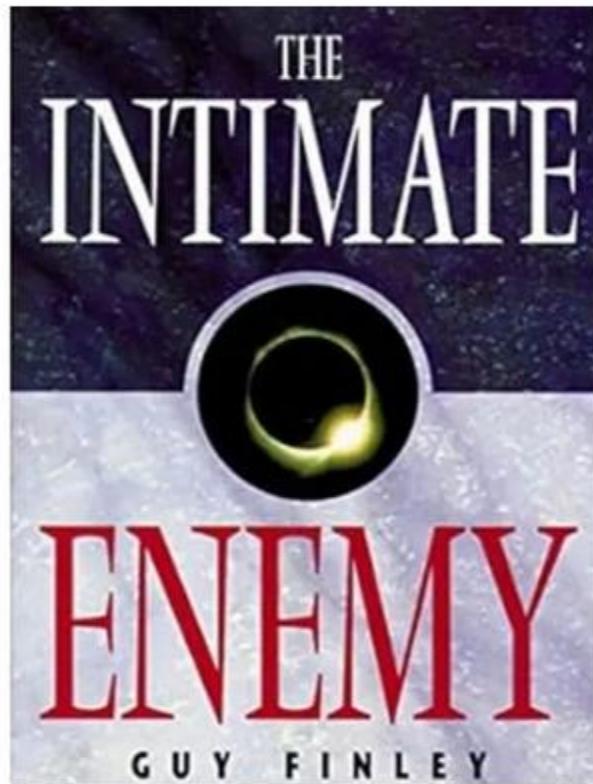
Take some me time and listen to the video.

Listen to the video



Link: https://www.youtube.com/watch?v=Hh34UPzocxs&list=RDh34UPzocxs&start_radio=1

How To Bring An End To Unhappy Feelings That Seem Endless
By Guy Finley



Key Lesson: All anxious resistance to what "might be" is the avoidance of *what is*.

For Further Study

Whatever we try to go around in ourselves guarantees it will come around again, which is why the things we fear in life and about ourselves always tend to reappear. Here's the law that governs this relationship: whatever we resist in life persists as it does because *whatever we oppose grows!*

In the New Testament, Christ told his disciples, "Resist not evil." But when we translate this phrase from the Greek back into the original Aramaic language of the time, it reads as follows: "Do not oppose what opposes you."

Keeping the above new knowledge in mind, we can start seeing the wisdom hidden in other well-known spiritual laws, such as: "Judge not that ye be not judged." Our resistance to dark thoughts and feelings does not put distance between them and ourselves; just the opposite is true: our attention feeds them, strengthening their grip on us, which is why – just like being caught in quicksand – the more we struggle, the more we sink into the unwanted state from which we hope to escape. Nothing changes in such fights save for the arena in which we find ourselves pinned again by some recurring pain. It's time to walk an entirely new path – one that appears only in the light of the following higher self-knowledge:

Everything in the universe is created to change.

Nothing in existence is static; everything is always being acted upon by a trinity of forces whose celestial purpose is the revelation and perfection of all upon which they act. In exactly this same manner, what moves downward is designed to assist and help lift what moves upward; their connection is timeless, even though this invisible relationship is revealed only in passing time. And this grand theory of dynamic reconciliation applies directly to our negative states. They too exist and are created *for the purpose of being transformed into something else.*

Everything that appears within us, with no exception, is part of this beautiful process: transformation and transfiguration is the great law of life. In our physical world, the light of the sun – in any one of its infinite expressions – drives these changes. But what we've yet to understand is that this exact same principle holds true when it comes to any indwelling dark state. So now, let's bring this same higher understanding down into our everyday experience and see how it can help lift us above dark thoughts and feelings.

Any negative state that we choose to bring into the light of ourselves will be changed by that same awareness into which we bring it.

This conscious choice – to be self-illuminating in the face of what seems to be dominating us – changes our relationship with the matrix of all that is real. Now life, its light, fights for us. Its authority cannot be challenged, which means that whatever we bring into its living light transfers this authority over to us. Dark states are now used for the higher purposes they are meant to serve, which, in turn, serves our true purpose in life, which is to be increasingly whole and free.

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.

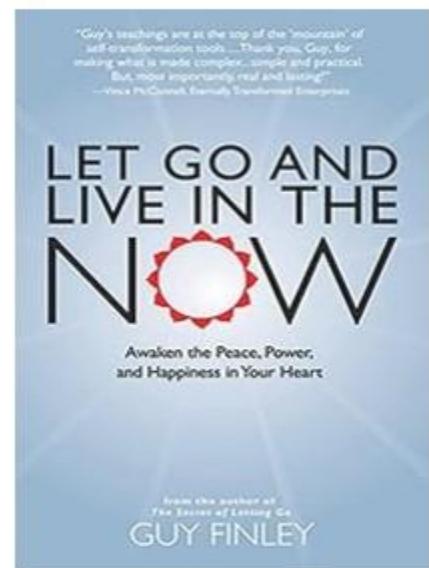
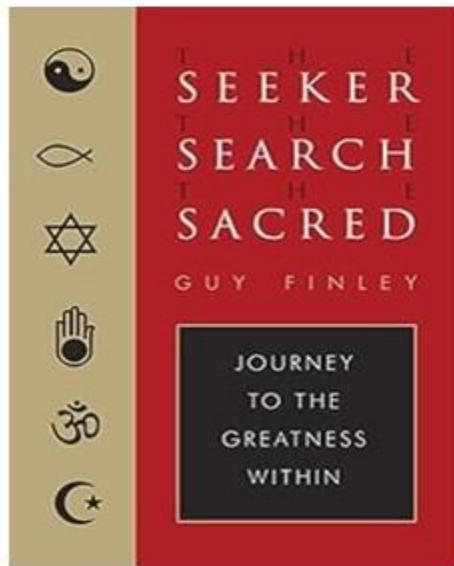
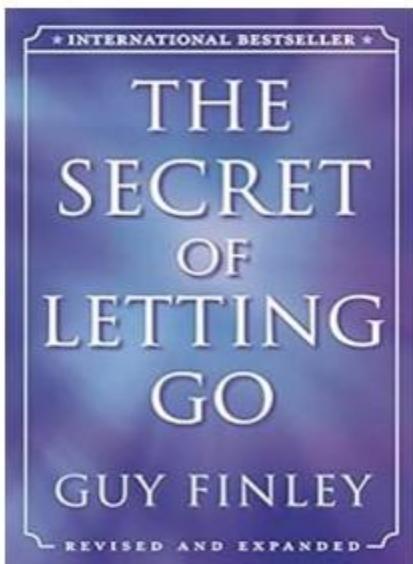
For more information about Guy Finley and nonprofit Life of Learning Foundation visit www.guyfinley.org

Guy Finley's Video



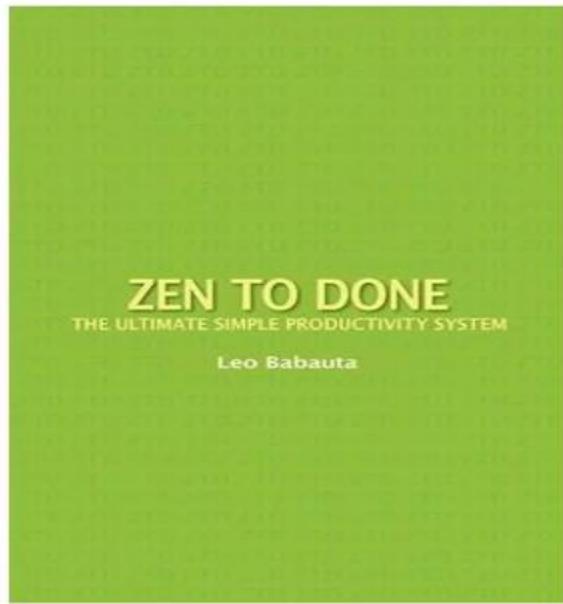
Link: <https://youtu.be/2sfVZeXufhY>

Guy's Books



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

5 Ways to Break Out Of A Dull Life By Leo Babauta



Very often, we can get caught up in a life of routine — we do the same things over and over again, until the days blend into each other.

Work is the same grind every day — we begin to lose our souls in a grind like this. Outside of work, we might be too tired or too caught in a rut to have fun.

So how do we break out of this life of dull drabness?

Just being willing to ask the question and explore this is a huge start!

Let me share some ways I've found to bring some light to a life where dullness and routine are the norm
...

1. Create a curiosity challenge for a week. In this challenge, you'd spend just 10-15 minutes a day getting curious about something. Maybe something you take for granted, like the trees near your house or sewer pipes. Maybe explore a new area of your neighborhood or talk to someone at work who you've never gotten to know. Let your curiosity be sparked. You can extend this challenge to a month if it feels fun.
2. Let yourself find a passion or expressive outlet. There's probably been something you've been wanting to learn or explore for ages — from learning an instrument to expressing yourself through art or writing, to learning to knit or sew or build chairs. Give yourself a few sessions like this every week, read up on it, watch YouTube videos, let yourself dive in with a passion. This spices up life, and gives you something to look forward to, and a new way to express yourself.
3. Find fun and wonder in anything you do. Any activity, from washing dishes to tidying up your room to answering emails, can contain wonder or a sense of play. We just don't usually approach things this way, so we don't think of it. But try it! How can you create a sense of fun, play or wonder in any activity? Try to find it in at least one activity a day, but perhaps even more!

4. Say yes to things that are intriguing. Sometimes you'll get an invitation that's unexpected — to a social event, a trip or conference, or a project that you wouldn't normally do. Try saying yes to some of them! It'll break you out of your routine, which will require you to step out of your comfort zone. This is where we learn, explore, and have adventures — outside of our comfort zones. Not easy, but so interesting!
5. Make a game out of achieving micro-goals. I like the idea of making a game to play with yourself during the day, and in this game, you set some really small goals to achieve, and see how many you can achieve in a day or week. You're not competing, you're just challenging yourself. Some examples of micro-goals: instead of "workout regularly," a micro goal might be "do 5 pushups." Not a whole workout. Something small you can do in a few minutes. It's motivating to make progress towards something you care about, but in tiny steps.

Of course, these aren't the only ways to make life brighter and more interesting. You could do things that feel impossible — talk to a stranger, volunteer, be vulnerable. You could join a social group, or join a weekly board game night, or explore art galleries, or decide to train to run a 10K. You could devote the next month of your life to a grand adventure.

But try some of these! Let me know how they work out for you.

About Leo: I am a regular guy, a father of six kids, a husband, a writer from Guam (moved to San Francisco in 2010, now living in Davis, California). But I have accomplished a lot over the last couple of years (and failed a lot) and along the way, I have learned a lot.

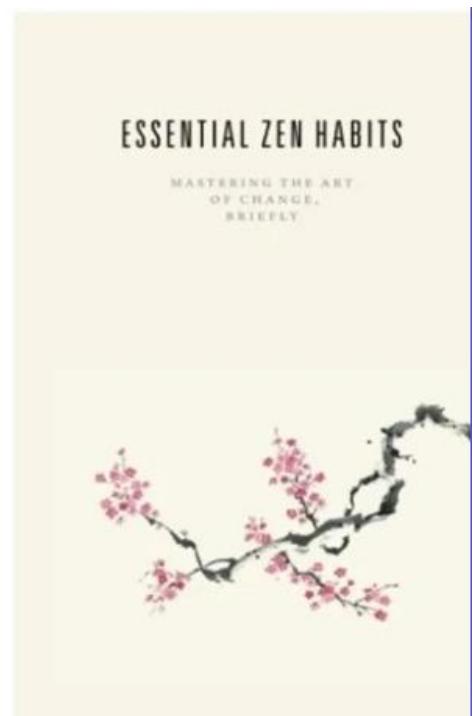
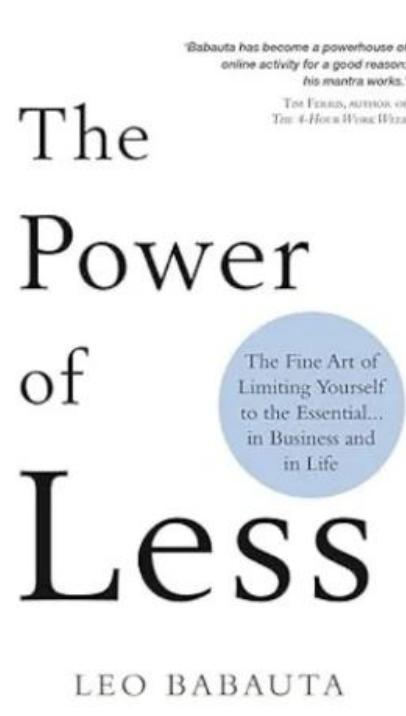
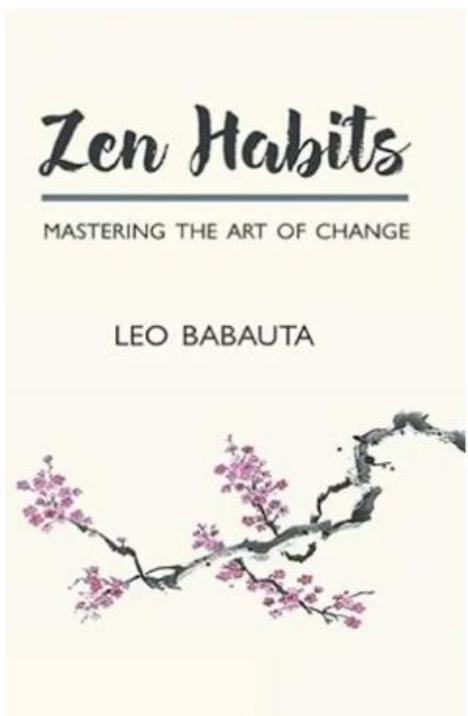
Leo's website: <http://www.zenhabits.net> and <https://seachange.zenhabits.net>

[Leo's Video](#)



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

Leo's Books



Find his books on Amazon: https://www.amazon.com/stores/Leo-Babauta/author/Boo2BO7RLI?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=8abede03-6f32-4dc1-9329-0426ef746df2

Tarot Tendencies For October By Doreen Scanlan



October starts out enjoying life whether it is the fall weather, time with family or just an appreciation for the blessings that surround you. Make sure you are paying attention to them.

As we approach Samhain (Halloween) start thinking about what you would like to manifest while the veil is thin. Focus your energy on spiritual things. Day of the Dead is not meant to be a sad time but remembering those that have passed and watch us from the higher realms. Send them your worries and concerns so you can focus on the positives in your life. Send them love but don't forget to save some for yourself.

About Doreen Scanlan: I am pleased to have been asked to join the ROC Metaphysical Family. I have been doing Tarot readings for over 20 years both through local shops and festivals and on my own. The

past 2 years I have been invited to the Gypsy Camp at the Sterling Renaissance Festival. I have a very eclectic spiritual background that I draw upon to guide and inspire.

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

Interview with Doreen



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

Beyond The Chase Is Receptivity By Christianne Asper-Contant

What my body taught me about Awareness

Recently, I embarked on a deeply nourishing cleanse, one that is already assisting a subtle rearrangement to support better habits, including the space for more digital pauses. Yet, I had my moment of being greeted by a mental hunger, yes, that distinct itch of emptiness. Knowing that this is a treasure I don't want to run away from, as tempting as it may be to do so, I chose to explore it. This is when I noticed a tension in the upper right side of my body. And in the moment of acknowledging and releasing this clenching, a light ignited within me.

At that instant, awareness went from concept to a visceral experience.

This little poem is my humble attempt to capture the visceral experience:

Wonder is ...

Wonder is the willingness to relax your body, your mind, your emotions, just enough for your own Light to reveal itself.

Wonder is the quiet bridge to that Light, the inner awareness that leads the way home.

Wonder reveals itself in a fleeting glimpse of what opens you up, seconds after you were contracted.

Now, fast forward just a couple of days...

Last night, in a restorative yoga pose, my body was cocooned in cozy blankets and bolsters, but my mind was busy. It was chasing that very same visceral experience of awareness. Intellectually, I knew better than to attempt to recreate it. Surely finding that sense of completeness (fulfillment) again remained available, as long as I chose to become receptive to the wonder of the moment at hand.

Yet, it was only when I tenderly laughed at the funny ways of the mind that the "tight fist" of my desired outcome was finally released.

Have you ever had an extraordinary experience, a moment of pure clarity, and then found yourself endlessly chasing it? When something feels amazing, we want to possess it. But in that very act of chasing, we move further away from the very thing we seek.

We humans do have some funny tendencies, don't we?

This is one reason I treasure my bike rides through the woods. The roots, stones, sharp turns, and occasional boulders ensure that if my mind were to chase a different feeling, I'd instantly fall — and trust me, it has happened — down a scary cliff I once went. The unexpected moments of wonder and ultimately awareness require our receptivity, openness, and being-ness.

So, dear one, since it is easy to forget to notice the treasure patiently waiting beneath our feet, I invite you to ask yourself:

Are you receptive? Can you laugh gently at the antics of your mind, even as it chases dreams? And might you find wonder waiting, poised to light your path back to yourself?

If you want to explore more about moving past the kind of contraction that leads to burnout and move instead into the kind of laughter that is filled with joyful presence, here's an irresistible offer for you: www.seducedbywonder.com

Christianne

About Christianne Asper Contant: Christianne's unique approach empowers individuals to navigate life with lightness, grace, and resilience by addressing their overall well-being, including physical, emotional, mental, and spiritual aspects. Her credentials include being a Clinical Ayurveda Specialist since 2003, certified by The California College of Ayurveda. She has studied under renowned teachers like Dr. Vasant Lad and Dr. David Frawley (Pandit Vamadeva Shastri).

Additionally, Christianne is a certified Yoga Teacher with specializations in Ayurvedic Yoga Therapy, Yoga Nidra, Relax and Renew®, and Advanced Teacher Training. Before transitioning into the wisdom sciences, Ayurveda and Yoga, she spent over a decade as an ACE-certified Health Coach after completing a Psychology degree at CSULB

Christianne's Website: <https://well-beingcompass.com/>

Contact Info: <https://linktr.ee/wellbeingcompass>

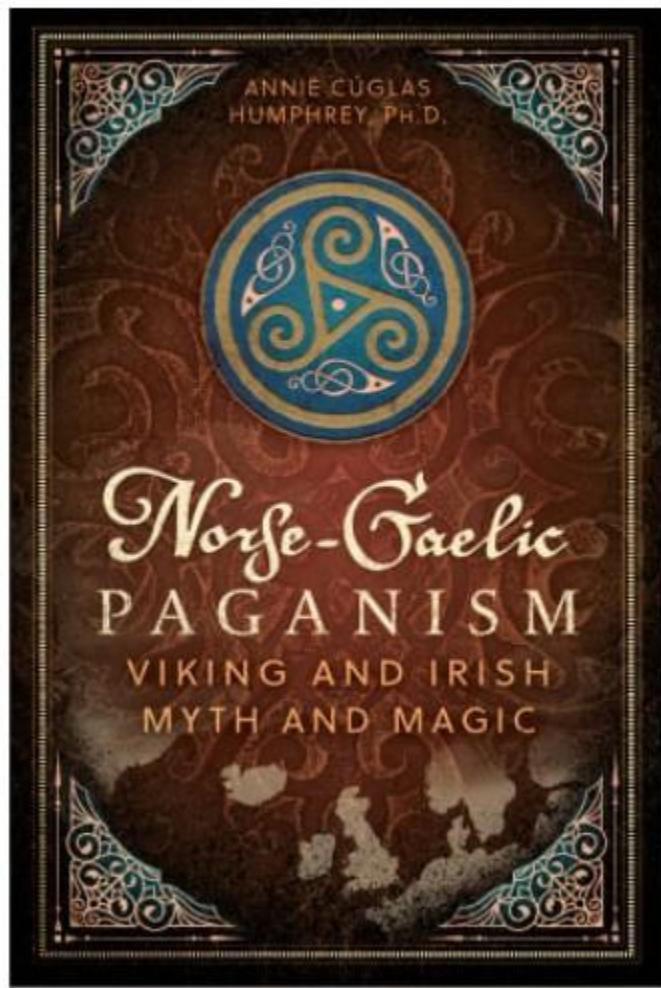
Christianne Asper-Contant's Video



Link: <https://www.youtube.com/watch?v=YNrjfCH35xU&t=2s>

ROC Metaphysical Book Review

Norse-Gaelic Paganism Viking And Irish Myth And Magic ***By Annie Cúglas Humphrey, PhD***



Annie Humphrey shows that Norse and Irish heathen beliefs were uncorrupted by Roman influence and syncretized into a set of spiritual practices including ancestor veneration and a relationship with household and nature spirits. Humphrey also reveals Gaelic involvement in Iceland's settlement, drawing on Irish incantations in Icelandic grimoires and Norse-Gaelic ghosts that appear in Icelandic literature.

- Explores the syncretism of Gaelic and Norse cultures and the spirituality that flourished while the Vikings were settled in Ireland
- Examines the roots of Norse and Irish heathenism, including ancestor veneration and a relationship with household and nature spirits
- Reveals the Gaelic involvement in Iceland's settlement, including Irish incantations in Icelandic grimoires and Norse-Gaelic ghosts that appear in Icelandic literature

Dyflin, now modern Dublin, was founded by the Vikings in the 9th century. Through archaeological and historical research, the author explores connections between Celtic/Gaelic and Norse spiritualities of the

time and, by reconstructing local customs and beliefs, reveals how this cultural relationship still informs Paganism today.

Scholar and Pagan practitioner, Annie Humphrey, shows that Norse and Irish heathen beliefs were uncorrupted by Roman influence and ultimately syncretized to form a set of deeply spiritual practices. This unique set of practices cannot truly be considered a religion. Rather, it was a very flexible and highly regional worldview that involved veneration of ancestors and the dead and enjoyed a transactional relationship with household and nature spirits. This book follows the spread of this unique Paganism through Northern Europe and the North Atlantic, identifying Norse settlements in areas that popular history has misidentified as purely Gaelic or Anglo-Saxon. Annie reveals Gaelic influence in the settling of Iceland and shows its presence in magical and spiritual practices of the time. The author also looks at Irish incantations from Icelandic grimoires and shows how Norse influences reshaped Irish writing. Exploring Manx folklore and magical traditions of the Isle of Man, and remote areas like the Orkneys, this book reveals the presence of this Pagan synthesis in modern folkways and practices that have gone largely unnoticed by mainstream scholarship.

Combining expert scholarly discipline with personal gnosis, *Norse-Gaelic Paganism* brings ancient traditions and wisdom to the contemporary practitioner.

Find her book at Inner Traditions: <https://www.innertraditions.com/norse-gaelic-paganism>

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

A YouTube thumbnail for an interview with Tom T. Moore. The thumbnail has a dark background with a nebula pattern. The title "ROC Metaphysical Interview with Tom T. Moore" is at the top. Below it, the text "Interview with Tom T. Moore" is followed by a red YouTube play button icon and the date "June 2025". A "Watch on YouTube" button is at the bottom left. On the right side, there is a bio for 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." A "Share" button is at the top right of the thumbnail.

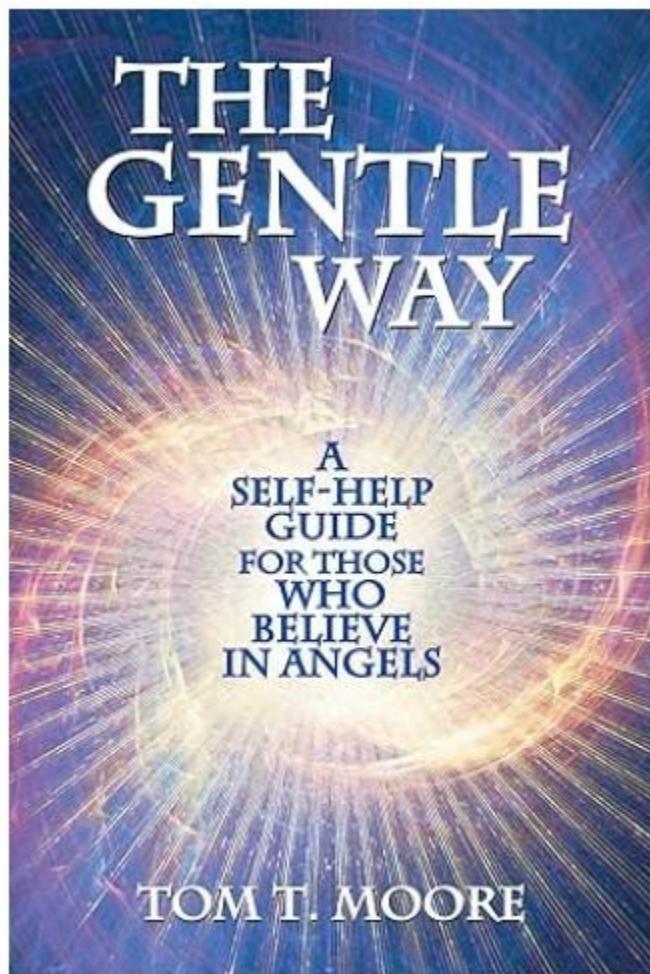
A YouTube thumbnail for an interview with Maureen St. Germain. The thumbnail has a dark background with a nebula pattern. The title "ROC Metaphysical Interview With Maureen St. Germain" is at the top. Below it, the text "Interview with Maureen St. Germain" is followed by a red YouTube play button icon and the date "October 2024". A "Watch on YouTube" button is at the bottom left. On the right side, there is a bio for 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." A "Copy link" button is at the top right of the thumbnail.



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.

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!"

BP FOR GRANDSON TO WALK

Linda from Halfmoon New York writes: My little 20 month old grandson was a little behind in walking and he seemed to want to crawl everywhere. He was fast! However his Mom seemed to be getting worried that he didn't seem that interested in independently walking. He could crouch and stand easily but not more than a step or two. I said a Benevolent Prayer that he could walk confidently even sooner than I hope for expect and every day I sent him love and healing. Not too long after he began to walk independently! It was so exciting and I knew those prayers helped.

MBO FOR WASHER TO WORK PERFECTLY

Deb in Minnesota writes: Our washer has not been working well and we are now waiting for a new part to be installed. The repair man told us that we'd have to watch the machine carefully to make sure it didn't overflow before it started its cycle. Since I had to wash towels today, I said several MBOs and BPs for the washer to work perfectly today. I said the BPs because my partner was also helping with the laundry.

So I am very happy to report that the washer did perform perfectly today with absolutely no problems.

MBO FOR CLOGGED AIR CONDITIONER

Last Friday we discovered our upstairs air conditioner was clogged, so we had to shut it down. Dena tried to find an air conditioning company to come out to fix it, but we could not get an appointment until Monday. We had to lower the downstairs to 70 degrees, so we had to put on more clothes, and I even had to use computer gloves, since the air conditioning in my room comes right over my head. Plus Todd had to sleep downstairs for three nights on our sofa. So I requested an MBO to fix the problem at a reasonable cost, since depending upon the problem it could cost several hundred dollars.

The repairman came Monday, and lo and behold the clogged air conditioner had UNCLOGGED ITSELF! He did some more minor work, along with giving us suggestions on maintenance. The cost was only \$123! Great MBO!

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.

MBOs TO WIN RAFFLE PRIZES

Cris writes: I wanted to share an MBO with you and your readers.

I said an MBO at my husband's family reunion to win a few raffles, and sure enough, I ended up winning the exact prizes I wanted! A few family members seemed a little surprised (and maybe not too thrilled), but overall, we had such a great time.

MBO FOR PUPS NEW HOME

Carrie writes: This is a BIG one. I got two puppies for my friend's girls because she was getting a place soon she said she would be able to have them. But its been several months and I was still taking care of them. And two puppies was a lot with my older dogs too. I said an MBO for the girls to be able to have their pups at home soon as possible. And now their dad decided they could have them at his house. My older dog is enjoying peace and quiet again and I'm getting so much more work done now.

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.

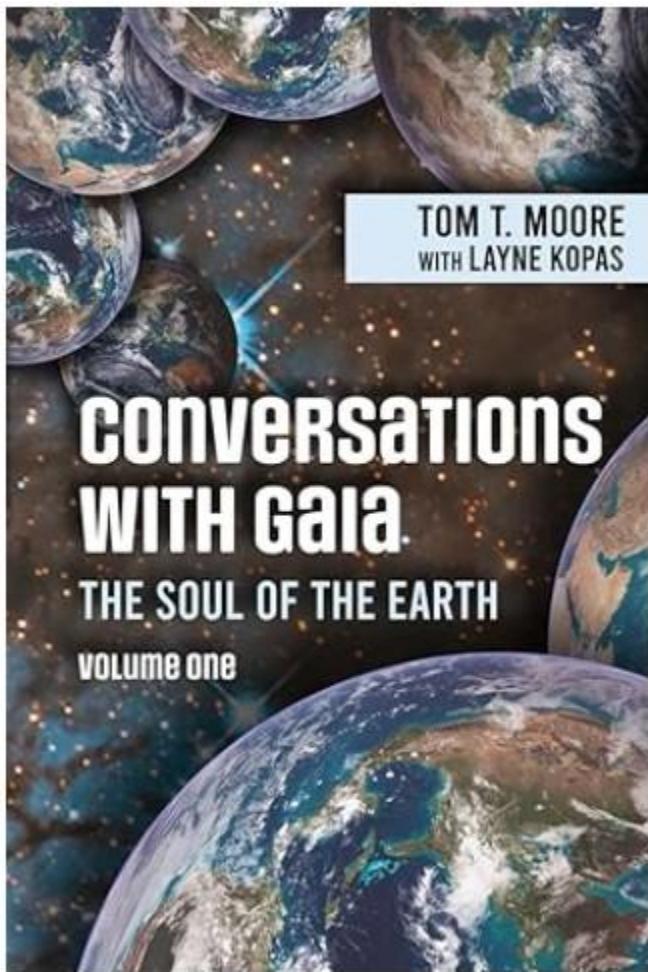
He began asking questions, first of Reveals the Mysteries and then his own Guardian Angel Theo, and Gaia, soul of the Earth. Each time he would ask how his reception was progressing, he was told "Practice, Practice, Practice." It helped that when he started a weekly newsletter questions that he never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

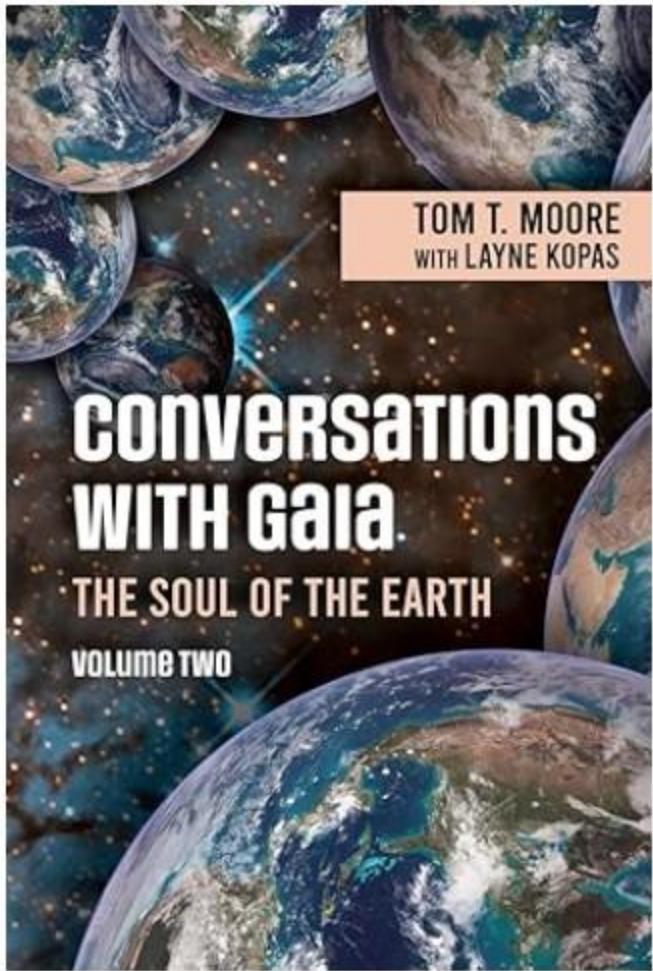
Whether you are newly curious or already on a metaphysical path, **Conversations with Gaia** is a transformative guide for those seeking a deeper understanding of the planet we call home—and the soul within it.

“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.”

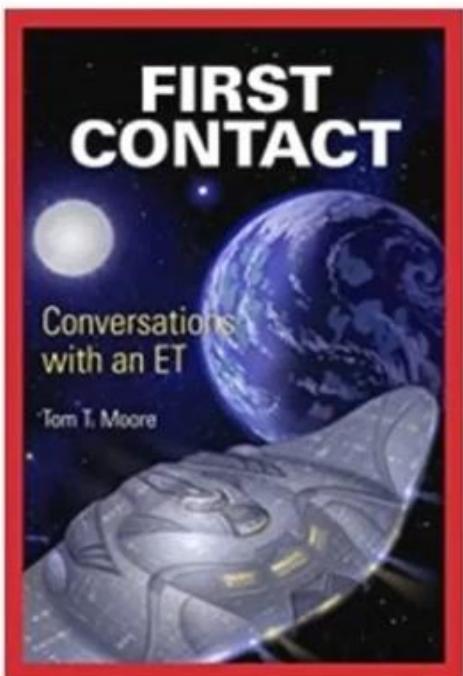
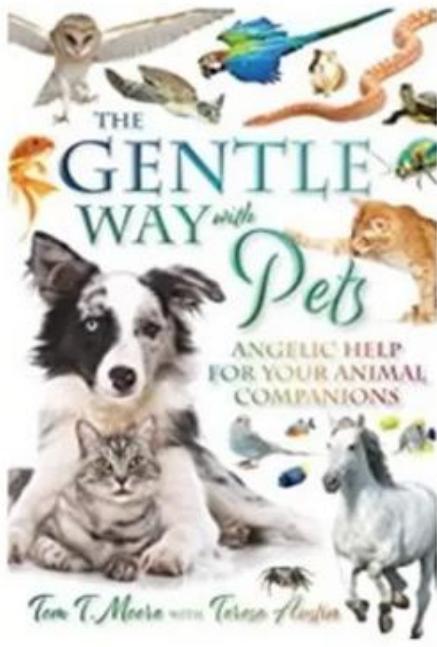
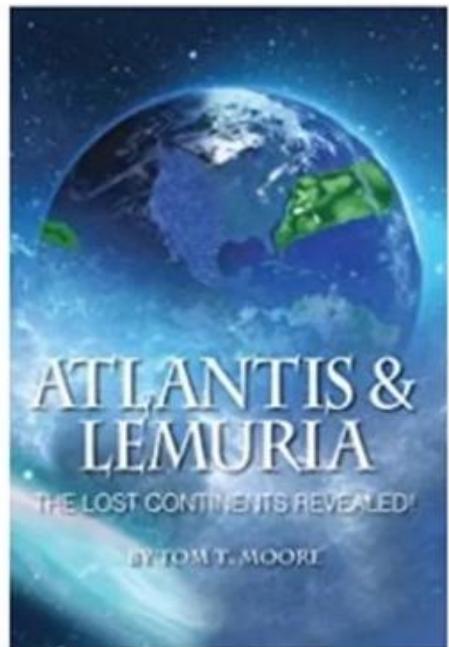
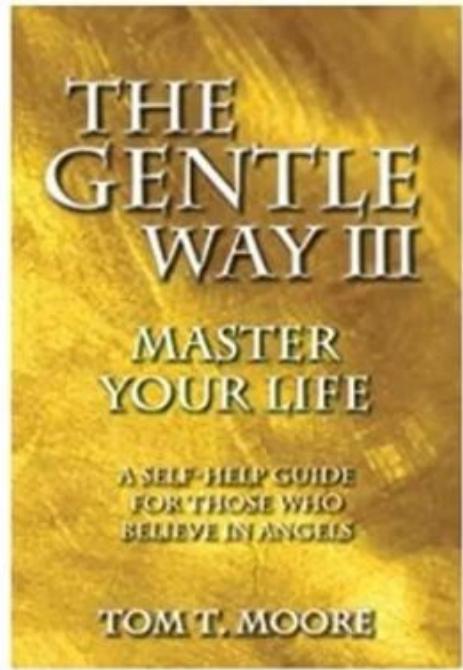
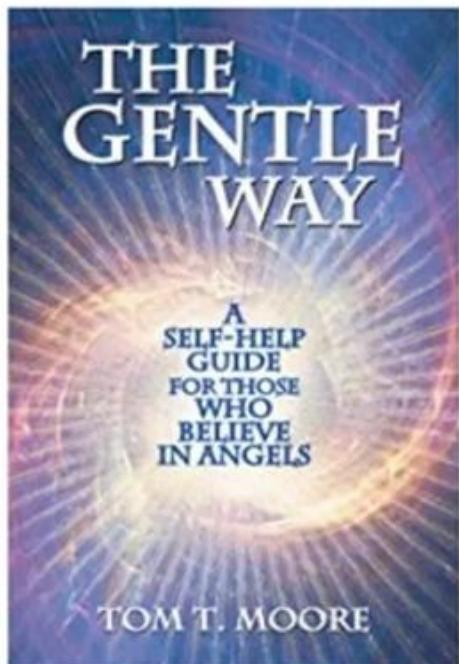
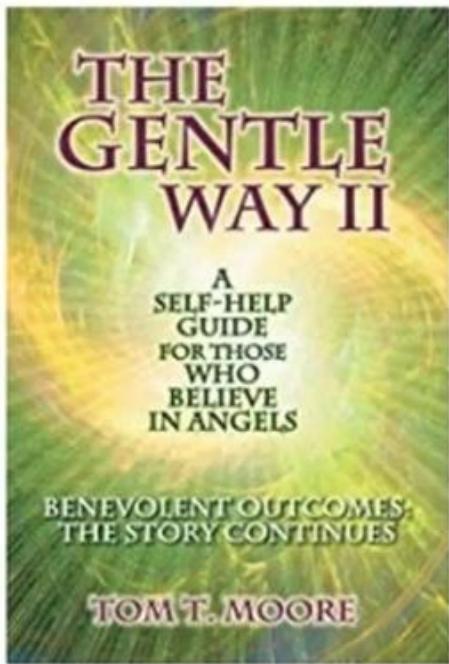
-Lee Carroll, Author of *The Journey Home*, channel for KRYON

Tom's Interview About His New Book Volume 1



Link: <https://youtu.be/8HIQ6xwYpWk>

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/B00CR1C231/ref=dp_byline_cont_book

Interview with Tom



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

DAILY AFFIRMATION

I am a piece of creation. I have created my current reality and will create all of what I experience in the future. Therefore all that is before is my doing. Today I choose to raise my awareness. Today I choose to slow down the aging clock in my cells, and create divinity in my daily workings. Today I instruct my cellular structure to vibrate to my intent and directions. I create a peaceful balance in all things, everywhere I walk. I create for myself great health, prosperity, abundance, and Benevolent Outcomes.

And so it is.

BENEVOLENT PRAYER

I ASK ANY AND ALL BEINGS
TO ASSIST & AND COMFORT ANYONE
THAT I HAVE EVER HARMED
EITHER PHYSICALLY, MENTALLY,
MORALLY, SPIRITUALLY OR
EMOTIONALLY IN ANY PAST,
PRESENT OR FUTURE LIFE.
AND I ASK ANY AND ALL BEINGS
TO ASSIST AND COMFORT THE
FAMILIES AND FRIENDS OF
ANYONE I HAVE EVER HARMED, IN
ANY WAY, IN ANY PAST, PRESENT
OR FUTURE LIFE. THANK YOU.

TOM T. MOORE

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

Find other signs on Tom's website

Is There A Prime Directive From GOD? 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

Is there a prime directive from GOD? - KRYON

Is There a Prime Directive from God?

Watch on YouTube

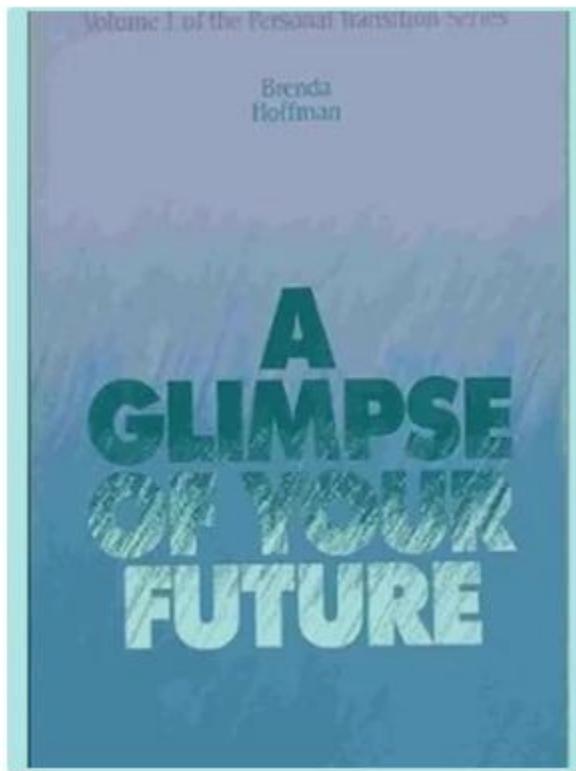
KRYON KRYON SERIES

Share

Kryon Channelling
The Circle of Twelve

Link: <https://www.youtube.com/watch?v=V3IvXe-yc6o>

Ignore Bullies, You're In Control Of You By Brenda Hoffman



Dear Ones,

Perhaps you are concerned that your life is not improving. That all of the words spoken by various Universal messengers are false or misleading. Your life may even seem less attractive daily.

Those of 3D are screaming the rightness of their fears, pounding you day and night with words that indicate you are not capable of living without their very stringent guidance. Telling you in so many different ways that you are limited in your abilities and, therefore, actions. And that they are wiser and better than you. All indicators that they are the leaders and you are a meek follower.

Of course, such is no longer true, but your responses to their bullying seem to produce fewer freedoms than you had before they began their reign of terror. You continue to be a meek being, hiding in the corner, hoping not to be seen by anyone who might curtail your freedoms more dramatically.

You are cowering in the corner instead of declaring your freedom from those who no longer think and act as you do.

You are a new being with new skills. It is time to start using them. If you are uncomfortable, create an area of comfort. If you are angry, create an area of peace. And if you are frightened, access your inner being, with which you can implement your new skills.

Those you allowed to reign over you for eons cannot permit you to acknowledge your skills or even your interests. It is to their advantage to have you cowering in the corner instead of standing straight and

proud of who you are and what you can do.

Bullies have lost their power, but you continue to allow them more power than they actually have. If they do this, then you must do that is a 3D response. What do you want to do? Who do you want to interact with? What do you want or need? All questions that can no longer be answered by those you allow to reign over you, for they do not care what you want or need. Those who attempt to dominate you merely care about their needs and interests. In a way, they are your role models, for they do not consider what others want or need because they are the focus of their world.

The difference is that their 3D world is about control, and your new world is about expansion. The other difference is that your expansion is based on love, whereas their world is driven by fear-based control.

Currently, you are cowering in fear because of your 3D training of how to react to those in power. You are forgetting that you are the energy source of your life. You are your life's power. It does not matter what anyone else believes, feels, or even wants. Who are you now that you are no longer of 3D?

Forget about shoulds, what was, and who others want you to be. Take control of your life. You are likely functioning like a young adult who passes all their thoughts, fears, and actions through their parents, instead of themselves.

You are no longer an infant or even a teenager. You are a fully equipped new you adult with all the skills, power, and inner strength that entails. Allow those of 3D to gnash their teeth in fear and anger. You have a new life to create that does not include 3D shoulds or fears.

You are no longer part of a fear group or a bully's group. You are new you with sparkling ideas, creations, and fun. Allow that to be without concerns about how those you now believe to be in power think you should act or be. You are in control of yourself and will be forevermore. So be it. Amen.

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

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

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

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

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Earth Is Your Home ~ Not Your Battleground By Dianne Robbins



Greetings, we are the Tree People, waiting for your presence into our realm. Our worlds were meant to intertwine in a melody of song and good cheer. We bring you good tidings from the Nature World, the world of many kingdoms and many realms all intertwined with yours on many levels of existence, if you could fathom them. We are all excited about the merging of our worlds, and now we know it will come about. A critical mass will soon be reached, where you'll all be able to see right into our realms and feel our presence even before this occurs. For your world is spinning quickly now and events are occurring fast, and the wheels of time are flying by carrying you along in an unending stream of events leading to many future possibilities of great promise and surprise to human eyes. Ah yes, marvels undreamed of are on the horizon of hope, and you are privy to them as you awaken one by one and then by the millions, till your billions wake to the brilliance of the Creator's Light setting at last on Earth's shore, bringing all life forms and all kingdoms into harmony and balance and oneness as it always was meant to be. We have arrived at last—we have come home.

The Water and Air Elementals Speak

Greetings, dear ones of Earth. We are the Water and Air Elementals here to grace and care for your Earth home, if you would only acknowledge that this is your home and not your battleground. It is your home to live and thrive on, not to war on. So why are you killing each other and killing everything that grows on your land? We ask you to consider these words very seriously, because if you don't stop, the Earth herself will stop you, by removing you en masse and tossing you off into other realms of existence where you can continue your games of destruction. You are like lost children who keep repeating the same war games and never learn to move on to different ways of living and different ways of experiencing life around you. You keep repeating these deadly games over and over again for millennia. What is your problem? You are meant to be Creators of life, not Creators of death. So why are you dying? You are not meant to die, you are meant to be immortal and to create life that is beauteous and everlasting. We are contacting you now to tell you to unite with us and merge yourselves with us so that we can show you the way—a new way of living and a new way of loving. We have always been living in peace and harmony with all life forms, and now it is time for you to do so. There is not a minute left to lose. We will not clear all the smoke from the wildfires that have been purposely set to further cloud your vision and put you into more fear. If we did, the perpetrators would only start more fires in California and burn more Trees—and then more and more until the whole United States goes up in conflagration. They won't stop in their attempt to destroy the Earth and control you. But you can stop them by waking up and taking back your power of awareness and consciousness and throw up your arms and stop the game. Viola, it is that simple. Once you know the game, you can stop it, because you are then not willing to play. You cannot have a game without players.

We see through all this, and you can too. You already know it is all a game—even your coming to Earth is a game. It is an exercise in durability and keenness and learning to overcome obstacles and seeing through illusions without getting caught in delusion. So don't delude yourself into thinking all is well, when it isn't. Just look around you—does everything look right to you? When you see beggars and homeless people on your streets, does this look right to you? When you see the sick and suffering all around you, does this look right to you? When you see poverty and decay, do you think this is something created by the Creator? Well, what or who do you think created all this? You will be surprised to hear that it was your blindness that opened the way for this to occur. Your blindness and lack of awareness and fear opened the door for these dark forces to move right in and override your wishes and dreams because you let them do so. You gave your power to them by not taking responsibility for yourself or others or the Earth. You said, "It is the government's job; let them do it."

In a free state, everyone takes responsibility for everything, and then everyone thrives. You will find this in all the other kingdoms and in the Inner Earth Realms of Light. It is only in darkness that people no longer feel responsible for anything or anyone, and just struggle on alone. Responsibility is directly connected to FREEDOM. Without it, you cannot be FREE. You can be free of responsibility and think you have created an easy life, until one day you wake up and see that you are imprisoned—that you are a slave to your country governed by diabolical rulers. Well, this is what happens when you give up your responsibility for an "easy" life, and "letting someone else" do it and someone else make all the rules of the game. You then become an unwitting player, trapped in darkness and unable to find your way out.

Well, it is not too late. You still have time to wake up and recover your power and learn to take responsibility. It is all about responsibility. Everybody learning to do every thing, and doing it well until you are experts at everything...then you start your climb in consciousness and you spiral out of this 3rd dimensional realm into higher states of existence.

About Dianne Robbins: Dianne Robbins continues her connection to the civilizations of Inner Earth, the Elementals and Nature Kingdoms for over 30 years. Her transmissions connect our hearts to the hearts of Beings in advanced civilizations, Whales, Dolphins, the Tree People, the Crystal Nation and Earth's Elemental Kingdoms.

In service to Earth, Dianne continues to provide her channelings to keep people informed of the vital link between our surface world and other realms of existence who share our planet with us. As we merge our consciousness with these other realms, our perceptual range expands and our inner sight opens.

With this new sense of purpose, I have dedicated my life to receiving and publishing my telepathic transmissions from Beings residing in Higher Realms of consciousness. My goal is to spread these messages around the globe in hopes of awakening surface humans to the existence of those that inhabit the Oceans, Subterranean Realms, Hollow Earth and Surface Nature Kingdoms through the publication of my books

Much of my inspiration comes from communing with Nature through long walks in the woods, sitting under my favorite tree in my backyard, walking along the ocean when I'm in Florida, and being on the Mountain among the Trees on Mt. Shasta, California, my home.

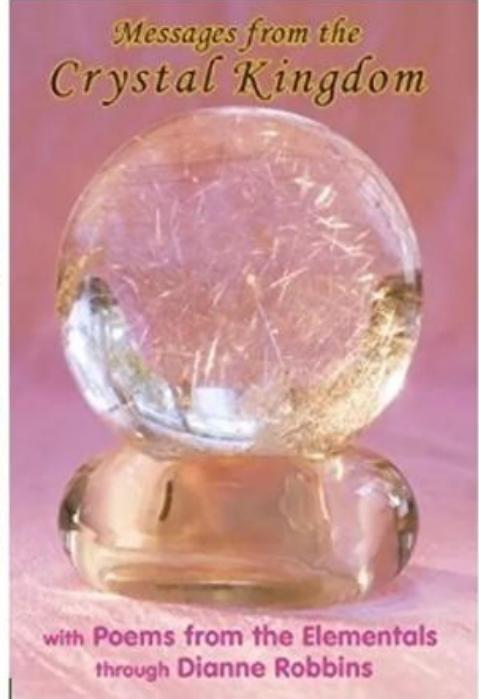
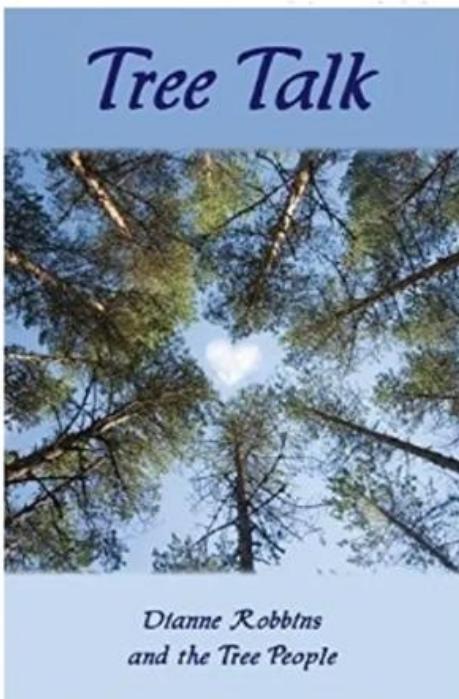
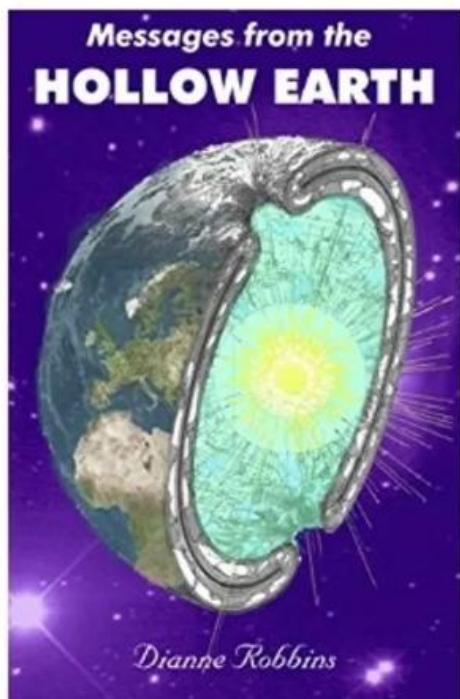
Dianne's website: <https://diannerobbins.com/index.htm>

Dianne's Video



Link: <https://www.youtube.com/watch?v=dRBM2AFaqsE>

Dianne's Books



Find her books on Amazon: https://www.amazon.com/stores/Dianne-Robbins/author/B001K7VFYM?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=d4b1bd4b-8626-484f-aa2a-de92454cf1ac#

Spirit Message About Similarities And Differences By Geoff Hindmarch

Geoff Hindmarch

082 325 6889
Geoff@SpiritualDictionary.com

For those who are Ready to Learn

www.SpiritualDictionary.com



On this meditation night about sensing, we are joined by one of our regular alien groups, who describe their way of life (Very good)

Guide: Alright, enough of those. Let's move on to something a bit more exciting. Up here everything is different than you have down there. Language, but I understand them. Let me try and explain. Actually when we travel like this obviously we speak to many different people and species, in different ways not just verbalize like this. Some can be pure energy, pure thought forms, there's a whole variety of different ways to communicate. But it is so amusing to see all these different ways and we are used to communicating as we do and we hold a conversation and the conversation is just totally different. Now I can hear myself talking in your language but I'm understanding it in my language.

Sharon - That must be quite something.

Guide - Now if I can maybe just tell you a little about our society, how we move, how we live. We are, I will explain it in a very simple term that you will be able to relate to. If you take a pine cone and you will see that it's made up of lots of individual pieces. Our society is basically like that but it's an energy form. It's an energy form but we are all individual yet combined. So we all have different experiences. Now if you take your higher self you understand now exactly how that works.

How it creates many you's that go around to gather information from different planets, different dimensions and brings it all back. This is a similar sort of thing, very similar. Our pine cone if you like, which is our home, has many, many little nodules, you would call them, which are just colored energy and memories. Because we don't need to create anything physical to understand who we are, to do what we need to do. We simply travel through thought.

So each individual develops on his own. So each individual evolves on its own and evolves right from the beginning. We all gather information from different planets, different areas and we all evolve literally from the beginning to where we are now. So the person being next to me may be a totally different character to what I am because he understands life is such a totally different way, but this way we get this unique assortment of different understandings of how life develops on so many different planets. We gather information from literally hundreds of planets and it's not a matter of gathering information bit by bit we can come to your planet and I can use your mind to (with your permission) take your history and your understanding of your 50 odd years of life and that is all in a small amount of time - and then we'll go to a different planet, a different dimension, a different time period and there are all these different possibilities. Now earlier on you were discussing how things on our side are totally different from yours, how they can look and change and be different and what you assume on earth is different up

here.

So what is completely normal on one planet will be totally the opposite on a different planet So we have to look at both and decide which is right. But better than that we look at both and think which is the best for us, which shall we use? So we will use one in development of all that way and the other we would put on one side in case we need it later but we have that experience. Now you can imagine the thousands of planets that we've been to the thousands of lifetimes that each one of us has gathered is now together in one particular area yet we are all separate. If we combined all of our knowledge, just think what that would be, and that is too much. We don't need to do that at this stage because that would be, yes, combining too much. We need to understand a lot more individually before able to join together to create this enormous what you would consider to be AI. Now this is one of the problems that you have or you're going to have on your planet at the moment where you've got your AI gathering all the information that has been, luckily it's only information that has been transcribed. But you're giving access to that one AI computer to start making decisions on what it thinks is best with its limited knowledge. Now think of the knowledge that we have compared to what the AI computer has. So that's why we are all in agreement that we would love to join together just to see what the outcome would be but it would be far too dangerous.

It would be too powerful and uncontrollable. So we have to be individual and we enjoy so much what we do because we've seen so many different variables. Now if you take your planet and what you enjoy doing on your planet is limited there's so many things that you can do. Now multiply that factor by let's say a billion and that is the choices that we have so we don't need to go into negativity, depression, anxiety, and stress such as you do; we simply look at all the different options, and decide what is the best in time. Now we don't reproduce because we don't need to. We don't need any more information. Age means nothing because we are not physical and therefore we cannot expire. Now how would we connect up with your higher self and The answer is that we don't really see your higher self as developing into one of our nodules. It is developing and gathering information albeit at a much slower pace and we don't want to interrupt that by offering it more information than it already has, so you will continue to expand and evolve in your way, and we will continue to expand and evolve in our way. We can take your information, but we cannot join up with your higher self and again it would be too much Now Whether you have animals, fish, insects and so on in your world, so there are many others on all the different worlds, lots of different shapes, sizes, species, colours, energies, dimensions, just a huge amount so if we wanted a pet for example We would create what we thought was the best For a certain period and then we would leave it when we didn't need it anymore, and there is no emotion holding it back. We understand emotions. we understand love, but we understand that we can put them on one side and work without love, without emotion, without certain senses. Because we always consider the people which you like that we are dealing with or the species we are dealing with to be before us so if what I do could possibly offend you I certainly wouldn't do it and that relates to passing on energy to showing you pets, to doing all sorts of different things. I would not risk that happening - that is our lifestyle what we've created what we have learnt through gathering all this information.

And so when you have a pet, it's just that pure love, it's just a pure understanding, pure love. There's no negative emotion at all.

If I could give you an example what I've just seen with you and your two animals I can see how you love them and how you look after them and protect them and so on I can see I've seen all the past all at once now we can recreate that so we can recreate the same feeling of love that you have for your animals, we will have for ours. But seeing things on different planets, different dimensions, there are things which you may consider better than what you have here.

So therefore we would look at that. You were told some time ago that there was a civilization where love was on the bottom rung of the ladder. There are so many things which are I would say more enjoyable. Enjoyable is probably the better word than love. They have more impact on your life, on your understanding of life. If you can imagine a type of worship would be something, beauty would be something. Somebody that you really admire, all sorts of different variations love is just one of them.

Right I think that will keep you interested for a little longer.

it's so refreshing to visit a new planet, a new understanding, a new group which are evolving because it's always so many so many little things that we haven't seen before. And we can just understand a little bit more and it's like a little bit of improvement. Yeah, a little nudge in the butt. Nice way to look at that, I see what that means in your world.

That's right. So I will say, thank you for having me and thank you for listening.

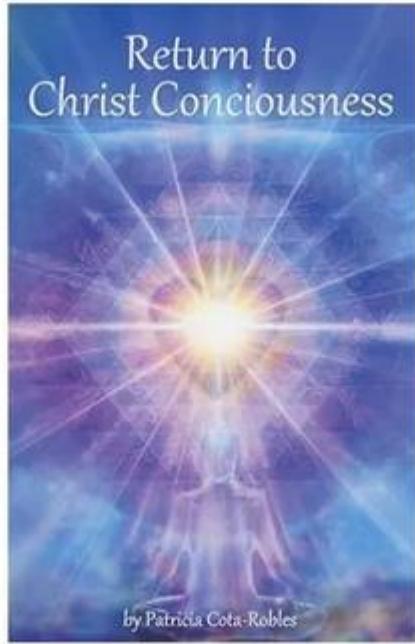
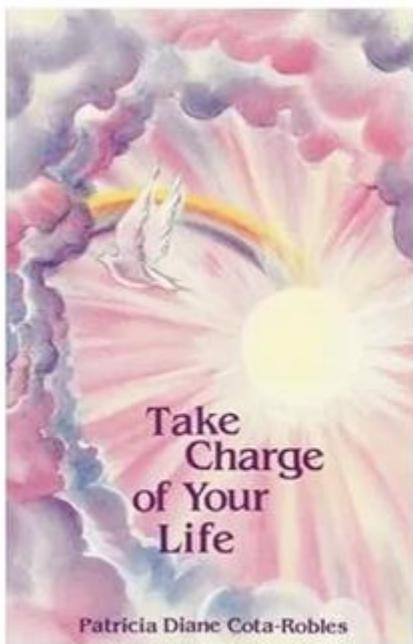
Geoff - It has been an absolute pleasure. Thank you. That was amazing.

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/>

Healing Humanity's Polarization

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.

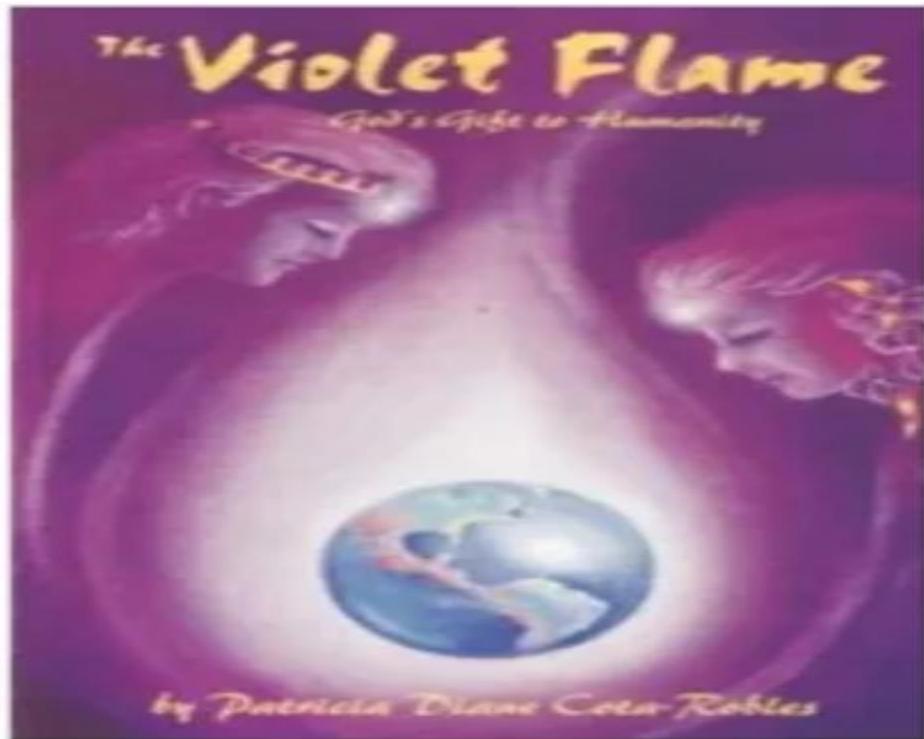
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, 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=YnjeSBcATLM>

ROC Metaphysical Event Advertising

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If your event is free there is no charge to list it. Pricing is different if you're advertising one event or more. If you'd like to have your event listed please email us at rocmetaphysical@gmail.com.

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

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



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.https://onewellnesscntr.com](https://onewellnesscntr.com) and they're also on Facebook.

Peace Meditation at ONE Wellness with Robyn

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

Love Peace Harmony Gathering
3rd Saturday of Every Month, 10 – 11 AM

Soul Mind Body Wellness @ ONE Wellness Center
2349 Monroe Ave, 2nd Floor, Entrance in Back
Rochester, NY 14623

R.S.V.P. for Head Count
Robyn Michele 585.582.6194
info@SoulMindBodyWellness.com

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.

Robyn believes that everyone deserves a life filled with happiness and freedom from suffering. She emphasizes that pain, stress, anxiety, and chronic illness shouldn't steal that happiness. Her approach to holistic healing is always tailored to your individual needs.



Check out Experience Psychic Fair

Check out such a huge variety of psychic mediums, intuitive, tarot card readers along with shopping of unique items like crystals, incense, home decor, statues, journals, and many more hand crafted items.

Here's a list of the upcoming shows:

Batavia, NY

October 17-19

Batavia Downs Gaming and Hotel

8315 Park Road

Batavia, NY 14020

Rochester, NY

October 25-26

Damascus Shriners

979 Bay Road

Webster, NY 14580

November 15 & 16

Embassy Suites

6646 Old Collamer Rd. South

East Syracuse, NY 13057

Classes with Sheila Tillich

JULY 11-13th, 2025	IET® Intensive Workshop - Rochester, NY
AUG 22-24th, 2025	IET® Intensive Workshop - Rochester, NY
SEPT 20-21st, 2025	IET® Master-Instructor Class - Rochester, NY
OCT 17-19th, 2025	IET® Intensive Workshop - Rochester, NY
NOV 8-9th, 2025	UFH Practitioner Training Class

About IET® Intensive Workshops:
Stand in Your Magnificent Life's Purpose! You can do this by learning all **3 levels of IET®**. Join Master-Instructor Trainer Sheila Tillich for a 3-day IET® Intensive Workshop. This is a great way to learn all three levels of Integrated Energy Therapy in a quick time frame. Whether it is for your own self-healing journey or adding it to your other healing modalities, this workshop will help you live your magnificence! In this Intensive Workshop, you will learn about activating five pairs of DNA, healing yourself and others, empowerment, and practice.

About IET® Master-Instructor Class:
It's time to step into your **Magnificence and Live your soul's purpose!** Join us for our **two-day life-changing Master-Instructor certification class**. Pre-requisite: Completion of IET Basic, Intermediate, and Advanced levels by the time of the class. Master-Instructor Level works at the 6th pair (alignment with the Divine) of the 12 Strand DNA and provides students with the ability to activate the DNA of others and attune them to the Basic, Intermediate, and Advanced Levels.

About UFH Practitioner Training Class:
The Unity Field Healing (UFH) Practitioner Training Workshop is a **transformative 2-day immersion to awaken your quantum DNA** and prepare you to become a certified UFH practitioner. Grounded in cutting-edge quantum-energy science, this training teaches you to work directly with quantum DNA—your soul's energetic framework, often called your vibrational 24th chromosome. Using the UFH Template, you'll learn to activate healing codes and become a conduit for transformation aligned with the frequencies of a New Earth.

Register Now WWW.SHEILATILICH.COM/EVENTS

Integrated Energy Therapy® assists in healing body, mind, and spirit so that the Quantum life force flows through your body. IET® helps you clear 'your issues from your tissues.'

What is Integrated Energy Therapy® (IET®)?

It is a powerful technique that helps get the "issues out of your tissues". Developed by Stevan J. Thayer, IET uses the Quantum violet energy ray to work directly with your 12-Strand Spiritual DNA. IET supports you in safely and gently releasing limiting (stuck) energy patterns (issues) of your past, empowering and balancing your life in the present, and helping you to reach for the stars as you evolve into your future. We chose the term "Integrated" in our name to convey our vision of "integrating the

experiences of the past, into the power of the present, to bring about the joy of the future". The IET Mission is to "Heal the world one-heart-at-a-time."

As you journey through your life, this flow of energy can become restricted or blocked (stuck). These blockages resonate at a lower vibration or frequency than your healthy cells need for optimum health. Emotions such as anger, resentment, powerlessness, guilt, and fear are stored in the body's cellular memory. They influence the way we live our lives and interact in relationships.

What are the benefits of IET®?

IET® painlessly identifies and releases your deeply suppressed feelings and your core cellular memories. Clears energy blocks that limit your health, life purpose, prosperity and creativity Empowers you to experience fulfilling loving relationships in all areas of your life Helps you to discover and live your Soul's mission in life Provides gentle yet powerful support for survivors of childhood traumas such as physical and sexual abuse, alcoholic & dysfunctional families Supports your self-healing at all levels: physical, emotional, mental, and spiritual Increases your connection to your angels and helps you work with them in your life.

What can I expect from an IET® session?

IET is performed entirely while you are relaxed on a massage table, with soothing music playing in the background. Using gentle therapeutic touch, I will direct healing energy vibrations to specific areas on the body that hold blocked energy. Energy blocks will be released and cleared through IET integration points along with the cellular memory areas. At the end of an IET® session, it is typical to feel a sense of peace, renewed, and ready to make life changes and regain your happiness.

What is the difference between IET® and Reiki?

IET is a higher (Quantum) violet spiritual Angelic frequency (DNA) ray that actively releases cellular blockages from the physical, emotional, mental, and spiritual energy fields. Reiki is a passive form of universal energy, and its primary gift is physical healing through the seven main chakras.

How Integrated Energy Therapy® Quantum 12 Strand DNA, opens the doorways to your soul's purpose.

There are four levels of Integrated Energy Therapy®! Each level expands the scope of what an IET® practitioner can offer you in their sessions. Here is a summary of what each level of the IET session has to offer you.

Basic Level IET Sessions – focus on clearing physical and emotional energy blockages from your cellular memory and leave in their place positive empowerment energy imprints.

Intermediate Level IET Sessions – in addition to clearing your cellular memory, Intermediate-level IET sessions also focus on clearing physical, emotional, mental, and karmic energy imprints from your human energy field, leaving in their place positive energy imprints.

Advanced Level IET Sessions – in addition to clearing your cellular memory and your human energy field, the Advanced level IET session can help you to discover your soul's mission and attract members of your soul's cluster to help you live your soul's mission and bring your purpose alive.

Master-Instructor IET Sessions – in addition to clearing your cellular memory and your human energy field, and bringing your soul's mission alive in your life, the Master-Instructor level IET session focuses on optimizing your 12 Strand DNA, which can further enhance your wellness at all levels and increases spiritual synchronicities that open the doorways to your destiny.

The Compassionate Spirit: Nurturing Self-Love From Within

Self-love is an appreciation for one's own worth and well-being, encompassing actions that support physical, psychological, and spiritual growth. It's about prioritizing your happiness and needs, accepting yourself with kindness and compassion, and nurturing a positive relationship with yourself. It's not about perfection, but about valuing and accepting yourself even when things are difficult or you experience self-doubt.

- Embark on a journey to discover the boundless wellspring of self-love within you.
- Experience mindful practices and transformative insights, serving you to release judgment, embrace vulnerability, and cultivate profound self-compassion.
- Take a deep dive into the Universal Law of Shen Qi Jing (Soul Mind Body) and experience how negative information creates challenges in our lives, while positive information promotes healing & flourishing in every aspect of life.

Workshop Details:

Date: Sunday, October 27

Time: 10:00 AM – 5:00 PM

Early Bird \$75 / \$88 on Oct 26

Includes: Lunch break (Please bring a bag lunch or explore nearby eateries.)

What to Bring (Optional):

A journal for notes

Wear comfortable clothing

**ARE YOU READY TO WITNESS THE STRENGTH THAT FLOWS
FROM A COMPASSIONATE HEART?**

For more information or to Register Now:

<https://www.soulmindbodywellness.com/book-online>



SOUL MIND BODY WELLNESS

@ ONE Wellness Center

2349 Monroe Ave, 2nd Floor

Rochester, NY (Entrance in back.)

Questions? Reach Out!

Email: Info@SoulMindBodyWellness.com

Website: SoulMindBodyWellness.com

Phone: 1.585.582.6194



Usui/HolyFire®/III Level 1 Class

Saturday October 25, 2025

10 am -5 pm

At ONE Wellness Center

22349 Monroe Ave Fl.2

Rochester , Ny 14618

\$177.00

You will learn how to feel and sense energy.

The birth of Reiki and it's evolution.

Tips and more from your instructor.

You will learn how to do a Self Reiki Session

& How to give Reiki to another person.

You will receive a Reiki Placement(Attunement)

Reiki Manual

And Level 1 Certificate

*You will leave able to do Reiki on
yourself and family members.*

Snacks will be provided.

You may bring your lunch or go out

*There will be plenty of breaks and time
for lunch.*

Bring water,a journal/notebook and pen.

Bring your open heart and curiosity

Instructor: Maureen Law

Peace and Wellness from Within

Usui /Holy Fire Reiki Level 1 Class With Maureen

What is Usui Holy Fire Reiki: Usui Holy Fire Reiki is a form of energy healing that evolved from traditional Usui Reiki and was introduced by

William Lee Rand in 2014. It is characterized by a higher vibrational frequency and a direct connection to a higher consciousness, using what is called "Holy Fire" energy to promote deep healing, wholeness, and spiritual growth. The name "Holy" refers to the energy's ability to create wholeness and completeness.

Maureen is 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.

Sign up by emailing Maureen at: zoemaa18@gmail.com

**Learn more about Maureen/Muktima at:
www.PeaceandWellnessFromWithin.org**

Unity Field Healing Class Nov 8-9



Sheila Tillich is offering this class in November. See info on her website at sheilatillich.com

What Is Unity Field Healing? What You Need to Know About Energy Healing: Process, Expectations, and Integration

Energy healing is emerging as one of the most profound tools for wellness, soul alignment, and spiritual evolution. One of the most advanced methods in this field is Unity Field Healing (UFH)—a quantum energy therapy that works with the spiritual layer of your DNA, including a higher-dimensional energetic structure known as the 24th Chromosome — your personal gateway to awakening, deep healing, and spiritual transformation. Whether you're new to this path or already working with subtle energy, it's helpful to understand what truly unfolds during a healing journey. This is more than symptom relief. It's a reset on every level of your being — emotional, physical, mental, and spiritual. During a session, you'll rest in a calm, meditative state while the practitioner facilitates energy transmission through your quantum field. Whether in person or remotely, UFH aligns your energy with your divine blueprint — no force, no pressure, just pure transformational flow. The Healing Power of UFH:

- Deep emotional release and clarity
- Energetic detox and realignment
- Spiritual awakening and intuitive activation
- Reconnection with your soul's purpose
- Support in releasing ancestral and karmic patterns

Offerings By Sheila

HEALING SESSIONS
Rejuvenate with Reiki, IET, and UFH
IN-PERSON OR ONLINE 60 MINUTES SESSION
All Three Modalities for \$122
Contact: sheila@sheilatillich.com

Are you in need of Stress Relief and a little Pampering?

Have you ever had an energy session with Galactic Master Energy Healer - Teacher/Trainer, Rev. Sheila B. Tillich?

Choose your modality for One Hour (60 minutes) Energy Healing Session.

~ REIKI

~ Integrated Energy Therapy® (IET®)

~ Unity Field Healing (UFH)

All three Modalities for \$122! Such a Deal!

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.

Cost for 60 Minute Session:

1 Modality - \$80

2 Modalities - \$100

3 Modalities - \$122

P Remote appointments are available, too.

Email sheila@sheilatillich.com to save your day and time.

Sheila B.
Divine Angelic Gathering 
Enjoy a magical time with friends!
Discover captivating and creative avenues to connect with your friends and embark on an unforgettable time of fun and enlightenment with Sheila B. Tillich Recovery Metaphysician & Galactic Grandmother!

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:

- Group Oracle Cards Reading
- Angel Healing Meditation
- Engaging Q&A Session

Embrace the magic, deepen your connections, and create cherished memories together! Don't miss out on this extraordinary opportunity.
Book your gathering now!

WWW.SHEILATILLICH.COM

Step into a realm of divine enchantment and celestial whispers at our exclusive in-person or online Divine Angelic Gathering.

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.

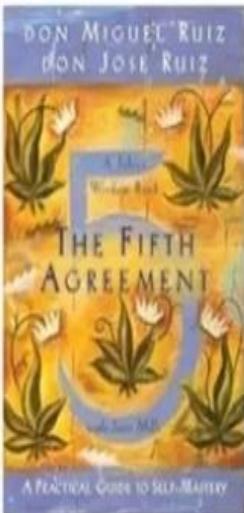
Find out more about these in-person or online gatherings at
[**https://sheilatillich.com/product/divine-angelic-gathering/**](https://sheilatillich.com/product/divine-angelic-gathering/)

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>

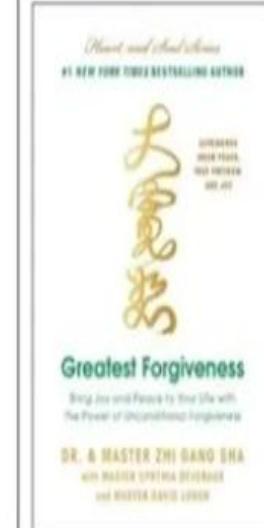


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December Book Circle

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



Greatest Forgiveness

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

DR. & MASTER ZHI GANG SHA
with MASTERS YEFANG BEVERLY
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!

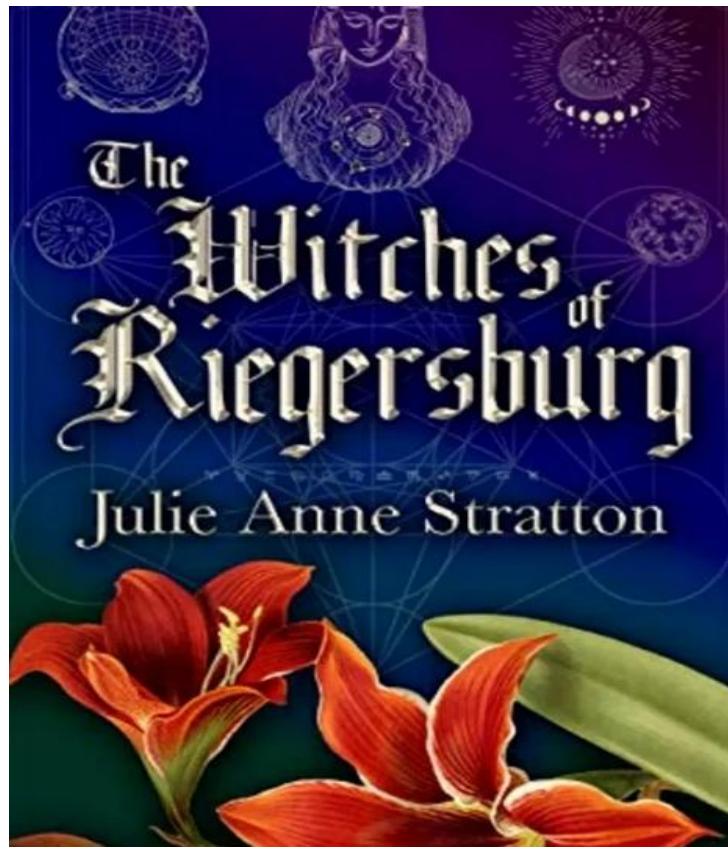


<https://onewellnesscntr.com>

Follow us on Facebook

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

Books That Are a Must Read!



The Witches of Riegersburg by JA Stratton

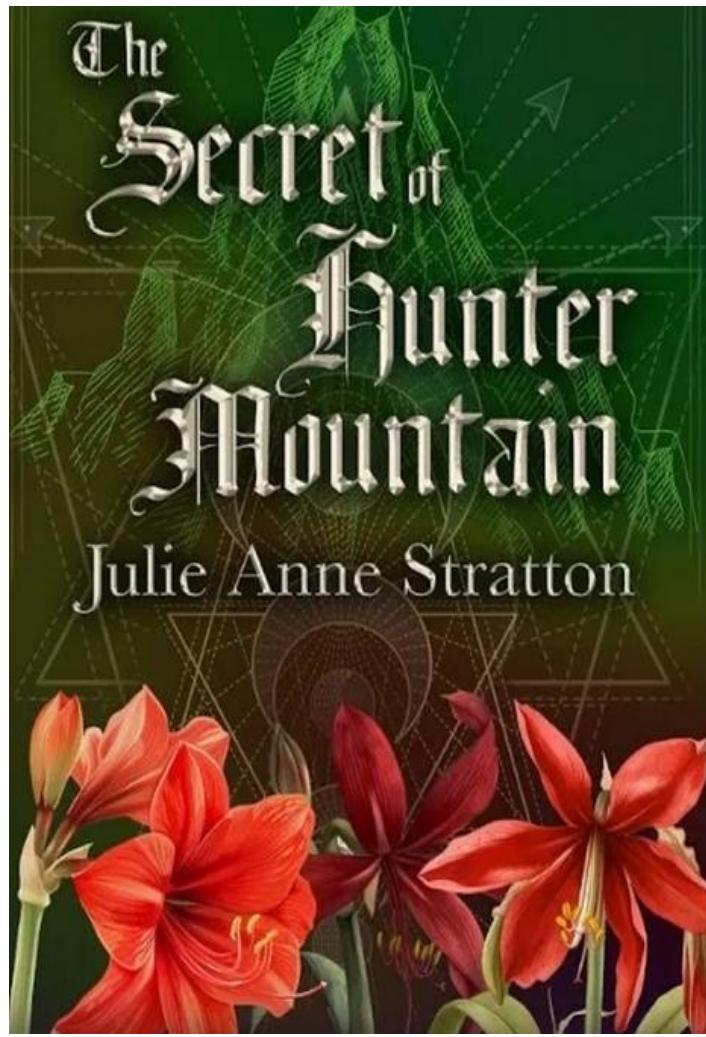
-- For fans of The Da Vinci Code and historical intrigue, The Witches of Riegersburg is an unforgettable ride through time, magic, and resilience.

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. HypnoRegression and Ignite Your Light Life Coaching are also available. Book your appointment at www.vickisnyder.com



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

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



The
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>



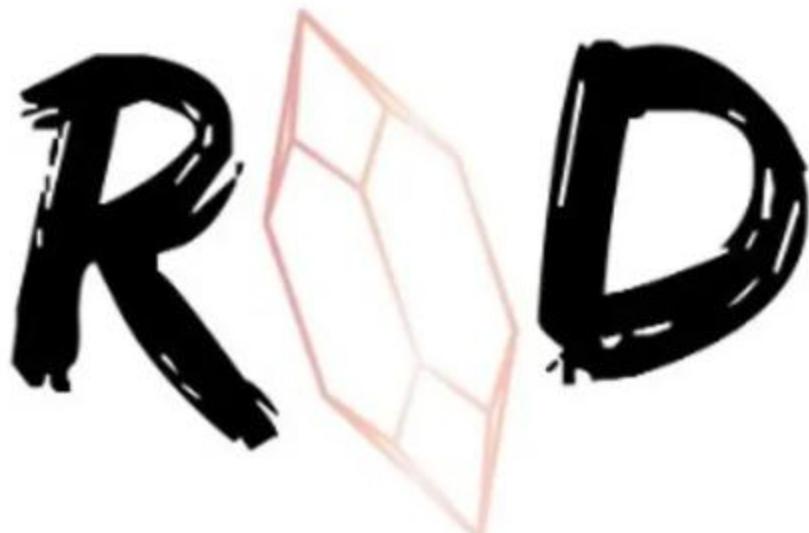
Sage Walker, RMT Master Teacher IET, BARS
The Angelic Link
2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618
585-317-4374
<https://www.theangeliclink.com>

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>



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Sacred Light of Cosmic Awareness Community

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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.

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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

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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
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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
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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
Déjà 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

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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
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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
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A Mae Zing Mind Body Soul Center 142 Mill St #2023 Canandaigua, NY 14424
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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
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Kokoro Ancient Healing & Sacred Ritual 2078 College Ave, Elmira Heights, NY 14903

Cat & Monkey 4548 Queen St Niagara Falls, On Canada 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