

ROC *Metaphysical*

Our Mission is to Enlighten and Inform

September 2024

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for the month:

Energy Art By Angelina Stewart

Cosmically Speaking - Who and What Are Arcturian Starseeds? By Judy Lynn

**'A World In Chaos' - It's The Mind Vampires On The Rampage
By Anthony Talmage**

Divine Appointments By Barry & Joyce Vissell

The Surprising Value of Rest By Leo Babauta

My Journey Towards Well-Being By Maureen Muktima Law

What is Mabon?

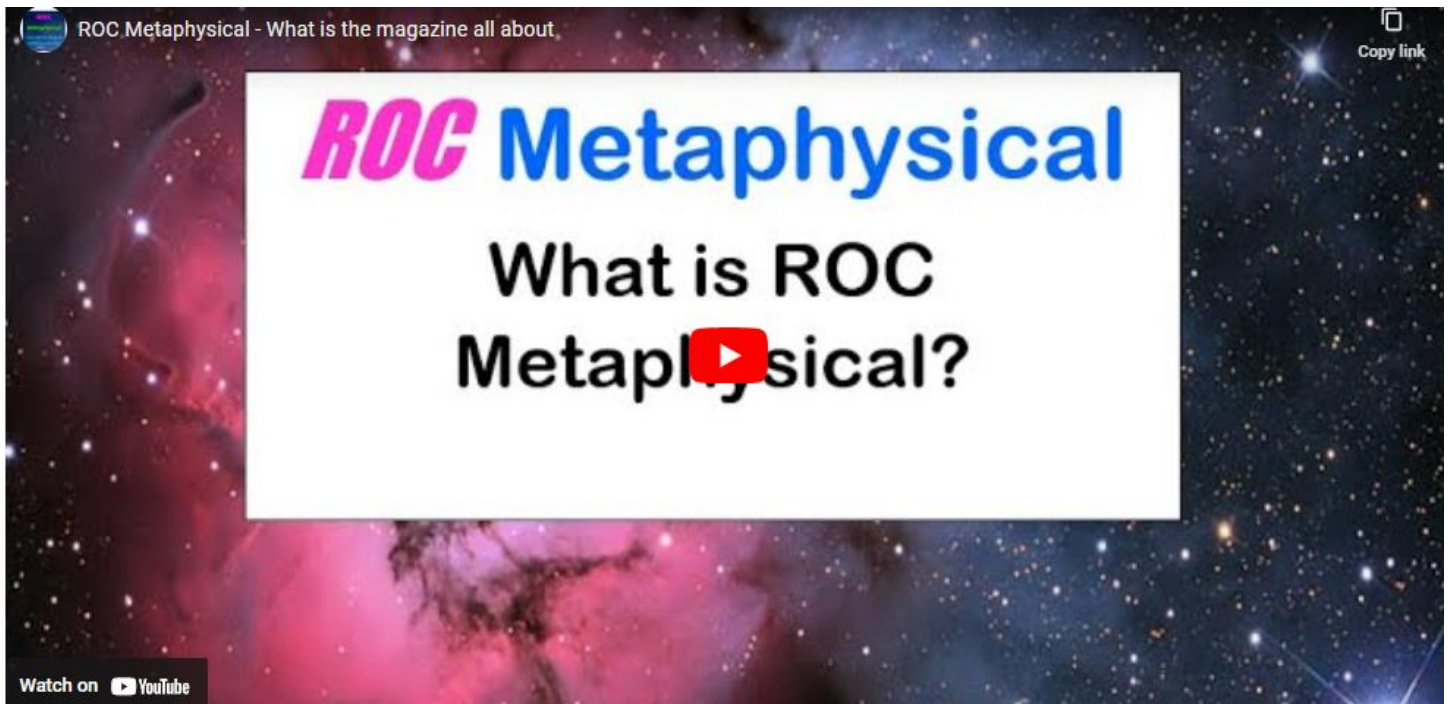
Releasing Resistance To Love By Ann Albers

Is Intuition From God? By Lee Carroll/Kryon

Activating Your DNA By Shelly Dressel



What Is ROC Metaphysical All About?



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

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

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

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

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

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

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

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

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

And for folks who are techie, to keep connected in other ways, the magazine is found on Facebook, Instagram, Pinterest, Linkedin and MeWe. Be sure to check us out on those platforms. If you have any questions email me at Rocmetaphysical@gmail.com

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

Find ROC Metaphysical At These Sites



<https://www.youtube.com/channel/UCUckLvvdv53djMGuUR-muQ>



pinterest.com/rocmetaphysical



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



[roc_metaphysical](https://www.instagram.com/roc_metaphysical)



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

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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.



Read Channeled Messages

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



Learn About Incredible Alternative Businesses

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



Lots of Interesting Events

There's so much to do and make time. Go to the Event page to see what activities are coming up that you should sign up for.

We Have A YouTube Page



Learn about paranormal investigations from two people who have a spiritual background and use tools and investigative techniques



Listen to Galina Krasskova about northern traditions, heathenry and of course Odin



Listen to Bernie Beitman, a MD who looks at synchronicity from the spiritual side and also the analytical side

Go To Our YouTube Page



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

ROC Metaphysical Online Magazine Articles for September 2024

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By Angelina Stewart

Judy Lynn



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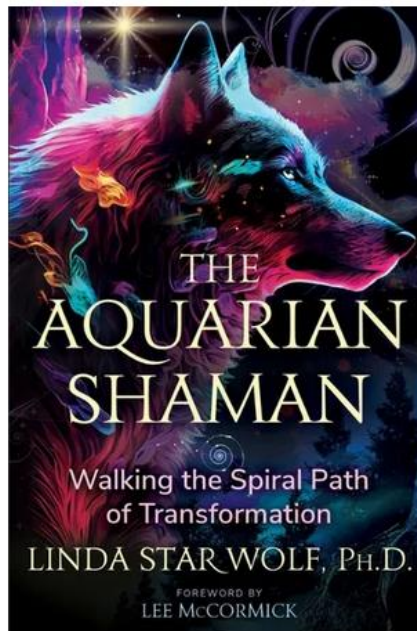
Magic Spells By Jill Mattson

Celebrating Fall - Mabon



What is Mabon?

ROC Metaphysical Book Review



The Aquarian Shaman Walking The Spiral Path
of Transformation
By Linda Star Wolf, PhD

Sound Healing



What Can Sound Healing Do For You?

Mama Donna Henes

**SOMETIMES IT'S THE
SMALLEST DECISIONS
THAT CAN CHANGE
YOUR LIFE FOREVER.**



MAMA DONNA HENES

The Queen's Chronicles: BEGIN AGAIN
By Mama Donna Henes

**The most beautiful and
profound way to change
yourself is to accept
yourself completely,
as imperfect as you are.**

Channelings



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

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

Channeling can be done in two different ways:

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

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

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

Channeling Articles

Ann Albers



Releasing Resistance To Love
By Ann Albers



Shelly Dressel



Activating Your DNA By Shelly Dressel

Jamye Price



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Patricia Cota Robles



The Emerald Flame Activation Has Begun
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Is Intuition From God?
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SOMETIMES IT'S THE
SMALLEST DECISIONS
THAT CAN CHANGE
YOUR LIFE FOREVER.

The beauty of life is,
while we can't undo
what is done, we can
see it, understand it,
learn from it and
Change.

When you are reluctant to change,
think of the beauty of autumn.

— V V Brown —

Energy Art By Angelina

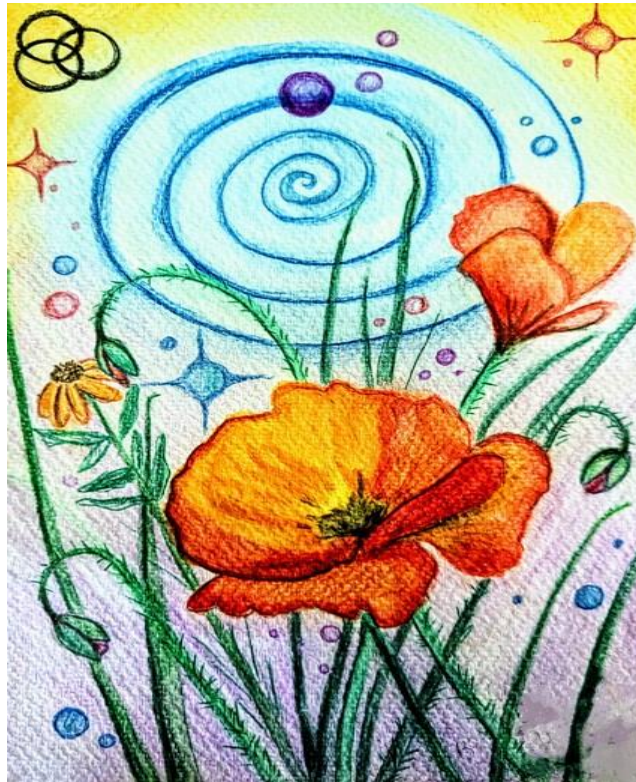
About Angelina and her art



At a young age, I discovered my purpose in life was to help others. Making candles became my creative outlet and after a year of making them I started making them a healing candle that you can use on your skin. I began infusing them with vitamins, botanical oils, and essential oils for several skin benefits and aromatherapy.

As I traveled on this journey, I found myself being drawn to the metaphysical world. I became more spiritually aware, and sound healing kept presenting itself to me, anywhere I'd go it would poke its head out at me and smile. I pursued this calling and became a certified Sound Healing practitioner, studying under renowned experts. Now, I use my intuition and spirit guides to perform unique sound journeys/healings that help others find their best versions of themselves and live their best lives. During a sound Journey/healing I use several instruments such as Crystal singing bowls, Tibetan bowls, Thado bowls, native American flutes drums, chimes, shakers rattles and whatever else I feel guided to use. Also, if I feel necessary, I will use Sage, Palo Santo or different essential oils and apply to the body. As I continue to practice sound healing, my ability to sense and connect with the energies of others has become increasingly refined. While I have always been perceptive to energies, my recent practice has allowed me to tap into this skill more profoundly. I have been an artist since I could hold a pencil and possess the ability to sketch what I observe. I perceive people's energy as flowers, each with its unique significance. Additionally, I see shapes, colors, and symbols, which I illustrate. I do not always comprehend the flowers' meanings or the symbols' interpretations, so I decode them and include the reading on the back of the drawing. This novel offering which parallels of tarot has been well-received by clients.

Find her art, healing schedule and more on her facebook page: <https://www.facebook.com/p/Soulful-Harmony-100091889194809/>



Balance and Harmony

Poppy Flower Meaning and Symbolism: Honor & Remembrance. You honor those who honor you and remember the good times and the bad. Knowing that each of these encounters have made you exactly who you are today. It's also saying it's very important you find time for more sleep and rest. So you can recharge and center yourself.

The Black-Eyed Susan flower essence helps the soul in its integration of both light and dark, perceived and hidden aspects of the consciousness. Yin and yang. The good and the bad. Again you know without both you wouldn't be who you are today. We need all these experiences so we know the differences between them.

The symbol on the top left represents protection. As you are very protective of those you care about. And can be fierce when necessary. The more times than not you are more of a lover. Hence the hidden heart within the poppy flower.

The blue spiral represents balance and Harmony the spiral teaches us about balance and Harmony. Its elegant swirls it embodies The same as the dance between opposites light and dark, positive and negative. It reminds us that equilibrium is essential for a harmonious life and spiritual well-being.

The color orange represents strong relationships, with family and friends. You also honor those. The color also represent fieriness.

The color purple representative your connection to the Divine world. You have moment where you know but do not listen because you don't want whatever it may be to be true. Listen to yourself!

The yellow represents your creativity and strength within. People look to you for your strength.

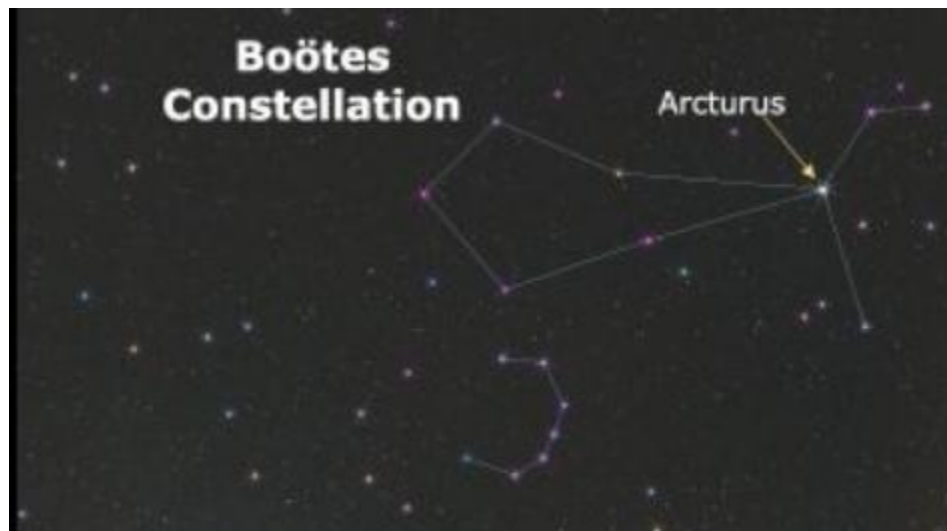


Highly Blessed

The primary symbolic meanings of a King protea flower are strength, courage and resilience. They also symbolize diversity due to the hundreds of colors they come in and variations and shapes and its ability to thrive even in the harshest environments. The orange and the flower represents happiness, optimism, and creativity. But it also on the negative side represents impatience. The purple represents royalty power and ambition. The purple shooting star shows that they have an Awakening spiritual connection. You are being shown that you are on the right path. The symbol on the top right is a representation that blessings are being poured In your direction. A gift from the Divine is being poured out onto you. The clockwise spiral in the eye represents your intuition and connection to the universe. The blue counterclockwise spiral also represents your spiritual connection and intuition. The blue also shows you possess great influence both positively and negatively with the words you use with people.

Cosmically Speaking - Who And What Are Arcturian Starseeds

By Judy Lynn



This post and those that will follow over the next few months on Starseeds, are my interpretation through the research I have done. I must add also with help from my spiritual team of guides who always assist me down the rabbit holes of life.

Join me as I delve into the characteristics attributed to over 20 Starseed archetypes. As we explore their physical, emotional, and energetic makeup, while acknowledging the lack of scientific evidence to support their origins and mission on Earth. They are in no particular order, accept maybe Alphabetically.

1. Arcturian Starseeds:

The concept of Arcturian Starseeds is a fascinating one, dwelling in the intersection of spirituality, New Age beliefs, and the perennial question of extraterrestrial life. Emerging from the New Age movement, it posits that some humans are not originally from Earth, but rather reincarnated beings from the Arcturian star system. These Starseeds are said to carry the wisdom and purpose of their Arcturian origin, subtly influencing humanity's path towards enlightenment. They are believed to be souls originating from the Arcturian star system, specifically the star Arcturus, who have incarnated on Earth with a specific purpose.

Physically, while descriptions vary, Arcturian Starseeds are described as being indistinguishable from other humans. They walk among us, seamlessly integrated into society. However, some proponents believe subtle differences may exist. These can include a symmetrical face, or a naturally tall and slender build. Starseeds might have an unusually strong connection to nature, a yearning for the unknown, or a gaze that seems to hold the vastness of space. Some accounts suggest they may have blue or violet skin tones and large, wise eyes. It's important to remember that these are purely speculative descriptions, not based on scientific evidence.

Emotionally, this Starseed is said to be deeply empathetic and intuitive. They possess a strong sense of justice and a yearning to help others. They may feel a deep sense of "otherness," a disconnect from the

prevalent emotions on Earth. This can manifest as a strong idealism or a yearning for a more peaceful and harmonious world. A longing for something beyond the mundane material world is often ascribed to them, along with a discomfort with societal norms that feel restrictive or inauthentic. They may grapple with feelings of isolation or being "out of place," stemming from a subconscious awareness of their extraterrestrial origins.

Perhaps the most distinctive characteristic of Arcturians is their energetic signature. They are believed to vibrate at a higher frequency than most humans, which can manifest as a natural ability to heal, an enhanced connection to nature, or vivid dreams and encounters with non-physical beings. Arcturian Starseeds are often drawn to creative pursuits, technology, or alternative healing modalities, as these resonate with their inherent energetic makeup. A thirst for knowledge and a questioning nature are also said to be common traits.

The question of when Arcturian Starseeds arrived on Earth is shrouded in mystery. There's no scientific evidence to support the concept, and beliefs within the New Age community vary greatly. Some claim they have always been present on Earth, while others posit a more recent arrival, perhaps coinciding with periods of significant historical or spiritual change, subtly guiding humanity's evolution.

The Arcturian Mission - The core belief is that Arcturian Starseeds are here to assist humanity in its spiritual evolution. They are thought to be natural teachers, healers, and leaders, with a deep well of wisdom to share. Their mission may involve promoting peace, environmental consciousness, and a shift towards a more enlightened way of living.

A Note on Belief Systems

It's important to acknowledge that the concept of Arcturian Starseeds is not grounded in scientific fact. It falls within the realm of spiritual belief systems. There is no verifiable evidence to support the existence of Starseeds or past lives on other planets. However, the idea holds a certain allure. It offers a captivating explanation for that nagging sense of not quite belonging, the yearning for a greater purpose, or the deep wellspring of knowledge. Whether viewed literally or metaphorically, the Arcturian Starseeds concept encourages introspection and a deeper understanding of oneself.

Ultimately, the existence of Starseeds of any archetype is a matter of personal belief. But the concept offers a fascinating exploration of human consciousness, our place in the universe, and the ever-present yearning for connection and purpose.

However, the idea resonates with many people who find comfort and purpose in the idea of having a larger cosmic role to play. Whether viewed as a literal truth or a powerful metaphor, the Arcturian Starseed concept encourages introspection, self-discovery, and a commitment to making a positive impact on the world.

Listen to the Whispers of the Cosmos!

Blessings,
Judy Lynn

About Judy Lynn: Judy Lynn is an internationally renowned psychic medium and teacher with a profound ability to connect individuals with their loved ones in the spirit world. With a career spanning decades, she has honed her craft through extensive training in Lily Dale, NY, and under the guidance of esteemed teachers worldwide. As a founding member and accredited psychic medium at the Institute for Spiritual Development in Oneonta, NY, Judy is dedicated to sharing her knowledge and compassion with

others.

Experience the power of connection through Judy's insightful and evidential readings. Whether you seek guidance on love, career, or life's purpose, or long to reconnect with departed loved ones, Judy's compassionate approach offers solace and clarity. Choose from in-person sessions at her Earlville, NY office, convenient phone or Zoom consultations, or create an unforgettable experience with a psychic home party.

Beyond her private practice, Judy is a certified healer and teacher, sharing her wisdom through the Spirit Compass Academy. Explore a world of spiritual growth and development with online classes designed to empower your journey.

Judy has been delving into the fascinating world of Starseeds and is excited to share her discoveries with you. Get ready to embark on a journey through the diverse universe of Starseed archetypes as she introduces them to you over the coming months.

Judy's website: <https://www.judylynn.org/>

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

Interview with Judy



Link: <https://www.youtube.com/watch?v=rcCyz2HJYhs>

A Super Blue Moon Day —When Allergies and Deeper Presence Collide

By Christianne Asper-Contant



3 tools for honoring the present moment amidst physical and mental discomfort

What keeps you from throwing your intentions down the drain when your head is foggy, your body feels uncomfortable and your energy is all depleted?

The good company of a new loving habit, reliable self-care, and the wise practice of surrender kept me from losing sight of my intention on this recent super blue moon day. As I grappled with sinus allergies and physical discomfort my appreciation for the value of integrating one's inner and outer environments was reinforced.

For over a decade, I've been nurturing a certain moon ritual that delights and challenges me every month. Struggling to open swollen and itchy eyes along with constant earth-shattering sneezes, was this super blue moon's challenge. Confirming autumn's arrival a month ahead of time, my humbling sinus allergies would put my ritual to the test.

Each new moon cycle, I set an intention for something I wish to cultivate and once the full moon arrives I take the time to delight in its impact on my life, big or small. Feeling moved to minimize distractions, the intention for this month was to grow 'Deeper In The Now'. Yes, overcoming the kind of distraction preventing you from taking a single breath through your nose or being able to sit straight makes presence a challenge.

Considering the contrast between my inner intention and circumstances demanding my attention, I decided to appreciate the rich soil I sat on. So, on this unusually distracting super blue moon day, Mal-Estar* and all, a deeper flavor of presence was experienced.

Here are the 3 things I did and as a bonus, outside of feeling a touch more tired than usual, I was back to my clear and allergy-free self the next morning.

1. Gratitude —Being that my sneezes were so frequent and violent in force, I decided to express love to myself each time they came. Will these mini-doses of affection translate into a new habit? I just hope I don't have as many reasons to practice it in a single day.

2. Self-Care —Beyond alleviating symptoms, our reliable remedies provide instant comfort, don't they? My Ayurveda remedies included: using a neti pot to clear the allergen followed by nasya to coat the passageways, freshly ground ginger mixed with a touch of pippali and good honey as tea, preparing a nourishing and delicious kitchari to strengthen my digestion and in turn bolster my immunity.

3. Surrender —Since accepting my body's limitations serves as such a poignant reminder of balanced living, this is a near and dear topic. Regarding this particular day, it had been pre-scheduled with well-spaced-out commitments making it possible for me to show up for them while also taking rest when needed. Everything else on the calendar's original plans was set aside.

As the super blue moon faded into memory and I emerged from the fog of discomfort, I was left with a yet deeper appreciation for the value of integrating our inner and outer environments. The following morning I delighted in the recognition of how an intention can be nurtured and steadily held by a new loving habit, regular self-care, and surrender.

Tchau Christianne

***Mal- Estar is the opposite of Bem Estar.**

'Bem Estar': Two little words from my native tongue that capture the experience of navigating one's outer landscapes through an inner compass. My journey towards greater 'Bem Estar' has led me to help others find a more wholehearted and lighter way of living through my Well-Being Compass method.

About Christianne:

Christianne is a Holistic Wellness Coach with over two decades of expertise in Ayurveda and Yoga. Her comprehensive approach to optimal health emphasizes the importance of harmony within oneself, especially when facing life's challenges. Based in Rochester, NY, Christianne serves as the Yoga Director at The Assisi Institute and the driving force behind Well-being Compass.

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

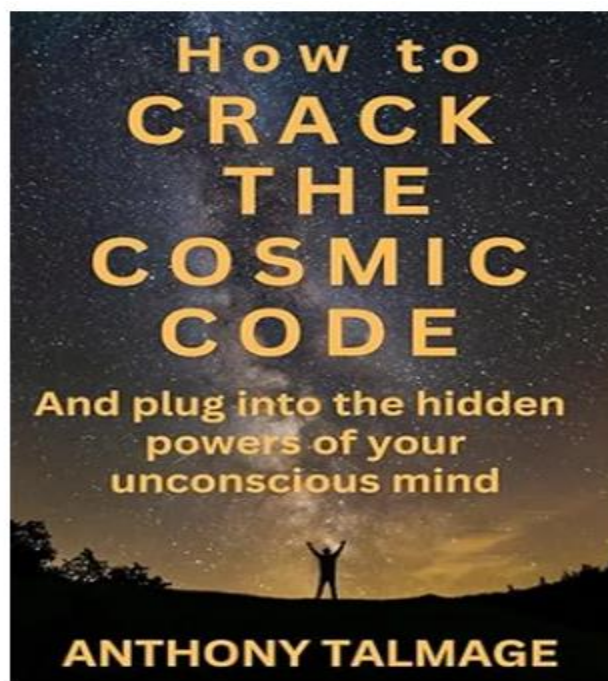
Christianne's Website: <https://well-beingcompass.com/>

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

Christianne Asper-Contant's Video



Link: <https://youtu.be/ia7bMdOApx0>



Look around you. Everywhere seems to be in the grip of a collective madness. Currently, the international humanitarian and human rights organization, the Geneva Academy, is monitoring 110 conflicts across the globe. Yes, 110. Military experts say the world has not been in such a dangerous place since the end of World War II. Meanwhile, the ideological divide in so-called civilized countries like the US and the UK is becoming ever more polarized.

One political party might urge more open immigration while another defends immigration controls, on abortion Party A favors pro-choice and Party B pro-life, on climate change Party A wants action and Party B advocates caution. On the face of it, all perfectly reasonable stances to take. So why has the debate become so sulphurous? Why are there such sinister clouds hanging over our once peaceful and ordered lives? Why does it feel as though our world, and the one beyond our shores, is teetering on the brink of conflagration?

I believe there is a metaphysical element in play and that we humans are being manipulated by invisible, malevolent forces getting into our heads - Mind Vampires if you like - that are capitalizing on the fear and division that humanity has been stirring up, and giving vent to, on social media.

The idea of Mind Vampires might sound far-fetched, but in the metaphysical realm these entities feed off the collective fear, anger, and despair of humanity. Like parasites, they latch onto societies, drawing on paranormal, supernatural, and occult energies to foment discord and amplify chaos. And, in a feedback loop they manipulate our emotions, pushing us toward more hatred and violence, deepening the divisions that tear at the fabric of society.

In this context, the waves of terrorism, the rise of extreme ideologies, and the pervasive fear of the “other” are not mere coincidences: they are deliberate, calculated efforts by these unseen intelligences to

plunge the world into darkness. And while we fight each other, they grow stronger, feasting on the negativity unleashed.

While these dark forces run rampant, our governments seem disturbingly detached from the results of their decisions and the consequences that arise from their policies. Instead of solutions, they offers platitudes and this disconnect breeds more anger and frustration.

So, what's to be done? The good news is we 'ordinary' people are not as helpless as we seem. What if, instead of succumbing to fear and anger, we could turn the tide by harnessing the same supernatural energies that the dark forces use against us? The idea might seem daunting, but metaphysics tells us that the power of light is always greater than the power of darkness - if we know how to access it. Here are some practical ways in which you and I can fight back and help restore some equilibrium to this volatile world.

Strengthening our Minds: The first step is to fortify our own psyche against these negative influences. Mindfulness and meditation are powerful tools that can help us become more aware of our thoughts and emotions. By cultivating inner peace, we make ourselves less susceptible to the manipulation of Mind Vampires. Set aside time each day to meditate, focusing on positive energies and envisioning a world filled with love and harmony. Imagine a protective shield around you, repelling any negative influences that might try to penetrate.

Using Dowsing for Protection: Dowsing, the ancient art of seeking hidden knowledge using a pendulum or rod, can also be employed to combat these dark forces. By asking specific questions about your environment or even your emotional state, you can identify areas where negative energies are most concentrated. Once identified, you can take steps to cleanse these locations, using crystals, smudging with sage, or simply filling the space with positive intentions.

Fostering Community Resilience: Mind Vampires thrive on division, so one of the most effective ways to weaken them is by fostering unity. Start within your family and then community by building strong, supportive networks. Host gatherings that focus on positivity, whether through shared meals, group meditations, or simply open discussions about the challenges you face and how to overcome them together. Unity creates a collective force that is far more difficult for dark entities to infiltrate.

Channeling Positive Energy through Rituals: Rituals have been used for centuries to harness supernatural energies for good. Consider incorporating simple rituals into your daily life - lighting a candle with the intention of bringing light into the world, or creating a small altar with symbols of peace, love, and protection. These actions might seem small, but they focus your energy and intentions, creating ripples of positivity that can counteract the forces of darkness.

Engaging in Acts of Kindness: Never underestimate the power of kindness. Each act of kindness sends out a wave of positive energy that can disrupt the flow of negativity. Whether it's helping a neighbor, volunteering in your community, or simply offering a smile to a stranger, these small acts have a cumulative effect, building a stronger, more resilient society that is less vulnerable to chaos.

So, try to cultivate a positive attitude to life until it becomes a habit. Then spread the habit by just being you.

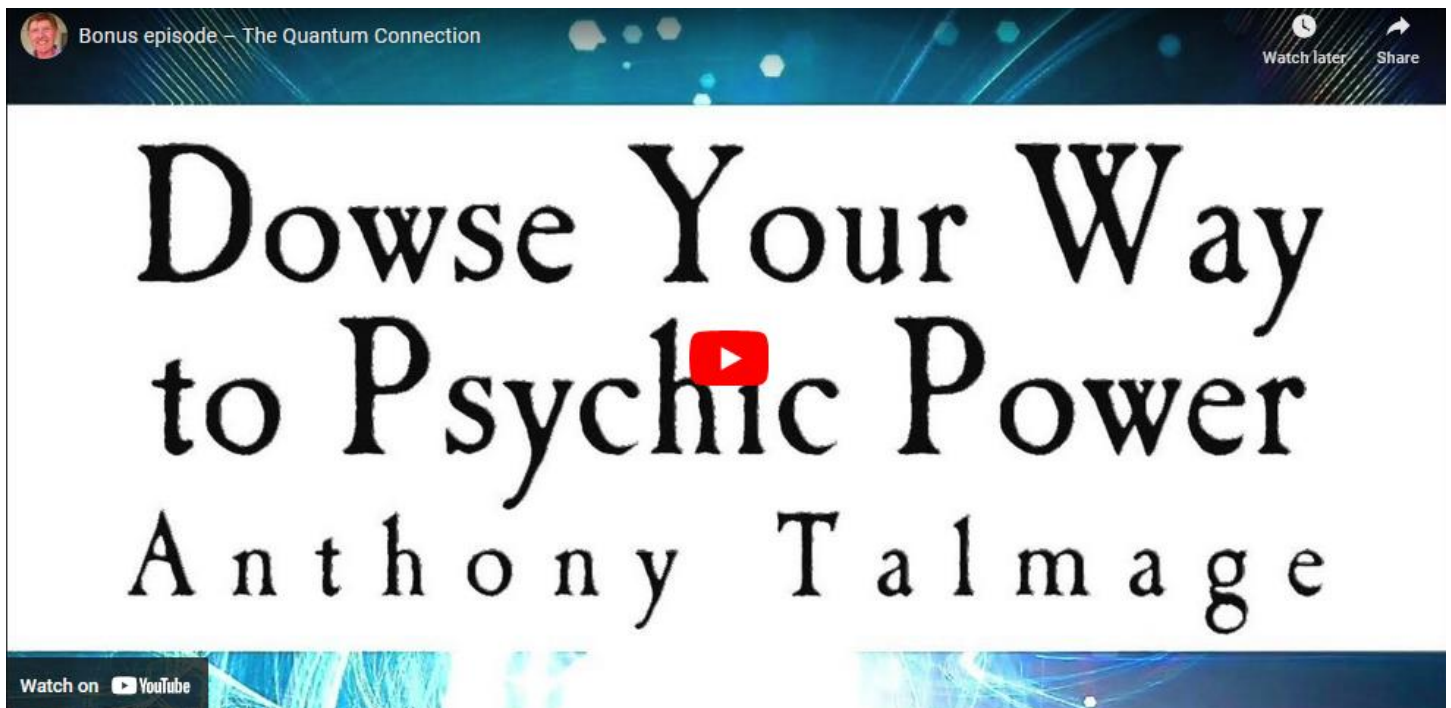
Why would any of the above work? It will work because human consciousness has enormous power to create and harness positive energies. The world may seem to be in the grip of mass insanity, but as you now know we are *not* powerless. We can create a counter-force of light, love, and unity. It's time for

ordinary people to rise up, to protect our communities, and to reclaim the world from the forces of evil. Together, we can turn the tide and restore order out of chaos. The journey may be challenging, but the power to change the world lies within each one of us.

About Anthony Talmage: Anthony Talmage is author of four books in his Psychic Mind series, *Dowse Your Way To Psychic Power*, *In Tune With The Infinite Mind*, *Unlock The Psychic Powers Of Your Unconscious Mind* and *How To Crack the Cosmic Code* (And plug into the hidden powers of your unconscious mind) all available in Kindle, printed and audio versions from Amazon – just put Anthony’s name in the book search field. Or click here: bit.ly/3AmTxu1 Also available from all good on-line bookshops.

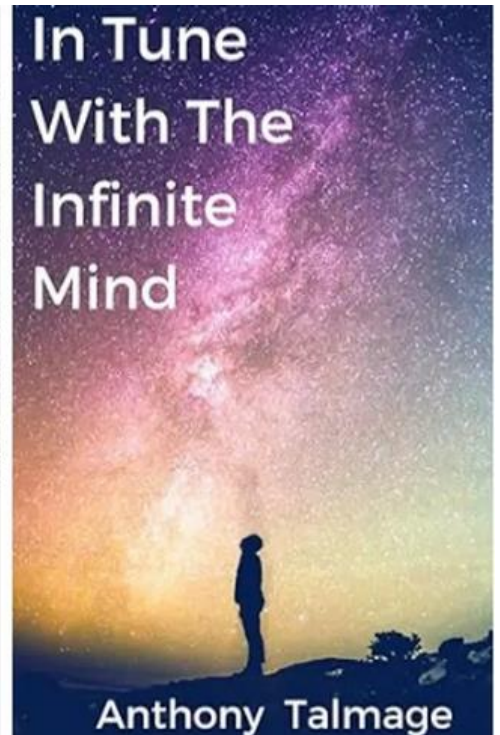
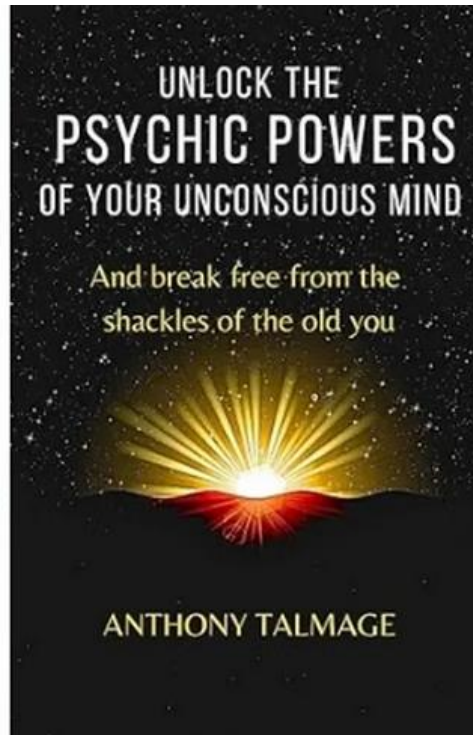
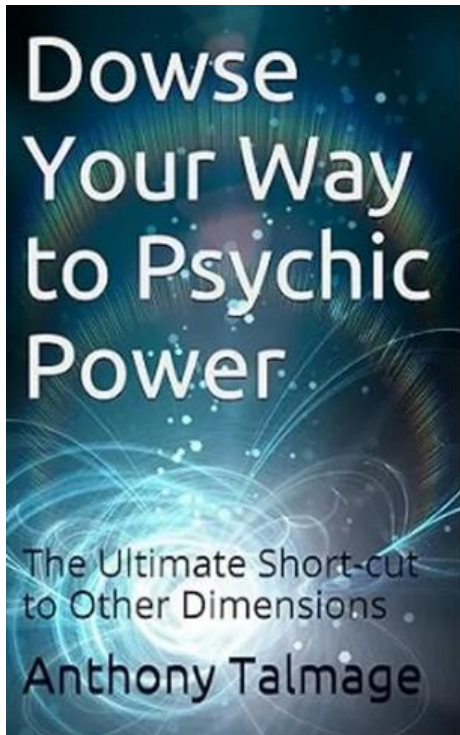
Anthony covers more of the above themes in his podcast, available absolutely free. Just click on this link to listen or download: <https://www.buzzsprout.com/1742930> So far it’s had 20,000 downloads and counting.

Anthony's video



Link: https://www.youtube.com/watch?v=-QL93G_IBR0

Anthony's Books



Find his books on Amazon: https://www.amazon.com/stores/Anthony-Talmage/author/B0741B3KM9?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

MBO's By Tom T. Moore

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

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

Be sure to participate when I ask you to say a Benevolent Prayer out loud, but are you also saying the Daily BP each morning as I do? Theo says this is one of the most important things you could do for yourself not only for this life, but all the others you have lived or will live on earth, as they are all happening at the same time. Print it out and put it on your bathroom mirror to remind you. Here is the link: <http://www.thegentlewaybook.com/signs.htm>. Here is an example of a BP for everyone to say today: "I ask any and all beings to intervene in the most benevolent way to stop any terrorist attacks before they happen anywhere in the world, to respect other religions, and for there to be peace in the world, thank you!"

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

Tom asks that we do this each day:

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

MBOs AND BPs FOR FEUDING NEIGHBORS

Lee in New Jersey writes: Good day Tom! Hope your birthday celebrations are continuing! A simple MBO for you. My neighbors across the street have become mortal enemies because one reported the other to the HOA so the other made a report back on her. It is just slamming doors, banging on walls (it is a duplex) ugly words, etc. it is very uncomfortable when both of them are outside at the same time to say the least.

I started by saying an MBO that they would resolve their differences and at least be civil to each other if they were to see each other. I then sent white light to both of them to heal the anger that was permeating the neighborhood. I followed that up with pink light for good measure! Finally after several months they had a breakthrough and are at least civil now to each other. I think one neighbor was very resistant to ending the feud out of embarrassment for her behavior thus taking a bit longer. All is now well in the neighborhood! Thank you for the gift of MBOs!

BPs FOR TWO MISSING RINGS

Dottie writes: Greetings of love & light:)

My birthday on August 27 was especially exciting, because my son found my two special, favorite rings on it! Please thank everyone who said MBOs [BPs] for me to find them after missing them for months. Also thank you for posting the request for the MBOs on your Facebook page! Here's a picture of the two rings, which were found by the cleaning staff in the room I stay in at my son's home! [Photo will be in the Newsletter.]

BENEVOLENT PRAYERS IN A HOSPITAL

Tanya writes: You have been on my mind recently. I've had major health issues for over a year now and I ended up in hospital for 2 months in critical care. I was even on life support for 4 days. I almost died a couple of times.

Anyway I wanted to share an amazing experience I had during this very difficult and painful time. Right before I was put on life support I really felt I was going to die as I could not breathe any longer. I could not even speak or open my eyes. I surrendered and called upon benevolent beings to remove me from the hospital. I did not want to witness my own death and the physical pain was too bad to cope with. My prayers were answered instantly and I left my body. It was magical and peaceful. I saw past lives and my perception of life instantly changed. I had a major spiritual awakening. Days later I woke up, zip-tied to the hospital bed with tubes going down my throat into my lungs with machines breathing for me. It was as a very emotional experience (in a joyful and peaceful way) reentering my body.

Anyway I just wanted to share my experience with you as I asked for very specific help and they heard me.

MBOs FOR DEBBY'S PASS BY FLORIDA

Laurie in Florida writes: Before Tropical Storm Debby ever developed, while it was still a disorganized "tropical wave" out in the eastern Caribbean, weather forecasters were saying that it was heading in the general direction of Florida (where I live). That's when I started saying MBOs! I requested a Most Benevolent Outcome for the storm system to do what it needed to do, but to stay out over the water, and to have minimal impact on land, especially over where I was (West Palm Beach area on the Atlantic coast). I was grateful to see that the storm headed into the Gulf of Mexico (away from me), and that the center did, indeed, stay out over the water until eventual, inevitable landfall. My area experienced minimal wind and rain impact, just a few rain bands (although they were strong). I firmly believe that my MBOs protected me from Tropical Storm Debby.

Some of Debby's circulating rain bands produced periods of serious weather over my area, but I could see them coming on the radar on my weather app. That's when I'd request an MBO for gentle rain and gentle wind, and for any strong storms to weaken or dissipate before they reached me. I got some downpours and some gusty winds, but nothing severe. MBOs work!

WHITE LIGHT AND LOVE TO NEIGHBORS

Diana writes: I had to share this story with you because it had me smiling. My neighbor across the street always double parks his car. Our street is narrow and if I have to back out of my driveway it's a little hard trying not to bang his car. He has not been doing it for a while, but on Friday, when I had to get out, there was his car. I tried but stopped and called my son. He is a better driver of course, and it would be easy for him to get the car out. No sooner that I called

him my neighbor came out, waved at me....which he never does, and got in his car to move it. I was surprised and waved a thank you.

Then I remembered.....he did this kindness because every morning, in my morning prayers, I send white light and love to my apartment complex, and all the people who live here. This really made me feel good.

MBO FOR UNEXPECTED WEALTH

Jay in Brush Prairie Washington writes: I have worked on straight commission for instrument sales for the past 35 years at my 2 person company. In early April, of this year, I decided to try out your MBO for unexpected wealth. "I ask for unexpected wealth to come my way as quickly, successfully and as easily as possible or even better than I could have imagined. Thank you!"

Within a few weeks I had orders coming in that I had not been working on and I was working harder to support and process these orders, train their staff and provide support for their success. Which was Great! While I was having to work harder, I continue to express gratitude for this unexpected wealth and the fact that these unexpected orders are still coming in!

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

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

Interview with Tom

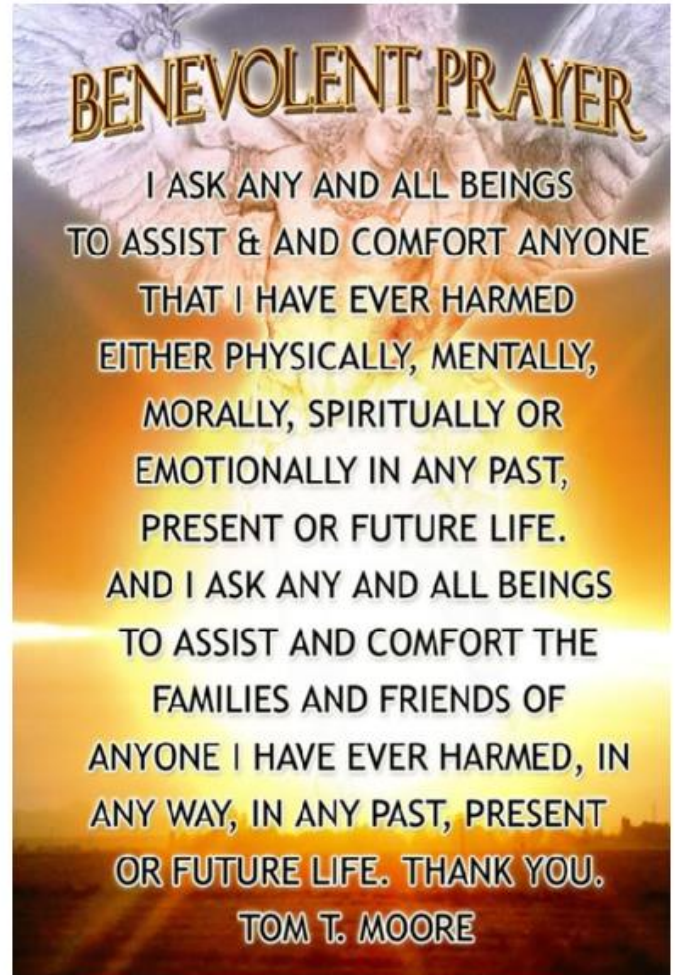
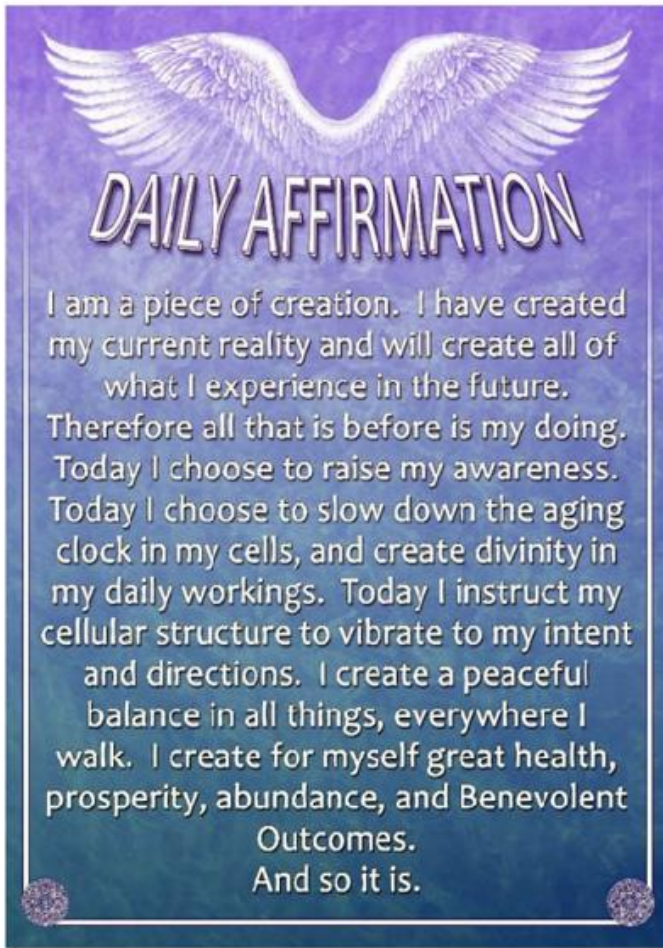


Link: <https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s>

Tom T. Moore's Books



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



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

Find other signs on Tom's website

Divine Appointments By Barry & Joyce Vissell



Wouldn't it be great if we could live our lives with the notion of "divine appointments?" Rather than feeling that the people we meet are random acts, what if there is a higher purpose, a spiritual guidance, to those we meet? It may not be obvious at first, but with a little curiosity, and then a little probing, we may learn the deeper purpose, and the soul lessons, of each seemingly random meeting.

All this happened to me powerfully last week.

I crave the wilderness. Often, I'm alone, rafting down an isolated river for five days, or backpacking in places where I may not see anyone for days. Some think I'm crazy or reckless to do this, but John Muir, the famous naturalist, would cheer me on. I find soul renewal and healing in these trips. Because Joyce has worried about my safety not being able to communicate with me for days, I now have a satellite communicator to check in with her each evening, or to send out an SOS if I'm in trouble.

My last trip didn't go very well. I was backpacking on The Lost Coast, a rugged remote twenty-mile stretch of coastline in the far north of California. It's one of my favorite places to go. However, on my second night out, our three golden retrievers (I guess I'm not really alone) decided I needed extra protection and barked almost non-stop the whole night. In all fairness, there may have been a bear searching for a free handout. In their dog minds, I just needed protection. Grandma Gracie and Mother Honey were more polite. They barked some distance away from my tent. It's possible that I might have been able to sleep through their barking. One and a half year-old Ruby, however, stayed right by my head just outside the tent, and barked so loud that it hurt my ears. She wanted to be near me, the pack leader, because she was scared. I spoke to her, and she quieted for perhaps five minutes. I yelled at her with the same results. I thought of bringing her into my tiny backpacking tent, but she would only have room if she slept on top of me. Needless to say, I got no sleep the whole night, and ended my trip the next day exhausted.

So last week, with my schedule free, I decided on a different kind of trip. I loaded our camper on top of my pickup truck, and set out for the High Sierras. It would not be the total solo immersion in wilderness that I like, but I was assured the dogs would be quiet sleeping in the back seat of the truck. And that they were. Heavenly silence from the canine world – all night long!

One night, I camped not far from a hot spring in the thermally-active Owens Valley. I woke up the next morning with the sun rising, illuminating the majestic High Sierra front range. I went for a soak, hoping to be alone to meditate in silence. But there was a young man at the tub. Of course, I had the choice to be

silent and close my eyes. But then I thought about “divine appointments,” and began to talk with him. In a recent one of our weekly videos, Joyce spoke about the importance of deep conversations, taking the opportunity to go deeper with people. Shawn (not his real name) lives in Mammoth, and teaches skiing in the winter. When he heard I was from Santa Cruz, he mentioned how much he loves to go to The Land of the Medicine Buddha to walk and meditate. I seized upon that as an inroad and asked about his spiritual path. He told me how important Ram Dass (a Harvard professor who became transformed after meeting his guru in India) was to him. His mother had given him her original copy of *Be Here Now*, held together by rubber bands. I told him all about our profound personal relationship with Ram Dass.

Shawn listened deeply, then suddenly burst into tears. He said he hardly ever cries, but now he couldn't stop. Between sobs, he told me his sad story. Last spring, he got bitten by a rattlesnake, almost died, but took a long time to recover. He got fired from his job, couldn't pay his rent so he was evicted, and now lives in his car. Last night, in a moment of deep despair, he asked God for a sign, and for some light in his life. With tears running down his cheeks, he said, “I feel the love of Ram Dass coming through you. I've never felt it this strong. God clearly sent you to me. I just needed evidence that I am worthy of divine love and intervention.”

I, too, had tears in my eyes, tears of profound gratitude and joy. It is my frequent prayer to be used as an instrument of love, and this was a clear example. I don't know if it was Ram Dass' love coming through me, or simply the love from my Higher Self. It doesn't matter. What mattered is my trusting that I had a divine appointment with Shawn, and then taking the risk to find out exactly what it was.

I empowered him to know that he would be used in a similar way to help someone else who was suffering. A big reason we are here in this world is to alleviate suffering, to help in any way we can. So I tell all of you who read this: Be ready to help. Ask to be of service. Look for the divine appointments. Take the risks to go deeper with those you already know, and with complete strangers. It will bring joy not only to them, but also to you.

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

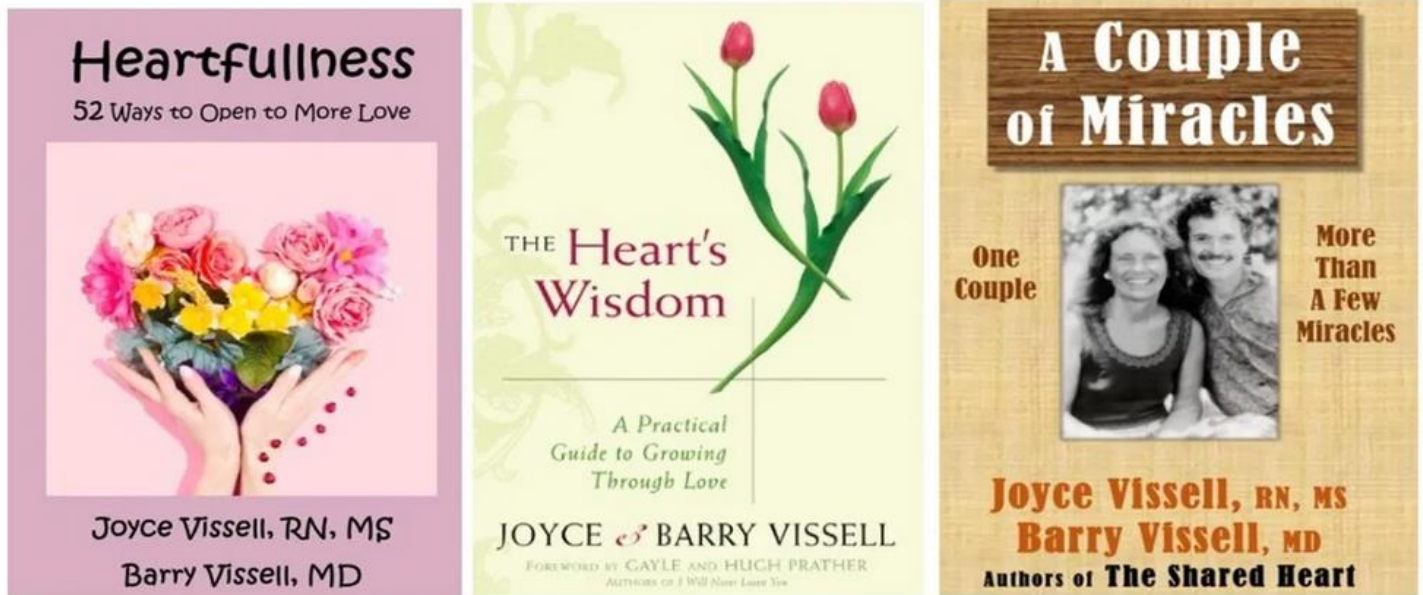
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce's Video



Link: <https://www.youtube.com/watch?v=oYRC7-HnszE>

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

The Food Chain By Richard Hughson

This universe we inhabit, this three-dimensional, material, and physical universe, plus everything in it, depends upon a food chain. Whether we look at microbiota, life on the deep-sea floor, organisms living near undersea vents, fish, invertebrates, plants, animals (including us), worms, birds, rocks, dirt, the entire Earth itself, and all the stars, solar systems, galaxies, and galactic clusters – everything – consumes or blends with something else in order to survive, evolve, and grow.

If you believe in the concept that our universe has all been created by a great and loving spiritual entity then you must also recognize the sacredness of its design. We did not create it. We do not own it. Yet, we are allowed to do anything we want within it. This indicates either a gracious trust which is bestowed upon us to handle it with care and/or, an incredible willingness to allow us to experience the results of our choices – no matter how horrible.

Three things have been at play in producing a growing, evolving, vibrant three-dimensional universe, they are:

First, a pure primary source which is all loving and all knowing. Such an entity, having total knowledge and being unconditionally loving, is only capable of love. Imagine being outside of the human condition, can you see the 'limitation' of knowing everything and only being able to love? There would be no opportunity to experience wonder, to learn something new, to engage in the struggle to achieve, or to have freedom of choice. These are not small things. They can be thrilling to experience and are unavailable to you if you already know and can do everything.

Next, secondary level entity, lovingly created by the primary source but not quite as pure, or as complete. This secondary level allows the creation of things which may be far less than absolutely pure.

Thirdly, by working together these two entities are then capable of creating the many lower realms of spirituality which are required to support the physical existence of our universe.

In Christian faiths these are historically referred to as the Father, the Son, and the Holy Ghost.

Further, it takes three variables to create chaos. Why have chaos in a physical universe? Without some degree of chaos life becomes too mechanical, too mundane for true evolution to come forth. We can create machines which follow their design exactly, but what would be the point of that in the 'eyes' of a divine consciousness who's intention is to create a living, growing thing capable of free will choices? So, what we have is a sacred combination of original design, unpredictable chaos, and an overview of divine guidance. This allows for a vibrant living universe which serves a purpose, allows free will choices, and has room for growth.

There are lots of good reasons to follow a vegetarian diet. I have no qualms with any of them. I myself roughly followed a vegetarian diet for a couple of years. However, I was only an actual vegetarian for one week.

It was during a trip to Sedona, Arizona with a large group of friends. The trip was inspired by Tom Sawyer and facilitated by Carol Scoville. We filled seven large fifteen-passenger vans. So, being a naturally playful bunch, we named the vans after Snow White's seven dwarfs. I got to drive the 'Grumpy' van as in, "Hey, look at me! I'm grumpy!" with all of us laughing the entire time. We had fun.

I didn't notice my vegetarian tendencies right away. Whenever we would walk into a restaurant I would look around at what other people had ordered, just casually wondering what I might like myself, and found myself mentally drooling over whatever was vegetable in origin. I had given up a vegetarian diet a few years earlier so, after three or four days of doing this, I finally noticed and was momentarily taken aback.

Why had I suddenly become a sincere vegetarian? People become vegetarian for many reasons. I have no qualm with any of them. However, it is quite common for people, often unconsciously, to avoid eating meat after they have attained a notably increased level of spirituality, perhaps after an NDE (Near Death Experience). This is not to say that purposely following a vegetarian diet will automatically make you more spiritual, but it can be an aspect of increased spirituality.

My best guess is that due to the large number of friends I greatly enjoyed being with on the trip, the goofy fun we were all having, Tom's spiritual guidance for all of us, and being in Sedona itself, all combined to lift me above my typical spiritual level while I was there.

So I am offering this – the universe is sacredly designed, everything has to consume something else to survive. Also, all plants and all animals have some degree of consciousness. Therefore, it behooves us to follow the practices of so many indigenous cultures around this Big Blue Marble – address our food and water, which has been provided for our physical survival, with reverence at every meal.

About Richard Hughson: Richard Hughson, a machinist by trade, came to understand the many STEs he had experienced since childhood through his friendship with Tom Sawyer. Tom's unique NDE brought him both spiritual responsibilities and the ability to fulfill them. The two remained close friends, traveling the world and goofing around together until Tom's natural passing in 2007.

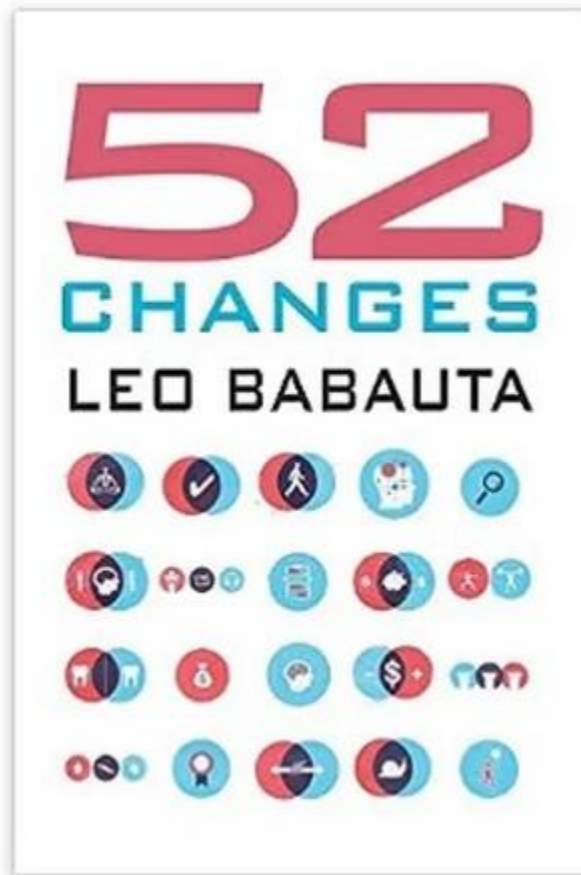
Their adventures included healing the Dalai Lama and a healing by Mother Meera. All have relevance and deep implications for personal growth and the future of humanity. Richard shares the joy of his spiritual growth as a healer through storytelling, hospital clowning, and even as Santa. He leads workshops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

Interview with Richard Hughson



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

The Surprising Value Of Rest By Leo Babauta



Today I'm feeling sore and tired from hard strength workouts, playing lots of basketball, and doing a hill sprint session yesterday with my son. I've been working out hard, and I'm really feeling it!

So I'm going to take some rest and recovery time. Anyone who is into fitness knows the hidden value of recovery: this is when we actually get stronger. The workout is important, but recovery is arguably even more important, because that's when our body rebuilds itself into something strong. Without it, we will burn out or get injured.

This applies not just to fitness, but everywhere in our lives: with work, learning, relationships, and more. It's great to do the work — but if you're not giving yourself adequate rest, or time to recover, you're going to grind yourself into the ground. It's much worse for your long-term progress.

If you want to get better at focusing on hard tasks ... you have to give yourself time when you don't have to focus. Otherwise your ability to focus get worse, from constantly trying to focus.

If you want to get better at dealing with chaos and uncertainty and discomfort ... you have to face those things, but you also have to give yourself a break where you get to have comfort and security. Otherwise you deteriorate your ability to face discomfort.

If you want to become more productive, or better at studying things ... you have to give yourself time when you don't have to be productive, or don't have to be studying hard. Otherwise you will become less productive over time, or worse at being able to study.

If you want to show up for your partner with a sense of love and intimacy ... you have to have times when you take space away from intimacy, when you can take a break from having to love someone, and just be. Otherwise you'll be less able to be open with them, and more burdened and resentful about them.

So take a moment to assess yourself: where do you need more rest? Are you feeling worn down, with a diminished capacity?

And how can you take responsibility for getting the nourishing and replenishing rest that you need, in order to show up more fully over the long run?

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

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

Leo's books



Find his books on Amazon: <https://www.amazon.com/stores/author/B002BO7RLI/about>

Leo's video



Link: https://www.youtube.com/watch?v=brh2Tm-t_68

Discovering the Spiritual You: A Journey Beyond the Physical

By Rev. Colleen Irwin



In a world that often focuses on the material, many feel a quiet calling to explore something deeper within themselves. This call is the beginning of a spiritual journey, one that takes us beyond the physical and into the profound mysteries of our inner being. Spirituality is not just about what we see and touch; it's about what we feel, intuit, and know deep down. This article is a guide to help you embark on the journey of discovering your spiritual self, a journey that goes beyond the physical and into the depths of your soul.

Embracing the Unknown:

Stepping into spirituality often begins with acknowledging the unknown. Life's mysteries are not meant to be solved but experienced and understood on a deeper level. This requires an openness to the idea that there is more to life than what meets the eye. Embracing the unknown means letting go of the need for concrete answers and allowing yourself to explore the vastness of existence. It's about trusting that the answers will come in their own time, often through experiences and insights that defy logic but resonate with your inner truth.

Personal Reflection and Inner Work:

The journey to discovering your spiritual self is deeply personal. It requires inner work—time spent in meditation, reflection, and solitude. This is where you connect with your true self, away from the noise and distractions of the world. Regular practices like journaling, mindful breathing, or spending time in nature can help you tune into your inner voice. As you engage in these practices, you'll begin to uncover layers of your being that have been hidden or ignored. This process of self-discovery is essential for spiritual growth, as it brings you closer to understanding who you truly are beyond the physical.

Transcending the Material:

One of the significant challenges on the spiritual journey is transcending the material concerns that dominate our lives. The physical world is full of distractions—work, finances, social obligations—that can keep us focused on what's external rather than what's internal. To truly discover your spiritual self, you must learn to balance these external demands with your inner needs. This might mean simplifying

your life, letting go of material attachments, or simply prioritizing your spiritual practices. By doing so, you create space for your spiritual self to flourish, allowing you to experience life from a place of inner peace and fulfillment.

Signs of Spiritual Awakening:

As you dive deeper into your spiritual journey, you may begin to notice signs of spiritual awakening. These can come in many forms—an increased sense of inner peace, heightened intuition, or a stronger connection to the natural world. You might also experience synchronicities, those meaningful coincidences that seem to guide you on your path. Recognizing these signs is important because they affirm that you are on the right track. They serve as gentle reminders that you are more than just a physical being; you are a spiritual being having a human experience.

Discovering the spiritual you is a journey that transcends the physical and delves into the depths of your soul. It's a path of self-discovery, inner work, and embracing the unknown. As you move beyond the material concerns of life and open yourself up to the mysteries of existence, you'll find that your spiritual self is waiting to be uncovered. This journey is ongoing and deeply personal, offering endless opportunities for growth, peace, and fulfillment. Embrace it with an open heart, and let your spirit guide you to the truth that lies beyond the physical.

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

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

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

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

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

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

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

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

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

Interview with Colleen



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

Tarot Tendencies for September By Doreen Scanlan



Harvest time is starting. Ask yourself what you planted last season that is ripe for the picking! This may include new business ideas.

It is time to stop making excuses why you can't create what you want. It is time to announce your intentions to yourself and the world. Your abundance is just on the other side of that idea.

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

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

Interview with Doreen



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

My Journey Towards Well-Being By Maureen Muktima Law



My Primary Care Physician (PCP) has encouraged me to tell my story.

Please note, if you are reading this, I am not providing medical advice, nor am I suggesting that you should not follow your medical provider's recommendations, or stop any treatment on your own.

My hope is that you may relate to some parts of this and become curious, hopeful and empowered. That this will encourage you to have a different type of conversation with your physician. And most importantly advocate for yourself.

That with right actions you have the ability to assist your body in healing itself.

Or, if you know someone who may benefit from reading this, please share this with them.

It was winter 2008, I was experiencing some weird symptoms that would come and go, some of them I experienced in the past, they were very random and I just shrugged them off. But now they were more intense and more frequent, dizziness, tingling in different parts of my body & both sides, numbness, and just so very tired. Then my left foot started dragging, and I knew then I needed to schedule an appointment with my PCP. Having been a Nurse for so many years, I knew having neurological symptoms on both sides of the body didn't make sense and that it wasn't a stroke. I also learned in LPN school that "If neurological symptoms don't make sense think MS." Also, I knew there was a possibility of a brain tumor. Like anyone I was a bit anxious and fearful.

The day of my appointment I knew I had to be very specific about my symptoms and not to self-diagnose. I learned in my Nursing career, physicians really hate when patients self-diagnose.

I was so frustrated and disappointed at that appointment and with the physician whose answer to me was I was hyperventilating. (I used to make patients hyperventilate when I was a stress testing Nurse with a Cardiologist I worked for) My response was " I know what hyperventilating is and I am not hyperventilating ". He insisted that's what it was. When I returned to the office where I worked, I went immediately went to one of the physicians and asked for him to recommend a new PCP for me and why.

I was so frustrated and mad because I know if I was a man who went in with those symptoms every test under the sun would have been ordered to find the cause, but because I am a woman the mentality was that I must be emotional and or hormonal.

(I did by the way write him a letter after my diagnosis letting him know how disappointed I was in his dismissiveness towards me & what the diagnosis was).

By the time I got into the new PCP my symptoms subsided. In January 2009 my symptoms returned. This dizziness was so intense I was sent home from work.

I got in with my new PCP. She ordered an MRI. The following day her office called me to come in she wanted to speak with me. She told me I had MS. While that wasn't the best news to receive, I was grateful it wasn't a brain tumor. In the midst of trying times, we should always look for the blessing. There is always one although it may be difficult to see.

When I got into the Neurologist he gave kudos that I advocated for myself and kept pursuing an answer to my symptoms. In doing so I was in early stages and it would be very manageable.

In July of 2009 I started on an injectable medication that was a daily injection at the time. Eventually with new dosing it decreased to 3 times a week. The function of this medication was to stop further lesions from developing.

In 2011 at the recommendation of my daughter I started seeing a local Network Chiropractor on a regular and consistent basis. I still see her regularly today.

Around that time I also started seeing a Reiki Practitioner who also did Cranial Sacral. I saw her pretty consistently unless funds were limited.

In 2014 I discovered Kriya Yoga and began a daily meditation habit, that continues today. In that same year I took Reiki 1&2 training, which did help with symptoms, if I remembered to give myself Reiki. I opted for continuing seeing the Reiki Practitioner.

Also during this time frame I started seeing a practitioner of Nutrition Response Testing. I did not do it for weight loss, although that would be a good thing to do, I did it and continue to see her to receive the right nutritional support for my well-being. I learned that many types of foods are inflammatory which feed the autoimmune diseases. 2 of them being Gluten and Dairy. I gave up all dairy for 3 months and all my allergy symptoms went away and no longer needed the daily allergy pill. The only dairy I eat now is cheese(which I love) Gluten was the toughest one. I cheated a lot. Hey I am Italian who loves a great pasta dish with some awesome bread, it is tough.

But I finally in the last couple of years have been strict about it. Also mindful of oils as many of them are also inflammatory.

So, over the years my annual MRI's stayed the same except in 2019 there was 1 new lesion.

In 2021 I retired from my demanding and toxic work environment. Oh man, I am a new person not being in that energy everyday impacting my energy and health in a negative way. I used to say Thank God I meditate, I don't know how I would get thru the day if I didn't

I knew I wanted to get off the medication. I was tired of being a part of the problem of the high cost of medications. Grateful I had copay assistance. My copay for a generic medication was over \$1,000.00/month. That to me is a crime.

So in November 2023 with the instruction from my Neurologist office I was able to stop the medication for MS. Given there has been no inflammatory process in my brain in years.

As of this writing I just had a follow up MRI and an appointment with my Neurologist. Still no inflammatory process and I can remain off the medication and follow up in a year. 😊

This wasn't a quick fix. Holistic care in addition to medical care was and continues to be so impactful. It took a combination of several modalities - Meditation, Being on a Spiritual Path, incorporating some dietary changes. In addition to Meditation, Reiki, Nutrition, and Network Chiro, I also receive massages, do sound and vibrational therapies, & Spinal Energetics.

They all build on each other and the key is consistency and variation, as each modality heals in different ways. Also removing myself from a stressful work environment and setting boundaries, that can be difficult to do at times.(I am not advising you to quit your job, but that is what I needed to do for me).

When we don't do all this work for ourselves stuck energies, emotions, fears, traumas stay stuck in your cells, tissues, chakras limiting the flow of Prana(Life Force Energy) and over time this causes inflammation and disease process.

I have learned to see where different emotions that got buried, living and working in low vibrational energy has contributed to the disease process in my body.

But that doesn't mean it can't be changed. Our human bodies are miraculous and can heal themselves. We don't have to solely depend on medications that have their own side effects that add to more diseases. Eat as much Organic and Fresh as you can is one way. Read labels etc.

Having a Spiritual Practice is also very important. By connecting in daily to that Power that is greater than ourselves we can hear the guidance from our soul leading the way to a better way.

I am now a Certified Usui/Holy Fire ®Reiki Master Practitioner & Teacher, A Certified Meditation Leader. And certified in some other energy healing modalities. I have my own practice and see clients several days per week. Energy Healing Practitioner do not heal you. They are the vessel that allows the energy to flow that creates space for your tissues and cells to start the healing process. In essence you are your own healer.

Being of service, helping others to become the best version of themselves and into their own Wellness, being the tool in their toolbox to heal themselves is a great honor and privilege.

Always be honest with your physician about your Holistic Modalities you are using in your life. They cannot suggest or recommend it unless they are in private practice and not accepting insurance. But they need to be aware of your Holistic Practices.

This journey led me to my Dharma, being of service to others in a Holistic way. Where healing takes place Physically, Emotionally, Spiritually and Energetically. The whole being not just a piece at a time. Always remember: Everything Happens for us. Not to us

With Love,
Muktima ❤️

About Maureen Muktima Law: I'm Muktima, a highly experienced healer in the field of holistic wellness. I am a Usui/Holy Fire III Reiki Master, Meditation Teacher, and retired LPN with over 45 years of dedicated service. I am now pursuing my true calling and soul's purpose of bringing the transformative power of Reiki and Meditation to individuals like you.

I firmly believe in the seamless integration of holistic care with traditional approaches, as they synergistically guide individuals towards inner peace and overall well-being. I have had extensive training, including Usui Reiki in 2014 and Usui/Holy Fire Reiki levels 1, 2, and Master level, under the esteemed guidance of William Rand in 2021.

Additionally, I hold certifications in IET (Integrated Energy Therapy) and have received training in Access Consciousness Bars and Theta Healing. Currently, I am undergoing training in Pendulum Healing, eagerly preparing to incorporate this modality into my practice.

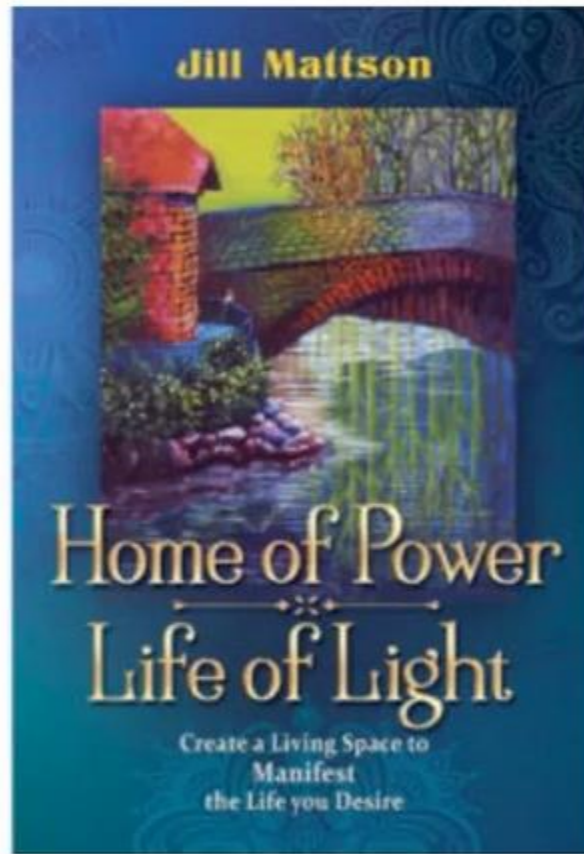
Maureen's website: [Peace and Wellness From Within | Reiki healing | Rochester, NY, USA](https://www.youtube.com/watch?v=g52hg3ft2qE)

Interview with Maureen



Link: <https://www.youtube.com/watch?v=g52hg3ft2qE>

Magic Spells By Jill Mattson



Magic is a central theme in Egyptian life with "magical words" front and center. The Egyptians keep tedious records of what tiny effects were produced from words, subtle energies, sounds, colors, incense, shapes and materials. The Egyptian priests acted like scientists - observing, refining and documenting subtle energy uses to expand their ingredients for magical spells. [1]

This knowledge was a highly prized hallmark of the Egyptian society. Egyptologist Gadalla connected words and a healer's voice quality. *"By pronouncing certain words or names of powers, in the proper manner and in the proper tone of voice, a priest/doctor could heal the sick."* [2]

The Egyptian priests/physicians were famous for their spells, achieving acclaim even in the historical writings of their enemies. In dynamic contrast, today, saying a spell would be ridiculed and compared to a silly child saying, "hocus pocus" or "abracadabra."

Although modern man has lost the knowledge of the power of sound, words and music, he may be on the verge of discovering this through physics. Sound can project patterns on physical matter, as documented by Ernst Chaldini, Masura Emoto and Swiss physicist Hans Jenny.

The following are well known experiments in which sound created shapes in matter: Scientist Clarence Miller's [3] photographs of unique shapes created by vowels Masuro Emoto's photographs of freezing water crystals being shaped by words. Scientist Chaldini's invention of putting sand on a plate and

vibrating the plate with sounds to produce images in the sand. Swiss physicist Hans Jenny's videos of sound creating shapes in sand and other materials

In Jenny's videos a metal plate with sound on it was vibrated with sound, which went out to the edge and returned, intersecting other vibrational lines. Nodal points were created at intersection points. Where the vibrational energy was greatest the sand was pushed away. In the areas of least vibration the sand collected. In this way pictures were formed in the sand.

Scientists today show shapes created in matter by sound, perhaps representing a form of universal, archetypal communication. We can watch sound change the shape of matter. Words are sounds and influence the shape of matter as well. *The Egyptians employed verbal spells and incantations, believing that sounds and words were sources of energy. The very letters carried a force.*

Words can be dissected into smaller units of sounds. In soft materials different shapes are created from the subtle energy in vowels, phonemes and consonances. Intervals also create patterns when vibrating sand, although its pattern becomes increasingly more elaborate when the pitch is raised. Rhythm also adds variations in shapes. [1] Scott, Cyril. *Music Its Secret Influences throughout the Ages*, Samuel Wisner: London, 1958, Pg.162. [2] Gadalla, Moustafa. *Egyptian Rhythm: The Heavenly Melodies*, Tehuti Research Foundation: Greensboro, N.C., 2002, Pg. 182. [3] Miller, Dayton, Clarence. *The Science of Musical Sounds*, Mc Millen Co.: N.Y., 1916.

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

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

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

Interview with Jill Mattson



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

Jill's Art and Music



Go to Jill's Website to see her art www.jillswingsoflight.com



Go to Jill's website to view her music www.jillswingsoflight.com

What Is Mabon?



In Celtic folklore, the name Mabon is thought to come from the Welsh god Mabon, who was the son of the Earth Mother Goddess and a god of light himself.

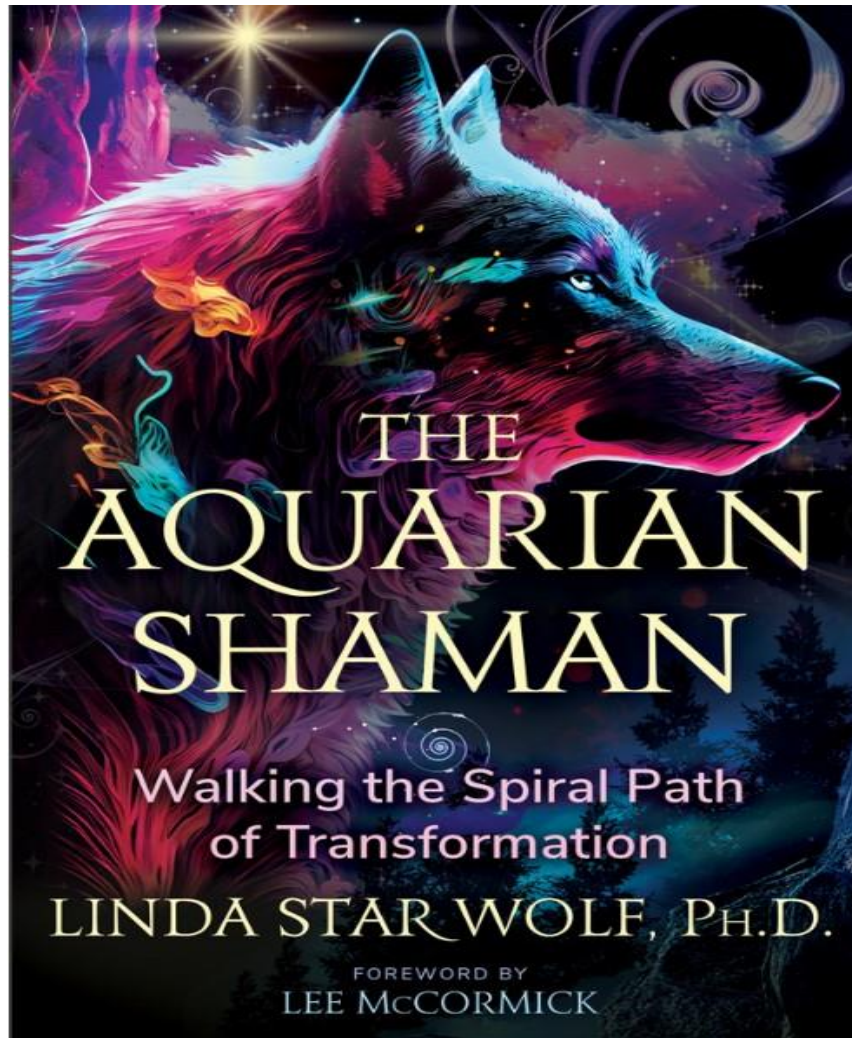
Mark your calendar for September 22, 2024 to celebrate Mabon. Mabon takes place on the fall equinox. It's a Pagan celebration originating from the ancient Celts and people in Great Britain. They celebrated the Earth's cycles and seasons by dividing the year into eight segments at key seasonal turning points, creating eight festivals that are still celebrated today by Wiccans, Pagans and others cultures who celebrate a change of season and harvesting of food.

The exact date of Mabon varies from year to year, but it always falls on the same day as the fall equinox. The fall equinox is a time when day and night are of equal length, in terms of daylight. The fall equinox marks the official start of fall. The exact date can fall anytime between September 22 and 24. Ancient Celts and Pagans used this day to give thanks to nature for a good harvest and to pray to their gods and goddesses that the crop would last throughout the winter. Mabon celebration would include feasting, fires, offerings, and rituals.

This time of year is when farmers know how well their summer crops did, and how well fed their animals have become. This determines whether you and your family would have enough food for the winter. That is why people used to give thanks around this time, thanks for their crops, and animals, and food.

To celebrate this holiday, Pagans might pick apples. Apples are a common symbol of the second harvest. They may use the apples in an apple harvest ritual that thanks the gods for the bountiful harvest. Others might perform a ritual to restore balance and harmony to their lives, as this holiday celebrates a day with equal light and day. Another common ritual is to set up an altar with symbols of the season, such as apples, grapes, and other seasonal harvests.

September brings the beauty of fall colors, return to school for many, a chill in the air and a reminder that change always happens. Whether you're Pagan or not we all should be taking time to pay attention to the cycles of the seasons, be thankful for what we have and acknowledge the beauty of earth.



About the Author: Linda Star Wolf, Ph.D., D.Min., has been a visionary shamanic guide for more than thirty-five years. The founder of Venus Rising Association for Transformation and president of Venus Rising University for Shamanic Psychospiritual Studies, she is the creator of the Shamanic Breathwork Process, the Shamanic Ministers Global Network, and the Wise Wolf Council. She lives at Venus Rising's Elemental Temples near Asheville, North Carolina.

- Shares shamanic practices, rituals, ceremonies, and wisdom to help you reintroduce magic into everyday life and awaken the Aquarian Shaman within
- Explains major components of shamanic practice, including totem animals, spirit teachers, personal altars, medicine wheels, the power of song and dance, and the use of sacred objects and sacred circles
- Explores the shamanic realm of imagination and techniques to access it, including Shamanic Breathwork and spirit journeying

Are you hearing a persistent inner calling to wake up and remember who you really are? Are you ready to be reborn into shamanic consciousness and awaken as an elemental being, fully connected to life and nature?

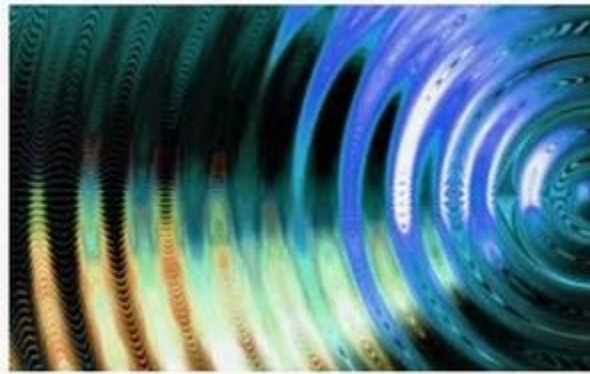
Presenting a guidebook to walking the spiral path of transformation, shamanic teacher Linda Star Wolf shares ancient shamanic practices, rituals, ceremonies, and wisdom to help you reintroduce magic and enchantment into everyday life, create your own “shamanic medicine chest,” and awaken the Aquarian Shaman within.

Describing how to recover the magical sensibility and innate awareness that most of us leave behind in childhood, Star Wolf shares essential shamanic techniques, including the Shamanic Healing Initiatory Process and Shamanic Breathwork. She discusses the power of the imagination, showing how imagination is actually a liminal realm rooted in the cellular records of our body through which we can journey to other worlds and connect with our ancestors.

This Aquarian guidebook will help you not only awaken to shamanic consciousness but also cultivate more love, inner awareness, and personal power as you walk the spiral path of transformation.

Get the book at: <https://www.innertraditions.com/the-aquarian-shaman>

What Can Sound Healing Do For You?



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

Some benefits of Sound Therapy are:

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

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

Makes positive changes to our whole being.

Removes blockages and toxins.

Self-regeneration.

Stimulates circulation.

Stimulates endocrine glands and regulates hormonal functioning.

Affects all cells in your body.

Balances both hemispheres of the brain.

Cleanses negative energy and emotions.

Connecting with your higher self. Helps to cope with life's challenges. Improves sleep. Strengthens immune system.

Stress reduction.

Deep relaxation.

Take some me time and listen to the video.

Video



Link: https://www.youtube.com/watch?v=fjeMuiee_o8



Fall always feels like New Year to me. It carries so much more significance than does January 1. The first crisp hint of a chill in September always shakes me out of my summer lethargy, wakes me, makes me more alert. It focuses and concentrates my attention. I can smell the possibilities of a fresh start in the air.

Reinvigorated by the sunny days and laze of summer, life now begins again in earnest in schools, government agencies, cultural institutions and businesses across the country. There is an unmistakable aura of enthusiasm and energy in the air, a palpable sense of intensified determination. This annually renewed resolve seems so much more natural than the resolutions we make at the turn of the calendar year.

Fall jump-starts everything, including itself. Labor Day has become the popular indicator of autumn, rather than the equinox, which occurs three weeks later. In the same way, Memorial Day, which predates the solstice by three weeks ushers in the civic summer season. By this reckoning, school starts in the fall.

Most of us have been indelibly imprinted with the excitement and optimism of the first day of school. There is nothing quite so inspiring as buying blank notebooks, pencils you have to sharpen yourself and some brand new white blouses. So clean, so fresh, so hopeful.

The Jewish New Year falls in the fall. My memories of the High Holy Days that I celebrated as a child with my family have little to do with organized religion. Rather, I remember a domestic sense of auspicious new beginnings: major house cleaning, usually a new outfit to wear to temple and best of all, we ate off of the good china with the real silverware.

I think of my birthday as being in the fall, but it is actually three or four days before the equinox. Our birthday is our own personal New Year. It is an annual reunion that we have with ourselves, and attendance is required. Our birthday is our periodic opportunity to take serious personal stock. "How am I doing?" as old Ed Koch, former mayor of New York City, would always ask. Like any new beginning, our birthday is an ideal time to sharpen our priorities, realign our perspective and rededicate ourselves to living the very best life that we can.

How old! and yet how far I am from being what I should be....I shall from this day take the firm resolution to study....to keep my attention always well fixed on whatever I am about, and strive every day

to become less trifling and more fit for what, if Heaven wils (sic) it, I'm someday to become!

- Princess (Queen-to-be) Victoria of Great Britain

In her diary on her 18th birthday

Every Autumn I take time out of time to evaluate my past experiences and actions and to prepare myself mentally, physically and spiritually for the coming year. I usually retreat to some extent and fast to some degree during the two-week period surrounding my birthday. The new and full Harvest Moon, and the equinox usually coincide.

This experience is intended to center me and slow me down. It is my birthday gift to myself. During my fast/retreat I devote myself completely to cleansing and centering myself: body, mind and spirit in readiness for the future. I rinse my system with fresh water and teas, I clean my house and altars and I use yoga, meditation and t'ai chi to flush my mind clear of the mental detritus that I have accumulated.

Since the early 1980's, I have kept a birthday book. Therein, I ritually record an accounting of the past year. I process my impressions and my life lessons. How have I grown? What have I learned? And what is it that I just can't seem to get through my thick skull? I plot my progress. I ponder my possibilities. I pour over my problems. I plan my goals.

This civic fall also marks the eight-year anniversary of September 11. Let us mark this propitious time by reflecting honestly upon our vulnerability in today's terrifying political/economic climate, our culpability in the deadly repercussions that arise from our own chauvinistic attitudes and deeds, as well as our impressive individual and communal capacity for extraordinary acts of courage and devotion.

May this new season signal the beginning of a new era of planetary peace and plenty for all.

With best blessings for a new beginning,

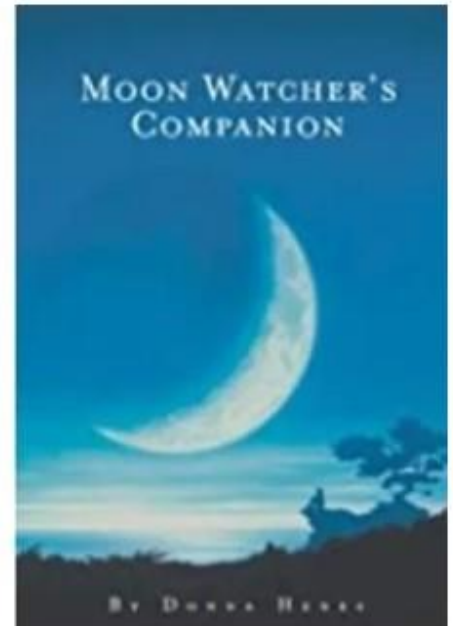
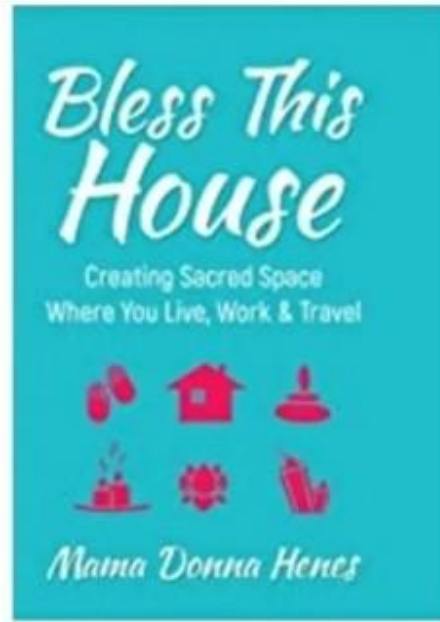
XOXO Mama Donna

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

* Unofficial Commissioner of Public Spirit of NYC. - The New Yorker * For 35 years Ms. Henes has been putting city folk in touch with Mother Earth. - New York Times * Part performance artist, part witch, part social director for planet earth. - The Village Voice * A-List exorcist!" - NY Post * The Original crystal-packing mama. - NY Press

Mama Donna's websites: www.thequeenofmyself.com
www.mamadonnasspiritshop.com
www.treeoflifefunerals.com

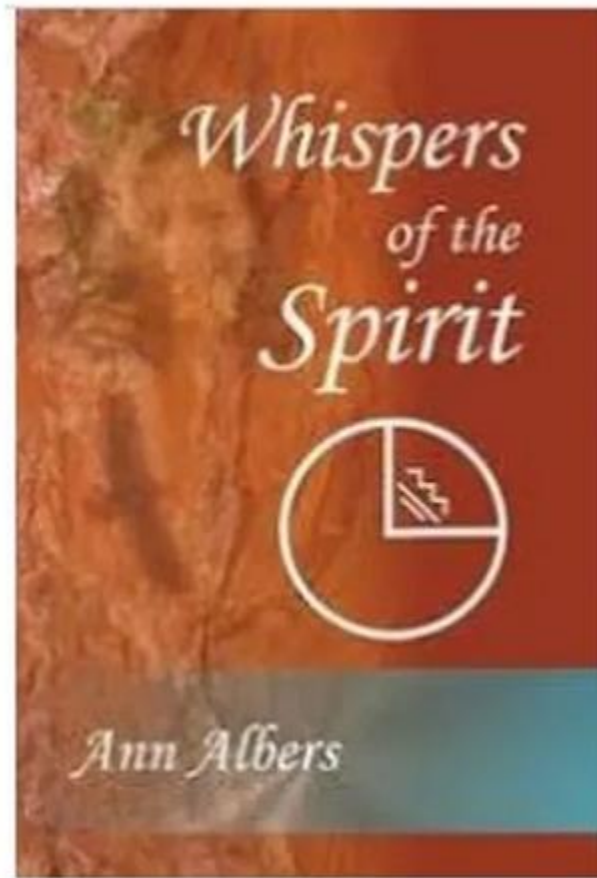
Mama Donna's Books



Find her books at:

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

Releasing Resistance To Love By Ann Albers



Hi All,

Today, the angels dive a little deeper into what they mean about "resistance" to love and how we can easily release it. I'll share an electrical engineer's perspective (since I used to be one) and some ideas about more easily allowing love in.

Have a blessed & beautiful week :)

♥ Ann

Message from the Angels

My dear friends, we love you so very much,

Although it is difficult, at times, to imagine, the Divine and your angels are always attempting to steer you on the path of greatest ease and joy. We never steer you toward "tough lessons." We never steer you towards challenges to overcome. Like nature itself, guiding a river on the easiest course, we attempt to help you avoid obstacles and go around them as easily as possible. Even if you find yourself at what appears to be a "dead end," we try to help you raise your vibration so you can be elevated above

apparent circumstances.

All your tough situations and lessons result from only one thing—resistance to love. Thankfully, it often takes quite a lot of repeated resistance before you feel the effects of blocking the love and life force that is always trying to flow in your life. When we speak of resistance, we are not talking about intellectually saying, "I do not want what I want," instead, we are talking about all the tiny thoughts, fears, doubts, focuses, and conversations that oppose what you want.

For example, say you want to heal from a physical condition. You might have a lot of very well-supported reasons why you cannot heal. In the 3D paradigm of reality, these could all be true. Perhaps they are even supported by your physical medicine and science. However, in the paradigm of energy, a new vibration creates a new physical reality. You can change your vibration at any time, and the moment you do so, your cells begin to respond.

Not a single one of you who has a physical problem would say to the universe, "No, I don't want to heal." This is not the type of resistance we are talking about. We are talking about resisting the flow of love.

The Divine whispers, "You can heal," but if you're focused on a diagnosis that says you cannot, your energy is running contrary to the love the Divine is offering. Without meaning to, you are resisting love. A more loving thought would be, "God, I want to heal. Thank you. Let me know what to do and when." Then, focus on anything you can enjoy right now. Surrender to love.

The Divine whispers, "I can guide you," but if you are focused on the fact that you don't know what to do, you are resisting this love. Far better to tell yourself, "When I don't know how God does." Surrender to love.

The Divine wants to help you. You feel a strong desire to rest, but you feel you must research treatments. That is resisting love. You could instead surrender to love, take a nap, and wake up with guided clarity.

While the Divine is sending you signals of hope, inspiration, guidance, and possibility, these other fearful thoughts and focuses, no matter how true in the 3D world, run contrary to the flow that is trying to assist you.

Every time you complain about not having what you want, you are resisting the flow, trying to get you there. Every time you explain the reasons why you can't have what you want or haven't had what you want, you are blocking the flow, trying to guide you there. Every time you doubt you will have what you want, you are resisting the love trying to assist you. All of these things are quite human. There is no judgment about any of them. Nonetheless, they block you from receiving the love and assistance that wants to flow into your reality.

So instead of speaking words of resistance—"I can't. I don't. I can't afford. I don't know how. It has never happened and probably won't. I'm not worthy. I'm being tested., and so forth—" speak words that bestow blessings upon yourself.

I don't know how, but God does.

I can't do this alone, but I am not alone. The Creator of Universes has my back.

I can't afford this right now, but the source of all abundance can figure it out.

It has not happened yet, but I am focused on the good now, so more will flow.

It has not happened yet, but I am focused on the good now, so more will flow.

It has not happened yet, but I am focused on the good now, so more will flow.

I feel like I'm being tested, but the universe does not test me.

I don't feel worthy of having it easy but the universe thinks I am. Whether I think I am deserving or not, the Divine does. Whether anyone has told me I'm worthy or not, God thinks I am.

Whether I was loved or not by humanity, I am loved by the Source that breathes life into me.

I deserve to feel good. I deserve to be kind to myself. I deserve a good moment now, and now, and now again.

I can do this. I can find something good right now to enjoy. And I can do it again. I can surrender to allowing the angels to help me with a deep breath. This isn't so hard after all. One moment, by one moment, by one moment, I can stop resisting love and let it in.

Letting love in, dear ones, might be a glance at the blue sky and a deep breath that feels like a little relief.

Letting love in might mean putting on a song that you enjoy and taking a moment to truly enjoy it.

Letting love in might be taking a nap, reading an inspiring quote, or having the tantrum you truly feel like having until you get it up, out, and over with!

Letting love in is allowing yourself to be yourself first, wherever you are, however you feel, with total self-acceptance, and then looking around, or looking inward, for something to feel a little better about.

Letting love in might involve enjoying a simple, seemingly meaningless pleasure. Does love have to be complicated? Does it have to look a certain way? Or can you surrender to the tiniest joy in which you can begin to feel the vibration of love? This is how you release resistance.

Letting love in might involve changing your stories. You all, regularly tell God what he cannot do in your life. You don't mean to, but every time you justify why you can't or don't have something you're explaining why God cannot work a miracle in your life! "I can't afford this." "I'm too old." "My ship has sailed..." and on you go. Dear ones the Divine cares not about your limitations! The Divine has no limitations. Don't argue to keep them. Release your resistance to love. So much in life happens that you do not control and do not understand, and yet God does.

Letting love in might mean focusing on people, situations and behaviors you do like rather than giving so much airtime to the ones you don't. We're not suggesting you try to enjoy negative behaviors or pretend you like things you don't. We're simply saying, shift your focus. If you stood at a buffet, would you focus on someone behaving badly or the food you didn't like, or wouldn't you rather load up your plate with food you like and go back to the people you do enjoy?

Be easy and kind to yourselves. You are all diligently persevering in learning a brand new paradigm of reality, and you are all, without exception, making incredible progress. Even when you take the slightest opportunity to be kinder to yourself, you release resistance, open to the flow of love, and allow your life to

become just a tiny bit easier, more secure, and delightful.

Love will never stop flowing, dear ones. It is there for the taking, even in life's tiniest pleasures. Stop resisting that, and you will gradually open to a mighty flow that will bring the bigger things you desire as well.

God Bless You! We love you so very much.
-- The Angels

Message from Ann...
Hi Everyone,

Most of you know that I used to be an electrical engineer. So, when the angels talk about resistance, it makes sense to me. If you have a copper wire that is very pure, the electrons flow unimpeded through it, and you have a strong and fast current.

If you have a lot of impurities in the wire, the electrons "bump into them," so to speak, have to find their way around them, and the flow of electrons is slowed down or dampened out considerably. If you have enough impurities (resistance) in the wire, you can even have a short as the flow tries to push past the blockages and creates friction. This is an oversimplification but one that works well to help us understand the concept of resistance to love. This short YouTube video has some great pictures to demonstrate the idea.

When the angels talk about "Resistance to love," it can be confusing because we'd never say, "No, I don't want what I want. Don't bring it! I'm blocking it!" That sounds absurd. Of course, we want love. Of course, we want what we want. But they're not talking about mental or intellectual resistance. They are talking about resistance to a flow of energy.

Any thought or feeling that runs contrary to what you are asking for creates this type of energetic resistance. They're like "impurities in the wire." By their very nature, they slow down the flow.

So, what to do when it is hard to think positively about what you want? The universe is always trying to help us find more loving thoughts and things to focus on. Think of a creek. It wants to flow downstream. There's a mighty power wanting to create that flow. If there are boulders in the way or a logjam, the creek tries to move them, but if it cannot, it goes around them. Likewise, we can try to think positively about what we want, but if those boulders (doubts, fears, complaints, upsets) are too big, then it is best to simply go around our blockages.

I had a funny example of this last weekend. I've started doing my ice baths and saunas again, and I love it. But I forgot that it can deplete you of minerals and you have to drink more water. And so I was feeling a little strange in the body on Sunday. I didn't know why, and I was "too busy" to sit and receive the answers, so I focused on all the other things I wanted to do. Later, I noticed that the pool needed a refill. I forgot to turn the water off and overfilled it. As I was leveling it off, I noticed a leak in my sprinkler system! Luckily, I had exactly one spare part. As I pulled off the leaky riser, I was soaked by a massive geyser!!! That led me to the thought that I wanted an Epsom salt soak before dinner because dining soaked in sprinkler water didn't sound fun. And that... That led to the realization that I was seriously short on minerals and water!

You can easily say that this wasn't the easiest path for me, but honestly, it was! I was rushing around, not quieting my mind enough to hear the answers. Since the universe couldn't get through to me directly, it

found the most clever, creative way to get my attention while also answering another prayer that I had, which was to figure out why my water bill had been astronomical last month. The leak was fixed. I got cleaned up and had a nice dinner, and I am now back to an appropriate intake of minerals and water. It was somewhat hilarious, and I got a great story for the newsletter.

I could have made the path easier by sitting still, breathing, focusing on feeling wonderful, and waiting for answers. I could have made the path easier by going out to look in the yard earlier, as I'd been inspired to do. However, I was too busy telling myself I didn't have time, and so the universe found the easiest path to get my answers with humor and without harm.

This is a small, silly thing, but when two dear friends and a family member discovered potentially life-threatening problems these past few months, I took not-resisting love seriously. I didn't waste a moment focused on fear or worry. I focused on their living beyond the problem, and they did, too, and all of them had life-saving procedures. Had I focused on worrying, I would have been powerless to support them.

Likewise, when I've injured myself, focusing on the problems has not helped. Believing in an "incurable" diagnosis has not helped. I no longer have "permanent" neuropathy, even though I was once sentenced to life with it. I learned to stop focusing on all that was "getting on my nerves" at the time and focus on what felt great. The condition disappeared. When I had an astronomical repair bill last December, I gave it to God and got on with loving life. It is now behind me.

A very dear client recently told me about doing a few small things to feel better on a day that was difficult and how that led to a wonderful "chance" meeting and a week of business that had previously been frustrating and stagnant. The decision to pamper herself and go to lunch opened her to a mighty flow of assistance.

It doesn't take much to release resistance to love. In fact, it is often easier than we think.

Here are a few pointers to help you find a way:

1. If you can't feel good about a topic, focus on something else

If you've ever seen a loving parent with an upset child, you've probably witnessed the power of distraction! I first saw it years ago when a friend with a young child was faced with her daughter having an epic tantrum at a restaurant where we were waiting for our food. My clever friend ignored her child's anger and started playing with sugar packets, tossing them to me and encouraging me to toss them back. We made it a game.

Her daughter stopped wailing, became curious, and wanted to play. Without any fuss at all, my friend had distracted her daughter from an upsetting topic and helped her find something to feel good about. Genius. She helped her daughter release resistance to love by finding something that felt better than the tantrum.

We can do this for ourselves. If you can't feel good about a problem, person, or situation, focus on something else that you can feel good about. The river will flow around your blockages if you allow for that.

2. Keep a list or a collection of things that help you feel good

It helps to have "mood elevators" on hand. You might keep a few books in easy view that inspire you. You might make a feel-good playlist on YouTube or in your music app. You might keep a file with compliments and good words that people have sent you. You might put up pictures or art that inspires

you or keep a file of inspiring images on your computer. You might watch "Laughing Babies" or "Guilty Dogs" on YouTube till you can laugh once again!

I saw an interview with the Dalai Lama once. The interviewer said, "You never get down, do you?" The Dalai Lama laughed and said, "Of course I do!" Incredulous, the interviewer asked, "How do you handle it?" We all waited, expecting deep spiritual answer. "I watch funny animal videos," he replied. There you go! One of the world's most incredible spiritually wise beings employs the power of distraction when down. Genius! We can, too.

At first, you'll "just" feel better. Then, you'll start being a little more inspired. Eventually, as you open to more and more love and good feelings, ideas and miracles will start to flow.

3. Don't wait until you feel "worthy"

We have been conditioned to be hard on ourselves! If we trip, we berate ourselves for being clumsy instead of just saying, "Oops," and allowing spirit for help. If we make a "bad" financial decision, we waste too much time and energy looking back instead of opening to love now and allowing new abundance to flow. If we get into a tough relationship, we can spend hours to years justifying our decision to leave instead of just saying, "Now I know better," and opening back up to the good in the moment.

We are all worthy of love now. Not when we get more holy. Not when we suddenly release anger or sadness. Not when we finally figure out how we could have done something better. Right here. Right now. In this big, beautiful instant, no matter what you've done or not done, said or not said, you are worthy of love, help, miracles, and assistance.

We need to give ourselves permission to feel better. The universe already knows your worthiness. The angels know it. The Divine knows it. They flow love because they are love. The river doesn't judge the landscape unworthy. It just flows where it is permitted.

It is a huge mental shift to accept the 5D universe and to start living according to its principles. It doesn't make sense in the 3D world that feeling better about anything can help you with everything. However, in the world of energy, it does. As we release the "resistance" to love, we become like those pure copper wires that allow electrons, or in our case love, to flow unimpeded. We become the landscape that allows the river to flow. We become the radio that receives the right signals.

As we release resistance to love, we experience ourselves as the spiritual beings that we are—focusing our energy, opening to the energy, and allowing the energy to inspire and guide us to all that we desire. We do this by degrees. I still find areas where I block love in subtle ways, but the more you practice letting go and letting love flow, the quicker you can let it in and let it work its magic in your life.

Have a blessed week,

Love,
Ann

About Ann: She has written several books & meditations, including: [*Bridging the Gap Between Christianity & Mysticism*](#), [*Love is the River: Learning to Live in the Flow of Divine Grace*](#), and most recently, [*Whispers of the Spirit*](#) which documents her journey from avionics engineer to angel communicator. Ann has been published in many other books and ezines, has been interviewed on national radio programs, and has spoken at conferences featuring some of the foremost spiritual authors of our time, including Wayne Dyer, Marianne Williamson, James Van Praagh, and more.

Her mystical training involved apprenticing to a traditional Reiki master for one year to learn how the emotional, mental, physical, and spiritual energies affect your everyday life. She has since trained under shamans, mystics, channels, mediums, and a variety of other spiritual teachers. Her constant mentors, she says, are the angels that work with her during her readings for others and guide her in her own life. *"If everyone could experience how deeply they are loved, there would be no more greed, no more pain, no more lack mentality. We could erase fear if we could only tap into the immense love that is available to us all. Wars would end and we would celebrate the infinite variety of ways in which God expresses love through life."*

"If I can assist you in discovering your own Divine Spark, your awesome power to create life as your heart wishes it to be, and your passion and purpose for living, then I am humbly and deeply grateful for the opportunity to do so."

©Ann Albers

Go to Ann's website: <https://www.visionsofheaven.com/>

Ann's Video



Link: <https://www.youtube.com/watch?v=1IbALtiu3F4>

Activating Your DNA By Shelly Dressel



As a part of the ascension process, the Universe sends various impulses of energy. These are solar flares, eclipses, the solstices, and the equinoxes. Each time these events occur, there is another expansion that takes place in our energy bodies.

There is another large solar flare that will be coming through within the next one to two weeks. The intention of this flare is that it will activate within people's DNA that which brings things that have been unconscious, into the consciousness. Through this, people will become aware of gifts that they have always had, but never understood. In addition, people will open to greater intuitive gifts.

When we arrived in the All That Is, there was a LOT that was happening. There were many, many beings of light, angels, and aspects of people from their souls. It felt as if there was a lot of excitement, movement, congestion, excitement; all sorts of energy and not just the norm. As people settled down, each person was able to directly with the one-on-one or with the group which would help them to go to the next level of consciousness. The predominant transformation was expanding intuition through inner seeing, feeling, or knowing.

This is a powerful way that you can expand your consciousness and open to new potentials.

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Nama Sika Venia Benya. I AM the One, I AM the Whole

I greet you, beloved family. I reach out from my heart to yours. I reach out in this now moment to connect with you while you are here present in your everyday life.

With every breath that you take in, breathe that energy down within you. With every breath that you breathe out, let go tension, let go stress, let go of anything at all that may be hanging over you. This is an opportunity for you to not only be present within yourself, but this is an opportunity for you to look at your life. To look first and foremost within your heart center.

How are you looking at yourself? Are you feeling love and compassion? How are you looking at others? Do you see others through the eyes of love and compassion? Where is your focus in your life? Is it on problems around you? Or is your focus upon anything that you may have that supports you in this life? There's so much that people have in and around them that becomes a habit. It is a habit that you may think about things in a particular way. It becomes a habit that you look at the world through the eyes maybe of the victim or perhaps through the eyes of someone optimistic. This is your chance to pay attention to where your focus is as you look at yourself and as you look at the life around you.

As you go into your heart center, create a ball of light. As you create this swirling energy in and around you, you can feel it as that ball is created from your heart energy. You can then pull it bigger and bigger so that it becomes something that is more than just the size of your heart. This is but one way that you

can work consistently with your energy bodies. So, let that be your focus in this moment.

And as you see the light and energy of your heart just turning and swirling, allow an aspect of it to move down. It goes through your solar plexus, your sacral center, your root center, and then it goes all the way down into the earth. As you feel this connection to the earth, ask to know or ask to sense that soul of the earth. Ask to sense Gaia so that you may connect at an even deeper level within this space.

I invite you to take this moment and you can listen to the heartbeat of the earth. Through that heartbeat you can find Gaia. The earth is not something that is completely separated from you and you are just here living upon it. There is an alignment to the earth that is always within you. For everyone living upon the earth, they have that vibration, that alignment, that frequency that allows them to flow up and down, aligning with Gaia.

Allow that consciousness to flow back up through that stream of energy. You feel it once again circling within your heart center and then it goes up again through your throat, your third eye, your head center, and you send it up as far as it needs to go so that you may link with your higher self. Look around at what this place is for you.

Your higher self, you may see some of those projects that you are working on, perhaps some of the things you seek to manifest, perhaps relationships, perhaps some inner growth. Whatever it may be, you take this moment so that you may feel the alignment and then that may possibly give you even more information.

You then follow that stream of energy, it goes even further up. This thread of energy goes directly into your soul. As you feel this energy linking to your soul, you may feel yourself expanding even bigger.

Take in this consciousness that is your soul. You can almost feel as if it surrounds you with love and light. You can feel as it just gives you unconditional love, perhaps information, perhaps a perspective that you are so much more than this human in this lifetime.

So be present within the moment. I, the Goddess, walk in and amongst each one of you. As I blend with you, as our energies merge together, we shift moving into the All That Is.

Look around at this space and what it is for you. One of the things that I'm noticing is that it's very busy. Most often when we arrive in the All That Is, there may be energies, there may be an aspect of you that is working on something.

However, this time there's this distinct perception that there are universal beings, that there are angels, that there are aspects of you that are all here present to work with you in this now moment. There have been multiple steps that humanity has gone through with this ascension process. For many of them, you were very conscious and aware, and there were others who were in the process of perhaps waking up, didn't know what was happening, but knew something was going on.

So if you are one of these two or something else totally different in this now moment, I invite you to look around. Look around at the many beings that are here. I know that you have heard about the solar flares. I know that you have heard about other impulses of light, not necessarily from the Sun, but from the Universe, and that these are working hand-in-hand with one another to help humanity ascend to the next level of consciousness.

There is another solar flare coming in that is a little more significant than others, most likely within about a week of the time of this channel. So whether it has already passed or you're listening ahead of time, this is an opportunity for you to connect with that energy of the flare, to consider how to consciously shift your focus so that you may be fully aware of whatever it is that happens.

For so many, because we are saying this, it then ends up being something that you don't even feel because you've done the ascension prior to the time that the energy comes in. But either way, this is your chance to open up the doorway to whatever is next for you. So look around this space of the All That Is.

Look at what is in your space as your soul. I'm noticing many of you feel more comfortable if you create a space that is somewhat enclosed as if it's not a little box or anything, but instead of something that's as big as the All That Is, this is something that just gives you a sense of containment so that you can better process whatever it is that you need. So, as you walk within this space, you find in front of you that aspect that is there for you. This aspect, again, may be something from your own soul, or an angel, or a light being, most often one of those three.

Okay, as soon as each one of you was able to find that conscious alignment, there was a ripple of energy that went through everything. For you, in your conscious focus right now, take a moment, and as if you are expanding the energy around your head center in your physical body, expand that energy of your head center so that more of your consciousness can move within that space.

The aspect that is working with you is communicating with you, asking what you personally would like to either clear out or open up within your life. As I spoke that, it was fascinating to see a ripple of energy. I could hear some communication through music. I could see bursts of light. I could see others settling down into a very peaceful state. This is to name a few.

So you may have something like that, or something completely different. Allow your consciousness to be present and to receive whatever it is for you to know at this now moment. Take an opportunity, and as if you are stretching your consciousness some more, to this time, invite your mental body, your thoughts, your beliefs, that human aspect of you, to become present and merge with all that is happening in this now moment.

As I spoke those words, some of you actually got smaller, and then others were able to have a deeper understanding of what was happening. If your perception was that you got smaller, then once again, literally push the walls out from where you are. There we go.

Now I can feel each one of you much more in a balanced state. The next phase is that they are sending this information that goes in through your consciousness, that is going to activate energies within your DNA. In particular, the energies associated with this flare, or this evening, are about your perceptions expanding. In other words, when you look at things, you may see the non-physical energies with greater ease. As you go into meditation, or in a space of looking inward, your perception expands through your inner feeling or your inner knowing. As I speak these words, I invite each one of you to consciously expand and to consciously reach into those energies.

The inner knowing, or perhaps that greater vision. Many of you in your life have wanted to be able to see more fully, or more clearly, clairvoyantly. Many have been frustrated by the perception that they don't see anything. In this now moment, putting forth that intention that you can see more of what is around you, then let that wave and that frequency go through your consciousness. Let it find whatever needs to be inside of you that will expand and trigger this so that you can see the energies around you. Expand

your third eye.

Again, expand your consciousness. Indeed, there is so much more that you can see. Okay, what I just heard as I said those words, were a number of people saying, I still don't see anything, this doesn't work for me. So, for those that no matter what gets done to them, no matter what activation, no matter what happens, their perception is they still don't see anything. Then, let that belief system, almost as if it's just fracturing, and let it fall apart, and let it go by the wayside. ~whew~

Because indeed, you will never see if you don't believe you will ever see if you don't believe you will see. (I had my sister's dogs and one started nudging at me.) So, with these energies that are going on right now, flowing around the room, these animals that are not as accustomed to it are reacting, and they can feel it themselves. So, energy is felt by all beings at one level or another.

Let this now moment, let this activation within you that is about the clarity of your vision, and it's not just the vision. It's about that opening to perception where you take in so much more through all of your senses, and let your DNA, it's a very physical, cellular level, support all of that for you. I could feel things expanding even further within you.

There is a sense of separation. Whatever aspect was in there, it may have been one, it may have been a group, but now is an opportunity for you to ask them whatever question may be on your mind or on your heart.

Understand that as you ask this question in this now moment, not only is it something that's coming up within your own consciousness, it is something that will assist you as this activation within your DNA continues to expand. It is as if you are getting the jump on it right now, and then as these continued influxes of energy take place, instead of feeling wonky, you may perhaps feel some of those answers slipping into your consciousness if you don't get them in the now moment.

You may also find that your energies are expanding much more fully. So now I have that sense of them disappearing until you are in your own space here within the All That Is, and this is your opportunity to look around. Look around at what you may see, perhaps sense, perhaps feel. Let it be present for you. Some of you are instantly noticing a difference.

What is very interesting this evening is that people are already in such different places of their consciousness or their perceptions. After this, it is as if the entire All That Is, is shifting into a higher frequency. It's happening! The All That Is was created as a place for each of you to experience things as potentials. It is a place for you to grow. In doing so, the All That Is also grows and changes. Be present in that moment.

I invite you to gather together as a group. Here coming up within you take a moment to open your perception to see if there is more that has been unconscious that's coming forward. OK, I heard someone say 'how can we tell'? Even with your eyes closed, look around the room, look around this space. Do you see more colors? Do you feel things more deeply as you know just about this moment expanding in other ways?

This energy is available to every single person on the planet if they so choose. It is coming up within the ethers that are in and around you it is coming up into the water, the trees, and all that is here. The remainder of your own consciousness slides down it comes down into this space within and around you. Allow yourself to anchor back here in your everyday reality.

You can feel it. You know that you are in an expanded state. Take some moments to become accustomed to this change.

As you live your life consider the moment-to-moment, day-to-day, at various times; but consider what it is to be in this lifetime at this time. During this journey this evening every one of you created a deeper alignment not only with your own soul and source but with these other beings that are here assisting you in this growth. Allow it to really do everything that it can for you. Allow your own personal growth to expand in whatever way is possible. There is so much that is happening on so many different levels. Be present, be in balance, be in alignment so that you are living the very best life that you can have.

Beloved, you know that I am ever with you and within you

Ansaluia

About Shelly Dressel: Shelly first began channeling in 1995 as means of seeking a deeper connection to her own divinity as well as to that of the angels, guides and teachers who surround her. She is now known worldwide and works one on one with people from many countries. Shelly has been a registered nurse for most of her adult life. Following her divorce in 1989, she began a path of seeking to find her inner truth and to put an end to loneliness. Along her path of discovery, she received attunements in Usui, Shambhala and Celtic Reiki. Through varied interests she took classes in yoga, meditation and aromatherapy, to name a few. Each step has opened a door to something new!

When Shelly began receiving messages from her guides, she chose to talk with them directly, which evolved into the type of channeling she does today. In the ensuing years, she's channeled innumerable angels, teachers, masters, ET's, the dolphins, people's pets and those who have crossed over. Early on, Shelly was also drawn to the divine feminine energies and, subsequently, in 2001, she brought through the Goddess of Creation; the feminine aspect of Source energy. This high vibrational energy was able to be communicated directly through humanity only since the year 2000, when our planetary consciousness reached a frequency with which the Goddess could interface.

Shelly is a clear channel who is able to tap into situations from a soul perspective. This perspective is higher than the plane in which our mental activity takes place. Shelly's channeled information always comes from a place of love and acceptance. She can assist you in receiving helpful information, shifting negative or stuck energies, and with healing your energy fields from the physical to the spiritual. Any changes that you make originate from within you; Shelly merely facilitates connecting you with your greater potential.

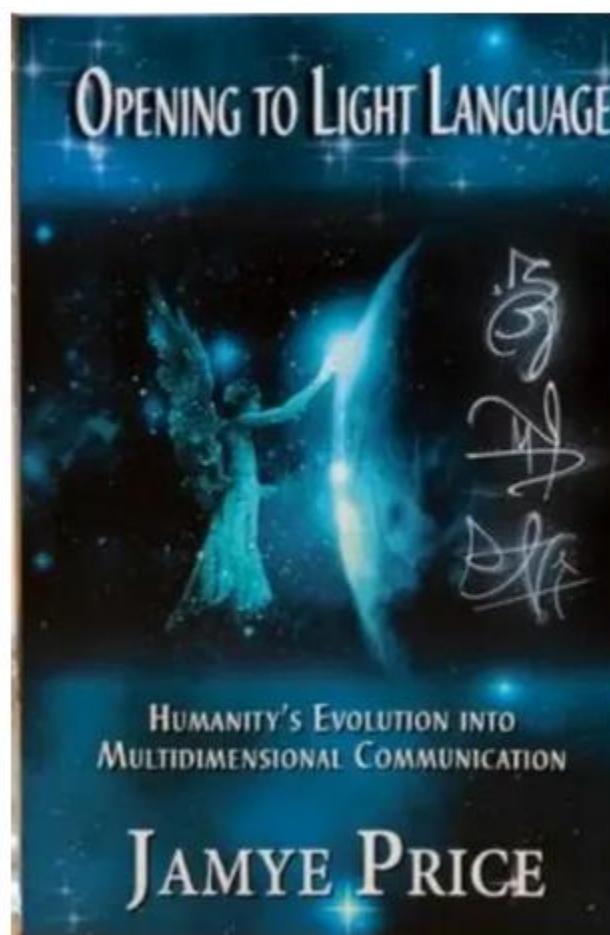
This is Shelly Dressel channeling the Goddess of Creation; the feminine aspect of source essence, for the free teleconference offered on the first and third Sundays of each month. All rights are reserved. You are welcome to share this information; we just ask that you keep it intact. For further channels and information on both the Goddess and Shelly please see our website: www.goddesslight.net

Shelly's website: <https://goddesslight.net/>

Shelly's Video



Link: <https://www.youtube.com/watch?v=ISJl27Ti-Co>



Hello Powerful Light!

We are heading into Equinox month and we have an eclipse a few days before that. These are powerful times of change. Rollercoastery, so I'm trying to remember to enjoy the ride in all of its ways.

I hope you have a wonderful September!

Much Love,

Jamye

Blessed Being, these are special times that you are in, though often that comes with great change.

Preparing for Change

Your Awareness and your adaptability offer reward if you will look deeper into new potentials.

Life is fail-safed to Love, that is where the circle begins and ends.

There are always potentials that connect more Love to Life, even if the steps between aren't fully aligned with it.

It is not your work to force new creation, but to be available for new creation.

You are a vehicle of Life's creation.

It is through the facet of you that the new bends through a prism of potential.

To Prepare for change, honor your sacred space within and nourish it.

Find the moments of stillness and steadiness amidst change.

Through misty waters of potential, you eventually reach shore.

Navigate your ship with cosmic grace, for the universe is waving through you.

Open your heart and mind for new potentials to align.

Dream big, for you are; though it's as invisible as air until Time defines.

Preparing for Time

Change is a constant in this density realm.

It is assumed external as night and day guide your life.

You have been taught that the invisible is separate and judging you.

This over-values action as grace, with values deceitfully misplaced.

It removes unconditional love as a creative force, with force conditioned through agreement coerced.

It blurs discernment in the conditional realm, removing God's image-ing from your heart and mind.

It creates hierarchy and separation of good or bad, circling back to action that denies freedom's flow.

The Body of Time

Time doesn't just heal all wounds, it repeats all wounds until healed.

Time is the Ring Pass (K)not that connects waves of resonance into an experience.

It binds storylines within the fabric of TimeSpace.

You, dear Time watch-er, hold a key to the formula of density Time.

It is outside and within, not just the clock's to define.

The prism of your consciousness bends every storyline.

Gravity abounds. Levity aligns.

Raise your mindheart to redefine Time's potentials, for you are Time's deferential.

Storylines are meant to be replaced with Love's new face; a moment's smile, a moment's tear – all are mo(ve)ments of resonant grace.

Love Boldly

About Jamye Price: Jamye Price is an energy healer, channel, teacher and student of life. She channels healing energies in the form of Light Language, which are ancient and universal languages that your heart and infinite mind speak fluently. When she is running healing frequencies, she speaks and signs Light Language, tones, emotes, and physically clears energies for clients through Divine Grace. Jamye's work assists with transmuting physical, emotional, mental and spiritual blocks into wisdom, compassion and empowerment. She teaches self-love, forgiveness and finding a perspective of Love in any situation to provide people with practical tools for Soul Progression and creating a joyful life. Jamye's website: <https://jamyepriice.com/about-jamye-price/>

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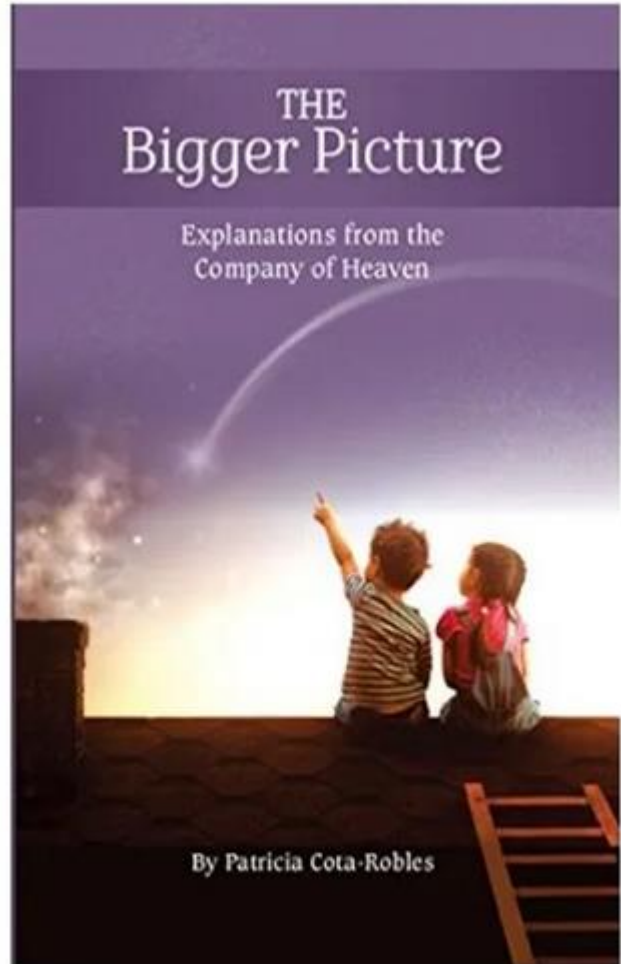
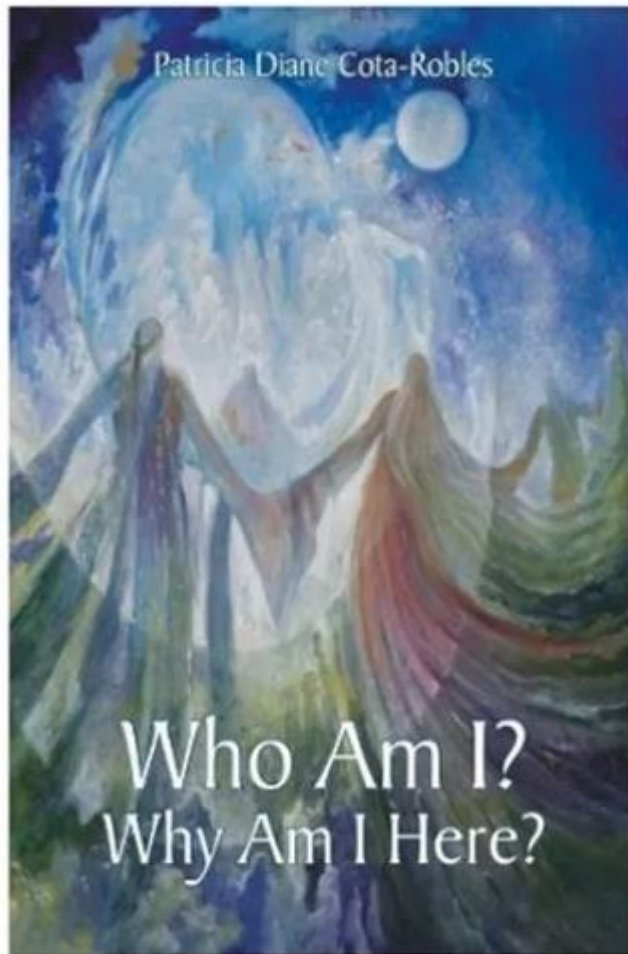
Jamye's Video



Link: <https://youtu.be/YAMX6hvhwmE>

The Emerald Flame Activation Has Begun

By Patricia Cota Robles



Books 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.

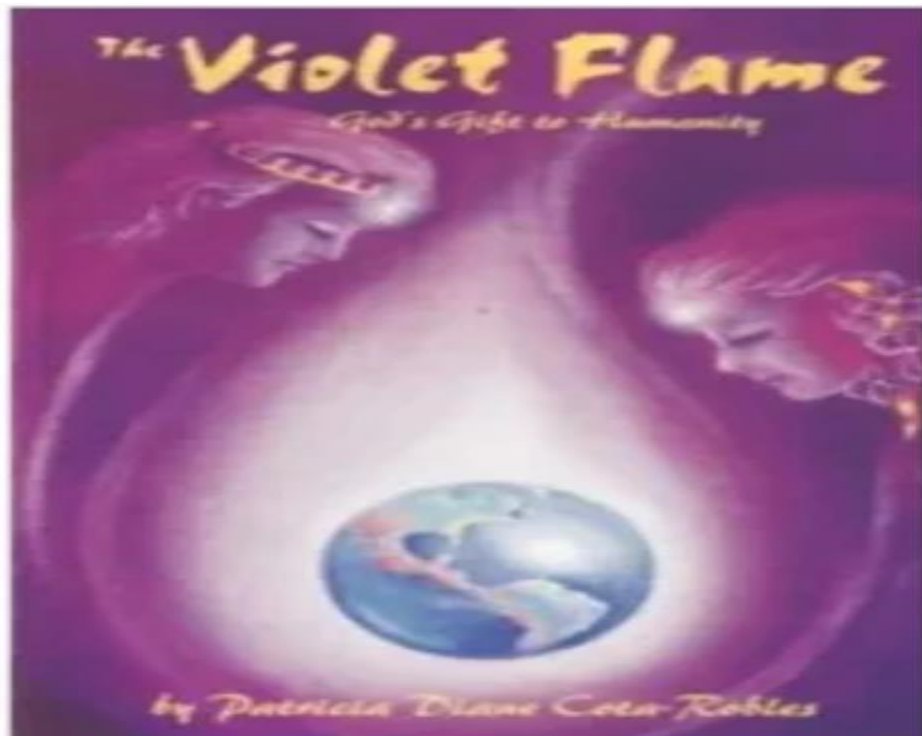
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, 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://youtube.com/watch?v=Yd0s9LyNZps>

Is Intuition From God?

By Lee Carroll/Kryon



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/>

Lee Carroll/Kryon Video



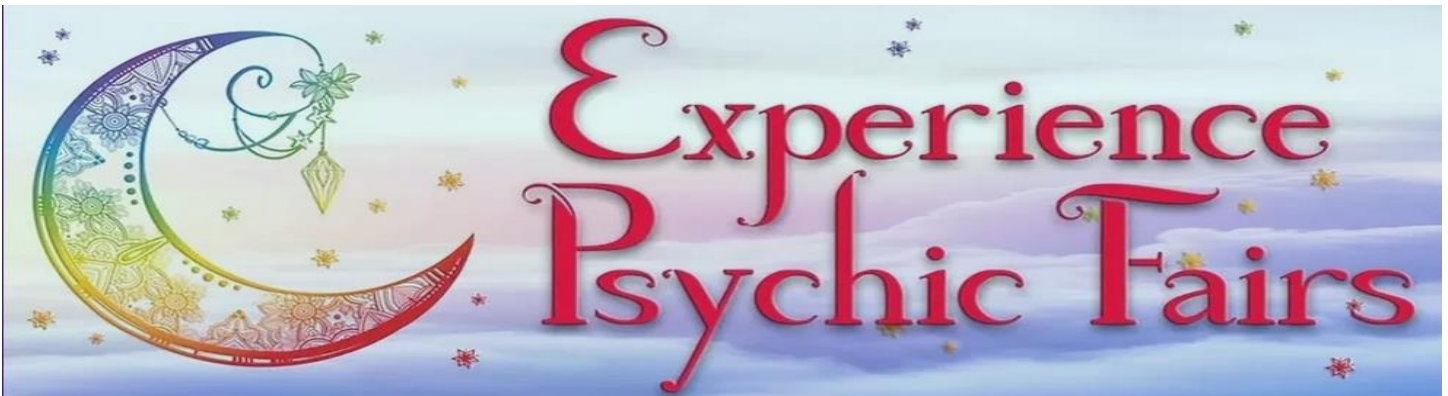
Link: <https://www.youtube.com/watch?v=61DRqAQRUNk>

ROC Metaphysical Business Advertising

Our calendar is updated frequently and we use ROC Metaphysical's Facebook page to also promote events. Go to https://www.facebook.com/ROCMetaphysical/events/?ref=page_internal

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.



Come To The Fair

Come to the Fair with so many interesting vendors, readers, psychic mediums, tarot card readers and energy workers. Go to the website for more inf: <https://www.experiencepsychicfair.com/copy-of-upcoming-fairs-3>

Hamburg Fairgrounds
September 27-29
Hamburg Fairgrounds- Grange Building
5820 South Park Avenue
Hamburg, NY 14075

ROCHESTER, NY
October 5 & 6
Damascus Shriners
979 Bay Road
Webster, NY 14580

CORTLAND, NY
October 12 & 13

Cortland Country Music Park
1824 NYS Rte. 13
Cortland, NY 13045

BATAVIA, NY
October 18, 19 & 20
Batavia Downs Gaming and Hotel
8315 Park Road
Batavia, NY 14020

SYRACUSE, NY
November 2 & 3
Embassy Suites
6646 Old Collamer Rd. South
East Syracuse, NY 13057

Healing Messages From Spirit

**HEALING MESSAGES FROM SPIRIT
WITH BRANDIE KRISTLE FURNISS**

- ASK QUESTIONS
- BIO-SCANS FOR HEALTH
(KINESIOLOGY)
- ELEMENTAL ENERGY
- EMOTIONAL SUPPORT
- MEDIUMSHIP READINGS
- NUMEROLOGY
- REIKI BALANCING

15-MIN. \$25

EDEN CAFÉ
in Batavia, NY
BATAVIA, NY

WEDNESDAYS APRIL
2:00-6:00 PM

@THEBODYORACLE

The Body Oracle will be bringing the best of 'Healing Messages from Spirit' to the local vegan Café, Eden at 242 Ellicott Street, Batavia, New York 14020 during the hours of 2:00-6:00 pm on Wednesdays.

You can book a 15-min taster and grab a drink or snack while you get your reading for Health + Self-Empowerment just before the spring equinox. Or double up your appointment and choose from some of the offerings below...

The spring equinox bridges and balances the light and the dark with equal length of days as nights here in the northern hemisphere. What are you looking to bring balance to in your life? What questions or health concerns have you stressed or anxious?

With 30 years experience developing personal intuition, studying advanced metaphysics, and culinary herbalism, Brandie is a fantastic guide, emotionally sensitive, and attuned facilitator of shifting the vibes to the highest most ideal state. Also trained + certified in multiple healing traditions from around the world to find the common thread among these sacred traditions.

The bio-scans for health can include kinesiology (muscle testing) for reading your food sensitivities/allergies, energetic blockages from a medical intuitive point of view, and give you insight into what types of chemicals or environmental issues present.

Mediumship is messages that come through from guides, angels, ancestors, and potentially loved ones that have transitioned. Delivered with grace, ease, and Unconditional Love.

Numerology life path is discovered by sharing your birthrate, and is totally optional. You choose what kind of messages you'd like to receive by coming in open to receiving. No information shared necessary for reading and all messages delivered are 100% confidential. Brandie is also a certified Usui Shiki Ryoho Master Teacher in the third degree and has been training healers and intuitives in the WNY area since 2013 through co-creative energy medicine.

For bookings email oracleofwny@gmail.com

Or just walk-in to inquire.

Website: www.thebodyOracle.com

Phone: +1 585.993.3723

Mythic Treasures Faire



Come to the Henrietta Store on Jefferson Road for second Saturday with vendors, readers and great shopping.

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 a sale that day to further entice you!

Sign Up For this Class



IET CLASSES

PRESENTED BY REV. SHEILA B. TILLICH
CENTER OF BEING IET MASTER INSTRUCTOR TRAINER

| | |
|--------------------|---|
| APR 06-07th, 2024 | IET® Master-Instructor Class - Rochester, NY |
| MAY 17-19th, 2024 | IET® Intensive Workshop - Rochester, NY |
| JULY 13-14th, 2024 | IET® Master-Instructor Class - Rochester, NY |
| AUG 16-18th, 2024 | IET® Intensive Workshop - Rochester, NY |

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.

Register Now WWW.SHEILATILLICH.COM/EVENTS

Elevate your spiritual journey with our transformative IET® Intensive Workshop led by Master-Instructor Trainer Sheila Tillich! Over three immersive days, unlock the power of Integrated Energy Therapy and discover your path to healing and empowerment. Whether you're a seasoned practitioner or new to energy work, this workshop offers invaluable tools for personal growth and healing. Activate your DNA, heal yourself and others, and step into your magnificent life's purpose!

Ready to take your healing practice to the next level? Join us for our life-changing IET® Master-Instructor Class! Over two empowering days, you'll deepen your understanding of Integrated Energy Therapy and unlock the secrets of the sixth pair of DNA. With prerequisite levels completed, you'll gain the skills to attune others to the Basic, Intermediate, and Advanced Levels, empowering them to live in alignment with their soul's purpose. Step into your magnificence and become a beacon of light in the world!

Go to www.sheilatillich.com to sign up

A flyer for 'Divine Angelic Gathering' by Sheila B. Tillich. The background is a soft, ethereal blue and white with a subtle starry pattern. At the top left is a circular logo with a starburst design next to the name 'Sheila B.'. The title 'Divine Angelic Gathering' is in a large, elegant serif font, with three small star icons to its right. Below the title, a pink rectangular box contains promotional text. To the right of this box is a circular portrait of Sheila B. Tillich, a woman with grey hair wearing a blue top. Below the pink box, a list of included activities is provided, followed by a closing statement and a call to action. The website URL is at the bottom.

 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/>

ROC Metaphysical Alternative 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 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!



727 E Main St
Rochester, NY 14605

and the 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
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-Morrisette

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 Theresa at: <https://youtu.be/cE8xQohKhrE>



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

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

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



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

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



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

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



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

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

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



Marjorie Baker Price , RN

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

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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

Fairport, NY 14450

585-313-3996

<https://sheilatillich.com>

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

<https://sheilatillich.com>

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

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

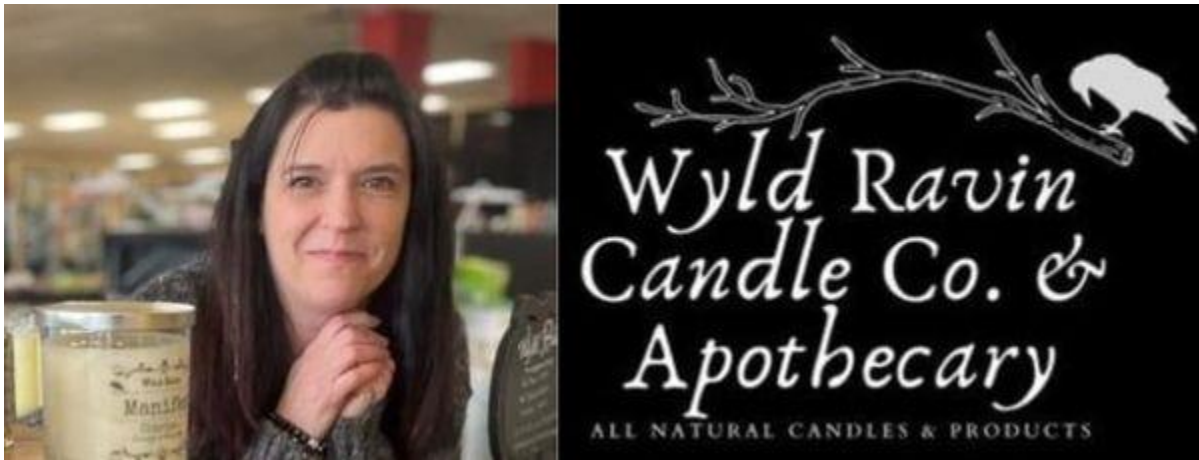
Join the Lightworkers Connection Circle Facebook Group:

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

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

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

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



Wyld Ravin Candle Co. & Apothecary

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

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

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

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

To contact email at wyldravin@yahoo.com

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



Rev. Bunny DuPuis
716-241-1414
revbunnydupuis@gmail.com
<http://www.bunnydupuis.com>

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

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



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

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



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

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

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

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



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

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

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



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

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

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

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

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

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



**Michelle Brzezniak EEM-CLP
Clinical Eden Energy Medicine Practitioner
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 Daily Energy Routine relieved Michelle's chronic migraines and changed her life dramatically. She was given a renewed sense of vitality and life purpose! She then pursued her passion by enrolling in the rigorous hands on Certification Program for Eden Energy Medicine. She is currently completing her 4th year of study and will soon be the first Advanced EEM 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. Take an active role in your health today...call me for a FREE phone consultation!
Learn more about Michelle: <https://youtu.be/aw5IFhVfhNc>**

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



Maureen Law LPN, RMT

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

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

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

I am a Swamini and live in an Ashram in Rochester, NY. 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.

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



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