



The sun is out, flowers are blooming and so is the May 2018 ROC Metaphysical edition.

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CELEBRATE WOMEN AND OUR MOMS!

HAPPY MOTHER'S DAY

The earliest history of Mother's Day dates back to the ancient annual spring festival the Greeks dedicated to maternal goddesses. The Greeks used the occasion to honor Rhea, wife of Cronus and the mother of many deities of Greek mythology. Early Christians celebrated a Mother's Day of sorts during the festival on the fourth Sunday of Lent in honor of the Virgin Mary, the Mother of Christ. In England, the holiday was expanded to include all mothers. It was then called Mothering Sunday. The more recent history of Mother's Day dates back to 1600s in England. Here a Mothering Sunday was celebrated annually on the fourth Sunday of Lent (the 40 day period leading up to Easter) to honor mothers. After a prayer service in church to honor Virgin Mary, children brought gifts and flowers to pay tribute to their own mothers.

Julia Ward Howe suggested that June 2 be annually celebrated as Mother's Day and should be dedicated to peace. She wrote a passionate appeal to women and urged them to rise against war in her famous Mother's Day Proclamation. She also initiated a Mothers' Peace Day observance on the second Sunday in June in Boston. Julia tirelessly championed the cause of official celebration of Mother's Day and declaration of official holiday on the day. Her idea spread but was later replaced by the Mother's Day holiday now celebrated in May.

Anna Jarvis is recognized as the Founder of Mother's Day in US. Anna Jarvis got the inspiration of celebrating Mother's Day from her own mother Mrs. Anna Marie Reeves Jarvis in her childhood. An activist and social worker, Mrs. Jarvis used to express her desire that someday someone must honor

all mothers, living and dead, and pay tribute to the contributions made by them. To begin with Anna, send Carnations in the church service in Grafton, West Virginia to honor her mother. Later Anna along with her supporters wrote letters to people in positions of power lobbying for the official declaration of Mother's Day holiday. The hard work paid off. By 1911, Mother's Day was celebrated in almost every state in the Union and on May 8, 1914 President Woodrow Wilson signed a Joint Resolution designating the second Sunday in May as Mother's Day.

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METAPHYSICAL STORES,
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Where are the stores, retreat centers and spiritual churches in the Greater Rochester area and beyond?

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FEATURE ARTICLES -
BY JEAN SICA AND
DR. KIM

Peruse our articles!! Thanks to Christia our contributor this month. There are lots of great articles, blogs and videos covering a wide variety of topics.

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CALENDAR OF
EVENTS

What is going on and where is it?

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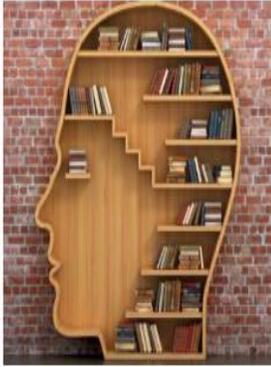
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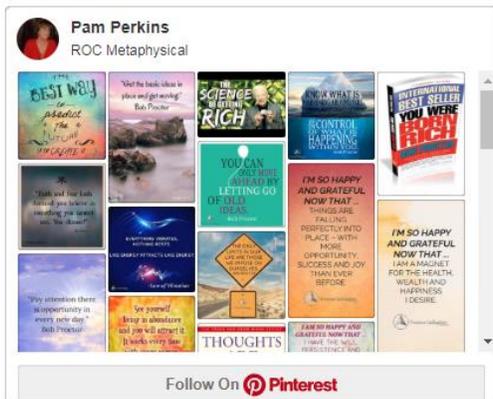
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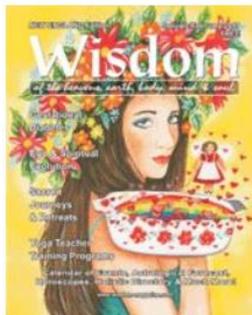
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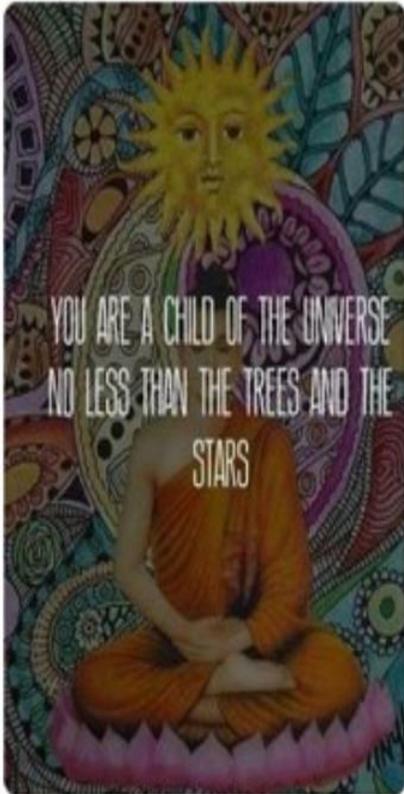
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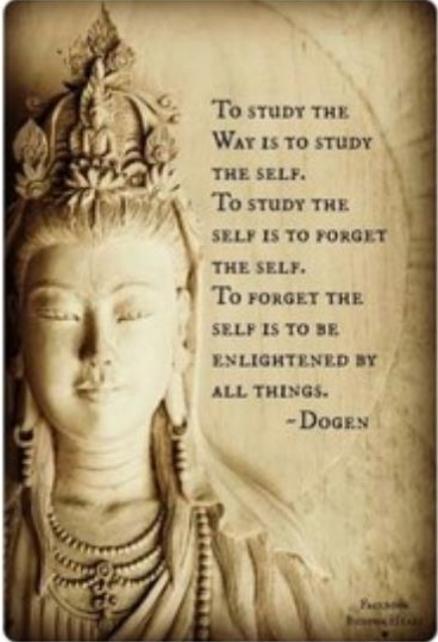
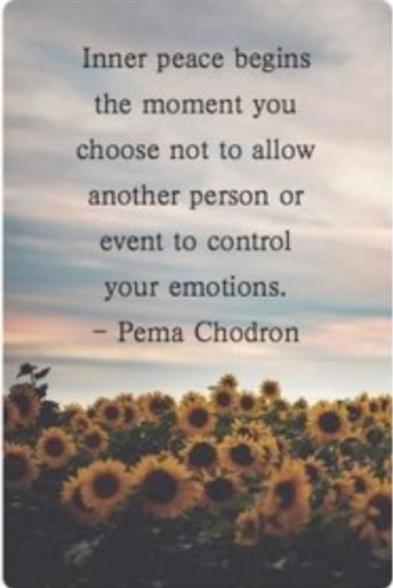
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ARTICLES TO ENLIGHTEN AND INFORM

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MONTHLY SOUND HEALING

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THE BEST AND WORST JOBS FOR AN EMPATH BY DR. JUDITH ORLOFF

VIDEO - HOW TO READ PEOPLE BY DR. JUDITH ORLOFF

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SPRING BY AARNO DAVIDSON

NO MISTAKES IN THE UNIVERSE BY REBECCA WASHINGTON

THE ONE THING I KNOW BY CHRISTINE OGASAWARA

WE VIBRATE BY TAMMY COLVIN

SPIRIT SCIENCE - CREATED BY JORDAN DAVID PEARCE DUCHNYCZ

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TAI CHI: MEDICATION IN MOTION BY JEAN SICA

<https://taichiforeverybody.wordpress.com>

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585 748 1138

Joe's wife died and his son, hoping to ease his dad's pain, registered him for a Tai Chi class. Joe told me it was helping him with his depression.

Ann's body was riddled with arthritis. She found Tai Chi classes helped improve her flexibility and her mood.

Janet was looking for a way to practice mindfulness. She had tried sitting meditation but wanted to explore the active meditation method of Tai Chi.

The names have been changed, but the stories are real. These are just a few stories shared with me by students in my Tai Chi classes. Time and time again, I hear positive reactions from students. Students exclaim to me how much more relaxed they feel at the end of the class.

What is Tai Chi? Why does Harvard Medical School call it "medication in motion"? And why is it so

good for us?

Half of all Americans suffer from one or more chronic conditions such as cardiovascular disease, cancer, diabetes, COPD, and arthritis? People are living longer than ever but what of the quality? And the costs? The Center for Disease Control estimates that health care costs for treatment of chronic disease accounts for more than 75 percent of health care costs.

Tai Chi helps us take back our bodies.

I often say that more than 100 million people can't be wrong. I'm talking about the more than 100 million people in China who practice Tai Chi. In China, Tai Chi practitioners can be found in groups gathered wherever there is space, but usually in public parks. You can also find them wearing hospital gowns in hospital courtyards, because Tai Chi is considered an adjunct to modern medicine.

Tai Chi is an ancient Chinese practice that began as a martial art and is now primarily practiced for physical and mental health. The goal is to circulate one's life force and create a balance, a harmony within our bodies. This life force is known as qi (che). There is no true English translation for the word, but the closest we can get is "air" "material energy" "life force" "energy flow."

In the United States, Tai Chi is today where Yoga was perhaps 10 years ago. Mainstream medicine accepts and promotes Tai Chi for health. Harvard Medical School has published a book on Tai Chi. The CDC, Mayo Health Clinic, and more! All are supporters and promoters of Tai Chi for a myriad of body and mind health challenges.

There are a handful of major styles, or schools, of Tai Chi. The style names came as a result of the founding family surnames. Each style takes a different approach, but each uses a combination of slow, flowing, circular moves. The moves are also known as forms. Some Tai Chi styles have more than 100 moves, others fewer than 50. They are all based on discovering, developing, strengthening, and experiencing qi.

Thankfully, it's not necessary to learn 100, 50, or even 12 moves to experience the benefits of Tai Chi. There are more-modified styles, based on the major styles, that make Tai Chi and its benefits accessible to anyone and everyone.

Tai Chi Easy, for example, is a 5-move form developed by Dr. Roger Yahnke, Chinese doctor, author, and speaker. Yahnke developed this form for the specific purpose of making it most easily accessible to anyone and everyone.

As Yahnke explains, each of us has the power to take responsibility for our own health. "Our western mainstream approaches have much to offer, but each of us needs to take responsibility. We each have a healing power within us that could do so much. We need only to accept that and take the steps to live healthier lives."

About Jean: Jean Sica, owner/operator of Tai Chi For EveryBODY as well as The Business of Mindfulness, offers classes in Tai Chi Easy, Qigong, Mindfulness, and Meditation in the Rochester area. Certified in Tai Chi Easy, Healer Within, Qigong, Tai Chi for Arthritis.





MONTHLY SOUND HEALING

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.

hormonal functioning.

Affects all cells in your body.

Cleanses negative energy and emotions.

Helps to cope with life's challenges.

Strengthens immune system.

Deep relaxation.

Stimulates endocrine glands and regulates

Balances both hemispheres of the brain.

Connecting with your higher self.

Improves sleep.

Stress reduction.

Listen to this video, just click on the arrow.

Link: <https://www.youtube.com/watch?v=Y6QTdvbu0uI>





DEEPEN YOUR MEDITATION PRACTICE BY ASKING: "WHO AM I?"
BY DR. TAE YUN KIM
[HTTP://WWW.TAEYUNKIM.COM](http://www.taeyunkim.com)

Tae Yun Kim, *Great Grandmaster*



Seven Steps to Inner Power

How to Break Through to Awesome

Life Secrets from a Martial Arts Master

Deepen Your Meditation Practice by Asking: "Who Am I?"

By Dr. Tae Yun Kim, author of THE SEVEN STEPS TO INNER POWER and CEO of
Lighthouse Urokinase Solutions.

Meditation is meant to bring you tranquility and peace of mind, to clear your thoughts so you can hear the thoughts of your real self. Our ordinary thinking process is so "noisy" that we rarely get a chance to experience other aspects of our consciousness unless we make a focused effort.

Whether you are new to meditation, or already a regular practitioner, you can deepen your experience by using this time and your expanded state of awareness to come to know who you truly are. Below, I will guide you through a meditation where you ask the most important question of all – "Who am I?"

The following steps are suggestions. If any of these suggestions is not comfortable or not possible, please feel free to adapt these steps in whatever way works for you.

- **Sitting quietly, close your eyes and focus on your breathing. Your breathing should be gentle and quiet. Someone sitting next to you should not be able to hear you breathe. Breathe in deeply through your nose, hold your breath as long as you can comfortably, and then exhale slowly and softly. Repeat this until your breathing is slow and gentle.**
- **Let any worries, concerns, or clamoring thoughts and feelings flow away. Initially your conscious mind will feel uncomfortable when you ask it to suspend its habitual thinking processes (or, more often, worrying processes). It wants to keep thinking and will try to do so. Just "watch" these thoughts. Don't hold on to them or follow them. Let them simply come and go. If necessary, "tell them" you'll pay attention to them later, but not now (usually the thoughts go away when they have this reassurance).**

Now, in this stillness, you can ask yourself, "Who am I?" lovingly and sincerely, with your whole being. You can repeat the question several times, slowly, and with full concentration. Then listen. Listen until you know that you've listened long enough for now, even if you feel you haven't received an answer. You have. The answer will begin to manifest in many different ways as long as you continue to repeat the meditation.

"Who am I?" You are asking something incredibly simple really—something profoundly natural,

something as close as your own being yet as infinite as the universe. Through your meditation, can also begin to know and to “make real” your unity with your real self.

This meditation requires much repetition and patient listening. The understanding that results from it doesn’t usually happen all at once. The expanding sense of knowing your real self can be so subtle that you don’t realize you’re getting it until you have it. The meditation will enlighten you in its own way, in its own time. Imagine the joy of day by day growing into a fuller understanding of who you are—who you really are and the power you really have.

It’s that simple. Your real self awaits your knowing. Let it come slowly, like the dawn, if it must. For now, you, the warrior on the path of uniting body, mind, and spirit, can know I am one with the universal life force. I am creative energy. I have the power to fulfill my dreams. I can break through to awesome.

Tae Yun Kim is a martial arts great grandmaster, motivational speaker, entrepreneur, and author of **THE SEVEN STEPS TO INNER POWER**. As head coach, she led the first-ever U.S. women’s Tae Kwon Do team to a gold medal at the Pre-World Games in Seoul, helping pave the way for women to compete in martial arts in the Olympics. Dr. Kim went on to found her own school of martial arts, aimed at overcoming limitations in every area of life. She is also the founder and CEO of Lighthouse Worldwide Solutions, a leading high-tech Silicon Valley company, and has won many awards for her achievements and humanitarian service. She received an honorary Ph.D. in Business Administration from Korea’s Sook Myung Women’s University. In 2017, she won two Stevie Awards for Women in Business: one for lifetime achievement and the other for best new product. To learn more, visit:

www.taeyunkim.com.



CHANNELING
BY REVEREND CHRISTIA CUMMINGS, B.F.A., M.F.A., R.M.T., A.L.C.
[HTTP://WWW.CHRISTIACUMMINGS.ORG](http://WWW.CHRISTIACUMMINGS.ORG)

Dear Beloved Children of the Light! We come forth this day to beam our Love into your Hearts! Dear Ones, we want you to know and to feel that we are all around you at this time. We are all around your planet Earth! We are so close, more so than ever before. As the Earth has raised her frequency so have you Dear Ones! At one time there was a larger gap between our frequencies, this is no longer true. As you open your hearts, and open to the TRUTH of whom you are you raise your frequency! Dear Ones, we are HERE all around you NOW! We ask that you call upon us, say out loud “New Earth Angels come to me now, please help me integrate these New Earth frequencies with ease and grace! I am open for your help on all levels, through all dimensions, across time. Thank you, so be it, Amen.”

That is very simple and powerful way to call us in! We love you Dear Ones, but you still are on Earth and Earth is a FREE-WILL zone at this time, so you must call us in and ask for our help! Thank you, The New Earth Angels.

About Christia: I was born an artist, empath, clairvoyant, and a channel of Spirit. My grandmother said I could draw and play cards before I could walk. I have always drawn upon Nature as my inspiration for healing and my art. In 1995, I had a spiritual awakening with a chorus of Angels-- a momentous event in my life – which caused me to open myself up to Spirit and the magical, inspirational multi-dimensional Universe. I teach practical tools on how to open to a dialogue with your angels and spirit guides during my healing sessions and classes. The Angel Light energy comes through my artwork into your home and environment. Everything I do, say, or touch has Angelic Energy. It has been my prayer for over 20 years that I be a pure channel of the Highest Love and Light, and that I am of service to the Light.

Guided by The Arch Angels, I began working with clients from all over the world. The Angels have told me that I AM a bridge from the Angelic Realm to this 3D Human Realm. They have asked me to call myself an Angel Medium. I AM A Certified Angelic Life Coach, an Ordained Minister, Usui Reiki Master/Teacher, and holds a Bachelor of Fine Arts and a Master of Fine Arts in painting.





**HUMAN BEINGS OR HUMAN DOINGS:
WHAT IS YOUR CHOICE?
BY DR. SEEMA KHANEJA
<https://coachingforinnerpeace.org>**

COACHING FOR *Inner Peace*

It's been a few weeks since my last post. I could say the reason for not writing is that I was too busy, or that I didn't have a meaningful topic to share or that it was a case of writer's block. Yet that would not be true. The thing is that nothing seemed to want to come through. The desire to sit down and write simply was not there. Of course, I could have 'forced' myself to write from a sense of obligation or pressure to 'serve others.' A feeling that I must 'do' this post on a weekly basis. Being a mother, coach and physician, I find it extremely difficult not to be 'doing' something! In our increasingly complex and fast-paced lives, most of us would agree that there is no shortage of 'things to do'!

Are we human beings or human doings?

This past January, I made a resolution around BEING and not just doing. I even felt inspired to create a TO BE list for 2018 which I shared in a previous post.

**To be happy.
To be grateful.
To be at peace.**

From this space of BEING happy, grateful and at peace, I did not feel guided to blog. I did feel inspired to spend more time BEING with family and friends- taking quiet walks on the canal path freshly covered with pristine snow, making snow angels and even participating in a snowball throwing contest- which I won! 😊 Last week, I even gifted myself with a weekend online retreat in A Course in Miracles.

What is the purpose? What is this for?

I realize that life is not about 'doing' or how much or how fast we are 'doing' but being clear about the underlying motivation behind the doing. Are we coming from love we simply want to share? Do we feel our hearts bursting with joy that naturally extends like fragrance from a beautiful flower? Or are our actions based in fear, guilt or external obligation? Do we feel a need to do something because if we don't, then somehow, we feel judged, inadequate or unworthy?

These are not easy questions to ask because we may feel afraid of the answers. So, naturally we keep ourselves busy 'doing.' Yet often this very 'doing' creates illness, disconnection and dis-ease in our bodies. If we stop, pause and let our inner wisdom guide us, we may find that the 'doing' still happens but perhaps at a slower pace, in more creative and fun ways than we could ever imagine. We sink into the present moment with each action instead of constantly racing to mark off as many things as quickly as possible on our never ending 'to-do' list.

More to come

Going forward, let me assure you that I'm not retiring from blogging. Not at all. Yet I am feeling guided to step back, simply breathe and post as it feels inspired. 😊

Practice

I invite you to reflect on one activity (from your work or home life) that you feel you want to step back from or do with less frequency. What holds you back from doing this? What are your fears and concerns? How would you enjoy spending that time instead?

I would love to hear what you discover.

About Seema: Coaching for Inner Peace (CFIP) is a non-profit educational organization created to offer a systematic way to experience consistent inner peace. The organization is led by a physician, Seema Khaneja, MD who combines the wisdom of world spiritual traditions with scientific research, to guide people to holistic healing. As the founder, Seema Khaneja MD has an extensive background in traditional Western medicine as well as complementary/alternative medicine. She was born in India, where she spent her early childhood years and was drawn to a spiritual path from a young age. She studied with spiritual teachers from the Hindu and Buddhist tradition and is also a student of A Course in Miracles. Ever since Dr. Khaneja entered medical school, she was on a quest to understand the connection between mind, body, emotions and healing. Coaching for Inner Peace is a vehicle to share what she learned- based on her professional and personal experience- so others may be relieved of suffering and rediscover a sense of wholeness.



**WE ARE BEING CALLED TO WALK OUR TALK IN 2016
BY PATRICIA COTA-ROBLES
<http://www.eraofpeace.org>**



As we Birth 2016, the 4th year of the New Earth, the Beings of Light in the Realms of Illumined Truth are sending forth a Clarion Call beseeching you and me and every Awakening man, woman, and child to live, move, and breathe within the profound Truth of Oneness and Reverence for ALL Life. We are being called to demonstrate this Truth with every thought, feeling, word, action, belief, and memory we express. This is the reality which we have been preparing for lifetimes to Ccreate. We already have all of the skill, wisdom, strength, courage, and ability we need to accomplish this Holy Endeavor. All we need now is the willingness and the Heart commitment to do so. Fortunately, the floodgates of Heaven have opened during the past three years and in addition to the Divine Momentum blazing in our Hearts, we now have more support from our Father-Mother God and the Company of Heaven than ever before in the history of time. This Divine Intervention is empowering every single one of us in miraculous ways.

According to the Company of Heaven, as we read the words and watch the video associated with the Activity of Light I AM sharing with you today, our I AM Presence will activate the Divine Potential that was pre-encoded within our DNA prior to this embodiment. The Divine Intent of this activation is to empower each of us to help raise the consciousness of our recalcitrant sisters and brothers in the Family of Humanity. Through this Activity of Light, we will actually Love ALL Life FREE!

The urgency of the hour is obvious. All we have to do is watch the news to see the desperate attempts being made to exacerbate fear and to wreak havoc amongst Humanity through the obsolete consciousness of separation and duality. As the Light increases on Earth and everything that conflicts with the Light is pushed to the surface, this chaos seems to be increasing in every segment of society. This hateful behavior is the antithesis of the patterns of Oneness and Reverence for ALL Life that we all know how to Cocreate, and it conflicts with every facet of the Divine Plan for this Planet.

Oneness and Reverence for ALL Life is the manifestation of Christ Consciousness through which our Father-Mother God's Transfiguring Divine Love will transform the Earth and all Life evolving upon her. Please read the following words and watch this video with an open Heart and Mind. Your I AM Presence has drawn this information into your sphere of awareness because YOUR LIGHT IS NEEDED NOW, and you have volunteered to BE THE OPEN DOOR THAT NO ONE CAN SHUT IN 2016!

Raising Consciousness The Shift from Separation to Oneness We experienced the Shift of the Ages and Earth's Birth into the 5th-Dimensional frequencies of the New Earth on December 21st and 22nd in 2012. During that Cosmic Moment, the Earth reclaimed her rightful place in our Solar System. Now it is time for the next phase of the Divine Plan.

Many people were expecting that the patterns of the New Earth would instantly manifest with our Ascension into the 5th Dimension, but that is not the way this process works. With the Birth of the New Earth the patterns of perfection did instantaneously flood into the mental and emotional strata of Earth. But the Universal Law is that in order for something to physically manifest on Earth it must be drawn through the Divinity pulsating within the hearts of people embodied on Earth. This is what is meant by the statement, "God needs a body."

In order for the patterns of perfection for the New Earth to manifest in the physical plane, we must first tackle the CAUSE of the maladies existing on Earth. Unfortunately, most people are focused on trying to change outer appearances which are the EFFECT of the problem not the CAUSE of the problem. When we deal with just the outer appearance of a situation instead of what is CAUSING the problem, it is like trying to change the reflection in a mirror without changing the object that is causing the reflection. This is a futile effort and we will fail every time. Outer appearances will only change if we address what is CAUSING the problem in the first place.

So what is the CAUSE of the unbearable pain Humanity has been experiencing for so very long?

The CAUSE of ALL of the maladies existing on Earth is Humanity's distorted and fragmented consciousness based in separation and duality.

This consciousness is the antithesis of Christ Consciousness. It is the opposite of the patterns of Oneness, divine Love, and Reverence for Life that are encoded within the patterns of perfection for the New Earth.

When every person on Earth has completed his or her Awakening to Christ Consciousness, we will all know that it is impossible to harm any part of Life without harming ourselves and every other facet of Life. With that realization, we will consciously and deliberately operate from the heart space of Oneness and Love. We will open our hearts and minds to the patterns of perfection for the New Earth,

and we will find viable, win-win solutions for every situation or challenge.

We will clearly KNOW that anything we do to enhance life for any person or any living thing will enhance life for ourselves and our loved ones. Just imagine, when everyone is operating from a consciousness of Oneness and Love none of the problems we are presently experiencing will exist. We will have shifted the CAUSE of those maladies and the outer world EFFECTS will naturally change.

Obviously, the most important thing we can do at this time is to assist our precious sisters and brothers in the Family of Humanity to raise their consciousness from separation to Oneness. Then they will KNOW they are One with ALL Life and they will live their lives from that profound Truth.

Together we can do this. And when we succeed God Victoriously in helping to lift the most recalcitrant souls out of the illusion of separation and into Christ Consciousness, we will experience the wonders of the New Earth and the elation of Heaven.

The Company of Heaven has given us a visualization that will help us accomplish this wondrous facet of the Divine Plan. Please join me now as we bring this Activity of Light to the masses of Humanity.

Visualization:

Raising Consciousness and Loving All Life Free

I AM my I AM Presence and I AM One with the I AM Presence of every person on Earth.

As One Breath, One Heartbeat, One Voice, and One Energy, Vibration, and Consciousness of Pure Divine Love we invoke our Father-Mother God and the entire Company of Heaven to assist us in raising the consciousness of every person on Earth in perfect alignment with his or her Divine Plan and the highest good for all concerned.

Beloved Father-Mother God, we ask that you expand Your Flame of Transfiguring Divine Love which is pulsating within the Divinity of every person's Heart Flame. Create from this Sacred Fire a Heart of Love. Allow this Heart of Love to expand and expand through each person's Heart Flame until it envelops the entire Planet Earth. (pause)

Now the Legions of Light from every Ascended level of Being project their Love into the Divine Matrix of our Father-Mother God, the Cosmic I AM, ALL That Is. This matrix is the Body of God within which every particle of Life throughout the whole of Creation lives, moves, breathes, and has its being.

This unprecedented influx of Divine Love flows through our Father-Mother God's Divine Matrix and floods the Earth blessing every man, woman, and child. As this Gift of Love bathes the Earth, every atomic and subatomic particle and wave of Life on this planet is lifted into a Higher Order of Being. (pause)

The Light of God now flows into the mental body, the conscious mind, the subconscious mind, the super conscious mind, and the physical brain structure of every person on Earth.

This Gift of Light from our Father-Mother God balances the right and left hemispheres of each person's brain, and activates their spiritual brain centers. Through this Activity of Light, each person's pituitary, pineal, and hypothalamus glands and the ganglionic centers at the base of their brain are restored to their full Divine Potential.

Utilizing this powerful Gift of Light, each person's I AM Presence now recalibrates the circuitry within their physical brain structure enabling them to withstand a higher frequency of Divine Consciousness. This Activity of Light heals the fragmented circuitry that has prevented Humanity from communing

with their I AM Presence and the Company of Heaven.

The I AM Presence within each person's Heart Flame now creates the sacred space that enables that person to open their 5th-Dimensional Crown Chakra of Enlightenment to full breadth. This allows each one to communicate with their I AM Presence and with the Company of Heaven on a conscious level while reaching ever higher into Christ Consciousness.

As I hold the focus of my attention on the Light of God that is flowing through every person's brain, I clearly see Humanity's physical, etheric, mental, and emotional bodies being flooded with the resplendent Light of God.

This multidimensional, multifaceted, free-flowing 5th-Dimensional Crystalline Solar Light expands into every cell of Humanity's Earthly Bodies allowing the I AM Presence of each person to take full dominion of this experience.

Now, all is in readiness. Through their I AM Presence, every person on Earth will participate at both inner and outer levels in this Activity of Light, which will raise the consciousness of the masses and assist every recalcitrant soul to shift from a consciousness of separation to a consciousness of Oneness and Reverence for Life.

I AM LOVING ALL LIFE FREE

I continue to breathe rhythmically and deeply. The Legions of Light throughout Infinity are with me now as I greet this sacred moment from within the peace of my I AM Presence. I AM One with all Life. I now realize that I AM One with ALL Humanity and together we are standing forth as the collective 5th-Dimensional Solar I AM Presence on Earth.

I now reach up into the Infinity of my own Divine Consciousness. As I AM lifted up, all of Humanity is lifted up with me. In this frequency of Divine Consciousness, Humanity's free will becomes one with God's Will, and Humanity's Divine Consciousness is reclaimed here on Earth. Humanity's Divine Consciousness reveals the profound Truth that We are One. This Higher Consciousness pulsates with Divine Love and Reverence for ALL Life.

Within the embrace of Divine Consciousness, Humanity experiences an endless ocean of Light that flows from Suns beyond Suns beyond Suns, and each person KNOWS, "I AM That I AM. I AM the Open Door for this celestial ocean of Light. I AM the Light of the World, and my time for higher service to Life is at hand."

Now, this cosmic ocean of Light intensifies, flowing unimpeded through Humanity's physical, etheric, mental, and emotional bodies. As each person assimilates this Gift from On High, they release into the Light all thoughts, feelings, words, actions, beliefs, and memories that are based in the consciousness of separation or duality.

The I AM Presence of each person now affirms, "All that I AM, all of the God Perfection that flows into my Crown Chakra of Enlightenment is manifesting through me now on the New Earth. I AM at peace on the New Earth. I AM resting in supreme God Confidence. I AM opening the 5th-Dimensional Stargate of my Heart. I AM One with my Father-Mother God and the Powers of Light throughout the Universe. I AM ready now to Love ALL Life FREE!"

Instantaneously, I see the Truth of every person on Earth. I see every recalcitrant soul as a precious Child of God, no matter how far their behavior patterns or their life experiences may be from reflecting that Truth. I perceive all of their human miscreations and their unbalanced energies as innocent primordial Light entering my awareness now to be transmuted and Loved free.

I happily greet my wayward sisters and brothers in the Family of Humanity and all of their unbalanced energy the same as my Father-Mother God would greet them. I greet them with Love from within the embrace of Peace, Detachment, God Confidence, and Supreme Authority.

Within the Invincible Forcefield of God's Infinite Love I take these fallen souls into my Being, and I hold them in my arms of Light as I would an injured child. They cannot overwhelm me or control me in any way, nor do I need to fear them or shun them. I simply hold them and Love them until they surrender to the Love of God, desiring on their own to rejoin the Kingdom of Heaven which is pulsating within the Divinity of my Heart.

As these precious souls surrender to the Light, their consciousness is raised and they begin to remember that they are Beloved Sons and Daughters of God. With this sacred knowledge, they once again find their proper place in the Universe. In perfect Divine Order, they are set FREE to live and cocreate the patterns of Love and Oneness on the New Earth. Now, this activity of Light expands and expands, and I affirm to all Life everywhere:

Precious Children of God come unto me and be raised up into the Light and Love of our Father-Mother God. (repeat 3 times)

As an Instrument of God, I AM accepting these precious souls and their unascended energies into my 5th-Dimensional Solar Heart Flame, so I can Love them FREE. I AM in Holy Communion with my Father-Mother God, and as my recalcitrant sisters and brothers enter my Heart Flame, they are also in Holy Communion with my Father-Mother God.

Now rather than feeling rejected and thus perpetuating their negative behavior, my sisters and brothers feel accepted and Loved as the innate Children of God they are. They voluntarily release themselves into the Light, and they become One with all of the great forcefields and momentums of Divine Light throughout the whole of Creation.

I rejoice that recalcitrant souls and unascended energy are finding their way Home through me, and I release myself into the peace of knowing:

My I AM Presence is handling ALL imperfection perfectly. (repeat 3 times)

Father-Mother God, from your glorious heart I came into being, and into your loving heart one day—when my service here on Earth is through—I shall return. I thank you for the privilege of having life and for my physical embodiment during this sacred time when Divine Love and the patterns of perfection for the New Earth are being established on Earth.

In deep humility, I offer you the cup of my consciousness as a Holy Grail through which the Light of Creation will flow to fulfill the Divine Plan for Planet Earth.

Beloved Father-Mother God from this moment forth, with every breath I take, empower me with the ability to radiate the Love of my I AM Presence to all Life evolving on this planet. And so it is!

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.

Link: <https://www.youtube.com/watch?v=txc-8wysxp4>



THE YEAR'S AT THE SPRING

**The year's at the spring
And day's at the morn;
Morning's at seven;
The hillside's dew-pearled;
The lark's on the wing;
The snail's on the thorn;
God's in His heaven -
All's right with the world!**

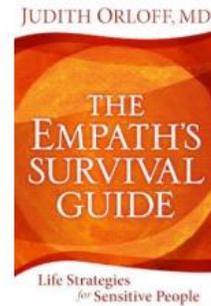
~Robert Browning





Judith Orloff M.D.

"You possess an intuitive intelligence so powerful it can help you heal, relieve stress, and find emotional freedom"



THE BEST AND WORST JOBS FOR AN EMPATH
BY DR. JUDITH ORLOFF
<http://www.drjudithorloff.com>

Some jobs are more satisfying and less stressful for empaths than others. As an empath, myself, I know that to excel in and enjoy our work, we must make the most of our sensitivities. We must express our intuition, our thoughtfulness, our quietness, and our creativity rather than trying to be someone we're not.

"Being a sensitive empath is a beautiful thing as an artist" ...Alanis Morissette

The Best Careers for Empath

In my book, "The Empath's Survival Guide," I present the pros and cons of certain careers and working conditions for sensitive people. Traditionally, empaths do better in lower stress, solo jobs, or with smaller companies. They are usually happiest working part or full time at home, away from the office frenzy, noise, politics, and nearby energy vampires. (They're easier to deal with by email, text, or phone because they're at a distance.) In such a job, you can plan your schedule and plan regular breaks to decompress.

Many of my empath patients prefer being self-employed to avoid the drain and overwhelm of coworkers, bosses, and packed schedules. Empaths tend to do better on their own time than with the frequent team meetings that are required in large businesses (unless the team is unusually positive and cohesive). If you're employed by a business, it may be possible to arrange a part time home office situation and do your work virtually, with ongoing access to the Internet, emails, texts, and Skype. Increasingly, people don't always have to be tied to their office to do their job well, a perk for empaths that allows them to have more choice in their work location. However, if you work at home or alone in an office, be careful not to become isolated or to push yourself too hard. Balance your alone time with "people time" among colleagues and friends.

How do these considerations translate into real world jobs? Empaths do well being self-employed business owners, writers, editors, health care professionals, artists and in other creative professions. Many actor and musicians such as Claire Danes, Alanis Morissette, Scarlett Johansson, and Jim Carrey have admitted to being "highly sensitive."

Other good jobs include: website and graphic designers, virtual assistants, accountants or lawyers with home offices, or independent electricians and plumbers who can set their own appointments. Being a real estate agent or roving business consultant can be fine too, as long as you establish good boundaries regarding when you can be reached and don't overschedule yourself. Landscape design, gardening, forest ranger work, or other employment that puts you in nature are wonderful for empaths as are jobs preserving the earth and her ecosystems.

Many empaths also go into the helping professions because of their desire to serve others. As a psychiatrist, I get great satisfaction from helping my patients, as long as I can take care of my own energy and don't absorb the stress from my patients. Similarly, many empaths become physicians, nurses, dentists, physical therapists, psychotherapists, social workers, teachers, yoga instructors, Chinese medical practitioners, massage therapists, clergy, hospice workers, life coaches, or volunteers or employees of non-profit organizations among other heart-felt jobs. Working with animals, animal rescue, dog grooming, as well as veterinary medicine are gratifying choices too.

But, to thrive, empaths in the helping professions must learn how to stop taking on the stress and symptoms of their patients and clients. They can do this by scheduling breaks between clients to meditate set clear limits and boundaries with people, and take adequate time outside of work to relax and refuel. However, jobs such as being a police officer or fire-fighter, though often heroic, may be too stressful for an empath because of the high sensory stimulation and ongoing physical and emotional trauma inherent in these careers.

Empaths are valuable to all kinds of careers. However, you need to find the right work that supports your skills, temperament, and gifts. An empath's attributes may not be as appreciated in places such as corporations, academia, professional sports, the military, or government. A better match may be the helping professions, the arts, and organizations with more humanistic awareness. So, when you're considering a job, use your intuition to sense if you are a good fit with their mission and shared goals, the people, the space, and the energy of the environment. Just because a job looks look on paper doesn't mean it's right for you. It has to feel right in your body and gut too.

Jobs to Avoid If You're an Empath

One of the best ways to take care of your energy is to choose work that enhances your unique empathic gifts and avoid draining jobs.

What jobs are best to avoid? Sales is high on that list. Not many empaths enjoy being salespeople, especially if they're introverted. Dealing with the public takes too much out of them. One patient who worked in technical support said, "I was too sensitive to constantly deal with angry customers, even if they were right." Also, empaths pick up people's emotions and stress which can make them sick. One man said, "Being a cashier at Walmart nearly gave me an anxiety attack. The crowds, the noise of people talking and loudspeakers, bright lights, and long hours were exhausting." Whether it's selling cars, diamond rings, or advertising, empaths don't generally feel well having to "be on" all day.

Other stressful careers for empaths include public relations, politics, executives who manage large teams, and being a trial attorney. These high intensity professions value extroversion, the ability to engage in small talk, and aggressiveness rather than being thoughtful, soft-spoken, sensitive, and introspective.

The mainstream corporate world is problematic too. The "this is how it's done" corporate mentality is difficult for empaths, including myself. This response has always frustrated me since there's nowhere to go with it, and it clearly doesn't value an individual's needs. Empaths are independent thinkers and question the status quo at work if it doesn't feel right. They like to know the reasoning behind a decision so they make sense of it in their gut. Plus, regular team meetings and power hungry team-mates are draining for empaths, who function better on their own.

Even if your job is not ideal—and you can't leave—you can improvise to find solutions that make your situation more comfortable. When empaths are happy at work they can flourish, and make important contributions to their occupations.

About Judith: Judith Orloff, MD is author of *The Empath's Survival Guide: Life Strategies for Sensitive People*, upon which her articles are based. Dr. Orloff is a psychiatrist, an empath, and is on the UCLA

Psychiatric Clinical Faculty. She synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. Dr. Orloff also specializes in treating empaths and highly sensitive people in her private practice. To learn more about empaths and her free empath support newsletter as well as Dr. Orloff's books and workshop schedule, visit www.drjudithorloff.com her website.

Link: <https://www.youtube.com/watch?v=bgsRkZ1mMIg>



TOBIE HEWITT
MYSTIC MUSINGS
[HTTP://WWW.MYSTICMUSINGS.COM](http://WWW.MYSTICMUSINGS.COM)



Welcome to Mystic Musings with Tobie Hewitt. I'm Tobie Hewitt and I'm your guide through time and space and all points in between. Mystic Musings will give you insight into who you are, why you are here, how to live an authentic life, and where you fit into the universe around you. Join me on this path of mystical exploration.

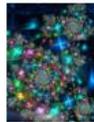
Welcome to Episode 38 of Mystic Musings with Tobie Hewitt. This week we will examine the idea of the Serenity Prayer as we continue our mystic journey.

Welcome to Episode 39 of Mystic Musings with Tobie Hewitt. This week we will further examine the idea of Mindfulness as we continue our mystic journey.

About Tobie Hewitt: About Tobie Hewitt: She is a Mystic/Writer/Intuitive Consultant, has been giving intuitive readings for almost 40 years. In that time she h

Link: <https://www.youtube.com/watch?v=uZRdRo0sMGs>

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



SPRING

**Spring forever appears
the soothing music part
of lyrics unspoken.
It thaws the frozen fears,
mends the wounded heart
that Winter has broken.**

~Aarno Davidson





NO MISTAKES IN THE UNIVERSE
BY REBECCA WASHINGTON
<https://www.loverebecca.space>

Five months ago I started out on a journey of self-discovery. I made a decision to spiritually invest in my own life what I had been spiritually investing into the lives of others. I did not know where the journey would take me. I chose to just trust the process and believe that all would work to my highest and best.

I know that the journey has not ended. However, on this road to self-discovery I have come to a point of change. I came to a cross in the road where I had to make another decision about which way I would go. I have come to a point of change. I came to a cross in the road where I had to make another decision about which way I would go.

In my life's journey, I have come to believe when we get to these points of change, all of the options can and will work out. Some roads may be a little more challenging than others but there are still lessons to learn from them. You do eventually get through them and you end up where you are supposed to be.

Yes, it is possible to have made a better choice. But I believe that if all roads were not possible to travel, they would not be there as options. Too often I think we put the right and wrong labels where we really should be putting good, better, best and maybe not as good instead. The "not as good" choice may have a more challenging lesson to learn behind it, however. I have found in my life's experiences that all things have worked for good, even the things that I labeled as bad or "mistakes" have actually brought me to good.

A few years back, I came to realize that there are no mistakes in the Universe. As tough as things can be and as rough as life can get, I still believe this. I believe it because I believe that all things work together for good to those who love God and are loved by God. That includes everyone. So if I believe this statement, how could there be mistakes?

I have accepted this as my truth because it is true for me. It has made my life much easier because I know that regardless of what happens things will always work out. It does not mean that I don't have moments where I think about the alternative choices and what could or would have happened. I remind myself about where I am in my life's path and where I have been and then I can see for myself that it all works out regardless of which road you choose.

I have not always taken the road well-traveled where the trail has been blazed and you can clearly see for miles. I have taken instead quite a few roads less traveled. They have been challenging. I have had to learn new ways of negotiating the journey. I have seen things that were not visible from the other roads I could have taken. There were times when I had to travel alone and face fears. But I survived. I am still here to tell my story which is not that much different from many others. By

experience, I know that every road has its own challenges and lessons to be learned. That is part of the purpose of the journey. And as the song says, "what doesn't kill you makes you stronger." So for all who have not died on the journey, you really are stronger, more knowledgeable and wiser.

I came to this crossing and decision in March to take a road that leads me back to my homeland, the South. I know with this decision to take this road, a new course has been set with new challenges and lessons to learn experience and grow. I know there will also be a new level of joy, a new vision and possibilities that I cannot see or know at this time. It is the same with every choice and decision we make. There is no need to fear. There is no need to second guess and hope it is not a mistake because I don't believe that there are any mistakes in the Universe. The free will which was given to us by our Creator was given so we would have opportunity to choose these experiences by which we could learn and grow. You can always choose to take a different path if you find you don't like the one you are on.

At the end of this month, May 2017, I move forward on my path to a new experience. I look forward to seeing what else is on this journey of discovery. I love this life.

Love, Rebecca

About Rebecca: I am Rebecca Washington. I have not always appreciated myself, my gifts, talents, intellect, internal or external beauty that I possess. The lack of appreciation and acknowledgement has been reflected in how I think the world sees me. But the world can only see what I show it and allow it to see. Casting all of that behind me, I believe you must bring your whole self to the table if you want to thrive in today's crazy world; your personality, your sense of humor, and most importantly, your heart. All of these elements brought me to this: "Love, Rebecca."



THE ONE THING I KNOW
BY CHRISTINE OGASAWARA
<https://insightschristineandomed.wordpress.com>



It is a curious thing to watch myself evolve through different belief systems. Each one providing truth of itself-until I move on to another. Sometimes I feel as if I have planned this life to include about 20 reinvented lives. The outward appearance may seem the same for the most part. The husband is the same. The children are the same although new kids have come along in the form of grandchildren. If you looked at a picture of me at 5 years old, you could probably pick me out of a line- up of grannies and still identify me at 65 years old.

I still like the outdoors, swimming, kayaking, walking. I still like to play piano and meditate and watch TV. I like to share things. I like my cat. I like to read. I like things to do with the home-making it comfy cozy. The personality likes a good joke and sometimes drama and intensity. I like the intimacy of mutual healing. So what has changed so much?

It is my priorities. I understand at a very deep level that I have come here to evolve. I am here to move from fear to love-no matter what seems to be happening. I know that this is my purpose and as I do this surrendering I am doing it for all of humanity. It truly is my biggest contribution to others for me to maintain a high vibration and if I can't, to get back to one in the shortest time possible. To solidify my alignment with my freer Self is why I am here.

I have chosen a gentle path. When difficulties arise I have learned to release them to the higher dimensions where they are resolved and gently reflected down to me. I have learned to rely on my guidance. I have chosen before I came into this life to be adept at energy recognition. I realize that all paths are perfect for that one person who is on it. I have faith that all things lead to peace. I love creation and connection. I love solitude as well, for in it I can unite my inner being and feel spacious.

The one thing I know is that ALL IS WELL! If you don't know it yet, I will know it for you, until you decide it may be time to join me.

About Christine: Hypnotherapist, International Association of Counselors and Therapists, Reconnective Energy Healer, Past Life Regression, Body Wisdom, Shamanic Healing.





WE VIBRATE
BY TAMMY COLVIN
<http://goodfeelingsmatter.wordpress.com>



Vibration leads to thought which is followed right away by emotion in reaction to thought. Emotion is our guidance about where we are vibrating.

Vibrational level,

then thoughts from that level,

then feelings to tell us the level.

Thoughts from feeling joyful are a totally different altitude than thoughts from sadness but both feelings tell us what altitude we are on.

Source, our Inner Being is always vibrating in pure joy, radiance, LOVE.

Our Inner Being is always calling us towards what we want, giving us clues, leaving a trail, guiding us, so we need to be able to quiet ourselves and be able to listen and receive those clues by being calm, open and happy as we can be moment to moment. Now.

Source is always showering us with love and joy and clues to our path and love and magic.

The better we feel the more open we are to Source.

The worse we feel the more we are closed to Source.

Good feeling allows it in so it can fill us up and is obvious.

Bad feeling is like a cloud that blocks the love and guidance so it can't reach us and we can't even see it or feel it.

But Source is always there loving us and guiding us, just like the sun is always there shining above the clouds. Are we allowing it in or not?

The emotion we feel moment to moment reflects how in line with pure unconditional joy and love and Source we are – or are not.

WE are in charge of whether we are allowing it in or not, and we know right where that is by how we feel.

Emotional awareness unlocks everything. Make every choice based upon which feels better, brings relief, makes you happier. Make every choice imagining what this one would feel like if you make it or that one. Choices that feel better gets momentum going towards positive and more good feeling – like how a good day keeps getting better or a bad day keeps getting worse. It gains momentum from the energy of our focus upon it. E-motion = energy in motion. Calmer happier feeling opens you to a

higher vibration perspective which brings more calm happy thoughts, then calm happy feelings. Then happy things must follow.

When your **VIBRATION PERSPECTIVE** shifts upwards, then you think calmer happier and immediately **FEEL** calmer and happier, then your vibration raises more. It reflects your vibrational output and attraction. Good vibes, bad vibes. Our emotions are our guidance system, like a gps but EGS – Abraham Hicks calls it our Emotional Guidance System. Our emotions are the key to everything. They call us towards feeling better where all the fun stuff we want is. And we all want to feel good, right?

About Tammy: Tammy is a Manifesting & Self-Love Coach who helps others feel their way to a joyous life. She lives in Upstate New York and is mom to one incredible human teenager and a handful of delightful furry people as well. he has been a spiritual seeker for a lifetime and has been studying and practicing the Law of Attraction for over 10 years, finding it an empowering & liberating tool for self-growth and self-actualization.



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



Here is a great You Tube with many videos on all types of metaphysical and spiritual topics. Since our mission to enlighten and inform, we will be posting at least one a month to be sure you have a great background in many aspects of metaphysics and spirituality.

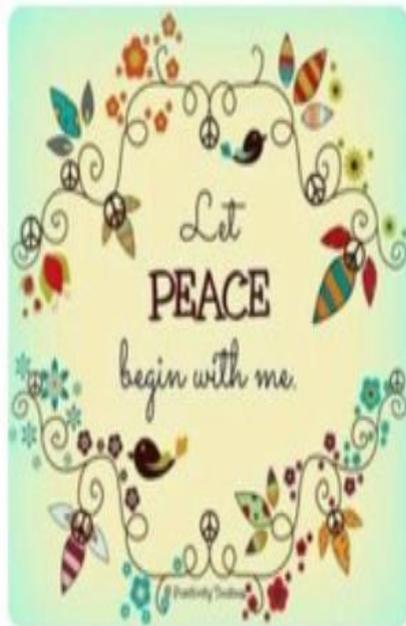
This episode applies the concepts of chakras to the bigger picture in life. Patchman begins by applying it to America. In contrast to most other countries like in Europe, America is very much a baby. Most of modern America's history has existed in the lower chakras. We've existed in a very materialistic world, heavily focusing on things like survival, food, sex, houses, cars and money. This way of life was incredibly intense until the 1960's, when the psychedelic revolution of free thinking and open love took place

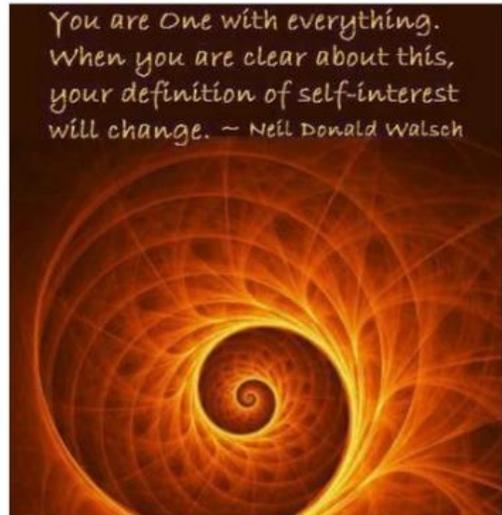
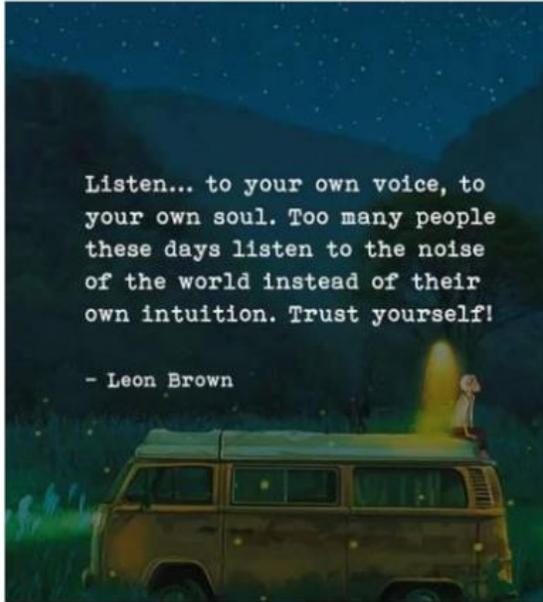




Spirit & Crystal Connections' Healing Circle

Vicki Snyder-Young co-owner of the store Spirit & Crystal Connections in Rochester has started a healing group to assist with personal requests. Every Monday the group gathers to focus the healing energy to the list of names that Vicki has collected. If you know of someone (humans and animals) who would like to be included on the list or need further details please email - spiritcrystalconnections@gmail.com





email rocmetaphysical@gmail.com to place an ad

MORE ARTICLES TO ENLIGHTEN AND INFORM

LEARN ABOUT THE METAPHYSICAL STORES, RETREAT CENTERS AND SPIRITUAL CHURCHES IN THE CENTRAL/WESTERN NY AREA AND BEYOND -----

BLOOMING LILAC SANGHA

SHOEIZAN ENKYOJI BUDDHIST TEMPLE OF ROCHESTER

MORE ARTICLES TO ENLIGHTEN AND INFORM -----

THE QUEEN'S CHRONICLES - HOW DOES MY GARDEN GROW BY MAMA DONNA HENES

CHRISTINA IVANNA'S HARP CD LAUNCH

THE POWER OF SILENCE AND SOUNDS BY JILL MATTSON

VIDEO - DEEP EGYPTIAN SECRETS BY JILL MATTSON

OPEN YOUR BEAUTIFUL HEART - YES YOU! BY JODI AMAN

VIDEO - HOW TO OPEN YOUR HEART BY JODI AMAN

MOST BENEVOLENT OUTCOMES BLOG BY TOM T. MOORE

INTUITIVE WRITING WITH TOBIE HEWITT

BLOG BY JAYNE CHILKES

ONLY YOU CAN BECOME YOUR OWN HEROINE (HERO!) BY MARJORIE BAKER PRICE

HOPE IS A ROVING GYPSY BY DORA READ GOODALE

YOU ARE ALL GREAT WARRIORS CARRYING THE LIGHT BY DIANNE ROBBINS

PUT YOUR MASK ON FIRST BY REV. SHARON JACOBSON

PRACTICING NON-JUDGEMENT BY LEO BABAUTA

TAROT TOPICS BY JENNA

OLD GEEZER BY A. R. AMMONS

BOOK RECOMMENDATION - TRUST: MASTERING THE FOUR ESSENTIAL TRUSTS: BY IYANLA VANZANT

Info About Metaphysical Stores, Retreat Centers and Spiritual Churches

Blooming Lilac Sangha

ROCHESTER, NY

<https://bloominglilacsangha.blogspot.com>

Blooming Lilac Sangha is one of hundreds of communities worldwide that practices mindfulness as taught by Vietnamese Zen Master, Thich Nhat Hanh. The practice of meditation, according to Thich Nhat Hanh, is like the power of the sun, illuminating the areas of our life that dwell in darkness. Instead of suppressing anger, fear, and guilt, Thich Nhat Hanh suggests that we should be mindful of these emotions, which will allow our natural patience and appreciation for life to unfold. Thich Nhat Hanh uses practical, traditional gathas (teachings) that join ancient meditation practice with the challenges of the modern world. These teachings include step-by-step guides to meditation, breathing exercises, contemplation, and communication, opening our hearts and minds to the joyous wonder of tranquility and love.





SHOEIZAN ENKYOJI BUDDHIST TEMPLE OF ROCHESTER
1115 East Main St. Suite #436 & #438 (4th floor),
Rochester, NY 14609
<http://rochesterbuddhist.org/contact/>

We have developed our 円教寺 Enkyoji Buddhist Network, as a way online, to support and facilitate individuals who wish to develop or have information about our Nichiren Shu Buddhist practice. We are officially recognized by Nichiren Shu Headquarters in Minobu, Japan. We are in a constant process of development in support of those who genuinely want to learn our practice regardless of their experience levels or location in the world. We currently support individuals and small groups developing from Kathmandu, Nepal to Rochester, NY. Seattle, WA to Buffalo, NY. Miami, FL to Stockton, CA. Even Saskatoon, Canada and Argentina!

More Articles to Enlighten and Inform



- * 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

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.

The Queen's Chronicles: HOW MY GARDEN DOES GROW

Being an urban being, I have never had a garden where I grew food. My terrace is devoted exclusively to flowers, food for the soul, for sure, but with the exception of the day lilies they are not edible.

My container garden gives me immense pleasure. I love digging in the dirt with my bare hands. No gloves or trowels for this Queen, thank you very much. I cherish the feel of the earth on my skin and don't mind getting it under my nails. That is why the Goddess invented scrub brushes and soap, after all. I even make my own rich fertile soil by composting dead leaves and food scraps in a garbage pail.

I can spend hours on end dead heading my plants and picking off the dry leaves one by one. I tend my garden with love and care and it cultivates me in return. My plants are my dear friends, my children, really. They have been with me, loyally flourishing and flowering for decades. All of my geraniums, for instance, are from cuttings from one small plant that I had on my windowsill in my Greenwich Village apartment in 1969!

My ceremonial space, Mama Donna's Tea Garden & Healing Haven is an indoor garden paradise decorated with vintage yard furniture and filled with plants. Some of these I have had for 30 years or more. Some I have inherited from family and friends who have passed on. I am so glad to be the caretaker of these living memorials. Their spirit is alive in the plants that they loved and nurtured. And everyone who enters this sacred space feels the green healing energy.

Once upon a time I grew weed(s) for imbibing from the seeds in my stash. This crop, too, was food for my soul. But that was then and this is now. And now I am drawn to plant and raise some foodstuff. My options are limited by space constraints, but the time feels right to start with some herbs and maybe some berries or baby lettuces. Or maybe it is too late for this season. I don't know. I will have to do some research. What I do know is that I want to taste what I grow.

With best blessings for nourishment from Mother Earth,

xxQMD

Watch her videos:

<http://www.youtube.com/user/MamaDonnaHenes>

Read her on the Huffington Post:

<http://www.huffingtonpost.com/donna-henes>

Connect with her on Facebook:

<http://www.facebook.com/MamaDonnaHenes>

Follow her on Twitter:

<http://twitter.com/queenmamadonna>

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www.DonnaHenes.net

www.TheQueenOfMySelf.com

www.mamadonnasspiritshop.com

www.treeoflifefunerals.com





**Announcing: Christina Ivanna Harp CD Launch
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**THE POWER OF SILENCE AND SOUNDS
BY JILL MATTSON
[HTTP://WWW.JILLSWINGSOFLIGHT.COM](http://www.jillswingsoflight.com)**



Thought that you would enjoy these...

- * Origin described hearing as a "readiness of the soul towards God".**
- * "True inner hearing has not been perfected until one can hear the sounds in a seed, in a leaf...When one unites with the 'arch tone', giving life to all forms, he unites with the cosmic music of the universe. Finally, one unites with the tone of his own direct star from whence he came".**
- * "It is not a fairy tale that the saints used to speak with the trees and plants. You can speak with them today if you are in communication. Man has the same privilege today, if he realizes that he is privileged".**
- * "Upon the wings of sound, the way of higher evolution is traveled".**
- * "At first only the light works, but when one goes deeper into creation there is sound. When one is**

face to face with spirit, what is first expressed is the light or what one first responds to is light; and what one responds to next, and what touches one deeper, is sound".

*** "While information and knowledge, the fruits of pursuing the light, provide relative peace and spiritual progress, they pale in comparison to the higher God attributes of truth, love, wisdom and freedom and power which the awakened Sound Current imbued within the sincere seeker of truth""These attributes are a livened by bathing in the audible Life Stream".**

*** "Sound is a tremendous occult (meaning hidden) power. It is such a stupendous force that the electricity generated by a million Niagara Falls could never counteract even the smallest potentiality of sound when directed by proper knowledge".**

*** "For there is nothing in this world that can help one spiritually more than music. Meditation prepares, but music is the highest for touching perfection".**

*** "Since the difference between one dimension and another is its rate of vibration, the key to the transformation of the spirit lies within the music".**

*** Pythagoras and Plato said that the nature of the soul is sound.**

*** "The person who has found the keynote of his own voice has found the key of his own life".**

To hear our signature sounds, focus attention on a sound that is nearby. Next, adjust your hearing to listen to a sound that is far away. Continue changing your listening focus, going back and forth. This eventually creates a high-pitched sound, similar to a ringing sound in our ears. This is our personal sound. This sound feeds our bodies and energies, improving the coherence of our voice.

Another way to access your signature sounds is to plug your ears and then listen carefully to subtle internal sounds. Find whatever means works best to block out extraneous sounds - use earplugs or place a pillow over the ears. All that matters is that outside sound is effectively blocked out and that you are comfortable and able to concentrate.

Many sit quietly in meditation for quite some time before they perceive these subtle sounds. Perhaps as their focus improves and their skill of paying attention to very slight sounds increases, they begin to hear their nervous or circulatory systems, their heartbeat, or other unique sounds like the sound of a harp.

While in a meditative state, pretend that you have sounds in your ears, like tinnitus. Trust your imagination and listen for extremely soft, subtle and high-pitched sounds. It may be mechanical sounding, like a ringing in your ears, or sound like nature...like the ocean, crickets or rain. As you focus on this sound, it becomes louder.

Move into the sounds in your thoughts. Close your eyes. Allow sound to come around you like a cloak. There may be several frequencies involved. Try to hear more details of the sounds.

Can you hear several sounds combining?

Can you separate the sounds coming from each ear?

Is there a variance of timber or volume of the sounds coming from each ear?

Over time I found that these subtle sounds morphed. What began sounding like a cricket ended up ten minutes later resembling the sound of the ocean. I went through periods when I only heard crickets and then suddenly my internal sounds were similar to the howling of the wind.

When we screen out interference and distractions we amplify our subtle inner sounds. In contrast, when we ignore these subtleties, they fade into the background and go away. To benefit from this gift, we must give it our deepest attention. We are a part of the miracle!

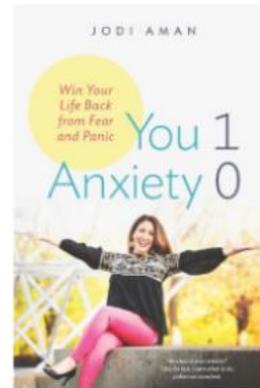
About Jill: She is a prolific Artist, Musician and Author. Jill is widely recognized expert and composer in the field of Sound Healing! She has produced nine CDs with intriguing, magical tracks using ancient & modern techniques, & special healing frequencies to achieve profound benefits. Jill is a four-time author. (The Lost Waves of Time – Best Book of 2016 and Best Alternative Science book of 2016, Deep Wave Body Healing CD– Best Sound Healing CD of 2016, Contacting Angels & Masters CD – Best CD of 2015 and Deep Wave Beauty CD – Best New Age CD – Silver Award). She offers an online Sound Healing School. Jill presents new ways of approaching health and everyday issues using the benefits of sound! Free music & School of Sound Healing at www.jillswingsoflight.com

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





OPEN YOUR BEAUTIFUL HEART - YES YOU!
BY JODI AMAN
[HTTP://WWW.JODIAMAN.COM](http://www.jodiaman.com)



Your beautiful heart is stunning. Yes, your heart.

How do I know that you're gorgeous in your heart?

You want to make a difference in the world, right? Even if it is on a macro level. You want to contribute to your family, to someone you love. Of course, you do. I know you want to feel healing and give healing and matter. You want this life to mean something. You care about things.

Your beautiful heart is simply divine. Life can be complicated, but for a moment, just take the simplicity of your heart: You care.

No, not everyone cares. You are special. Many people are afraid that caring hurts. They think that an open heart could leave them vulnerable, so they try so very hard not to care, or at least pretend they don't care. This doesn't protect them. This actually makes them more miserable.

But they think they are protecting themselves.

Humans Crave Connection

Humans (with some exceptions) desire connection. It feels good emotionally and mentally to care and be cared about. Because a community is literally needed for physical survival. Spiritually, it is what we are here for.

So when one keeps their heart closed, they suffer. In today's video, I am going to share how to open your heart – your BEAUTIFUL heart – without feeling vulnerable.

How to open, yet protect your beautiful heart

Watch the video to hear about three ways you can practice opening your beautiful heart safely and easily!

3 Ways To Open Your Heart

Here are three ways you can open your heart even before you get into a relationship. Then you can have confidence going into any friendship, acquaintance, colleague-ship, or romance with your eyes and heart open. Most of all, knowing that you can trust yourself to keep yourself safe. You can feel solid in your worth and ready to connect with good people around you. This is how to live long and happy. Here is the summary:

1. Sing

2. Restorative Backbends

3. Heart-Shining Visualization

Watch the video to learn how to do these!

Close your eyes and try singing right now. Write in the comments below what you feel in your heart after:

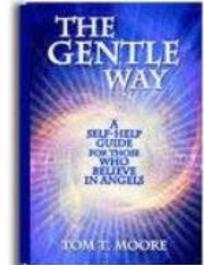
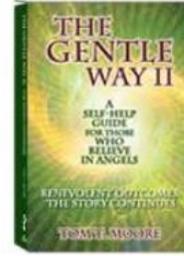
About Jodi: Jodi is licensed clinical social worker and former anxiety sufferer. She is a counselor, mother, healer, lover, teacher, author and friend. She has been counseling children and adults since 1994, working with folks online and in her office. An author and international teacher on topics including non-dual spirituality, narrative psychology, shamanism and living with respect to the earth, Aman is a full-time counselor at the Heal Here Counseling in Rochester, New York. Combining many modalities into her healing practice, Aman is also a certified yoga teacher, mindfulness practitioner, and hands-on energy healer. She has a master's degree from Columbia University and a post-graduate diploma in Narrative Therapy from Dulwich Centre in Adelaide, Australia, where she also served as a faculty member.

Link: <https://www.youtube.com/watch?v=6RnShUM2pQc>





**MOST BENEVOLENT OUTCOMES /MBO'S BLOG
BY TOM T. MOORE**
<http://www.thegentlewaybook.com/blog/>



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!" Welcome to the Benevolent Outcomes Blog, and welcome to everyone who subscribed in the past week.

MBO FOR JOYFUL, MAGICAL DAY

Colleen writes from Billingham Washington State: I have had many MBO experiences, but none quite as significant. This one is credible evidence that MBOs work!!!

So I have recently reconnected with a childhood friend, who lives in Washington State. While I was staying at her place for an evening, she pulled out all of our high school yearbooks. As we walked down memory lane, I mentioned a friend of mine, Sharlene. I saw Sharlene's photo in one of the yearbooks, and I told my friend that I wondered why I had lost contact with Sharlene. I remember calling her a few years back, to tell her about a mutual friend who passed away. I never heard from Sharlene after that. For some reason, I thought I might have done something to offend her.

A few weeks later, I was on my way to Kalispell, Montana, to get items from storage. I stopped in North Bend, Washington to get gas and food. Usually, I get a beef taco at Taco Time, but I have stopped eating meat. So, I don't frequent McDonald's much, but I stopped there and ordered French fries, a side of tarter, and a soda. When my number was called, the lady behind the counter politely told me that my tarter sauce was on top. I said thank you, took the bag, and started to walk off.

The lady behind the counter said my name! "Colleen, it's Sharlene!!" It was my friend that I had been wondering and thinking about from high school! She has been working at McDonald's since high school and is in management. She has worked at many different locations throughout the years.

I was stunned, to say the least! She took me aside and shared with me, that she had just lost her mother, a sister to cancer, and recently totaled her car. She also told me that I had not done anything to offend her. Apparently, that was my self-doubt issue. We exchanged numbers and are planning on getting together soon. Now we are connected again.

My MBO that morning: I ask for the Most Benevolent Outcome in having a joy filled, magical day, full of surprises!! Wow, did I ever!!

MBO FOR PARKING SPACE WITH METER TIME

Barbara writes: Today, I was going to the UPS store for the second day in a row. As I leave my house, I request an MBO for the perfect parking space near the store, so I don't have to lug packages far. Yesterday, the space was directly in front, however, the meter would not take my credit card! I went in and got some change, no problem. So today, as I left the house, I requested an MBO for a perfect parking place near the store, with time on the meter!!

As I drove up to the storefront UPS store, on a busy street, there were people approaching the last car in the row, near the store. But not in time, and a sense told me to go further. At the other end of the row, there was an empty space, easy to get into, and with 19 minutes left on the meter!! Thank you, angels, again!!! Fine tuning my MBOs has gotten to be a habit! :-)

Thanks again, Tom, for all that you do! I really wish I knew what I did in Atlantis or Lemuria...Maybe someday I will know!

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..





INTUITIVE WRITING WITH TOBIE HEWITT
[HTTP://WWW.TOBIEHEWITT.COM](http://www.tobiehe Witt.com)

Why are you here? What is your purpose in life? Who are you really? How do you find the answers? When are you going to start living the life you know is inside of you but you can't quite reach?

You are on a journey from a distant place that is as close as your own mind and heart and as far as the beginning of this universe and beyond. You are a spirit joined to the other spirits around you, both here on this physical plane and those on a plane that coexists with ours but at a higher vibrational level. You are here to learn lessons that can only be learned on this physical plane. You know the answers to all of these questions, but, being in a physical body, accessing that information is stymied by all sorts of things: your mood, the environment you are living in, the doctrines or lack thereof that you have been taught as a child, your belief in the non-physical world, the idea that you even have such a plan or that there is any real purpose in life other than being born, living, and dying.

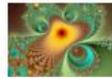
While there are many techniques for getting glimpses of your life plan and purpose, Intuitive Writing asks you to take control of accessing this information for yourself by using writing as a means to opening the communication pathways with both yourself and with the plane of Spirit. It helps you develop your writing so you can both be inspired and informed. And, it provides you with a convenient record of the process so you can continue to learn and grow in order to live your chosen life.

I wrote a book entitled Intuitive Writing based on a class I gave locally for a couple of years here in Rochester. People not only enjoyed the opportunity to hone their writing skills, but they also enjoyed making contact with their spirit guides, their loved ones who have passed on, and even teachers and masters from other planes. Some of my favorite moments in these classes occurred when the students became aware that they really were communicating with their spirit guide and that that person had a name! As a former English professor, I enjoy helping others learn more about their ability to write and help them over the rough patches of the writing process. As a mystic, I enjoy helping people to communicate with spirit, their own and the spirits of their loved ones on the other side of the veil. It occurred to me somewhere along the way that I could combine the two—writing and spirit communication—and help others to learn how to use their own writing as a means of communicating with spirits and developing their own intuitive ability.

As people at a distance learned about the course, they often asked if I could somehow share it with them, and thus the idea of offering an online course developed. I am very glad to be able to finally announce that my course, Intuitive Writing, is now available on Thinkific. Please click on this link to see a video about the course. The link to sign up for the course is right below it on YouTube. I love teaching writing and I love working with spirit, and I would very much enjoy doing both with you!

About Tobie: She is a Mystic/Writer/Intuitive Consultant, has been giving intuitive readings for almost 40 years. In that time she has both helped people to contact their loved ones on the other side of the veil and guided them to living a more fulfilling and actualized life. Please visit www.tobiehe Witt.com to sign up for my e-mail list to receive updates about classes and events. Please call or text me at (585) 755-9922 to schedule a reading, healing, or séance. Blessings!

Link: <https://www.youtube.com/watch?v=KnihhaxRfM0>



JAYNE CHILKES' BLOG
[HTTP://THENEWDNABLOG.WORDPRESS.COM](http://thenewdnablog.wordpress.com)



Your Twin Flame Star

Dear Children,

It is my pleasure to share with you that when you look up at the stars, you could be looking at one of your own stars. When you were born as a soul, you found over time you created a male and female aspect, two halves of your soul called Twin Flames. You were in deep Love together. Your Love created its own energy to form a Star. You had a role to share your Light as this Star, to offer even more Love to your universe.

Many of you have forgotten your beginnings in such Joy. I am helping you remember that you can return infinitum consciously to your Twin Flame Star. In so doing you are claiming your divine right to your original romance and happiness. As you and your Twin Flame reunite in this way your physical heart heals all past wounds of separation. You begin a renewed journey to wholeness. All aspects need to return to your soul henceforth for your Ascension.

Miracle of Life

Dear Children,

In one fell swoop you can change your thinking. In one second of time you can change your mood. In one day you can make thousand of cells in your body. In nine months you can create the birth of a child and a miracle of life.

You are magnificent. You are multi-dimensional, clairsentient beings of such great depth, Intellect, Wisdom, Love, Truth and Light. You can fly to the moon and dive to the bottom of the deepest seas. You are limitless in your potential.

You are created in the image of God.

Many Blessings

About Jayne: Jayne is a healer and soul channel for the masters, DNA and akashic record practitioner, teach and author of four spiritual books. THE CALL OF AN ANGEL, TWELVE STEPS TO HEAVEN, THE NEW DNA, A SECRET PATH TO FREEDOM. She has over 35 years experience and presently shares new information, activations, healings and channelings from the masters for a new earth, peace, harmony, love and light to all. Remember the universe always loves you!



ONLY YOU CAN BECOME YOUR OWN HEROINE (HERO!)

BY MARJORIE BAKER PRICE

<http://www.centeringtools.typepad.com>

You Can Change Yourself as You Change Your Life Into An Inspiring Myth

Our lives are best meant to be translated into inspiring myths. Here are the simple and key techniques I use consistently with clients I have the honor to work with in my Centering Tools practice to translate their lives into living, evolving, self-creating myths that inspire radical, immensely satisfying, "win-win" changes:

Five Core Steps of Transformation for Key Self-Healing, Empowerment and Development

- 1. List "off the top of your head" five of your favorite stories. This can come from movies, novels, fairy tales - or myths. (Or you can think about who you most admire, either from history or someone you have known, and use that story.)**
- 2. Pick one - or perhaps one will "jump out at you". Take a few minutes to imagine this particular story playing out inside your head - daydream about it - and then write a synopsis of it in several paragraphs.**
- 3. Go back to what you've written and substitute your name for whoever the name is in the story. Then settle back and once more read through this, and afterward, record your feelings and accompanying thoughts - insights.**
- 4. Consider regarding the unfolding events of your life as this heroic directive that is inviting and challenging you to correspondingly participate, as if your present life was its own inspiring and adventuresome dream in which you are now the heroine/hero.**
- 5. What new heroic choices are you now seeing yourself making? List five heroic choices.**

Commit to Becoming Your Own Best (True) Self

Of course the application is to commit to carry these choices out as a beautiful synchronicity in this new year, regarding it as a different and expansive relationship of empowerment and creation - and see what happens. All you really have to lose is your lesser self - and the potential gains are truly infinitely beneficial, not just to you but to whatever greater good you can truly impact - in ways you couldn't possibly imagine!

Happy, fruitful heroic adventuring! I believe our times demand it . . . "Be the change you wish to see in the world" - Gandhi

About Marjorie: Marjorie Baker Price, RN, Certified Hypnotherapist and Level III Reiki Master, is a psychiatric nurse with over 9 years of experience at the University of Rochester Medical Center Strong Memorial Hospital specializing in behavioral inpatient, community mental health, chronic care and emergency psychiatric care. In addition, she has developed stress management and recovery programs for a new outpatient alcoholism treatment center. She has taught at the State University of New York College at Brockport School of Nursing, Nazareth College Center for Lifelong Learning and St. John Fisher College community education center.

She has authored a nationally acclaimed series of audio guided meditation and self-hypnosis recordings as well as several related books and self-study courses. She is a featured columnist with Nature's Wisdom magazine on counseling and integrated health topics. Marjorie presents numerous related workshops nationwide on self-healing, wellness, recovery therapies, goal achievement, creative expression and empowerment, as well as counseling and consulting for individuals and small groups. She is a sought after public speaker and frequently makes appearances nationally on radio and television.



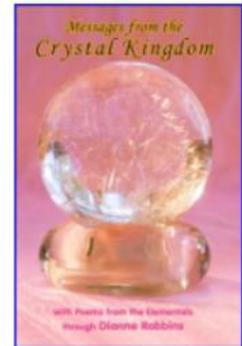


HOPE IS A ROVING GYPSY

**Hope is a roving gypsy
With laughter on her tongue,
And the blue sky and sunshine
Alone, can keep her young;
And year by year she lingers
Under a budding tree...**

~Dora Read Goodale





**YOU ARE ALL GREAT WARRIORS CARRYING THE LIGHT
BY DIANNE ROBBINS
[HTTPS://WWW.DIANNEROBBINS.COM](https://www.diannerobbins.com)**

Greetings! I am Adama from Telos, your lost city beneath the Earth, which many on the surface still have no inkling of.

We wish to spread the magnificence of our existence to all on the surface, so that all humanity will re-think their ideas and beliefs about existence on this planet. We feel that it's time for all to hear about us, and for all to connect with us in their thoughts.

For our purpose of re-emerging at this time is to awaken all to the Glory of God, and to the glorified plan that our Creator has in store for us.

We are all brothers and sisters, wherever we live - whether in the oceans, on the land, or in the inner earth and Subterranean Cities. We all come from the same source, breathe the same air and dream the same dreams.

You can literally change your reality by the dreams you envision and the thoughts you think. For it is the dreams and thoughts that create your future. So dream on, our brothers and sisters, and in your dreams see only an Earth glorified in love and light, peopled by Light Beings of great beauty and purity of heart. It all starts with your thoughts and ends with your manifestations.

Yes, you do manifest the conditions of your lives. You manifest your reality daily, by the thoughts you go to sleep with the night before. So as you lie in bed dreaming of days to come, surround each thought with light so that only the magnificence of each idea blooms into the purity of light. Enrich your dreams, and make them as grand as you can, for in the Infinite Universe all is possible - and the more grand the idea, the more possible it can be. For God only wishes the grandest and most majestic of worlds. Anything less is not of God, but of man.

So dream your dream, and see yourself as the majestic Beings you are, fully in control of your thoughts and fully aware of the purity of your intentions before you send them out to our Universe. That way, all will be returned to you in the glory and bliss of your dreams being manifested into your reality.

This is how we, in the Subterranean Cities, created our home of Bliss. We are very aware and tuned into our thoughts, and hold them in check to be released only when they are pure light and love. This way, only love and light returns to us, in the form we created.

This is a Universal Law - one so basic that we wonder how it has eluded you for so long. It is now time

to return to God, and to re-acquaint yourselves with the Eternal Laws of the Universe. For you know these laws. These laws are a part of all life. And as you move up the scale of consciousness you will become more and more aware of the existence of Universal Law and you will wonder how it was that you could have ever forgotten.

This is Adama, your brother, bringing you back to the LAW of ONE. Adonai, my brothers and sisters of Light.

About Dianne: Dianne Robbins continues her connection to the civilizations of Inner Earth, the Elementals and Nature Kingdoms for over 25 years. Her transmissions connect our hearts to the hearts of Beings in advanced civilizations, Whales, Dolphins, the Tree People, the Crystal Nation and Earth's Elemental Kingdoms. In service to Earth, Dianne continues to provide her channelings to keep people informed of the vital link between our surface world and other realms of existence who share our planet with us. As we merge our consciousness with these other realms, our perceptual range expands and our inner sight opens.



Wayne County Gem & Mineral Club
Gem Fest 2018
Sat. June 2 10-5, Sun. June 3, 10-4
Greater Canandaigua Civic Center
250 N. Bloomfield Rd, Canandaigua
\$3 Admission, Kids 12 & under FREE



FAMILY FUN with Soapstone Carving, Wire Wrapping, Sluice, Vendors, Exhibits, Free Prizes, UVBob Fluorescent Mineral Show, and much much more
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visit <http://www.wcgmc.org/> for details





**PUT YOUR MASK ON FIRST
BY REV. SHARON JACOBSON
[HTTP://INSPIRITUAL.BIZ](http://INSPIRITUAL.BIZ)**



It has been several years since I have been on a plane, but I remember the flight attendants always saying how in an emergency, we need to put our oxygen masks on first before helping anyone else. This is similar advice to what I was given during my spiritual formation. We were told to take care of yourself so you can take care of others. Practicing you this month, means we have to remember to put our masks on first. Today, I thought I would share a few practical ways to take care of ourselves in our daily lives.

1. Unplug from the energy zappers.

We all have people in our lives who are energy zappers. They are the ones who make you feel increasingly tired the longer you are around them. When you start to feel emotionally, mentally, and/or physically drained, excuse yourself, and find a quiet place to be and let your energy level rebuild. This is not to say those individuals are bad people, just that they zap your energy and your ability to be present for yourself, and thus for others. Unplug, put your mask on and breathe.

2. Be like Superman

We all have things which zap us and things which energize us. Be clear on what those are. One of my former clients had a brother she loved dearly, but being around him zapped her energy because he always wanted to tell her all the things wrong in his life. She came to realize that what energized her was being outdoors and walking. She wanted to be present for her brother but did not want to be drained. To keep her balanced and centered, she invited him to go for a walk with her whenever he wanted to have one of those talks. She came back feeling energized and balanced and he felt loved because she had been present for him. We all have our capes we put on to protect ourselves. Some put a white light of protection around themselves. I used to anoint myself with White Angelica before being around a certain individual. I have another individual with whom, I take a moment to breathe and remember that what she says is about her, not me, and remind myself to not take what is said personally. Each technique, in its own way, places a perimeter of safety around you.

3. Live with love, not fear

One of the most liberating things I have been learning to do is to live with love and not fear. It has enabled me to fully present with others without the fear of taking on their energies and feelings. By loving them, I can empathize with them, be fully present, remember what it is like to be in that situation without becoming or fearing becoming them. This doesn't mean that every situation I travel through is easy and comforting. However, through the love I have for myself and others, I am able to journey through a situation with someone, re-center, and feel blessed for the journey and the opportunity to grow and evolve in my own journey.

4. Meditate

When I remember to take the time to meditate each day, I am able to stay balanced, focused, and centered, journeying to a deeper place within where Spirit resides. It is in that state of silence, which I am free to explore the silence and experience the mystery. The more I am able to practice this daily discipline, the more I am able to remember to put my mask on first, wear my cape, and live with love, not fear.

One of the gifts of these practices is that I also encounter those who I might consider being a pain.

However, as Dr. Mark Rosen, has taught me these people are blessings and I should thank them for being a pain. The more opportunities I have to work through the buttons others push in me, the fewer opportunities there are for others to zap my energy or push my buttons. As Iyanla Vansant once suggested, we should give thanks for those who push our buttons. These individuals help us to grow and evolve in our journey, develop a deeper compassion for humanity. This month, let's practice being the best human spiritual beings we can be.

About Inspiritual: It is a space for you, when you are ready, to embark on an inward journey, a space to move beyond that which inspires you, a safe space for you to engage in a spiritual journey towards a deeper relationship with your authentic self and your Higher Power; however you call upon that power. Inspiritual is a space where you can connect to your Higher Power in ways that facilitate your feeling safe, empowered, trusted, loved, and filled with possibility, a space in which you can claim the time to look within, connect to Spirit, and bring the Spirit within to the surface.



PRACTICING NON-JUDGEMENT BY LEO BABAUTA
<http://www.zenhabits.net>

We go through our day judging our experiences, other people, ourselves: this is good, this is bad. If all goes well, most of it will be good, but more than we realize, we dislike certain experiences, things about people, about ourselves.

We "like" online comments by others, or pages on the Internet. We give a thumbs up or thumbs down to movies, to restaurant experiences, songs. It's ingrained in our thinking processes.

What would it be like to drop all of that judging as good and bad?

What would it be like to simply experience something, without judgment?

Try it now: sit here in this moment, and don't think about whether it is good or bad ... just observe the sensations of the moment. Don't think about those sensations, just experience them.

These sensations are just phenomena in the world, happening without any good or bad intention, just happening. They aren't happening "to" us, nor are they there "for" us. They just happen, without

thinking about us as the center of the universe.

What I've noticed, when I experience anger, frustration, disappointment ... is that I am judging my experiences (and others, and myself) based on whether they are what I want, whether they are good for me or not. But why am I at the center of the universe? What about the other person? What about the rest of the universe? If I drop away my self-centeredness, I no longer have reason for frustration. The experiences are just happening, and have nothing to do with me. They are neither good nor bad, they're just happening.

Now, I realize we can't do this all the time — as humans, it's part of our experience to judge. And that's OK. I'm simply suggesting that, some of the time, we drop the judgment and just experience. Just see what that's like. And be OK with that too.

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.





OLD GEEZER

The quickest

way

to change

the world is

to

like it

the

way it

is

By A. R. Ammons





TAROT TOPICS BY JENNA



In Rochester winters, we learn to “layer”. A shirt, a sweatshirt, a winter coat. Double gloves. A hat and a scarf. Even in summer, how cold will the air conditioning be at work? At our favorite restaurant? So layering makes us more flexible in many situations.

The core of the meaning for any card is what your intuition says, what your “gut” says, what “comes to you when you look at the card. That is like the body inside all the layers of clothing.

But to read a Tarot card, there are layers you can use

First: Observation

Look at the card. What colors do you see? How do those colors make you feel? What is the ground the figure is standing on? (Is there a figure?) What might this mean? Do you relate to the figure?

What does the sky look like? Are there buildings or gardens? What is the number of the card? What is its suit? (Or is it a Trump, a major arcana?) All these things you can observe.

Second:

Study. Read about it, either in the “little white book” that came with the deck. Or in another Tarot book. Or on your favorite Tarot website. While this seems a “dry” or “intellectual” way to read a card, you will notice that several meanings are offered for the same card. In choosing the meaning that best “fits”, you are using your intuition. There is no “better” or “worse” way to read a card.

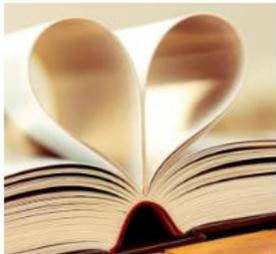
Third;

Personal connection. For example, there is a fish in the card? What does that mean to you? Did you have a goldfish pet as a child? Do you only eat fish when you are at the ocean? These personal paths can lead to a bigger interpretation. (What did you learn about responsibility for your fish? Does your client need a trip to the ocean? Or are they “fishing” for compliments?)

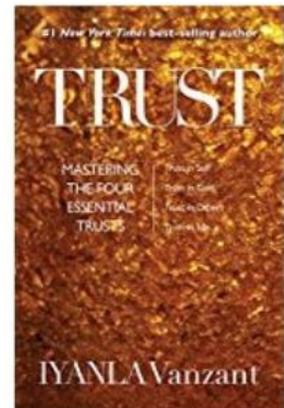
As your intuition develops, all this will come together as you read. But if you are just beginning to trust your intuition, these layers can be steps to develop your intuition.

About: Jenna Bernardi is deeply immersed in the Western Magical Tradition, including Tarot and Qabalah. Her Bachelor of Music degree supports her lifelong work with magic and music. Her Master’s Degree is in spiritual psychology. She is co-foundress of The Wick, a Rochester based Wiccan coven. A member of First Unitarian Church, she facilitates a Tarot Journey group for spiritual

exploration. She reads Tarot at Mythic Treasures where she also leads a monthly Qabalah Tree of Life meditation. If you have questions you can email her at JBern929@aol.com.



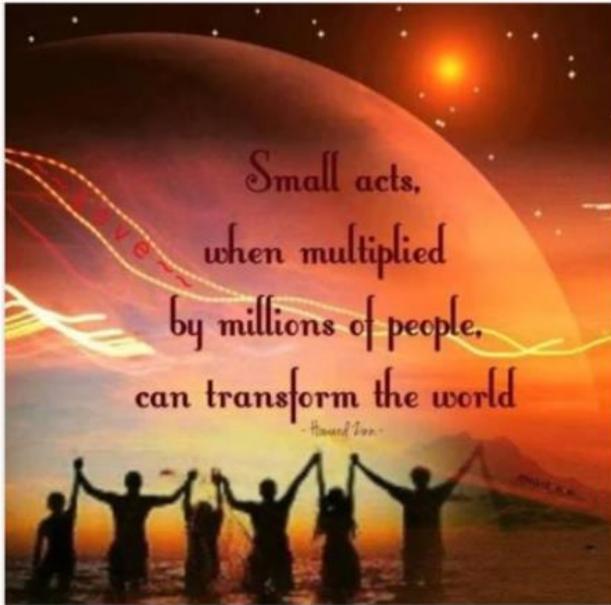
**BOOK RECOMMENDATION:
TRUST: MASTERING THE FOUR ESSENTIAL TRUSTS:
TRUST IN SELF, TRUST IN GOD, TRUST IN OTHERS, TRUST
IN LIFE BY IYANLA VANZANT**



“Learning to trust is one of life's most difficult lessons. That’s because trust is not a verb; it’s a noun. But what if the real problem is not that we can’t trust other people; it’s that we can’t trust ourselves?”

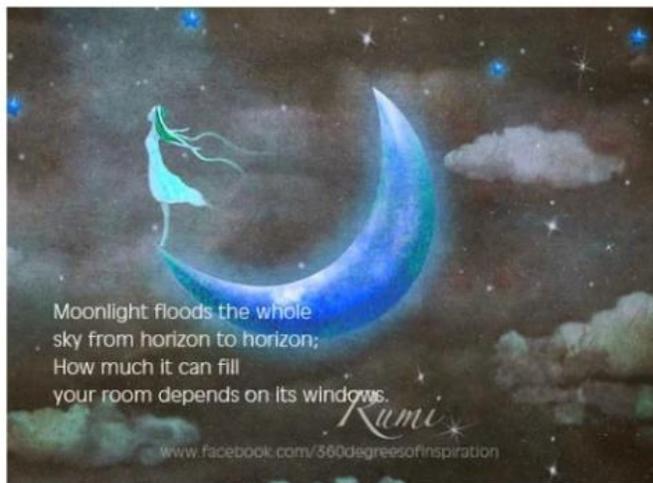
In this compelling volume, filled with illuminating and heartrendingly powerful stories of broken trust, betrayal, and triumph, Iyanla demonstrates why the four essential trusts—Trust in Self, Trust in God, Trust in Others, and Trust in Life—are like oxygen: without them, none of us can survive. Mastering these four essential trusts requires both a process and a practice: Life gives you the process through your experiences; people provide you the opportunity to practice.

Iyanla explores what trust really is and reveals why some of the most shocking trust violations offer us profound opportunities for personal growth and healing. Her pragmatic trust prescriptions—rooted in self-awareness, intuition, communication, and spiritual practice—will challenge you to face your deepest fears and free you to cultivate new levels of increased authenticity, greater resilience, renewed peace, and joy.

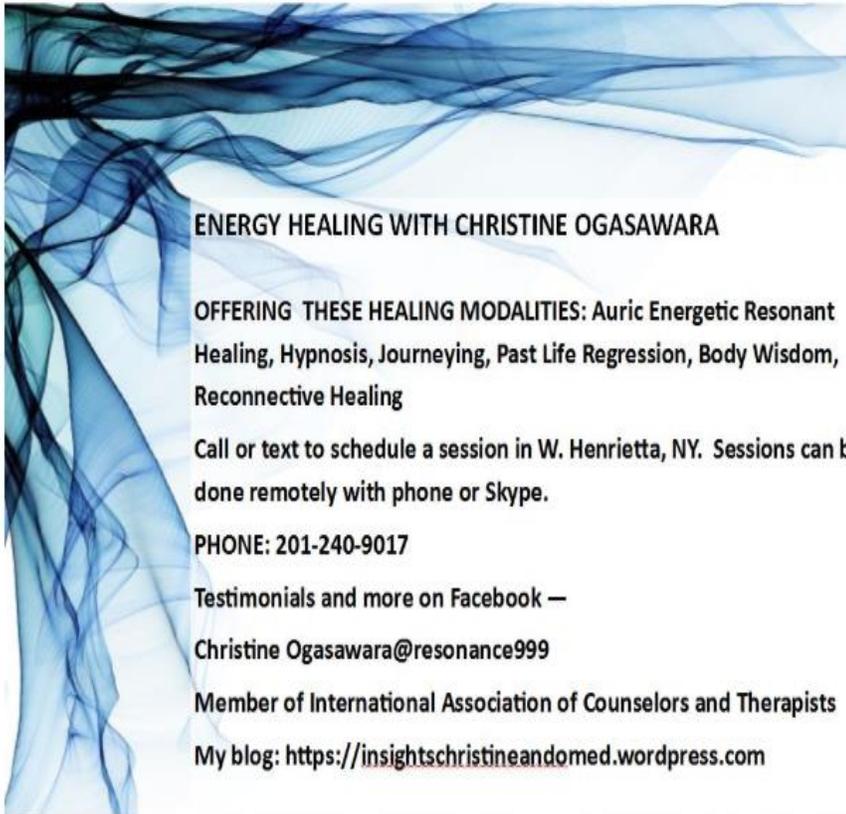


Wisdom comes with the ability to be still. Just look and just listen. No more is needed. Being still, looking, and listening activates the non-conceptual intelligence within you. Let stillness direct your words and actions.

— ECKHART TOLLE,
Stillness Speaks



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AKASHIC RECORD READINGS AT HEARTSPRING

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TAROT READINGS WITH WES

Wes takes his many years of intuitive and metaphysical studies and uses the Tarot cards to give you an insightful and unique reading that encompasses past, present and future.

WHAT IS YOUR COUNCIL OF SEVEN?



We are all helped, guided and supported by a Council of Seven Spirit Guides. One of these Spirit Guides is your Master Teacher who stays with you throughout your life and often many lives. The others may have been your family member, friend or mentor. Bonnie Sandera is offering this as a reading. When you identify and meditate with your special council, you can create miracles in your life and move through difficult issues.

Bonnie is a hypnotherapist, Reiki Master, Shamanic Energy Practitioner and psychic/medium. She works with her Master Guide Running Bear. Contact Bonnie for a reading either by phone or skype at the special rate of \$75. Contact her at bonsandera@yahoo.com or 585-301-6957.



Nusta Karpay – Peruvian Feminine Healing Rites For Everyone



Join Judith Andrew at the Lightways Journey Barn 228 Gilmore Rd Brockport NY 14420. On these dates: Thurs, May 10, 17, 24 6:30-8:30pm \$135 Series. You must call or email to register call 585-281-8670 or email lightwaysjourney@aol.com. Class is limited to 10, register early!

A couple years ago, I was fortunate to spend 10 days in the Sacred Valley in Peru. Every day we went to the sacred Inca sites and learned the Nusta Karpay (feminine) rites. They were given and taught by Shaman Don Mariano and his son, Don Santiago, who live in the Peruvian high mountains. The rites honor the sacred mountain spirit, the Apu's and the energy of the Earth Mother, Pachamama. The Shaman said it was time to practice and share these rites with others. The 7 rites bring the elements and chakras into healing and harmony.]

The Rites are open to all, men and women, who desire to connect and heal their Divine Feminine energy and to bring that healing to the others.

According to Andean spiritual tradition, the Nustas are the Goddesses and Sacred Feminine Energies of the Peruvian and Bolivian mountains, rivers and lakes. In Quecha the word "karpay" means rite or ceremony. Each Rite will include a meditation, explanation, personal benefits, and handout.

May 10, Rites 1 Mama Oclo, 2 Dona Mujia, & 3 Mama Simona

May 17, Rites 4 Dona Theresa & Despacho, 5 Maria Sakapona

May 24, Rites 6 Huana Waman Tiklla, 7 Thomasa Waman Tiklla, & Ending Ceremony

Judith is the co-owner of Lightways Metaphysical Store in Brockport. She is a Shamanic Energy Medicine Practitioner, Reiki Master, IET Master, Certified Radical Forgiveness Coach and Mindful Meditation facilitator.



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Finger Lakes Natural Living Fair offers an open environment that is inviting and non-intimidating so you can explore new things without feeling pressured. We want to reach both current holistic practitioners and new curious beings! Come observe, ask questions or join in!

Finger Lakes Natural Living Fair provides easy access to learn about alternative & less accessible healing methods without worrying about large costs and in a space that they can ask any questions without making any commitments.

With open minds and hearts we provide a space for people to find out new things in a neutral space, connect with holistic wellness, green, organic and cruelty free professionals and products. Most importantly, have a good time doing it. Additionally, we encourage our vendors to speak to each other and trade skills to make new discoveries and connections with their peers in other fields.

By exploration, we discover, and through discovery we grow and learn.

To find out more go to: www.FingerLakesFair.com



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LUX World Travel is honored to host this historic trip to India! Your trip leaders are [Arun Gandhi](#), the 5th grandson of Mahatma Gandhi, and [Tushar Gandhi](#), Arun's son.

This immersion trip will offer you the privileged experience to travel to India with Arun Gandhi, and upon arrival also be introduced to his son, Tushar, who manages many of the Gandhi family projects in Mumbai and surrounding areas.

This Spiritual and Cultural Journey is a once in a lifetime opportunity to explore India, and be introduced to a multitude of Wisdom leaders, Peace keepers, and social and justice workers in India who continue to "BE the change they wish to see in the world." And NOW, you will be part of it!

This in-depth itinerary takes you to:
Mumbai - Kolhapur - Lonavala - Bhuj - Ahmedabad - Jaipur - Ajmer - Sariska - Delhi

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**For more info on the trip and to sign up go to
<https://luxworldtravel.com/gandhi-legacy-tour>**

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THE STORM
& WHEN THE WIND
DID NOT BLOW
HER WAY, 
SHE ADJUSTED
HER SAILS.

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CHANGE WHEN
YOU BECOME
MORE
COMMITTED TO
YOUR DREAMS
THAN YOU ARE
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IF YOU GET A CHANCE, TAKE IT
IF IT CHANGES YOUR LIFE, LET IT
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THEY JUST PROMISED IT WOULD MOST LIKELY BE
WORTH IT

NEVER DOUBT
THAT A SMALL GROUP
OF THOUGHTFUL COMMITTED CITIZENS
CAN CHANGE THE WORLD:
INDEED IT'S THE ONLY THING
THAT EVER HAS.
MARGARET MEAD

ROC METAPHYSICAL CALENDAR OF EVENTS

Event Calendar

ROC Metaphysical

◀ **May 2018** ▶

Select Category

All ▾

Select Location

Select one or more... ▾

Today

Go to Date

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <ul style="list-style-type: none"> ● 7:15pm - 9:00pm Reiki Share At ONE Wellness Center @ ONE Wellness Center 	<p>2</p>	<p>3</p>	<p>4</p> <ul style="list-style-type: none"> ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center 	<p>5</p>
<p>6</p> <ul style="list-style-type: none"> ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center ● 2:30pm - 4:30pm Intro to Healing on the Spiritual Path: The Teachings of Bruno Groening @ Penfield Library 	<p>7</p> <ul style="list-style-type: none"> ● 2:00pm - 4:00pm Mini Energy Treatment and Spirit Guide Messages @ ONE Wellness Center ● 6:00pm - 8:00pm TOOLS FOR SELF-HEALING @ ONE Wellness Center 	<p>8</p>	<p>9</p> <ul style="list-style-type: none"> ● 7:00pm - 9:00pm Circling - Reconnect With Your Spiritual Life @ Mythic Treasures 	<p>10</p> <ul style="list-style-type: none"> ● 6:30pm - 8:30pm Nusta Karpay - Peruvian Feminine Healing Rites For Everyone @ Lightways Journey Barn 	<p>11</p>	<p>12</p> <ul style="list-style-type: none"> ● 10:00am - 1:00pm Happy Anniversary / Breakfast at Epiphanies @ Epiphanies ● 10:00am - 5:00pm Mythic Treasures 2nd Saturday Psychic Fair @ Mythic Treasures
<p>13</p> <p style="text-align: center;"><i>Mother's Day</i></p> <ul style="list-style-type: none"> ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center 	<p>14</p>	<p>15</p>	<p>16</p> <ul style="list-style-type: none"> ● 6:30pm - 7:45pm Frequencies of Healing Mind-Body-Spirit With Jayne Chilkes @ Canandaigua Library 	<p>17</p> <ul style="list-style-type: none"> ● 6:00pm - 8:00pm Crystals and Their Stories 	<p>18</p> <ul style="list-style-type: none"> ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center 	<p>19</p> <ul style="list-style-type: none"> ● 12:00pm - 5:30pm Lightways Barn Metaphysical Happening ● 12:30pm - 6:30pm The Phenomenon of Bruno Groening Documentary Films @ Penfield Library
<p>20</p> <ul style="list-style-type: none"> ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center ● 11:00am - 12:15pm OM Chanting @ Atman Yoga Studio ● 1:00pm - 3:30pm Harp CD Launch with Christina Ivanna @ ONE Wellness Center 	<p>21</p> <ul style="list-style-type: none"> ● 5:00pm - 6:30pm Mini Energy Treatment and Spirit Guide Messages @ ONE Wellness Center ● 7:00pm - 8:30pm Moving Ahead with Joy @ ONE Wellness Center 	<p>22</p>	<p>23</p>	<p>24</p> <ul style="list-style-type: none"> ● 6:30pm - 8:00pm Cobbs Hill Drum Circle @ Mythic Treasures 	<p>25</p> <ul style="list-style-type: none"> ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center 	<p>26</p>
<p>27</p> <ul style="list-style-type: none"> ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center 	<p>28</p> <p style="text-align: center;"><i>Memorial Day</i></p>	<p>29</p>	<p>30</p>	<p>31</p>		

Legend: ● Free Event ● Pav Event

If you'd like your event listed on the calendar, email: rocmetaphysical@gmail.com. If your event is free, its free to post. If your event has a fee, the cost to post is one event for \$10 and 3 for \$20. The event will also be posted on ROC Metaphysical's facebook page and www.meetup.com/light-works.





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585-461-2669
Vicki Snyder and Jim Young

Spirit & Crystal Connections specializes in unique crystals and Doreen Virtue angel & Fairy card decks, also available are Young Living Essential Oils, jewelry and spiritually minded books for adults and kids. Vicki Snyder-Young is a Medium and Certified Shay Parker's Best American Psychic .She offers psychic medium and angel card readings by appointment or walk-in. Assertiveness and Archangel Life Coaching is also available. Reiki and Integrated Energy Therapy healing is available by appointment.



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 20+ practitioners are focused on working with clients to promote greater health and wellbeing. 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, a Crystal bed from Brazil's John of God, Harp Healing, Hypnosis, and a variety of body and energy therapies.



Healthy Alternatives Wellness Center
 458 Stone Rd, Rochester, NY 14616.
<http://www.healthyalternativesrochester.com/>
<http://www.meetup.com/Rochester-Friends-Who-Meditate>
 585-663-6454
 Carol Scheg-Morrisette

Our mission is to promote holistic wellness and encourage healthy alternatives for your mind, body and spirit. Healthy Alternatives is a chemical free environment. Please do not wear perfumes scented lotions or smoke before your appointment. Healthy Alternatives offers Sound Healing, Guided Meditation, Therapeutic Massage, Facials, Body Wraps, IET (Integrated Energy Therapy), Raindrop Therapy, ART (Allergy retraining technique), Reiki, and Bio-Mat Therapy. Healthy Alternatives is owned by Carol Scheg-Morrisette a Licensed Massage Therapist, Certified Herbalist / Aromatherapist, and Licensed Cosmetologist offering Healthier Hair Color.



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



Lightways Journey
 31 Market St
 Brockport, NY 14420
<http://www.lightwaysjourney.com>
<https://www.meetup.com/Westside-Higher-Vibrations/>
 585-281-8670
 Karen Benson and Judy Andrews

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!



靈氣 **Reiki Community for**
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<http://www.thereikihealingcenter.com>
 585-349-3400 or 607-522-4568
 Rev. Barb Carlton

I offer Reiki and Karuna Reiki® treatments and classes, being trained by Reiki Masters Elspeth Walker Edinburgh, Scotland and Whalid Ghomein, Alexandria, Egypt, William Rand of The International Center for Reiki Training and Gopal Shrestha from Kathmandu, Nepal. Extra classes and workshops included Chakras, Crystals, Sounds, Dowsing, Angels and Reiki, much as we offer now. Lemuria Gift Store came later for my love of minerals and Gemstones Over the last 13 years we hoped to make changes to people's life teaching about connecting mind, body and spirit. We are a Reiki school offering authentic teaching of Reiki, and many other modalities that link in well with Reiki. As well as being tools to bring improvement to people's life.



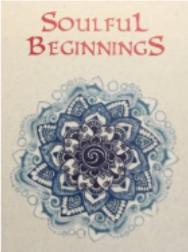
Mythic Treasures
 274 N Goodman Street
 Rochester, NY 14607
<http://www.mythictreasures.com>
 585-266-8350
 Sue Stephens

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 is located on the ground floor of Village Gate Square at 274 N Goodman Street Rochester NY 14607 in the center of the Neighborhood of the Arts.



Heart Spring
 786B PreEmption Road
 Geneva, NY 14456
 (315) 521-3698
<http://www.heartspring-healing.com>

HeartSpring Healing and Alternative Guidance offers Akashic Record Readings with Kathy, Intuitive Tarot with Wes, John of God Crystal Healing Bed sessions, Hypnosis for a variety of issues as well as Past Life Regressions, Quantum Healing Hypnosis Technique (QHHT) and so much more. We have studied metaphysics for more than 25 years and want to share what we've learned to help others. We're close to Rochester and are helping to bring services to the Finger Lakes region.



SOULFUL BEGINNINGS
 148 East Main Street
 Waterloo, New York
<https://www.facebook.com/Soulful-Beginnings-1093553007426098/>
 315-539-9784

The Finger Lakes finally has a place for people interested in metaphysical, spiritual and pagan classes and activities. Located next to Luann's Hair Salon it's a great place to create beauty inside and out. There's a wide variety of items for sale hand crafted herbs, incense, soaps, plus salt lamps and lots of crystals. There's always something new at Soulful Beginnings.

HEALTH PROFESSIONALS



JANICE MCNAMARA RN, INTUITIVE HEALER
ONE Wellness Center
 2349 Monroe Avenue Rochester, NY 14618
 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
ONE Wellness Center
 2349 Monroe Avenue Rochester, NY 14618
 585-329-8643
<https://www.onewellnesscntr.com>

In practice 14 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, Cranio Sacral, Zero Balancing, Reiki, Aromatherapy, Associative Awareness Technique, and Tuning Fork Therapies.



REV. MARYANNA MUELLER, SHAWOMAN, REIKI MASTER, CONSULTING HYPNOTIST
 585-727-3346
<http://thebackyardshawoman.com>

Maryanna has been practicing Shamanism for the past ten years, known as The Backyard ShaWoman, she integrates the works of Jim Pathfinder Ewing, Sandra Ingerman, Peruvian Shamanism (Villoldo), and Stephen Farmer. She teaches classes in Shamanic Reiki Certification, Shamanism, and visual arts. For her Shamanism has become a mode of living; it can quickly clear genetic blueprints that traditional Western modalities may not and teaches us to live in harmony with all; All is Sacred.

SAMANTHA TAYLOR, LIGHTWORKER PRACTITIONER
Lavender Light
 1100 University Ave Suite 124B Rochester, NY
 607-742-4749
<http://www.lavenderlighthealing.org>



Samantha, the owner of Lavender Light, is a Certified Lightworker Practitioner© with an innate desire to help those around her. She specializes in dream analysis, numerology, and energy healing through IET© and Reiki. She also provides psychic readings to help others to work towards removing blocks and being the best versions of themselves.

SAGE WALKER LPN, ORDAINED MINISTER AND IET MASTER INSTRUCTOR
ONE Wellness Center
2349 Monroe Avenue, Rochester, NY 14618
585.317.4374 or email - theangeliclink@gmail.com
<https://www.onewellnesscntr.com>



Sage is a powerful 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 and Energy Healing Sessions, Spiritual Counseling, Monthly Spiritual Message Groups, Crystal Message Sessions, Angelic Information Nights and Private, Home and Phone Sessions. In addition, Sage's classes include Connecting to Angels, Living Peacefully beyond Chaos, Home Cleansings and Blessings and Integrated Energy Therapy (IET).



MARJORIE BAKER PRICE, RN
Certified Hypnotherapist, Reiki Master Level III
Centering Tools for Self-Healing & Development
<http://www.centeringtools.com>
585-244-6210

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.



SHEILA TILLICH B MSC, HOLISTIC HEALTH ADVOCATE
WHITEDOVE HEALING
108 E Church Street, Fairport NY 14450
625 Ayrault Road, Fairport, NY 14450
585-313-3396
<http://www.whitedovehealing.org>
<https://www.facebook.com/whitedoveheal>
email: sheila@whitedovehealing.org; sheilatillich@gmail.com
<https://www.meetup.com/IET-and-NEW-ENERGY-Teaching-for-Rochester-Community>

Sheila is an Ordained Minister, Licensed Certified HeartMath® Coach/Mentor, Life Issues Mentor, IET Master Instructor, USUI Reiki Master, Certified Hospice/Palliative Caregiver, Authorized Lemurian Sisterhood Global Host.

<https://www.facebook.com/lemuriansisterhoodWNY>, <https://www.meetup.com/IET-and-NEW-ENERGY-Teaching>

<https://www.learniet.com/iet-sessions/find-a-practitioner/practitioner-profile/?id=1171>

<https://www.ecpathways.com/integrated-energy-therapy-iet>, <https://www.ecpathways.com/heart-math>

WHITEDOVE HEALING SPECIALIZING IN: Heart Centered Living, Stress Management, Life Issues & Recovery Mentoring, Metaphysical Spiritual Counseling, Energy Healing / Certification Classes. "Heal Your Body ~ Still Your Mind ~ Open Your Divine Connection"

WHITEDOVE HEALING is a Holistic Health Care practice focused on self-healing mind and body, transforming your life into Heart Centered Living! By getting to the heart of your health issues through conscious living and positive change, you profoundly recreate your life! Release ~ Heal ~ Evolve. Sheila is Rochester's Top Integrated Energy Therapy® Master Instructors of 2015, 2016, and 2017 by The Center of Being. Sheila offers: Private Healing sessions, Stress Management through HeartMath® Institute, Life Issue and Spiritual Counseling/Support in Self-Empowerment, Energy Practitioner Certification through The Center of Being, Community Education in New Energy Consciousness, Energy Psychology Self-Healing.



TOBIE HEWITT
MYSTIC MUSINGS
<http://www.tobiehewitt.com>
<https://www.facebook.com/TobieHewitt.IntuitiveConsultant>
<https://tobiehewitt.wordpress.com>

As a spiritual girl living in a physical world, I have had a lot of experiences that many would consider to be out of the ordinary, from facilitating seances, to taking part in paranormal investigations with world-renowned researchers; from helping connect loved ones on both sides of the veil and delivering valid and verifiable information from beyond, to teaching others to contact spirit themselves. I have dedicated my life to helping others realize that they are spirits, embodied on this earth to learn from the experience, and that they do not need to fear the transition known as death. By spreading this awareness, I hope to contribute to a more peaceful and cohesive world. As a published writer, I work to inspire readers to look at life from a different perspective and then pursue personal growth.



MILLE GRAZIA YOUNG LIVING ESSENTIAL OILS
ANGELA MINACAPELLI & MARY ANNE ZANNI
 Rochester, NY
<http://www.oilingforglobalwealth.com>
 585-255-0063

Mille Grazia Essential Oils
 Classes
www.oilingforglobalwealth.com
 585.255-0063

See Us at: Mythic Treasures
 Village Gate
 274 Goodman St
 14607

Angela and Mary Anne
Our Journeys With Young Living

"We produce it, label it, we ship it out and we show people how to use it... We're the only company in the world that does all of it."
 Mary Young, CEO Young Living

Quantum Physics ~ Biocommunications ~ We Offer Confidential Zytro Compass Scans and Consultations
 [Zytro Compass/Mille Grazia does not diagnose or treat any medical conditions or illnesses.]
 Call or Email Angela@Oiling.com or GlobalHealth.com
 Please Friend Mille Grazia on Facebook

A family business, Mille Grazia (in Italian means many thanks) started in 2005 with Angela Minacapelli, Young Living Independent Distributor. As a school teacher, she used essential oils in the classroom. Her sister, Mary Anne Zanni believes pure essential oils are more than nice scents. As independent consultants they are committed in sharing the benefits of the powerful plant extracts as a path to lifelong wellness and shows people how to take control of their health by having a healthy healing home.



CHRISTINE OGASAWARA
W. HENRIETTA, NY
 201-240-5017
 FACEBOOK: christineogasawara@resonance999

I am offering energy healing in West Henrietta NY or remotely by phone. I am certified in: Hypnosis, Past Life Regression, The Body Wisdom Process, Reconnective Healing, Auric Energetic Resonant Healing, Journeying, and Core Beliefs. I am a member of the International Association of Counselors and Therapists. My work combines all of the healing modalities I have studied for the best approach for the individual.



MELISSA PEIL, PSYCHIC/MEDIUM/TEACHER
 Rochester, NY
 (919) 621-2407
 info@mysticalawakenings.com
 http://www.mysticalawakenings.com

Melissa is a psychic, medium, teacher Her readings provide insight empowering you to make informed decisions going forward, and help you overcome obstacles from your past or present that are blocking you. She can also connect to your passed-away loved ones. She is a natural teacher, teaching adults and children how to comfortably embrace their gifts. Melissa is grateful to share her passions of intuition, Spirit connection, and teaching with others.



LUMINOUS HEALING
REV. BONNIE SANDERA
 309 K AVE, UNIT A
 KURE BEACH, NC 28449
 HTTP://LUMINOUSHEALING.INFO
 585-301-6957

Bonnie offers a wide variety of methods to assist her clients and students. She is a certified hypnotherapist, Reiki Master, and a Psychic/Medium. She is a Shamanic Practitioner thru the Four Wind Society with Albert Villado and continued her studies with Don Mariano and Don Sebastian. Bonnie and her spirit guide Running Bear work in tandem with clients. Bonnie received permission from John of God to use the crystal light therapy bed. Bonnie loves to teach and offers Shamanic Energy training classes in NY and NC. She can offer appointments in person or by phone/skype.

JAMES BUCKO, LMT, RMT
ANANTA MASSAGE & HEALING
 919 S. WINTON RD SUITE 307 ROCHESTER, NY 14618
 607-423-4722
 HTTP://ANANTAMASSAGEHEALING.COM



My holistic approach taps into time-honored, powerful healing modalities to ensure you ideally benefit from your session. I approach my work with an awareness of Spirit, using Reiki energy healing to repair the energetic field that influences the health of the physical body and varied massage techniques to allow the body to release the physical manifestations of energetic traumas. Working in the Shamanic realm, I use intention to manifest positive results for my clients. Many of these benefits will remain with you as you carry on with your daily activities. Each session is different as needs are constantly in flux. I aim to connect with my clients at the level at which they are ready to receive healing - in areas where healing will be most beneficial. Shamanic work brings the body and spirit into a state of wholeness. If you have an interest in working with me in this way, our first session will be an assessment of the ways that the body and spirit are asking for healing. Through our discussions and energy work, we begin to spiritually connect with the unseen realms – affording an opportunity for profound healing. Ritual and intention play a large role in the process. Integrating shamanic work with Massage and Reiki offers a multi-dimensional, holistic approach to wellness. These healing paths leave you with increased vitality, relaxation and an elevated sense of overall well-being. The goal is to bring the body and spirit into balance so that the body is in an optimal state to heal itself as you encounter the usual stresses of daily life.



BRENDA GILASSO
REIKI & IET PRACTITIONER AT GARMAN CHIROPRACTIC
142 FAIRPORT VILLAGE LANDING
FAIRPORT, NY 14450
585-377-5890
[HTTP://HANDSFROMABOVEHEALING.COM](http://HANDSFROMABOVEHEALING.COM)

After 2 previous careers, Brenda had chosen to commit herself to her own personal growth, spirituality, happiness, and to live her life purpose. Since her happiness comes from being a conduit to others, in their pursuit of happiness, love, and enlightenment, she pursued her certifications in Reiki and IET. She welcomes the opportunity to provide you a healing, relaxing Reiki or Integrated Energy Therapy session!



JOSEPH JOHNSON
CIRCLE OF LIFE HOLISTICS
201 ERNST STREET, ROCHESTER, NY
585-613-8219
<https://www.circleoflifeholistics.com>

Circle of Life Holistics strives to offer the most well rounded holistic wellness services we are able in the comfort of your own home. Our all inclusive wellness package is tailored to fit you, your lifestyle and incorporates the things you enjoy the most in life in order to help you improve your wellness on a mental, physical, emotional, and spiritual level. We offer a wide variety of services from Reiki to personal training and everything in between, check out www.circleoflifeholistics.com or call 585-613-8219 to book your initial consult today!

DAWN DAGGS
DAWN'S LIGHT
585-278-3042
[HTTP://DAWNDAGGS.COM](http://DAWNDAGGS.COM)



Dawn has been providing readings for over 10 years, specializing in Numerology & Intuitive Tarot card readings. She is also a psychic/medium who has trained at The Purple Door in Rochester, Lightways Journey Barn in Brockport & Lilly Dale! Dawn works with only light & love, the intension is to empower and uplift the client on their life's path! Evening appointments available by phone.

REV. BUNNY DUPUIS
716-241-1414
REV.BUNNYDUPUIS@GMAIL.COM
[HTTP://WWW.BUNNYDUPUIS.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.

Kim B-Yaekel Service: Reiki, Crystal, Color and Sound Healing Location: The Reiki Healing Center, 758 South Avenue Rochester, NY 14620 Contact: 585-242-1971 or Cell 585-747-9431

Cathy Higgins Service: -teacher of Intention Healing, a method of healing yourself from the inside out, Founder of One Touch Healing, Master Facilitator of Intention Healing. Location: Penfield, NY. Contact: Cathy@Intention-Healing.com

Tammy Colvin Service: Coaching, Reiki Contact: 585-943-3867 or TamColvin@aol.com

Dr. Joe Manza DC, CACCP Service: Chiropractor - Plus Pediatric and Pre/Post Natal Chiropractic
Location: 144 Metro Park, Suite 6 Rochester NY, 14623 or 421 Penbrooke Drive Suites 7 & 8, Penfield NY 14526
Contact: 585.334.7555 manzachiropractic.com

Janice Service: Angel-Guided Spiritual Messages, Tarot and Oracle Card Readings, Mediumship, Reiki, Chakra Balancing, Aura Interpretation and Cleansing, Home and Office Cleansings. Contact: 585-478-8046

SPIRITUAL CHURCHES AND RETREAT CENTERS



PLYMOUTH SPIRITUALIST CHURCH

29 Vick Park A

Rochester, New York 14607

<https://www.plymouthspiritualistchurch.info>

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

585-271-1470

Plymouth Spiritualist Church, known as the "Mother Church of Modern Spiritualism" was established in 1906. We offer a safe friendly environment where everyone is welcome to visit or to stay and develop their spiritual gifts through classes and special events. Services are Sundays 10:30-Noon and include spirit messages from loved ones which we believe gives evidential proof of the continuity of life. Check our events page on our website. Visit us on Facebook.



Light on the Hill

LIGHT ON THE HILL
209 Blake Hill Rd.
Van Etten, NY 14889
607-589-4419
<http://lightonthehill.org>



Perched high in the hills of Van Etten in Central/Upstate New York, Light on the Hill is a retreat center that provides a sacred space where seekers can find peace and solace away from their everyday worldly pursuits. The center is located on 236 acres of woods, streams, gorges, and walking paths, and offers panoramic views as distant as Pennsylvania.

Light on the Hill has comfortable cottages and huts that are ideal for self-reflection, where individual seekers can choose to be on their own or on a guided retreat. Inner Light Lodge—a spacious and light-filled dwelling surrounded by nature and glorious views—is ideal for groups engaging in inner work.

While Light on the Hill is considered a place of spiritual refuge, it is not affiliated with any single religious organization. Seekers of all backgrounds and beliefs are welcome.

