



**ROC Metaphysical**  
YOUR BODY, MIND & SPIRIT CONNECTION

IS THERE A PLACE WHERE WE CAN SHARE,  
INFORM AND EDUCATE PEOPLE ON ALL KINDS  
OF TOPICS? THERE IS NOW.

ROC Metaphysical is an online magazine that  
has personal stories to teachers sharing their  
wisdom. Find out where there are services,  
retreat centers, and alternative practitioners.  
There's also business advertising and a calendar  
of events.

We have lots of knowledge to share and we're  
accomplishing this at  
[www.rocmetaphysical.com](http://www.rocmetaphysical.com)

The February 2018 Issue is online.



### **HAPPY VALENTINES DAY**

February 14 is Valentines Day. So much attention is focused on the object of your love. In doing my research many relationship advisors recommend you need to focus your love and attention on you. Take the time to care for yourself and make yourself number one. According to their advice, once you've done that you're ready to have a healthy relationship.

This quote sums it up:

**An outstanding love doesn't come from two half-fulfilled people coming together to make one whole, complete life. Outstanding love comes from two whole people coming together to share and enhance their already full and beautiful lives." ~Pia Scade**

**Wishing every one love, every day!!**



**You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection.**

**-Buddha**

WHERE ARE THE  
METAPHYSICAL STORES,  
RETREAT CENTERS &  
SPIRITUAL CHURCHES

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

[More](#)

FEATURE ARTICLE - BY  
LUC WATALET

Peruse our articles!! Thanks to Luc who is our contributor this month. There are lots of great articles covering a wide variety of topics.

[More](#)

CALENDAR OF  
EVENTS

METAPHYSICAL/SP  
| What is going on and where is it? Have an item you want to sell, need to barter or want to give positive acknowledgement here is the space.

[More](#)

BODY MIND  
SPIRIT  
DIRECTORY

A directory listing of providers for the body, mind and the spirit. Where are they and what do they provide.

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READ PRIOR  
MONTHLY  
EDITIONS

Read prior months articles, they're too good to miss.

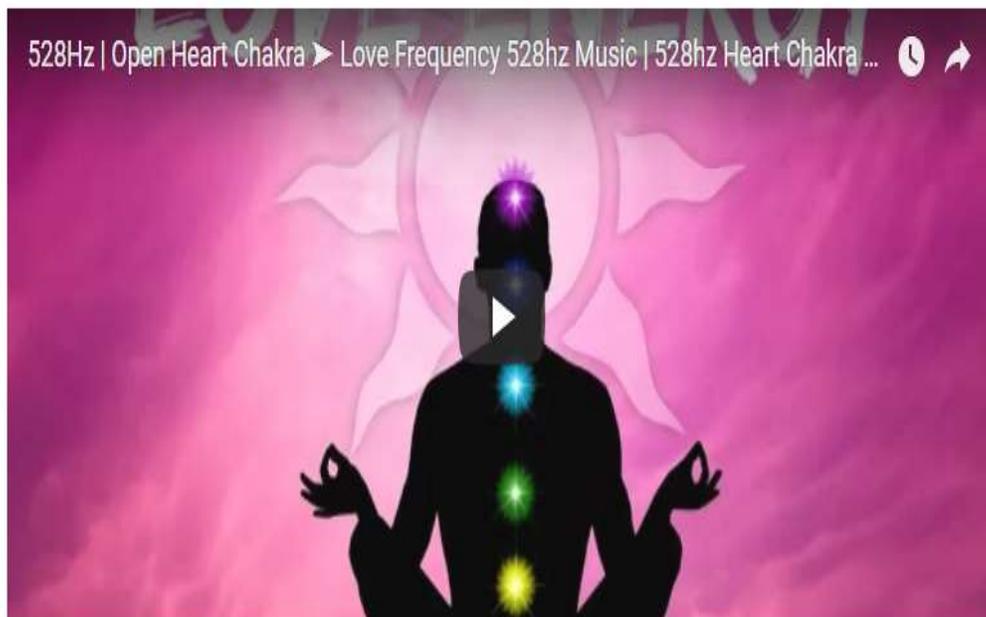
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### **LIGHT WORKS! YOUR LOCAL METAPHYSICAL GROUP**

**Our meetup group meets once a month at RIT BARNES & NOBLE for a presentation on all kinds of spiritual, alternative health and metaphysical topics. For more info go to [www.meetup.com/light-works](http://www.meetup.com/light-works).**

Link: <https://www.youtube.com/watch?v=HqaHNVgFTv4>



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DID YOU MISS ANY OF THE PRIOR VIDEOS AND WANT TO HEAR THEM AGAIN? GO TO ROC METAPHYSICAL'S PAGE ON YOU TUBE.



Click to ROC Metaphysical You Tube Page



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## Metaphysical Sites to Check Out



Pearls Of Wisdom - A site for Inspirational quotes, sayings, stories to awaken our consciousness to uplift, heal and feed the soul for self growth, inner peace & global peace. Buddhist Wisdom, Native American Wisdom, Peace Pages, Empowering Women, Inspirational Song Lyrics, Soul Shoppe, Healthy Living.

Go to the site - <http://www.sapphyr.net>



CLICK TO SITE

Alternatives for Healing is a leading complementary and alternative medicine directory for finding alternative medicine practitioners, holistic health products, alternative therapies, books, stores, magazines, schools, conventions and seminars. It also includes holistic resources in our Library section. [Metaphysical/Spiritual/Alternative Health On Line Magazine](#)



OfSpirit.com: Holistic, Spiritual & Self-Improvement Resource.  
[www.ospirit.com](http://www.ospirit.com)

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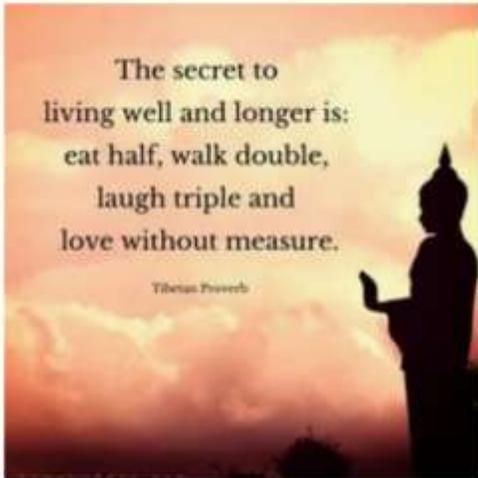
Click to Wisdom Magazine

### What Is Wisdom Magazine?

**Wisdom of the Heavens, Earth, Body, Mind & Soul is published bi-monthly (every other month) as a free holistic, spiritual and metaphysical magazine serving the culturally creative community.**

Self love is  
the elixir of  
an immortal  
heart.

THINK HAPPY.



## ARTICLES

ARTICLES TO ENLIGHTEN AND INFORM -----

JOY FIRST, THEN YOUR LIFE CHANGES BY LUC WATELET

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VIDEO - LISTEN TO YOUR DREAMS BY DR. JUDITH ORLOFF

POEM BY RUMI

THE SEARCH FOR LOVE BY REBECCA WASHINGTON

OUT OF THE BLUE BY CHRISTINE OGASAWARA

EMOTIONS AND PERSPECTIVES BY TAMMY COLVIN

WHAT KEEPS US FROM OUR DESIRES? BY PATTI FIELDS

SPIRIT SCIENCE - CREATED BY JORDAN DAVID PEARCE DUCHNYCZ

SPIRIT & CRYSTAL CONNECTIONS' HEALING CIRCLE



JOY FIRST, THEN YOUR LIFE CHANGES BY LUC WATELET

**I want to share how life taught me the importance of joy as a solution to my financial life despite the common belief that we first need to care for our biological and physical needs.**

**I have been plagued by doom and gloom all my life. As soon as I was born, I just wanted to hide in my bedroom instead of facing the world. I was scared shitless of being unloved and unworthy of being listened to. I was bullied when I went to school. Life was not fun. Despite that I discovered some talents. At 9, I saw myself as someone who reflects on life and likes to teach. At 14, I discovered I was good at math. At 17, I knew that I belonged with Freud and Jung in the world of psychotherapy. To find those talents within me gave me a little more self-esteem, a little more taste for living. I also discovered that I had access to wisdom. At 18, I asked myself why I was not finding anyone to talk to and how love would come to me. The answer came that I would have to wait till my mid-twenties to find people interested in talking about life like I did, and that love would come by not worrying about it and by loving others.**

**I hated the way psychology was taught so I kept on reading my favorite authors, but I went into math instead, and then statistics for medical research. I had scholarships, everything was**

easy... but my heart wasn't into it. I struggled trying to figure out what I was supposed to do. It is only years later that I understood that the kind of psychotherapist I wanted to be required a lot of life schooling and experience (and also courage because it was my own path), and an understanding of yoga. So being a biostatistician was a blessing all along. It was a bridge toward my life purpose. Money came easily then and I had something to do that helped me make peace with being out in the world.

When I finally left biostatistics in 2004 to be the psychotherapist I wanted to be, money stopped coming. I did not know what was blocking me. As a result, my marriage broke down. My house of cards felt apart... divorce, foreclosure, and bankruptcy... and being homeless. Why? Wasn't I living my life's purpose? I did a labyrinth walk to find clarity. The word that came to me was "Love." I did not understand. I wanted my finances to be fixed. I got upset and tried everything I could the way our society teaches us: advertising, writing in health magazines, doing health faires, networking with other psychotherapists, etc... Nothing worked.

Gloom and doom visited me often then... One night I was supposed to lead a healing group and I was in a very dark place. I said, "God, if you want me to lead this group tonight, please help me out of here!" Within a minute a friend called to ask me to help her translate a poem from German to English. I don't speak German but by talking about her intention in the poem I could help her. I was immediately pulled out of the gloom and doom experience. It was magical. No therapy needed. Just a mindset shift. That helped me understand depression and other so called mental illnesses from the perspective of how the brain works. I did some research. Neuroscience shows how addictions and mental illnesses occur in the brain default network... By getting out of that part of the brain into your creative brain, you find yourself out of the darkness. You are not quite healed, but you are no longer doomed. It paved the way for me to trust that I could let go of worrying more easily than I first thought.

I remembered that at several occasions starting in 1994, the message kept coming to me to stop worrying and embrace joy. But I could not believe joy should come before making sure I was financially secure. Doesn't Maslow's hierarchy of needs state that first you have to take care of your biological and physical needs, and only last should you take care of your self-actualization needs?

Since none of the practical advice to make it in the world worked in my life, after trying everything, in 2013 I stopped being concerned with making a living. The thought came I might die from not being able to sustain myself, but I made the decision that, if I must die, I will die happy. I started a 2-hour meditation for joy every day from June until November that year. This meditation was given to me by my yoga teacher Yogi Bhanjan in 1996, but back then when I tried it I fell asleep within 10 minutes of starting it. In 2013, I could finally do it without falling asleep and, within a week, I received some unexpected money which I needed to fix my clutch. And within 2 months my financial life was turning itself around. From then on, I never looked back, I never worried about money again, I never advertised. I spent time writing my book to leave something to the world after I die.

The meditation for joy responds to your unconscious thoughts with joy and, the more you do it, the more you bring out from your unconscious stuff that hinders your joy. So, it does not always get easier the more you do it. That's part of why I stopped in November 2013. I was

starting to confront a deeper layer that I was not ready to face yet. Now I am ready again.

Many blessings on your journey!

**About Luc:** Luc Watelet has a PhD in biostatistics and a Master's degree in Mental Health Counseling. He is a kundalini yoga teacher since 1996 which led him to practice a mindfulness approach to psychotherapy. After working with clients who sometimes spent 30 years in therapy without seeing any progress overcoming depression or other mental health distresses, often left to cope with their problems with little hope for help except from medication, he decided it was time to write a book explaining how healing from mental health symptoms is possible. His book *Off Script Therapy: When You Are Off Script and I Am Off Script, We Are Alive to Each Other* was self-published in 2016.



MEETING MY SPIRIT GUIDE  
BY HOLLEY HYLER  
<http://holleyhyler.com>



A spirit guide, in my own terms, is a soul who has been through human incarnations and mastered human lessons, and now chooses to help another through their humanity. I admit that I did not feel that interested in spirit guides before I studied the works of those who have put their guides' advice into channeled writing. I understand now that it is because writing helps me feel connected to that wisdom.

Last weekend, I attended a mediumship class, and part of the class was a meditation to call in spirit guides. During the meditation, I felt the most beautiful, feminine presence and visualized her as Plumette from *Beauty and the Beast* (the swan-shaped, feather-duster female character). I know, this will sound far out to some of you, but spirit guides take on the forms that will resonate most with us, and there is a little girl inside me that loves magic. I asked, "What shall I call you?" She answered, "You may call me White Swan."

I resisted this, because I know someone who has a guide with a very similar name. She was sitting near me, in fact, so I thought perhaps I was tuning into her energy. I surrendered through the rest of the meditation and simply focused on tuning in to the loving energy of my guide. I put the name out of my mind, but later our instructor told us to ask for a sign that we got the name right, so I did in a detached sort of way. If I was wrong, I would try again another time.

**After class, I went to Trader Joe's to pick up groceries and had a lot to carry upstairs when I got home. There was a book sitting in the back seat of my car (I had taken it with me to read during a day that I had some idle time between appointments), *The Mists of Avalon* by Marion Zimmer Bradley, and it is a heavy and thick book. I have owned it for a few years, but have only gotten around to reading it. It spent a lot of time on my shelf and, while I appreciate the story very much so far, I have not spent a great deal of time present with this book. I felt an urge to bring it upstairs with me, even though I didn't know if I would have time to read it that night. I put it in a bag with the groceries, on top, and lugged everything upstairs. As I thought, I did not have time to read it, but I put it on the nightstand by my bed. I did all of this without really looking at it or thinking about it.**

**Exactly five nights later, I was sitting in bed and reading this book. I reached a part that mentioned a swan on the Lake of Avalon as Morgaine arrived there, escorted by her aunt, and I thought, "Oh. It's been a while since I asked for that sign... Ah, it must be a coincidence." Then I heard a voice say, Look at the cover of the book. I held my place and closed the book, and saw right on the front cover:**



**There it was, in plain sight! I was reminded of the urge I got to place the book on top of my heavy groceries to bring it upstairs the night after class. It was not mere coincidence. The sign was given to me, and I did not pay attention at first – but I think if I had, I would have written it off as being in my subconscious mind from reading the book and not a true validation. The revelation had to happen the way it did for me to believe.**

**I have just received a transmission from my guide, the one I will call White Swan, this morning. I wrote it down and will perhaps share some day. She speaks using vocabulary that I did not even know I had! (I had to look up the definitions of a few words after I had written them, so this serves as further evidence for me.)**

**This Thanksgiving, I am grateful for those who have been placed upon my path to help me grow and step into my ability. Thank you for showing up and teaching me to be courageous.**

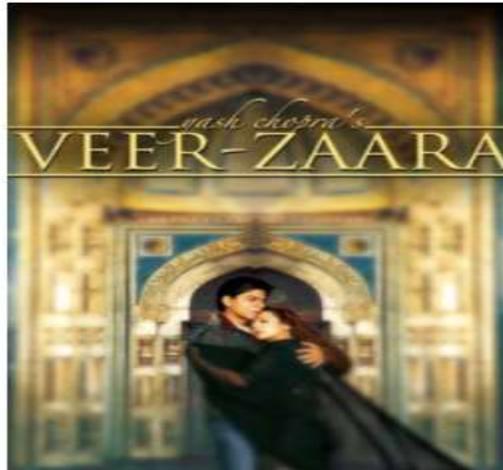
**About Holley: She is a freelance writer and consultant in Rochester, NY. She has been published in several literary journals and online magazines, including *Rebelle Society* and *The Urban Howl*. She was a finalist in the Adelaide Literary Awards 2017 with her essay about healing, which is entitled "Nonlinear." She also does energy healing and readings and can be found at <http://holleyhyler.com>.**





VEER-ZAARA: A TALE OF TRUE LOVE  
BY DR. SEEMA KHANEJA  
<https://coachingforinnerpeace.org>

COACHING FOR *Inner Peace*



**In honor of Valentine's Day this weekend, it is only natural that the movie for this month be one about love. But I feel really thrilled as I write this because the movie I want to share is not just about love but also about Love.**

**What do I mean?**

**The love many of us experience can often be situational- depending on a host of expectations, behaviors and a contractual agreement. If that agreement is broken, then love can change into despair, feelings of abandonment, disillusionment and even envy and hatred. This love is very much dependent on the 'form' of how things appear on the outside.**

**Yet True Love is about content- what is felt inside the heart and where there is only a strong desire that impels us to share, give, care and, well, simply be Love.**

**Nothing asked. Nothing expected.**

**Amazingly, there is not sacrifice here as we would expect but a sense of richness, and fullness. Love is who we are and when we step into this Love we drink deeply and are filled from within. And we see this reflected in our relationships, but only because we made an active and conscious choice to first find that place of Love within.**

**In the movie Veer-Zaara, we meet a couple- Veer, a pilot in the Indian Air Force, and Zaara, a young woman from Pakistan. They are brought together by a chance yet destined encounter that will intertwine their lives forever. Like all classic love stories, Veer-Zaara is a story of**

romance, love, separation and union. In typical Indian tradition, we are treated to the classical Bollywood masala (mixture) of song, dance and beautiful visual scenes from India.

It is a wonderful experience to watch Veer and Zaara find Love through a tale that spans over 22 years. Concepts of sacrifice, family obligation, societal expectations as well as religious and geographic divisions all must be brought into awareness so that they can be dissolved in the presence of Love. In the end we are poetically reminded that all separation divides and it is only True Love that heals and unites.

**Enjoy!**

**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.**





**Let us be like  
Two falling stars in the day sky.  
Let no one know of our sublime beauty  
As we hold hands with God  
And burn  
Into a sacred existence that defies -  
That surpasses  
Every description of ecstasy  
And love.”**

**By Herman Hesse**



**MYSTIC MUSINGS BY TOBIE HEWITT**  
<http://www.tobiehe Witt.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 25 of Mystic Musings with Tobie Hewitt. This week we will look at the New Year as we continue our mystic journey.**

**Welcome to Episode 21 of Mystic Musings with Tobie Hewitt. This week we will look at intuition as we continue our mystic journey.**

**About Tobie: Tobie Hewitt has nine books listed on Amazon.com, including *Simple Gifts: Living a Spirited Life*, which shares what it is like to be a spiritual girl in a physical world. She has dedicated her 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, she hopes to contribute to a more peaceful and cohesive world. You can contact her through her contact page on her website - [www.tobiehewitt.com](http://www.tobiehewitt.com).**

Link: <https://www.youtube.com/watch?v=d77-5qAxEFU>

Link: [https://www.youtube.com/watch?v=nR6\\_yYOZJ0c](https://www.youtube.com/watch?v=nR6_yYOZJ0c)





MIRACLES ARE HAPPENING  
BY PATRICIA COTA-ROBLES  
<http://www.eraofpeace.org>



**Miracles are happening as we embrace this Day of Love, which is celebrated in the outer-world as Valentine's Day. The Beings of Light who are assisting us from On High have stated that the magnitude of what is occurring within the hearts and minds of the masses of Humanity is glorious beyond our comprehension. After the life-transforming events of 2011, Humanity entered the auspicious year of 2012 on a wave of unity consciousness beyond anything we had ever experienced. Now the Earth is receiving greatly amplified waves of Solar Light that are allowing our I AM Presences to activate our pineal glands and open our Crown Chakras of Enlightenment to new breadths. This is enabling people everywhere to hear the inner voice of their I AM Presence and the celestial guidance from the Company of Heaven in new and profound ways. This act of Divine Intervention is causing a powerful shift in the mass consciousness of Humanity. This miraculous event is reversing the adverse effects of our fall from Grace.**

**After the fall we fell into such dense frequencies of duality and separation that our Crown Chakras closed causing our spiritual brain centers to atrophy. That tragedy caused us to forget that we are supposed to consciously receive guidance from our I AM Presence and the Company of Heaven as we sojourn through our Earthly experiences. Our descent into chaos also caused our 12 strands of DNA to short circuit into the double helix DNA that our scientists are exploring. At a cellular level the fragmented double helix of DNA provides barely enough information for the body to sustain brain consciousness.**

**Now, everything has changed! The transformation that has happened within the collective consciousness of Humanity during the past 25 years has provided us with a brand new opportunity. Our I AM Presence is at long last reclaiming dominion of our lives, and we are in the process of healing the fragmented circuitry of our original 12-strand DNA. Now we are ready for the next phase of the Divine Plan. This part of the plan will prepare every man, woman, and child for our Ascent into the 5th-Dimensional frequencies of our New Solar Reality. It will move us a quantum leap forward in our transfiguration from carbon-based planetary Beings into 5th-Dimensional Crystalline-based Solar Light Beings. A critical part of this Divine Alchemy consists of encoding the patterns of perfection for our New Planetary CAUSE of Divine Love into the Twelve 5th-Dimensional Solar Strands of DNA that our I AM Presence is NOW activating within us.**

**With Humanity's conscious participation in this process of Divine Alchemy, our I AM Presence can easily recalibrate and encode our DNA with our new planetary cause. These patterns of Divine Love reflect the Immaculate Concept of the 5th-Dimensional Realms of Solar Light that we are Ascending into.**

**Scientists used to believe that our DNA was stationary and stagnant. We now know that our DNA is a shimmering, waveform configuration that is being modified by Light, Solar radiation, magnetic fields, thoughtforms, and sonic impulses. When our I AM Presences collectively imprint the genetic codes for our 5th-Dimensional Planetary CAUSE of Divine Love onto our DNA, these patterns will ignite every cell in our bodies and be secured in the nucleus of every**

**atomic and subatomic particle of Life on Earth. Once this is accomplished, suddenly and miraculously nothing will be the same.**

**The NEED OF THE HOUR is for all of us to join hearts and minds as we download the programs from the Causal Body of God that will encode our DNA with the patterns for our New Planetary CAUSE of Divine Love. Through the Grace of God, a powerful downloading process has been given to Humanity by the Company of Heaven. By utilizing this Gift from On High, we will cocreate a living, ever-expanding Forcefield of Divine Love that will assist all of us to awaken, our families, our friends, and even the most recalcitrant people. The Company of Heaven said there is no better time to begin the process of encoding our DNA with the patterns of Divine Love than on this day dedicated to Love. Repeat this activity of Light daily for a while until you feel a sense of completion.**

**Downloading Programs for our Planetary CAUSE of Divine Love by Patricia Diane Cota-Robles**

**Through the Presence of God, I AM, I Invoke:**

**My omniscient, omnipresent, omnipotent Father-Mother God, the Cosmic I AM, All That Is.**

**I Invoke the Aspects of my Father-Mother God from the Great, Great Central Sun**

**I Invoke the Aspects of my Father-Mother God from the Great Central Sun**

**I Invoke the Aspects of my Father-Mother God from the Central Sun**

**I Invoke the Aspects of my Father-Mother God from the physical Sun**

**I Invoke my I AM Presence and the I AM Presence of every man, woman, and child on Earth.**

**I invoke the full-gathered momentum of our 5th-Dimensional Planetary Cause of Divine Love and the Violet Flame of God's Infinite Perfection.**

**I ask the I AM Presence of each member of my family, my friends, and the entire Family of Humanity to take command of this Activity of Light, which I AM Invoking on behalf of myself and every person on Earth. Beloved I AM Presence, download the following programs for each person in perfect alignment with his or her Divine Plan and the Highest Good for ALL concerned.**

**In perfect Divine Order encode within each One's DNA these patterns of perfection for our New Planetary CAUSE of Divine Love.**

**And I begin...**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for the Infinite Flow of God's Abundance, Opulence, Financial Freedom, and the God-Supply of ALL good things. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for Eternal Youth, Vibrant Health, Radiant Beauty, and Flawless Form. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for Perfect Health Habits including Eating and Drinking Habits, Exercise, Work, Relaxation, and Recreation Habits, and Spiritual Devotion, Meditation, and Contemplation**

**Habits. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for Divine Family Life, Loving Relationships, Adoration, Divine Love, Divine Sexuality, True Understanding, Clear and Effective Communication, Open Heart Sharing, Oneness, and the Unification of the Family of Humanity. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for Eternal Peace, Harmony, Balance, and Reverence for ALL Life. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for Self-Empowerment, Success, Fulfillment, Divine Purpose, A Rewarding Career, Self Esteem, Spiritual Development, Enlightenment, Divine Consciousness, and Divine Perception. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for Clear Perception and Open Heart and Mind Telepathic Communication with the Company of Heaven and the Angelic and Elemental Kingdoms. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for Inspired Creativity through Music, Singing, Sound, Toning, Dance, Movement, Art, and Education. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for Laughter, Joy, Playfulness, Fun, Self-expression, Elation, Enthusiasm, Bliss, Ecstasy, Wonder, and Awe. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**Beloved I AM Presence, download now the 5th-Dimensional Solar programs from the Causal Body of God for the physical manifestation of Heaven on Earth. (pause)**

**The Solar programs are successfully downloaded, and my I AM Presence now scans through all facets of my Being and deletes anything that conflicts with these programs. (pause)**

**I now ACCEPT and KNOW through every fiber of my Being that these 5th-Dimensional Solar programs from the Causal Body of God have been successfully downloaded.**

**I also ACCEPT and KNOW that my I AM Presence will update these Solar programs every single day and continually delete anything in my thoughts, words, feelings, or actions that may conflict with these programs or prevent them from manifesting as a tangible reality in my life.**

**These patterns which reflect the Earth's New Planetary CAUSE of Divine Love are now encoded within the Twelve Solar Strands of my 5th-Dimensional DNA and will manifest in my life creating the wonders of Divine Love and the Oneness of ALL Life.**

**In deep Humility, Divine Love, and Gratitude I Decree, It is done. And so it is.**

**Beloved I AM, Beloved I AM, Beloved I AM.**

**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 Illuminated 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.**

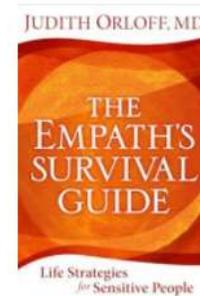
Link: <https://www.youtube.com/watch?v=lcZcj04QkZ4>





Judith Orloff M.D.

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



5 STEPS TO DEVELOP YOUR INTUITION BY DR. JUDITH ORLOFF  
<http://www.drjudithorloff.com>

### **Step 1: Notice Your Beliefs**

**Your beliefs set the stage for healing. Positive attitudes stimulate growth. Negative attitudes impede it. It's important to rid yourself of counterproductive attitudes that you may not even realize you have. No organ system stands apart from your thoughts. Your beliefs program your neurochemicals.**

### **Step 2: Listen to Your Body**

**Your body is a complex and sensitive intuitive receptor. Most people in Western society are conditioned to live from the neck up, ignoring the rest of their body. This stance is counter-intuitive. Being aware of the sensuousness of your body opens intuition. Then you'll become more attuned to early warning signs your body sends.**

### **Step 3: Sense Your Body's Subtle Energy**

**We are composed of flesh and blood, but also of subtle energy. Chinese Medical Practitioners call it "chi," a vital substance which penetrates the body and extends many feet beyond it. From an intuitive point of view, these vibrantly colored energy fields, whose centers are called chakras have a significant effect on our health. For that reason, it is important that we learn to sense this energy within us, recognize when it is off, and learn to correct the imbalance. Feeling energy can be very sensual, an extension of love. Learning to tap into your body's energy is healing.**

### **Step 4: Ask for Inner Guidance**

**We each possess an intuitive voice that contains answers about our healing. Because our intellect is often so loud, this voice often gets drowned out. It's essential that we learn to access the stillness within—through meditation, quiet contemplation, connecting with nature, prayer—in order to gain answers about our health. Spend a few minutes each day devoted to listening to this voice. It may appear as a gut feeling, a hunch, an image, a sound, a memory, an instant knowing—as if a light bulb suddenly switched on. Learn to trust the signals your inner wisdom sends.**

### **Step 5: Listen To Your Dreams**

**Intuition is the language of dreams. Every ninety minutes each night during the REM stage of sleep, we dream. Dreams provide answers about health, relationships, career choices, any new direction. The secret is to remember them. I suggest keeping a dream journal by your bed. Before you go to sleep, ask a dream a question. For instance, "Is this relationship healthy for me or should I move on?" The next morning, write down any dreams immediately before**

**getting out of bed. Try repeating the question, every night for the next week until your answer comes. As you develop the habit of remembering dreams, you'll be able to benefit from this form of healing. As a physician, I have a continual sense of awe for the relationship between body and spirit. As your heart opens, so does your intuition. Your intuition will teach you how to see and how to love. It will instill in you a renewed faith to face anything.**

**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](http://www.drjudithorloff.com) her website.**

Link: <https://www.youtube.com/watch?v=505931Tfy60>





### **POEM BY RUMI**

**"I am only the house of your beloved,  
not the beloved herself:  
true love is for the treasure,  
not for the coffer that contains it."  
The real beloved is that one who is unique,  
who is your beginning and your end.  
When you find that one,  
you'll no longer expect anything else:  
that is both the manifest and the mystery.  
That one is the lord of states of feeling,  
dependent on none;  
month and year are slaves to that moon.  
When he bids the "state,"  
it does His bidding;  
when that one wills, bodies become spirit.**

**Mathnawi III, 1417-1424**





THE SEARCH FOR LOVE  
BY REBECCA WASHINGTON  
<https://www.loverebecca.space>

**My daughter, Bernette Sherman, asked me to write this piece for her website For Pearls. Can we have fear and have love at the same time? This search for love without fear will lead you back to your own heart.**

**Link: <https://www.youtube.com/watch?v=avPQ9vzBZgM>**



**What if hate was really fear in disguise? What if the opposite of love was fear rather than hate? Could we then love what we fear?**

**The first consideration with the above questions needs to be that, all the things that we feel are felt on the inside of us. Dr. Joe Vitale talks about this in his book, "The Zero Point." So what I feel comes from deep within me even if I feel the same thing that you do. It is still inside of me. If it was not inside of me, I could not feel it. My feelings come out of an allowing of my emotions to connect with a thought about either something within me or my judgment on something outside of me.**

**Everyone wants love and wants to be loved. The search seems to go on for most of our lives. We search for it in our mates and partners. We search for it in our children. We search for it in our pets, our careers, our hobbies, our churches, adventures, beautiful places.... The search goes on and on. It is not until we search for it within ourselves that we actually find it in the world. Our world, the people in our lives, our hobbies and past-times, and all of the things we enjoy reflect back to us the love that we have within us.**

**It has been my lifelong understanding that the things I do not love are the things that I hate or have a strong dislike for. I recall experiences as a child living at the brunt of other culture's hate. Today I understand it in a different context. I do not hate them for what seemed like their hate for me. I no longer believe that hate is truly hate. Until now this understanding had escaped me. I was aware of both sides of the understanding but never was able to bring it together.**

**We use the term hate to describe our feelings about things we strongly dislike. But when we ask ourselves why we dislike someone or something so strongly, there is a deeper emotion. If I believe someone or something might hurt or harm me, fear is generated within me. If I cannot trust it, I must put it in a safe place in my being (mind and emotions). I call this category hate because it is easier to express than fear. Everyone identifies with hate. However, if I say I fear it, an explanation seems to be needed or justification seems to be expected.**

**So when I think of those experiences of hatred growing up, I see them as expressions of fear of an unknowing. It is a fear of trusting what was not understood. The scriptures say that there is no fear in love. If all feelings are from within me, and I love from within, I won't project fear in the disguise of hate from within, but will project love. My fears of being hurt, fear of being misunderstood, fears of being rejected, etc. are all inside of me. The spaces inside that are filled with fears cannot at the same time be filled with love. The same scriptures that says there is no fear in love also says perfected love removes fear.**

**What love is this that casts out fear? Self-love casts out fear. I know some would say God's love casts out fear. But I say self-love because many/most understand and know or believe God loves us and therefore accepts God's love. However, we still have fears. We still strongly dislike others. And because all that we feel comes from within us, we cannot send out what we don't have within us. If we are to love our neighbor as we love ourselves then the first love is self-love. Can I love others more than I love myself? I believe my love toward others is only a reflection of the love that I have for myself or a lack of it. I can only give from within what I have from within.**

**As I grow and unconditionally accept and love myself, I grow to unconditionally accept and love others. Through this reflection or viewing of my fellowman, I will only see what I project of myself. I can only project that is within me. My fellowman is my mirror. I only see within them what is being projected from within me. As I judge what I am seeing in them, I judge myself. As I see and feel love within myself, I see and feel love for them.**

**The search for love does not start with getting love from my partner, getting love from my children or my pets. The search for love is a conscious effort of choice to love and accept myself unconditionally without judgement. When we come to understand "The Greatest Love of all," as Whitney Houston sang, "Is inside of me. Then learning to love yourself will be the greatest love of all."**

**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."



OUT OF THE BLUE  
BY CHRISTINE OGASAWARA  
<https://insightchristineandomed.wordpress.com>



**When life is confounded by unexpected surprises take heart. The confusion that is experienced may become a gateway to upliftment if allowed to be so. Many, like me, surround themselves with predictability, routine, habit and comfort. Indeed, the human body seems to respond well to what it knows such as familiar food, rest and places of entertainment to name a few. The soul, however, may have a different scenario planned for our benefit.**

**Recently my husband Jack of 46 years, suffered a heart attack and had open heart double bypass with tissue valve replacement surgery. Although his father had died of a heart attack at 72 years of age my husband at 77 seemed very healthy and walked an hour a day. His collapse was a surprise. The surgeon did a wonderful job and after a week he was able to return home without going to a rehab hospital.**

**I have been witnessing his healing process as well as assisting with it both on a physical and energetic level. It is fascinating to watch someone's ingrained personality suddenly have huge shifts. The heart opens and generosity blooms. The old fears are encountered, and abandonment/separation issues are given space to breathe and resolve.**

**As for me, I have decided to consciously use this experience as a springboard for awakening, awareness and upliftment. At times the unexpected changes feel like more of a struggle than an opportunity, but then I remember my intention. The insight I had last night is that I am NOT here to be of service. That may sound strange for one who has an identity as a healer. However, when I declared it to the Universe I experienced an expansion and spaciousness that was freedom itself. My identity shifted from I am a healer to I AM.**

**I have made surrender a priority in the last few years. I surrender to peace within and faith that all is well. I may have to consciously surrender many times a day but for me it is a gateway to a different experience of being human. It is in sharp contrast with the fighting spirit that most think will be a pathway to something great. Not that one experience is better or worse than another. All pathways lead home.**

**Jack has written a book called Never Give Up. It is about his experiences growing up in WW2 Japan and then coming to America and owning a martial arts studio. He is an 8th degree black belt in judo. I joke that my book is entitled Always Give Up. He understands what I mean by that. His drive to success is at times difficult for him to experience and, sometimes for others around him. However divergent our paths are, we have always been a great team. He welcomes healing energy with enthusiasm and I welcome his path and his hero's journey as a human.**

**So I tell myself once again, Relax, Surrender and know that All Is Well!**

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



**EMOTIONS AND PERSPECTIVES**  
**BY TAMMY COLVIN**  
<http://goodfeelingsmatter.wordpress.com>



**There is a natural rhythm to things, and our emotions are no exception. We live in a dynamic environment filled with contrasting ideas and situations. Out of those experiences we learn to more clearly know what we like and want more of, and what we do not like and would prefer to never experience again. As we move through those choices, our emotions can rise and fall. That's natural. They are meant to guide us. Being gently aware and patient with those natural shifts in our feeling can make the ride a whole lot smoother and be an empowering process as well.**

**When I was a girl my mother loved to play the piano and sing, and “Misty” was one of her favorite songs and it also became one of mine. When experiences happen that make me feel overwhelmed or fearful about possible outcomes I know am only imagining but which feel very real, I have described it as feeling like a kitten up a tree. There was a time when feeling over my head and overwhelmed, I looked outside myself for answers, just like that helpless kitten up a tree. Mew? Mew! Look at me! Mew!**

**As I am learning to recognize my emotions, I have begun to understand deep down that if I begin to feel that way, I can gently coax myself down from the negative emotion tree. With practice and patience, I am getting better at it. I now see how feeling those feelings can now become an opportunity to turn things around, make peace with the situation and then look forward to whatever resolution will inevitably follow once I surrender to it and let go. My uncomfortable emotions are merely telling me I am seeing a situation in a way that is limited and incomplete and I cannot see the whole picture or the solutions from a level of overwhelm or fear.**

**Another strategy that came to me in a meditation was to imagine myself in a crow’s nest, as a crow, in the tallest pine tree around. Crows nest very high up and have a view of the bigger picture, from way up high. I would imagine looking at myself in whatever situation I felt tangled up in from way way up there. I could feel a shift, a release of energy and feel immediate relief, just from knowing there was another way to look at it. I didn’t really “know” what the difference was, but the knowing there was another way was enough to break the spell. It was often enough to relax my grip long enough to release some of the negativity and to allow more positive energy in. It changed my perspective.**

**Emotions are our indicator of our vibrational level. We can always tell how we are vibrating, and therefore attracting things and experiences, by how we feel. When we change our emotion, our vibration changes, and we inevitably change our perspective. We are then seeing the situation from a different level, a different place, so the view is different, and so are the things we see and think of. Letting go even a little allows us to see and receive insights more easily. It allows us to see more of the picture.**

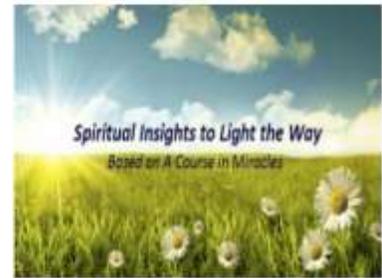
**Lightening up and choosing to feel as great as we possibly can in every moment helps to raise our vibration and change how we perceive everything. By consciously becoming aware of how we are feeling and changing our emotion, we change our vibration and then change our perspective. It works together so beautifully. Now instead of being a kitten stuck in a tree, I am a bird roosting at the tippy top. And I have wings.**

**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.**





WHAT KEEPS US FROM OUR DESIRES? BY PATTI FIELDS  
[HTTPS:// PATTIFIELDS.COM](https://pattifields.com)



**New Years Day is a pivotal moment that stands between the old and the new -- a birthplace for something fresh and innovative to come into our lives. It is an exciting time. It can feel as if we are waiting to board a plane that will take us to some exotic place. As we wait, we daydream about what the scenery might look like, who we will meet, and what we will do when we land. Exploring our desires and imagining possibilities is invigorating. But, just envisioning what we want is not enough.**

**To arrive at our desired destination, it is vital that we take a close look at what is negatively impacting the outcome we desire.**

**This may not be welcomed news. We love visualizing possibilities and dread exploring obstacles. Yet, how can we “travel to exotic places” if we are unconsciously doing something that prevents us from “boarding the plane”?**

**In the following spiritual dream, I was given insight into why our desires and intentions do not always come to fruition. It is not because we lack faith or a clear vision. It is because we trust and follow an inner voice (ego) that pretends to be our friend but has no intention of helping us reach our destination.**

**Dream: I am in an airport traveling with a friend. We are standing 20 feet from the security gate. I am excited to get on the plane and have a new adventure. As I begin to move toward the gate, my friend informs me that we have to go in another direction to board the plane. I am confused because the gate is right in front of us. But, I trust this person and follow without hesitation. As we weave in and out of doors and corridors it becomes obvious that we are going further away from the gate. I finally take charge and ask an airport employee for directions. She points toward where we came from.**

**Determined to catch my flight, I quickly begin walking back. My friend follows reluctantly. She then attempts to get us lost. This behavior seems out of character. I wonder why she is trying to delay us. This wondering prompts me to look closer at my friend. I notice for the first time that she is wearing clothes and makeup that she would never wear. I begin to suspect this person may be an imposter. I’m not 100% sure so I decide to ask her questions.**

**“What did we have for dinner last night?” “What is my favorite color?” She scrambles for answers and guesses correctly. Still suspicious, I ask a question that I’m certain only my friend would know the answer to. She is stumped. She doesn’t know the answer. “Aha! You are an imposter!” I declare confidently. With this realization, I stop listening to her guidance and run to catch my flight.**

**Before this dream, I understood that listening to the ego leads me further away from my deepest desires. What I hadn't realized, however, is that the ego (imposter) does a great impersonation of the Spirit (Friend).**

**The dream puts us on high alert. The more we desire experiences of truth, love, peace, and joy, the cleverer the ego becomes.**

**So clever in fact, that it tries to convince us that it is our trusted friend and has our best interest at heart. Therefore, we must develop expert discernment skills if we are to reach our goals.**

## **Discernment**

**This spiritual dream provides step by step instructions to discern if we are listening to our trusted Friend or an imposter. Let's review what happened in the dream.**

**I first begin to suspect something isn't right when I notice my friend sabotaging efforts to get to the gate. This initial wondering about her behavior prompts me to look closer at my friend. This is when I notice she is wearing something my friend would never wear. I'm still not 100% sure if she is an imposter, so I ask questions that only my friend would know. It is only when she doesn't know the answer that I am certain she is not my friend.**

**Likewise, whenever you receive a thought, direction, understanding, and/or idea, before following blindly, follow these steps:**

**Consider whether the thought, direction, understanding, and/or idea moves you closer to your desires or further away from them.**

**Consider if what you see and hear seems odd or out of character to the Spirit's all-inclusive, loving, generous nature.**

**Ask questions that only the Spirit would know the answers to.**

**When I considered what questions to ask, I was reminded of a teaching shared by a Priest during his homily. He said, "God's will is that you find your deepest desires, what will give you the most peace and what will do the most good." It occurred to me that the ego might be able to guess correctly as to what our favorite color is or what we ate for dinner, but it will be stumped when asked about our deepest desires, what will bring peace and what will be truly helpful. I invite you to use these questions or any others that feel right to you.**

**As you move into the new year, clear on what you want to experience, remember your desires are manifested only if the Spirit is guiding you. If you follow these steps to discern if you are listening to an imposter or Friend, nothing can keep you from catching your flight.**

**Many blessings and a happy new year, Patti**

**About Patti: I came to the Course in January of 2000. I have dedicated these past years to the study and practice of ACIM principles and teachings. I have discovered in my own life that the promises of this spiritual path are real and possible. I have had numerous and profound experiences when applying these principles to all aspects of my life. This has resulted in a deep, lasting peace; an easier way to be in the world; more joyous and harmonious relationships and a deeper sense of connection to others and to God. I am fellow traveler and a forever student. I share these services in hopes that it will strengthen your trust and faith to**

**follow your Holy Spirit.**



Link: <https://www.youtube.com/watch?v=7c3AVj66ahg>



**SPIRIT SCIENCE - CREATED BY JORDAN DAVID PEARCE DUCHNYCZ**

**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 focuses on: The power of the heart is an incredibly important and sacred topic. It is one of the most important aspects of spirituality across the board, as it acts as a sort of gateway into higher dimensions both within and outside of ourselves. Beyond just the physical dimension, the heart is a space of pure love and creation. It is a place of bliss and tranquility we can visit within meditation or our dreams, and shows us the path to our true selves.**





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](mailto:spiritcrystalconnections@gmail.com)**





**“TO FALL IN LOVE WITH  
YOURSELF IS THE FIRST  
SECRET TO HAPPINESS.”**

- ROBERT MORLEY

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**Our Center was founded in 1982 in order to stimulate people interested in the growing and ever-changing New Age Movement. From our humble first offerings in yoga we have consistently opened ourselves, and hopefully our patrons, to a greater awareness of the deepest mysteries of life, both within and outside ourselves. The New Age Center has incorporated both ancient and modern intellectual perspectives and practices, exploring all aspects of the New Age. We embrace all spiritual paths, all major and minor religious perspectives, and whatever information gleaned from Outer Space or from our inner core.**

**\*\*\* Info to Improve Your Life \*\*\***



- \* **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: HOPE SPRINGS ETERNAL**

**During a recent ceremony for deep cleansing and release that I facilitated, I passed a set of Guatemalan worry dolls around the circle to help us relinquish the nagging apprehensions and insidious anxieties that sap our strength and resolve. All those sneaky, nasty, niggly worries that worm their way into our brains and take up our good time.**

**Worry dolls are wonderful. There is nothing you can't tell them. Absolutely nothing shocks them, they've heard it all before. And whatever it is that troubles you, they take care of it. Get rid of it. Swallow it. Spirit it away. It is their job, and they are professionals. What a tremendous relief it is to hand over your distress to someone else to deal with.**

**As each participant took the tiny figures into the palm of her hand, she would allow the flood gates of her heart to open, and let loose a stream of sadness, stress, panic, guilt, worst-case scenarios, and catastrophic fears.**

**When the dolls reached Anita, a woman in her late sixties, she calmly declared, "I don't worry. I hope." Brilliant! I felt decades of self-conscious, conscientious pollyannaism vindicated by the transparent truth of that one simple statement. Talk about positive reinforcement.**

**There are those who say that hope is futile, a waste of time, of precious energy. They contend that hope is completely unrealistic. Simply wishful thinking, they insist. And I say, "Yes. It is, and thank goodness!"**

**Studies show that optimistic people consistently out-perform those who consider themselves to be more realistic, because they place fewer restrictions on themselves. If you don't know that something is impossible, you are more likely able to be able to do it. "I think I can. I think I can. I think I can."**

**While we often have little or no control over the situations that affect us, we do have control over our own perceptions of them. We do have the very real and extremely potent power of perspective. And we definitely possess the crucial and vitally influential choice of how we will deal with whatever comes our way. How we will handle ourselves.**

**In a wide range of happiness studies conducted lately, including several with major lottery winners, it has been clearly demonstrated that professional, educational, or financial success are not predictors of contentment. Nor are gender, age, race, religion, health, or ethnic background.**

**The key, common factors across the board that seem to determine satisfaction, peace of mind, and yes, happiness, are: optimism, self-confidence, self-control, connection to community, and a living sense of spirituality. And, I might add, the desire to be so.**

**Take me, for instance. I was the most miserable of children. Painfully shy, sadly confused, and badly bruised; constantly abused by great chilly blasts of my mother's debilitating negativity. All I ever wanted was to be happy. When an adult would ask me what I wanted to be when I grew up, I would (in my imagination where I dared) answer, "Happy."**

**I hung hand lettered and illustrated affirmations (before there was a word for such things) all over my room: I WANT TO BE HAPPY. I WILL BE HAPPY. I AM HAPPY. And then, when I was eighteen years old and living away from home for the first time, it suddenly, incredibly,**

**indelibly occurred to me one marvelous morning that no one knew me here. I could be anybody I wanted to be. I could be a happy person! So I was.**

**Happiness is fleeting (as is pain). The trick is to court it, to recognize it — even in camouflage — to acknowledge its presence when and where we least expect it, to celebrate each second of the healing heart and soul of it, and to rejoice in our own exhilarating ability to create it for ourselves and others at any given moment, in any circumstance.**

**“If you are happy and you know it, clap your hands.”**

**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>**

**Email: [CityShaman@aol.com](mailto:CityShaman@aol.com)**

**[www.DonnaHenes.net](http://www.DonnaHenes.net)**

**[www.TheQueenOfMySelf.com](http://www.TheQueenOfMySelf.com)**

**[www.mamadonnasspiritshop.com](http://www.mamadonnasspiritshop.com)**

**[www.treeoflifefunerals.com](http://www.treeoflifefunerals.com)**





### **Like Nature**

**Like nature I do not want to be dependent on you.  
I want to be one with myself.  
I want to grow and evolve.**

**Like the tiniest seeds, I want to be carried away by the wind, the rain or the animals.  
I want to find myself in the soil as it protects me from vulgar birds and excited worms.  
I want to sprout out from the soil, experience the sun,  
Embrace the wind,  
Harbor the cold  
And face pure germination.**

**As they say germination can be thought of as anything expanding into greater being from a  
small existence or germ.**

**Like nature I do not wish to be dependent on you.  
Regardless of the love you do not give me,  
I will extend my roots and find it within me.  
Because you might think I need you, but the truth is I don't.  
I have learned to evolve just like nature  
By Realeboga M**

<https://hellopoetry.com/words/selflove/>





HEALING FROM DIFFERENT DIMENSIONS  
BY JILL MATTSON  
[HTTP://WWW.JILLSWINGSOFLIGHT.COM](http://www.jillswingsoflight.com)



**Dimensions - sounds like new-age mumbo-gumbo that is difficult to grasp, but surprising there is much we know about the crazy idea of dimensions. For starters, a dot belongs to the first dimension, whereas a line links to the realm of two dimensions. Width, height and length link to the third dimension. We add the energy of time and voila! We have another dimension. And seriously, would we really think that with all the possibilities that there are no other dimensions? Even science has shown mathematically the existence of theoretical dimensions.**

**So what do we know? The dot is a small part of a line. Let's use the lines to draw designs for a paper house that we construct that has width, height and depth. If we were the dot, we would make decisions on the information contained with the dot. If we were the line, we would make decisions based on the "line information," and so on. But notice that more energy is contained in higher dimensions. In ancient times medicine men and mages used meditative techniques and brain entrainment processes to allow their minds and emotions to go to other dimensions, and retrieve information. Back to our example: surely the dot consciousness would benefit by knowing all of the information that the line knows - the line holding potentially infinite dots. Likewise throughout the ages man has gone to higher dimensions to retrieve information to make a "bigger picture" decision. Perhaps our future selves reside in another dimension or other selves live in a parallel or a higher dimension. Today, perhaps we could go to a meditative state to observe ourselves after we have solved a current problem (energy follows intent - think of Schrodinger's Cat Experiment in psychics). We could use method to retrieve information, energy and answers to current problems.**

**Energy flows both ways. We can go to a higher dimension and retrieve information like our ancestors did. We can also go to other dimensions and leave information. Why would we do this? Would the line care about the dot? The dot is a portion of the line. Another example is "do you care about your finger?" Your finger is a part of your body. And yes the safety and well being of your fingers are important to you. So we could meditatively enter a higher dimension and leave an S.O.S. for help (is this prayer?). We could also work through negative energy from a dimensional twin or become ill, with the soul the root cause. What about entering an altered mental state, connecting to the energy of a person that we wish to do business with and leave a message with them to contact us? Mediumship is well known today, but what about doing it in reverse! The implications and benefits of this practice are staggering!**

**Does what happen in one dimension affect what happens in another? Are these realms independent or interdependent? Look at the dimensions that we are sure of - the first to third dimensions. Let's take the paper house that we constructed with our line drawings on a piece of paper. Now we will set fire to that paper house. When the paper house is nothing but ashes does the line exist? Does the circumstance of one dimension affect another? In our example about the body and the finger - if the body dies, is the finger impacted? Of course! Being very intuitive, many times I have gotten a bad feeling about a situation only later to see snippets of a past life which was the root cause of my bad feeling. For example if I drown in my last life,**

changes are I am terrified of water in this life. There is bleed through from one dimension to another.

To understand how this works recall musical studies. With the process of resonance, energy from an E string of a violin will transfer to a nearby E string of another violin. Invisible sound energy transfers on the same note, an octave of it and several harmonious intervals of this root note. When we listen to peaceful and uplifting music we change our emotions, brainwaves and even physicality. Now we discover that music can also affect us dimensionally.

The famed Music of the Spheres takes on new meaning. The Music of the Spheres is higher dimensional wave information - codes and sound matrices. And we thought music was mere entertainment? Dimensions are subsets of information. Music is also a subset of information, shaping and influencing us - in our body, mind, emotions and dimensions! Ancient people knew this and used music to incorporate healing patterns found in nature and from advanced beings, which I have incorporated into my music! The ancient portholes are opening up again!

Jill Mattson 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](http://www.jillswingsoflight.com)

Link: [https://www.youtube.com/watch?v=-aos4g3x\\_5o](https://www.youtube.com/watch?v=-aos4g3x_5o)





RESTORING EQUILIBRIUM IN PRECARIOUS TIME BY MARJORIE BAKER PRICE  
CENTERING TOOLS FOR SELF-HEALING AND DEVELOPMENT  
<http://www.centeringtools.typepad.com>

## **We Face Increasingly Precarious Times**

**Another season is starting as we're just past the Fall Equinox, in what seem to be increasingly precarious times. Precarious equals pressure, instability, fear of further loss and wherewithal to cope.**

**Earth showcases the worst hurricanes ever along with blazing fires, earthquakes . . . while increasing threats of war surrounds and touches us all, and, I feel, rains these messages down on us emotionally, even energetically, all the way, it feels, to our core to reflect - how? - in our individual lives??**

## **We Can Learn from Our Own Unfaced History**

**It seems in many ways to offer what feels like new, more intense challenges to restore equilibrium, presenting even greater challenges to restore peace. Here's where I think of the "bottom line" of the song as the song about peace that goes, "let it begin with me": I believe without question, as we can find our way to restore our own equilibrium in precarious times, so can we offer and support key and real restoration of sustainable balance to a much-troubled world.**

**I have been watching the outstanding and brilliant, astoundingly researched historical portrait of one of our most precarious times of two generations ago that I came of age during, Ken Burns' The Vietnam War. He says we don't learn from history . . . and we must . . . for me the multifaceted and tragic unfinished business from that time is a key part of the foundation of our current instability.**

## **Our Fully Faced Feelings Restore Equilibrium**

**Our personal past as well, however it is emotionally incomplete, does profoundly and endlessly haunt us. It will wait forever for authentic healing and resolution; and therefore is a central challenge to restore equilibrium.**

**The bulk of the deep therapeutic and energetic work that I do in my Centering Tools practice involves building one's inner courage enough to support a gentle, core revealing of that "unfinished business" which an ego-driven script attempting to cover - hide - past emotional wounds in its fruitless attempt to manage/fix what is truly unfixable, will go to endless lengths to avoid emotionally facing. Have you ever asked yourself why we have been taught to ruthlessly and precariously run from our own feelings?**

## **A Brief, Key Meditative and Writing Exercise for Emotional Release and Higher Empowerment**

**I invite you to settle back into a comfortable position for a few reflective minutes, close your**

**eyes, take several deep, cleansing breaths, and ask yourself this question. Experience wherever you are led within your opening heart, which in turn frees your higher mind to share its insights.**

**Record your experience. Here's the thing: in order to restore equilibrium we need to first restore emotional equilibrium, which requires recovering an authentic sense of core safety and trust - in ourselves.**

### **The Key to Free Your Authentic Self**

**When we face unconditionally any and all feelings, entering into that deeper reflective state that I call "diving", into them - embracing them - they not only free and organically resolve themselves - they free us, bringing us equally organically to not only equilibrium, but a higher, more stable state of empowerment.**

**Here are three additional related guidelines to stay on this miraculous track of self-healing and empowerment:**

- 1. Tell yourself the whole, unconditional truth about how you really feel - and do not judge it.**
- 2. Challenge yourself in ways you haven't to be even more courageous in any way you feel demonstrates emotional self-responsibility.**
- 3. Consider how you can achieve a sense of core, authentic freedom while unconditionally accepting never knowing what the next moment - let alone tomorrow - brings . . . so how else can you let go in order to more greatly understand and accept what's real???**

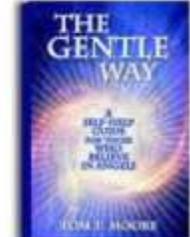
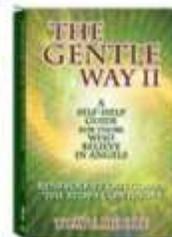
**We know how to restore equilibrium when we access and trust our authentic self. We are here to heal and evolve in order to create and extend a spiritual vision of love without exception, which shares infinite power to create to support the greater good, restoring equilibrium in wonderfully new, higher ways.**

**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.**





**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 TO FIND PERFECT DOG FOR DAUGHTER**

**Ida writes: My daughter lost her beloved little dog. She has CP so we are limited what kind of dog she can adopt. So we said an MBO for finding the perfect dog for her that will even supersede our expectations and it will be better than we can expect or hope for.**

**We went to different adoption agencies, and shelters every week. We found a dog that was lovely affectionate, playful, healthy and looked like a good match. We asked the staff member if it's OK to come back the next day and since it was in the beginning of the week she said sure there is not much going on during the weekdays. Well, we called before we planned to go there and found out that he was adapted the same day when we were there. My daughter was very upset and told me you see MBO's don't work. I informed her that maybe this wasn't the perfect dog for her, and besides MBO's are not Santa Claus wish lists. You have to let the synchronicity work, and you have to be patient.**

**To make a long story short this Friday I met her at the pet adoption agency and we found a little dog that just so smart, affectionate, playful, healthy and curious who has a lot of confidence and very trusting. My daughter is very happy. Top it all off most of the adoptions costs are around \$250 and this little dog's was only \$25, plus license. The little dog's owner**

took him to the city animal shelter on October 19th, got transferred to the adoption agency on the 26th and we got him on the 27th. My daughter needed to wait until all these events took place and we were inspired to go back.

I love MBO's and learning a lot on your blog and from your book, and from other people's creative ways of using them. I always tell anybody who will listen to use them. Thank you for all your hard work.

## **MBOs FOR HEALTH AND INCREASE IN INCOME**

**Severine writes: I have two to submit:**

**1) A big thank you to you, Tom, and your kind and gentle readers last week on Facebook. I have made a BP request for my health BP "I ask any all beings to assist ... for their health, may her body be attuned with perfect health and may her medical Checkup tomorrow result in the most benevolent outcome and may it be better than we could hope for, thank you. We expect things and great health for every being thank you."**

**The blood test results showed that all values were in the right ranges. Thank you very much to any and all beings who assisted in this.**

**2) MBO for income increase:**

**A few months ago "I have requested an MBO for my income to always increase in the most benevolent way for me, thank you". Then I forgot about it until I got a salary raise last month for October onwards. I was surprised to hear this good news but I then remembered it was an answer to my actual prayer. What I love about it is that I never had to bother to ask my boss to give me a raise in this company All the raises and bonuses I have received so far were thanks to my work with the help of my GA and of course MBOs. Everyone is happy in this process as we receive the most benevolent amount for ourselves, and it at the same time the most benevolent amount that the company is willing to give.**

**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](http://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.**





RESONATE WITH OM BY VESNA SANDERS  
<https://www.meetup.com/OM-Chanting-Rochester/>



**Many of us have at some point in our lives heard the sound OM, at the very least in movies where people pretend to meditate, sitting in a cross-legged position and chanting OM. Many yoga classes begin and end with OM. But what is OM exactly? And do we understand its true power? What happens when a group of people chant OM continuously for 45 minutes?**

**OM is a short mantra, but it is not easy to define as it contains many levels of symbolism and meaning. Fundamentally, OM is the universal sound of creation; it is the highest and purest vibration that exists. OM is the Divine itself. The western spelling of OM is "AUM". These syllables represent holy trinities found in different spiritual traditions: the heavens, earth, and the underworld; Hindu gods Brahma, Vishnu, and Shiva (creator god, sustainer god, and destroyer god); and the waking, dreaming, and dreamless states which encompasses all of consciousness.**

**The sound's first mention can be traced to the Upanishads, a collection of sacred texts that define Hinduism. The Mandukya Upanishad, which is entirely devoted to OM, begins like this:**

**OM is the imperishable word. OM is the universe, and this is the exposition of OM. The past, the present, and the future, all that was, all that is, all that will be is OM. Likewise, all else that may exist beyond the bounds of time, that too is OM.**

### **OM CHANTING TECHNIQUE**

**Chanting the sacred mantra OM is always beneficial, but when done with a group of people, in a special setting, and with a special blessing, its true power is taken to a higher level. OM Chanting groups, several of which exist in Rochester, are led by certified organizers committed to spreading the power and potential of OM. Rishis of old perfected OM Chanting and used it for healing. Forgotten over time, this ancient group technique has been reintroduced by Paramahansa Vishwananda through his Satguru, Mahavatar Babaji, who is mentioned in the classic text, Autobiography of a Yogi, written by Paramahansa Yogananda. Through their blessings and grace, this ancient practice is available to create positive shifts around the world and to support Mother Earth and mankind in this time of need.**

**OM Chanting uses the transformational power of OM to activate the self-healing potential of the participants. The practice transforms negativity into positive energy, helps purify the local environment, and supports the physical, emotional and spiritual well-being of participants. Many experience positive shifts which allow them to enjoy more peace, joy and love in their lives.**

**Although you might enter a meditative state during OM Chanting, its real purpose is to serve others and to forget about yourself. That's why it is a group technique. When you chant OM in a circle, you don't do it solely for yourself, but for other beings as well. OM Chanting purifies your own negativity and the collective negativity of all beings, as well as Mother Earth. The joy of serving others, and generating more positivity, is something the world needs right now.**

## **CITIES OF LIGHT**

**The effects of OM Chanting are not limited to the immediate participants; it, in fact, benefits the location where OM is being chanted. With OM Chanting we are energetically cleaning and uplifting our communities. The international spiritual organization Bhakti Marga started the initiative called Cities of Light to spread OM Chanting to all large cities worldwide and to bring more light to over-crowded and over-polluted cities through the vibration of OM. The cities and people become "light bearers" of humanity by practicing OM Chanting regularly.**

## **A GLOBAL PRACTICE**

**There are nearly 2,300 OM Chanting Organizers in more than 60 countries on six continents and the numbers are growing every day. OM Chanting is a free practice open to all faiths and religious traditions, as well as to people who don't define themselves as spiritual in any way. Indeed, the effect of sound to matter can now be measured by physicists. Organizers take their job seriously and view it as a selfless service to humanity. There are never charges associated with OM Chanting, although donations are graciously accepted to assist in covering the costs of space and to help support the movement.**

## **"HEAL THE PAST" EVENT IN ROCHESTER**

**Groups around the world regularly get together for Full Moon and Unity OM chantings. Further, a very special worldwide "Help to Heal the Past" event is scheduled for February 24th, and Rochester will be part of it! This event will be special, powerful and unique; in coordination with global events, it will bring much needed energetic support to this country and its past. Groups from all over the USA will join in a continuous OM chanting, creating a healing wave throughout the whole country. In Europe many groups plan to participate in concentration camps - places where there remains negativity and suffering. The USA will have a more general intention of healing the past and helping to heal and bring positivity to the near and distant futures. If you'd like to lend your voice to this very special circle, please join the event on February 24th from 6 PM - 7:15 PM at Nu Movement on 716 University Ave. For more information on OM Chanting and upcoming circles visit the Rochester OM Chanting Facebook or MeetUp.com group.**





## Waves of Peace

Dear Children,

**From where the Masters reside they see you All as Beings of Great Light. They do not hear your minds racing, your fears and anxieties. They only see your full potential and soul. They are working behind the scenes of your soul group developing ways for you All to know the Light and Wisdom of the Ages. They pour avenues of Light through the Earths Grid to receive and welcome Higher Thought. Your individual consciousness is being awakened whether you are aware of it or not. Everything is prepared perfectly for a mass awakening. It is Time and Humanity will call for Peace overall. The call for Wisdom and Peace is already taking place within you. The avenues will be shown in many various teachings available easily.**

**Yet the avenues to a New Earth will turn the masses towards a New Paradigm on earth. You will witness this and you will be amazed at the outcome of all the wayshowers sewing their seeds. You will be thoroughly amazed! So Be It.**

\*\*\*\*

## All is One

**It is a great pleasure for me to share that All is One. You in a body, feel separate but All is still One. You have to work hard to find that Truth within. Yet your soul knows this and so much more. For eternity you will always return to Unity and Oneness. All is Love, dear ones. Oneness is Love in essence and like a beautiful flower the pollen was sent out to grow more Love and remember there is no separation from the original flower. Just a magnification of that Love. The pollen once propagated, grows exponentially the same Love repeatedly echoing the original flow of Love.**

**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!**





WHAT IS INTEGRATED ENERGY THERAPY® BY SHEILA TILLICH  
[HTTP://WWW.WHITEDOVEHEALING.COM](http://www.whitedovehealing.com)

**Integrated Energy Therapy® (IET®) is one of the next generation – hands on – power energy therapy systems that get the “issues out of your tissues” for good! It is energy therapy that focuses on blockages created by your emotions. IET uses the violet angelic energy ray, as brought to us through the nine Healing Angels of the Energy Field, to work directly with your 12 Pair Strand Spiritual DNA. These rays physically activate your cells into releasing any Emotional Baggage that may be holding you back.**

**How can it help me?**

**IET supports you in safely and gently releasing limiting energy patterns of your past, empowering and balancing your life in the present.**

**IET clears Energy Blockages by releasing: guilt, distrust, shame, threats, regret, betrayal, resentment, anger, self-doubt, fear.**

**IET technique is used to energize, trigger and release negative emotional imprints in various areas of the body and replaces them with positive attributes. This allows your body to repair (heal) itself.**

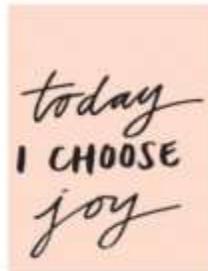
**History of IET**

**Integrated Energy Therapy® was developed at The Center of Being, by Stevan J. Thayer. In 1987, the formulation of the IET process began. In his practice as a White Light Reiki master, he treated clients who had energy blockages that Reiki alone did not clear. He began to feel that as an energy therapy practitioner he wanted a more active role in helping his clients clear these energy blockages. By accident and divine inspiration, he discovered the IET cellular memory map and the IET integration points. These points, which are not identified in any traditional acupressure systems, have the power to support the clearing of energy blockages that result from deeply suppressed cellular memories. In 1994, Stevan taught his first IET class. The system is currently taught in four levels – Basic, Intermediate, Advanced, and Master-Instructor. The name Integrated Energy Therapy was chosen because the angelic IET energy releases the suppressed pain of the past by integrating it with the joy of the present moment. Integrated Energy Therapy® is in 75 countries. In the United States it provides Continuing Education (CE) through NCBTMB (The National Certification Board for Therapeutic Massage and Bodywork) (<http://www.learniet.com>)**

**Rev. Sheila Tillich is a Master Instructor of Integrated Energy Therapy® (IET), trained and**

certified by the founder, Stevan J. Thayer. She is Rochester's Top IET Master Instructor. She was awarded Top Master IET Instructor in 2015, 2016 and 2017, by The Center of Being.

Teaching IET Certification classes is a passion for Sheila. Sheila has taught a multitude of professionals to use energy work in their daily work and lives: teachers, lawyers, veterinarians, nurses, M.D.'s, law enforcement, counselors, social workers and other holistic practitioners. The healing techniques taught in the certification classes enable individuals to be practitioners if they chose. These attunements activate the 12 Pair of Spiritual DNA, allowing "Energy Intuitive" abilities.



**Joy Love Happiness**  
**Joy, Love, Happiness.**  
**Joy can be found in a friend.**  
**Love can be found by those who seek it.**  
**Happiness is in the arms of love.**  
**Joy, Love, Happiness.**  
**Joy is in a sunrise.**  
**Love is in a starry night.**  
**Happiness is in a baby's eyes.**  
**Joy, Love, Happiness.**  
**Joy is in a child.**  
**Love is in a mother.**  
**Happiness is in a father.**  
**Joy, Love, Happiness.**  
**Joy is for you to make. Love is for you to Form.**  
**Happiness is for your Joy and Love.**

**BY: Donald Fritz II**  
**<http://www.1lovepoems.com/joy-love-happiness.shtml>**





HEALING AND THE EVOLUTIONARY PROCESS: HOW TO COMMUNICATE  
WITH AND SUPPORT THE BODY  
BY HEATHER GREEN  
[HTTPS://WWW.TEALHEALING.COM](https://www.tealhealing.com)

**Working as an energy healer over the past decade, I have often found that physical imbalances happen as a wake-up call for the soul. These are opportunities to learn spiritual lessons that otherwise would easily be ignored or missed. But in more recent years I'm aware that some illnesses, fatigue, and pain can be a reflection of the soul and body's evolution.**

**This is becoming more common because we are in the time of ascension, a shift in consciousness on earth. The photonic light, solar flares and gamma rays reaching earth are assisting our transformation. This is a purifying process. It involves the releasing of density on all levels of our being so we can express our highest and brightest selves in the world.**

**From a physical standpoint, our carbon-based bodies are slowly transforming to crystalline light. This is happening for all beings—the humans, animals, plants, and earth. It's a big undertaking for the body, like making diamonds from coal. This is why many of us are experiencing a variety of symptoms. Fatigue, headaches, inflammation, and odd aches or pains are prevalent. Altered balance, eyesight, and fine motor skills can be experienced for temporary periods of time. Because of the huge toxin releases, at times, there can be liver, skin, immune, and thyroid imbalances, as well as lymph and sinus drainage. For most people, these ailments come and go fairly quickly.**

**With these changes, it is reassuring to know that this process of evolution is a natural one. Your body's consciousness is wise. She continually receives all the information and energy needed to transform successfully during this time of the shift. Each body's progression is distinct, and we all require different forms of support. For example, during a certain period of time you might need to eat particular foods, take a medicine or herb, or see a doctor and another kind of practitioner. Some people might need energy healing or a natural remedy to assist with the physical detoxification, while for others, it is best to use only comforting measures.**

**For these reasons, it is important that we connect with our body on a deeper level. We can talk to our bodies and listen to them. When we follow the body's guidance we know how to stay healthy and balanced with all the changes.**

**To communicate effectively with your body's consciousness, start by setting aside any preexisting thoughts, feelings, or beliefs that you have about what it means to be well or sick. Then simply intend to make the connection. Talk to your body as you would a dear friend. As you do, you might see, hear, feel, or know your body in a completely new way. Open up to receive your body's reply. It will come in a form that makes sense to you. This could be an emotion, image, physical sensation, or word, or any combination of these. You might also hear**

**or know what your body is saying to you in return. This wisdom transcends the logical mind, so honor all requests and insights you receive!**

**Surrendering to your body's autonomy involves taking the relationship you have**

**with her to a whole new level. As your body moves into greater levels of consciousness and vitality on the path of transformation, there are some additional things you can do to offer assistance and support.**

**General guidelines for helping your body with the shift:**

**Staying adequately hydrated is a must.**

**The body needs extra water to assist with detoxification and the formation of the crystalline body. The elemental components in water are essential in this process.**

**Be aware of heightened sensitivities.**

**You'll find your body becoming more sensitive to everything: soaps, scents, foods, sounds, clothing, visual images, and just about anything you can think of. In her awakening, your body is becoming more responsive. It is not unusual to need to change a type of cleanser or diet, or to stop wearing perfumes. The body can become irritated by or intolerant of these.**

**Rest more often.**

**Resting is needed when the body is in transformation. Like a computer that shuts down for a software upgrade, our bodies must rest and sleep during similar renovation processes. The more we allow for downtime, the easier it is for the body to come back online and be more efficient!**

**Be open to holistic medicine.**

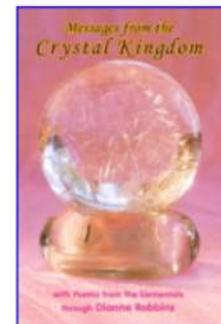
**Always see a medical professional for physical and psychological health issues. In addition, consider holistic types of medicine such as acupuncture, Chinese and Western herbs, and energy healing. These forms of healing help with physical discomfort and imbalances. They also offer emotional and spiritual support.**

**Use your Crystalline Consciousness.**

**As a collective, all humans now have access to the 5th dimensional or crystalline consciousness. This type of consciousness gives us the ability to manifest what we want very rapidly based on where we place our attention. What we fixate on will persist. If we focus on wellness and balance, joy in daily activities, and confidence in our body's ability to transform gracefully and comfortably, we'll receive more of those qualities. The key is to alter previous thought patterns and beliefs to those that include the certainty that we are now moving into greater wellness.**

As soul and body evolve together and the process of becoming crystalline continues to unfold, you will find your health improving and your level of joy increasing. Getting to this stage takes a different amount of time, due to each person's unique purification process. 2018 is a year for many to look forward to increased energy levels and fantastic physical wellness. In the meantime, keeping those lines of communication open with your body will promote balance, comfort and ease with the transformation.

**About Heather:** Heather Green is an intuitive and energy healer for humans and animals. She's provided her healing services worldwide since 2007. Heather authored, "For the Love of Horses: An Animal Communicator's Guide to Helping Our Horses and Healing Our Lives." For more information about her work, visit her website at [www.tealhealing.com](http://www.tealhealing.com).



**DREAMS AND THOUGHTS CREATE YOUR FUTURE  
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.**





DANCING WITH DESIRE BY REV. SHARON JOHNSON  
[HTTP://INSPIRITAL.BIZ](http://INSPIRITAL.BIZ)

**I have long appreciated some of the writings and teachings of Ram Dass. I first discovered his writing while reading a cookbook of all things. He had a quote that reminded me that it is through cooking, serving, and feeding that I am able to not only be of service to the Ultimate Consciousness, but also to have that which I yearn for, a deeper relationship with the Divine.**

**Recently, I had the chance to read some of his writings and thoughts regarding desire. What I appreciated about his writing is how he helped me to understand that what we yearn for is an emotional system. Many of the things we yearn for in life is associated with some emotional or mental desire. They are not things we yearn for spiritually, but things which do not contribute to our overall well-being. So he guides us through a series of exercises to help us detach ourselves from those things we desire and wish we did not. This week, I thought I would share a few excerpts from his book, Paths to God: Living the Bhagavad Gita.**

**"If you want to play a little bit with a renunciation practice, pick some desire that you encounter every day. You decide which one: the desire to eat something or other, the desire for a cigarette, whatever it is you want to play with. Pick something that you usually give in to every day — like, let's say, a cup of coffee in the morning — and for one day, don't do it. Then the next day, do it much more than you usually would — have two cups of coffee. Start to study your reactions. Notice the difference in your feelings toward the desire on the first day and on the second day.**

**"Maybe another time you'll want to take two desires to work with: one day don't satisfy one and doubly satisfy the other, and then flip them around. Try to be very attentive to what's going through your mind about it. If you're keeping a journal, write about it in your journal. Start to relate to your desires as something you can scrutinize rather than as things that totally suck you in all the time, things that consume you. Get into a friendly relationship with your desires. Play with them, instead of being driven by them all the time. Desires get to be fun, really, once we're observing them instead of mechanically reacting to them.**

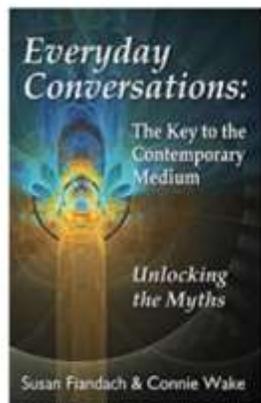
**"The whole game of renunciation and purification is an experiment — an experiment in how quickly we can extricate ourselves from being attached to our desire systems. Notice that it isn't a question of getting rid of desires — that's a misunderstanding. Trust me, the desires will stay around! We're just loosening their hold on us, getting clear enough of them so we can see them in some sort of context."**

**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.**

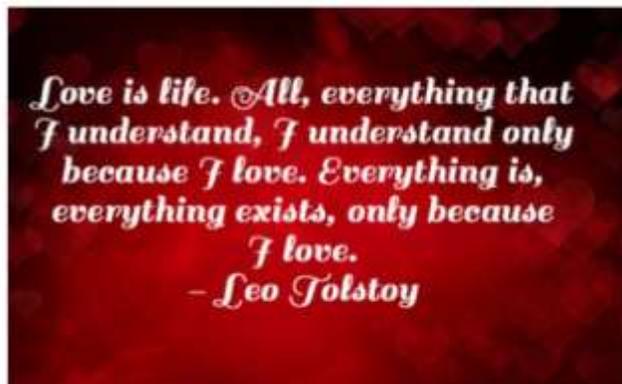
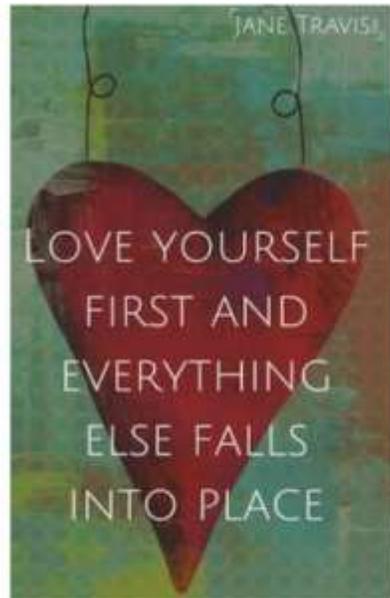


**BOOK RECOMMENDATION  
EVERYDAY CONVERSATIONS - THE KEY TO THE  
CONTEMPORARY MEDIUM  
BY SUSAN FIANDACH AND CONNIE WAKE**



**t's a thought-provoking view of the work of today's psychic-medium. Written by local professional psychic-mediums and educators, Susan Fiandach and Connie Wake, this book is aimed at bringing psychic-mediumship into the 21st century by dispelling the old myths and fears about divination. Psychic or not, this is an interesting read about life and intuition. This is a straight-forward look at what a psychic-medium reading is, and what it is not, and the evidential information you can expect from today's psychic-mediums. The book describes the ease of the reading through an understanding of the energy and information involved and allowing the medium to facilitate a conversation with the client and their loved ones who have passed. "Everyday Conversations" is a part of a multi-series training program to explore, engage and experience your sixth sense. Our mission is to create a platform from which you can begin your journey as a psychic-medium, take your next step as a working professional, or perhaps start your own practice group or "circle" in your area.**





## SUPPORT OUR LOCAL BUSINESSES



**ENERGY HEALING WITH CHRISTINE OGASAWARA**

**OFFERING THESE HEALING MODALITIES:** Auric Energetic Resonant Healing, Hypnosis, Journeying, Past Life Regression, Body Wisdom, Reconnective Healing

Call or text to schedule a session in W. Henrietta, NY. Sessions can be done remotely with phone or Skype.

**PHONE: 201-240-9017**

Testimonials and more on Facebook —  
Christine Ogasawara@resonance999

Member of International Association of Counselors and Therapists

My blog: <https://insightschristineandomed.wordpress.com>





ALL SERVICES ARE AVAILABLE BY CALLING FOR AN APPOINTMENT.

#### JOHN OF GOD CRYSTAL HEALING BED



The John of God Crystal Healing Bed uses color light therapy channeled through quartz crystals cut specifically to a healing frequency resulting in profound and powerful energy. The crystals are personally selected and guaranteed by John of God from Brazil. HeartSpring was granted permission to own and operate the Crystal Healing Bed by John of God.

Your session on the John of God Crystal Healing Bed is comfortable, private, incredibly relaxing and available by appointment only.

**SPECIAL PRICING UNTIL DEC 31, 2017:**

**ONE- 50 minute session \$45 or TWO- 50 minute sessions \$80**

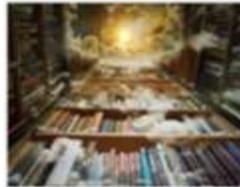
\*See the video of the dowsing of our JOHN OF GOD CRYSTAL HEALING BED and its incredible energy on our website.

786B Pre Emption Road

Geneva, NY 14456

315-521-3698

<http://www.heartspring-healing.com>



#### AKASHIC RECORD READINGS AT HEARTSPRING

An Akashic Record Reading is an energetic reading of your soul's journey throughout many lifetimes. In a reading, issues such as ancestral patterns that no longer serve our highest and best good, life purposes and paths, spirit guides, loved ones who have crossed as well as Ascended Masters and Angels are all brought together to help assist and encourage you to be your best.



#### 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.



*"Feel the Good Vibes" at WNY's....*



*2018 Events- first quarter*

*Batavia Downs January 13-14*

*Rochester Radisson January 27-28*

*Hamburg Fairgrounds Feb. 9-10-11*

*Buffalo Airport March 3-4*

*Rochester Radisson March 10-11*

*For more information-[ExperiencePsychicFair.com](http://ExperiencePsychicFair.com)*

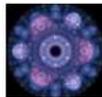


## WHAT IS YOUR COUNCIL OF SEVEN?



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](mailto:bonsandera@yahoo.com) or 585-301-6957.



# World Sound Healing Day

**TOGETHER WE CAN MAKE A DIFFERENCE!**

**16th Annual**  
**WORLD SOUND HEALING DAY**  
**February 14, 2018**

***Become a Sonic Co-Creator***

Join thousands throughout the planet on February 14, 2018 to sound forth with an "AH" projected with the energy of compassion and love. Send a sonic valentine to Gaia, our Mother Earth and change Global Consciousness!

**[www.WorldSoundHealingDay.org](http://www.WorldSoundHealingDay.org)**

- 1). *Heal Our Planet!*
- 2). *Heal Our Waters!*
- 3). *Raise Our Consciousness!*



**We heal our planet and we heal ourselves.  
We heal ourselves and we heal our planet.**

**[www.WorldSoundHealingDay.org](http://www.WorldSoundHealingDay.org)**

**NOW MORE THAN EVER WE NEED  
WORLD SOUND HEALING DAY!**



# The Earth-Spirit Expo

*A Place where Spirituality, Beliefs, Healing & Art - All come Together!*



[www.Earth-SpiritExpo.com](http://www.Earth-SpiritExpo.com)

February 24th, 2018 10am - 7pm

February 25th, 2018 10am - 4pm

## The Grapevine Banquets

333 Dick Rd, Depew, NY 14043

Admission is just \$7 a day!

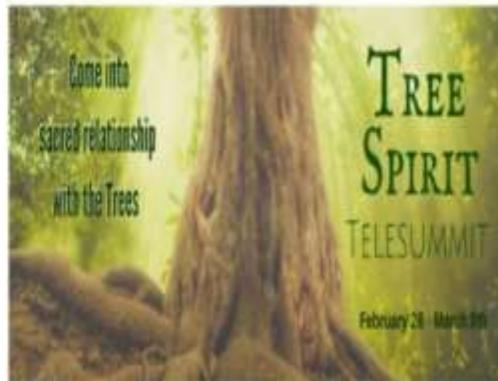
Or two days for \$10

A Whole Life Expo- Energy Healers, Doctors, Natural Health Practitioners, Psychics, Spirituality, Spas, Organic Products & More!



*The Largest MIND-BODY-SPIRIT Show in the Region! Don't Miss it!*





The Guardian Gateway Tree Spirit Telesummit from February 26 – March 9. It's a FREE multi-speaker online event that will create a sacred space where Trees and Humans can come together in powerful new ways to support each other and our world. You can hear Dr. Jim Conroy—TREES NEED YOUR HEALING EFFORTS—on March 8th at 4pm Eastern time (1pm Pacific). You can hear Ms. Basia Alexander—TREES' LIVES: JOYS, STRESSES, PURPOSES—on March 7th at 4pm Eastern (1pm Pacific).

A total of 20 teachers are coming together February 26 – March 9 for two one-hour calls every weekday. There's no cost to attend, and even if you can't attend the talks live, you'll get access to each replay for 48 hours.

Our friend Kim Wilborn will be interviewing each of us. Each call will be like a mini-class, complete with guided meditations! You'll be able to listen to live calls online, by phone, or on your mobile device, and free 48-hour replays will allow you to listen at your convenience. (Low-priced recordings are also available to make it even easier!)

Join us and also experience these fine speakers: Elisa Novick – Tree Love: Heart of the Forest, Pam Montgomery – Connecting Heaven and Earth with Gentle Giants Redwood and White Pine, Orion Foxwood – Do What the Trees Do: Trees as Elders and Wisdom Keepers for Humanity's Evolution, Michael Pilarski – Working for the Trees as a Life Path, Elyse Pomeranz – What it Means to have Hands: Trees Seek Human Collaboration, Michelle McKinney – Guardian Tree Spirits: Meeting Your Medicine Tree, Jackie Queally – Detecting the Magic World of Trees, Diana Henderson – Tree Spirits: Memory Keepers of Earth, Pam Turczyn – Creative Partnerships with Trees, Kim Wilborn – Come into Sacred Relationship with the Tree Kingdom and more!

If you would like to develop deep, powerful relationships with the Trees, register today for the FREE Tree Spirit Telesummit. Enroll at: <http://guardianspiritsofnature.com/tree-spirit-telesummit/>





Experience the Harp with Christina Ivanna at the

ONE Wellness Center 2349 Monroe Avenue  
Brighton NY 585-645-4221

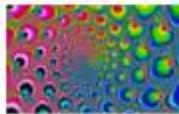
Stop in Upstairs - Anytime. It's FREE!

Fridays: February 9, 16 + 23, 2018

11 am - 3 pm

Meet harpist Christina Ivanna and learn more about harp healing. In addition, you're invited to sit at the harp and create your own harp music (no experience needed!). You'll leave feeling peaceful and renewed.

[www.onewellnesscntr.com](http://www.onewellnesscntr.com)



SAGE WALKER

SPIRIT GUIDE, ANGEL  
COMMUNICATOR AND  
INTUITIVE



COME TO THE ONE WELLNESS CENTER AT

2349 MONROE AVE 2<sup>ND</sup> FLOOR ROCHESTER NY 14618

SAGE IS OFFERING:

MINI ENERGY TREATMENT AND SPIRIT GUIDE MESSAGES

FEBRUARY 13, 2018 TUESDAY TIME: 1:30PM-3:00PM

Sage Walker is a spiritual guide and communicator. Sample the work of Sage and her spirit guides on 2/13/18. Bring a friend! Sessions will also be offered on Thursday, February 15, 5:00PM-6:30PM.

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CONNECTING WITH ANGELS

FEBRUARY 15, 2018 THURSDAY TIME: 7:00PM-8:30PM

Learn about different types of angels, their purpose, how to work with them and bring them into your life. Spiritual guide and communicator Sage Walker will request a message for you during the class. Cost is \$25.

For more information or to register, contact Sage at 585.317.4374.

FIND OUT MORE AT [WWW.ONEWELLNESSCNTR.COM](http://WWW.ONEWELLNESSCNTR.COM)





# Introduction to Shamanism

**APRIL 28-29, 2018**

**Saturday 9:00 a.m. to 5:00 p.m.**

**Sunday 9:00 a.m. to 5:00 p.m.**

Shamanism is the oldest form of personal development that contains eternal principles that attune us to nature and with other dimensions of being. Shamanism is about experiencing the extraordinary while living an ordinary life. This workshop will introduce you to a new way of seeing. You will be introduced to the 3 worlds of the shamanic journey, meet Power Animals & Guides, the power of intention, shamanic divination, and how to manifest using spirit as a co-creator of abundance.

Shamanism encourages a different approach- using your own personal power to create through bringing the mind into unity with the heart, fueled by a harmonious relationship between all four aspects of who we are.

Please bring a drum or rattle if you have one. Wear comfortable clothing (warm socks), and bring a bandana, a cushion to sit on, a blanket, and a pen and notebook to record your journeys. For a special activity, please bring a small rough surfaced rock no larger than a grapefruit.

***“Please come and journey on a path of regaining harmony and balance in your life”***

Facilitated by Jim Bucko, owner of Ananta Massage & Healing.  
Shamanic Practitioner, LMT, and Karuna Reiki Master.

The class will be held at the **Buckland Park Lodge 1341 Westfall Rd - Rochester, NY**

**Cost: \$250.00**

**Registration:** A \$50 non-refundable deposit is required to hold your space by **March 31, 2018.**  
(Maximum of 25 students per class)

For more information, contact Jim @ 607-423-4722 or send him an email at [jbucko789@aol.com](mailto:jbucko789@aol.com)  
[www.anantamassagehealing.com](http://www.anantamassagehealing.com) <https://www.facebook.com/Ananta-Massage-Healing>





## **An apprenticeship Journey in Energy Medicine for Personal Healing and Transformation**

**Classes held March 24-25 in Hamburg, NY. Facilitated by Bonnie Sandera**

The purpose of the Shamanic Energy Journey is engage in deep personal healing work, which will take you to the place of self-discovery as never before, a place where it is safe to step into your personal power. Participants will learn spiritual philosophies that they will take out into the world and their everyday life. Participants will be taught healing exercises including the illumination process used by Shamanic healers from the high mountains of Peru. My philosophy is the more healing and self-discovery we engage in the happy you will become in your everyday life.

With each of the four directions, taught throughout the year, participants will do deep personal healing work along with learning the spiritual philosophies of the indigenous people of the Americas. You will take these teachings out into your life, which will bring you joy and the ability to interact with others in a positive way. You will learn several healing techniques taught by the Q'ero, the people of the Peruvian Andes and techniques taught by other Native American Shaman and Healers.

**The South:** The focus on this workshop is to develop a spiritual practice that is Earth Based. During this session, we will begin to shed our old stories just as the serpent sheds their skin. We will begin to move into wholeness and it will continue as we realize we are in control of our lives. Many students feel their lives become easier and they learn to deal with others in a positive way. Each participant will bring three stones as we begin to develop our Mesa for our own personal healing. The teachings bring strength and balance to our lives as we learn and practice the Shamanic Illumination process. We will receive two of the great Nuesta Rites, The High Mountain Rites.

**About the Instructor:** Bonnie Sandera has been working in the Healing/Energy field for over 24 years, and has a Bachelor of Science from St. Johns University. Bonnie has received her certification, 500 class room hours in Shamanic Energy Healing from the Four Winds Society and Alberto Villoldo. Bonnie also works Q'ero Elders Don Martin and Don Mariano, and Don Sabastian. She is an initiated Masada carrier in the Inca tradition and a member of the Society for Shamanic Practitioners, [www.shamansociety.org](http://www.shamansociety.org) an organization created to support the re-emergence of using shamanism as a form of spiritual healing in our culture and blending it with western medicine.

**Prerequisites:** Candidates should be at ease with their skills of meditating. It is important that each participant be committed to their own personal healing and self-discovery. It is important that candidates be committed to completing the four directions. Please contact Bonnie Sandera, 585-301-6957 or [bonsandera@yahoo.com](mailto:bonsandera@yahoo.com) for additional information.

**Tuition info:** Fee: \$400, per direction. **A \$100 non-refundable deposit is required to hold you space in the class. Tuition is non-refundable, unless your space in the training is filled by another.** Send registration fee to: Bonnie Sandera, 309 K Ave, unit A, Kure Beach, NC 28449

LIFE IS  
BETTER  
WHEN  
YOU'RE  
LAUGHING.

Seize the moments of  
happiness, love and be loved!  
That is the only reality in  
the world, all else is folly.  
It is the one thing we are  
interested in here.

- Leo Tolstoy

Happiness is not something you  
postpone for the future; it is  
something you design for the  
present.

Jim Rohn

**BODY MIND SPIRIT DIRECTORY**

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\*\*\*\* METAPHYSICAL STORES, RETREAT AND WELLNESS CENTERS \*\*\*\*



**Vicki Snyder Everyday Mystic Angel™**  
 an earth angel with a lot of compassion, empathy and down to earth edge!  
 Shay Parker's Best American Psychic, Medium, Angel Intuitive,  
 Certified Angel Card Reader, Certified Fairyologist,  
 Certified Assertivness & Life Purpose Coach,  
 Wellness Educator & Published Author



**Spirit & Crystal Connections**  
 714 University Avenue, Rochester, NY 14607  
<http://www.vickisnyder.com>  
<http://www.spiritcrystalconnections.com>  
 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.**

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**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.**  
 \*\*\*\*\*



The Purple Door  
 3259 Winton Rd South  
 Rochester, NY 14623  
<http://www.purpledoorsoulsource.com>  
 585-427-8110  
 Connie Wake and Sue Fiandach

**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/>  
 585-484-8738  
 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!**

\*\*\*\*\*



The Reiki Healing Center & Lemuria Gift Store  
 758 South Avenue  
 Rochester, NY 14620  
<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 Stenhens

**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.**

\*\*\*\*\*



A New Leaf Center  
 4 North Ave, Webster NY 14580  
 (585) 748-9012  
 Cathleen Brauen CH & Kris Miller CH  
<http://www.anewleafcenter.com>

**A New Leaf Center commitment is to provide a space and guidance for the restoration of physical, mental, emotional and spiritual wholeness. If you are ready to make positive changes in your life, A New Leaf Center is the place to "turn a new leaf". We specialize in hypnosis for past life regression and spiritual exploration, fertility and birth, and helping kids and teens. We offer individual and group hypnosis, Reiki, classes, groups and workshops.**

\*\*\*\*\*



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.**  
\*\*\*\*\*

\*\*\*\*\* 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.**  
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**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.**  
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**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.**

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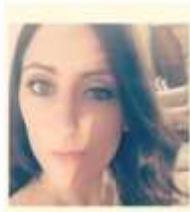


Jennifer Sutton, Transformational Journeys Guide  
What If Wellness  
146 East Main Street, Waterloo, NY 14532  
315-719-9053  
<http://www.whatifwellness.net>  
[www.facebook.com/whatifwellness](http://www.facebook.com/whatifwellness)  
Meetup Organizer: Rochester Wellness and Personal

**What If Wellness provides transformational coaching, group training, and martial arts classes to help you quickly and easily shift into safety, creativity, abundance, joy....and adventure!**

**I help you overcome fears and barriers to your joy then choose what you MOST WANT in your life and learn how to achieve that using incredibly simple brain training techniques, EFT tapping, laughter, and movement. Simple, fun, and outrageously effective. Services offered in person, via phone, and online (Skype, etc.)**

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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.**

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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.

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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](mailto:sheila@whitedovehealing.org); [sheilatillich@gmail.com](mailto: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.**

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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.

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MILLE GRAZIA YOUNG LIVING ESSENTIAL OILS  
 Angela Minacapelli & Mary Anne Zanni  
 Rochester, NY  
<http://www.oilingforglobalwealth.com>  
 585-255-0063



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.

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CHRISTINE OGASAWARA  
 W. HENRIETTA, NY  
 201-240-5017  
 FACEBOOK: christine ogasawara@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.

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MELISSA PEIL, PSYCHIC/MEDIUM/TEACHER  
 Rochester, NY  
 (919) 621-2407  
[info@mysticalawakenings.com](mailto: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.**

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LUMINOUS HEALING  
REV. BONNIE SANDERA  
309 K AVE, UNIT A  
KURE BEACH, NC 28449  
[HTTP://LUMINOUSHEALING.INFO](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.**

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

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**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](mailto: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.**

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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.**

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