



# **ROC** *Metaphysical*

YOUR BODY, MIND & SPIRIT CONNECTION

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

Our Mission Is to Enlighten and Inform

**There's a new online magazine where we share, inform and educate people on all types of metaphysical topics.**

**ROC Metaphysical is an online magazine that has personal stories to teachers sharing their wisdom. Find out where retreat and spiritual centers are located, what alternative practitioners offer plus there's a business directory and a calendar of events.**

**We have a lot of great information to share, go to [www.rocmetaphysical.com](http://www.rocmetaphysical.com) to be "Enlightened and Informed."**





### **TAKE A CHANCE DAY - CELEBRATE APRIL 23**

**Take A Chance Day, its the perfect excuse for you to play with some odds and venture out into uncharted territories.**

**The origins of Take A Chance Day are unknown, though we think the creators of the unofficial holiday wanted people to put away their inhibitions and their fear of failure and do something bold and risky.**

**In the English language, take a chance is an idiom that refers to doing something that has a high likelihood of failure. Usually, when people take a chance they are risking the possibility of failure or misfortune. In mathematics, the word chance has a very specific meaning - it refers to the possibility of the occurrence of a certain event.**

#### **How to Celebrate?**

**Take that leap of faith and do something big.**

**Overcome your fears and do something adventurous. What about bungee jumping or learning how to fly an aircraft?**

**Since today is also Lover's Day, why not take a chance in love and tell that special one how much they mean to you?**

**Make Swedish pop group, ABBA's song Take a Chance on Me, your anthem for this day.**



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?

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FEATURE ARTICLE - BY  
HELENA LISTOWSKI

MAGAZINE

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

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CALENDAR OF  
EVENTS

What is going on and  
where is it?

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BODY MIND  
SPIRIT  
DIRECTORY

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

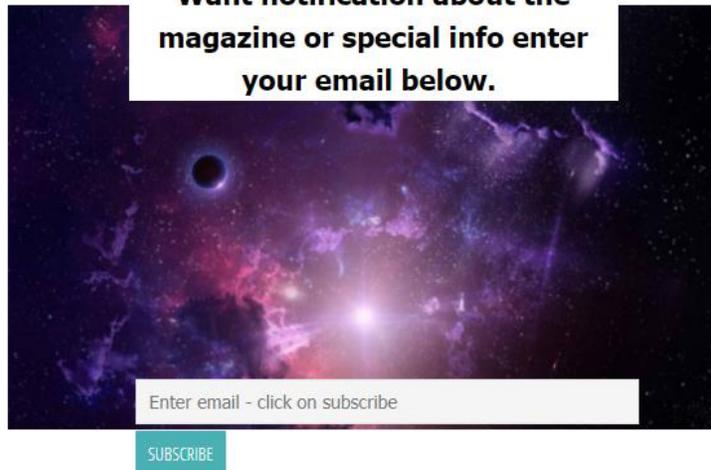
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they're too good to miss.

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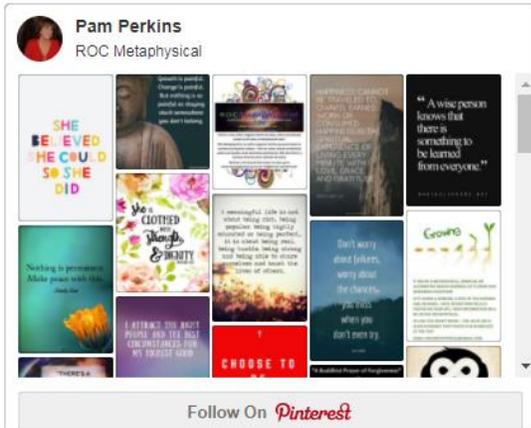
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IF YOU'RE A METAPHYSICAL, SPIRITUAL OR ALTERNATIVE HEALTH BUSINESS LET'S GROW OUR BUSINESSES TOGETHER!

LET'S SHARE A WEBLINK, A JPEG OF THE BUSINESS AND AN EMAIL. ONCE ROCMETAPHYSICAL IS POSTED ON YOUR SITE, YOUR INFORMATION WILL BE ON ROC METAPHYSICAL.

IN CASE YOU DIDN'T KNOW – THIS HELPS WITH SEARCH ENGINES THAT PLACES OUR BUSINESSES AT THE TOP!

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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).



Pearls Of Wisdom - A site for Inspiritual 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, Inspiritual Song Lyrics, Soul Shoppe, Healthy Living.

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



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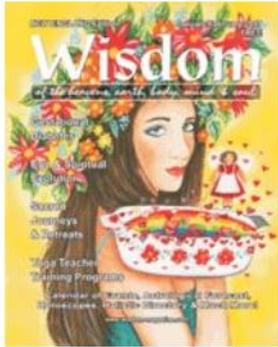
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OfSpirit.com: Holistic, Spiritual & Self-Improvement Resource. [www.ofspirit.com](http://www.ofspirit.com)



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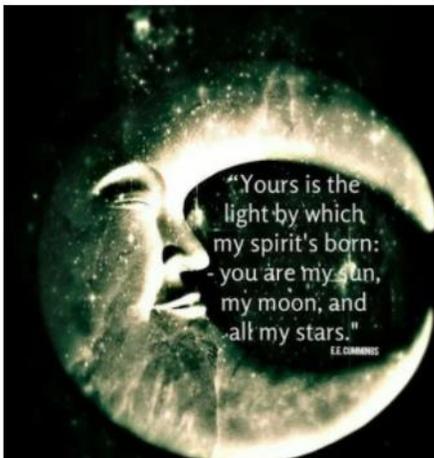
**What Is Wisdom Magazine?**  
Wisdom of the Heavens, Earth, Body, Mind & Soul is published bi-monthly (every other month) as a free holistic, spiritual and metaphysical magazine serving the culturally creative community.

THE BODY MIND SPIRIT DIRECTORY

Holistic Health, Natural Healing, Spirituality and Awakening  
**Body Mind Spirit DIRECTORY**  
 Your Guide to Conscious Living

**Body Mind Spirit**  
**DIRECTORY**

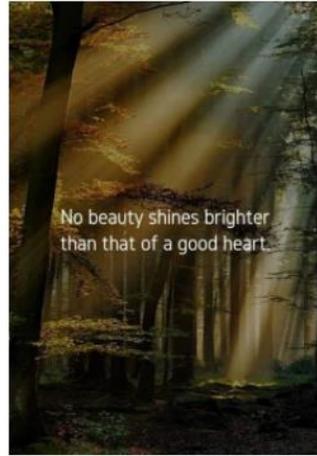
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The secret of being

Happy

is accepting where  
you are in life and  
making the most  
out of everyday.



"The two most powerful  
warriors are patience and time."

— Leo Tolstoy

## ARTICLES TO ENLIGHTEN AND INFORM

HOW TO CHOOSE A MASSAGE THERAPIST BY HELENA LISTOWSKI, LMT  
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MYSTIC MUSINGS BY TOBIE HEWITT  
A NOISELESS PATIENT SPIDER BY WALT WHITMAN  
BEING ME BY REBECCA WASHINGTON  
FUN AT THE DENTIST BY CHRISTINE OGASAWARA  
BLESSING EARTH, BLESSING US BY TAMMY COLVIN  
SPIRIT SCIENCE - CREATED BY JORDAN DAVID PEARCE DUCHNYCZ  
SPIRIT & CRYSTAL CONNECTIONS' HEALING CIRCLE



HOW TO CHOOSE A MASSAGE THERAPIST  
BY HELENA LISTOWSKI, LMT  
[HTTP://WWW.ONEWELLNESSCNTR.COM](http://www.onewellnesscntr.com)

**I thought this article would be easy to write, but then I realized that it would be my personal preferences and opinions and that a wider view and description should be offered. So I asked for feedback from my clients. The general consensus came down to five main areas to be considered when choosing to receive a treatment and massage therapist: the Environment, Informed Touch, Ethics, Knowledge and Experience, and the Spiritual Connection.**

**Most individual practices of a personal nature are built by referrals. Some people do search online, but unless you call and/or write with specific questions, you may not be satisfied with the outcome of your experience.**

**What if the chemistry is not quite right or if you are looking for someone with a different focus on knowledge and skill sets? Before picking up the phone or looking online, first establish your**

**needs and preferences for the treatment itself and then establish the requirements you prefer in your therapist.**

**The Environment – Notice if the space is clean, organized, relaxing. Is it inviting and have peaceful music and soft lighting? Is the room and table warm? Do you feel safe and comfortable?**

**Informed Touch – What are your needs in the treatment? Do you want a relaxing massage or do you need a treatment to resolve an injury or chronic pain? Do you prefer a light touch or deep touch? Many therapists today have a variety of modalities they offer which are often integrated in a treatment session creating a unique massage experience. Many of the modalities are holistic and subtle in nature and yet are quite powerful with profound therapeutic results. Professional products, such as creams, oils, lotions, essential oils, etc., should be of the highest quality. These products will leave your skin feeling nourished and allow the flow of movement to release the blocked patterns in the body.**

**Ethics – If you weren't referred to the therapist, do you perceive a sense of trustworthiness? Morality and basic adherence to the laws of New York State are of major importance, and there should be zero tolerance towards anyone crossing these boundaries. Lawfully, a massage therapist cannot massage a woman's breast, and they cannot massage the genitals of either gender. Also, a massage therapist must respect the request of the client if they have specifically asked that a body part be excluded from the treatment or if they want only one part to be treated the whole session. Personal relationships should not be established if you are treating the client. All HIPPA laws are to be followed. Writing about anyone and posting it is unscrupulous. It would be unlawful to post anyone's picture too. Thankfully, these situations are not frequent and are shut down as quickly as they are brought to light.**

**Experience and Knowledge – How important is it to you that your massage therapist be passionate, have many years in practice, pursue a specialization, or have studied multiple modalities? Does the therapist listen to you, and do they know how to listen to your body? How well do they communicate? Are they thorough, knowledgeable, and understand subtle touch or energy work? Are they at least excellent in the basic Swedish techniques of massage therapy?**

**The Spiritual Connection – This may not be so important to all people looking to receive bodywork, but there are many people opening up and having very personal and profound spiritual connections, and they feel a kinship to receiving a treatment from someone who is on the same path. Is your therapist heart-centered, do they listen well, or have a practice that connects them to their higher purpose?**

**I hope these five areas for consideration have given you a general jump start of questions to ask yourself first and then follow through with questions for your new therapist. Remember that the session is an open field for healing and communication. It is your responsibility to ask**

**for changes (if any) at the beginning of your session and to speak up if you feel pain during the treatment so that the therapist can adjust their pressure or approach.**

**Each session should allow you to leave feeling lighter with greater range of motion, potentially no pain or less pain, and a greater sense of well-being. Many blessings to you on your journey to wholeness.**

**About Helena: Helena is a Licensed Massage Therapist for 15 years and specializes in Lymph Drainage Therapy. The many other modalities offered in her practice are Swedish Massage, Craniosacral, Zero Balancing, Reiki, Associative Awareness Technique, Integrated Energy Technique, Aromatherapy, and Vibrational Healing with Tuning Forks. Located at ONE Wellness Center, 2349 Monroe, Avenue 2nd Floor, Rochester, New York 14618 (585) 329-8643.**



#### **MONTHLY SOUND HEALING**

**We would like you to have a sound break and listen to the video. Sound healing offers a lot of positive health options. Some benefits of Sound Therapy are:**

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

**Soothes, purify and harmonize your emotions and feelings.**

**Helps to recover after illness, traumas and invasive medical treatments.**

**Increases vital energy flow, creativity, intuition and motivation.**

**Makes positive changes to our whole being.**

**Removes blockages and toxins.**

**Self-regeneration.**

**Stimulates circulation.  
hormonal functioning.**

**Affects all cells in your body.**

**Cleanses negative energy and emotions.**

**Helps to cope with life's challenges.**

**Strengthens immune system.**

**Stimulates endocrine glands and regulates**

**Balances both hemispheres of the brain.**

**Connecting with your higher self.**

**Improves sleep.**

**Stress reduction.**

**Deep relaxation.**

**Listen to this video, just click on the arrow.**

Link: [https://www.youtube.com/watch?v=RgqxZU6\\_qOY](https://www.youtube.com/watch?v=RgqxZU6_qOY)



**CHANNELINGS**

**BY REVEREND CHRISTIA CUMMINGS, B.F.A., M.F.A., R.M.T., A.L.C.**

**[HTTP://WWW.CHRESTIACUMMINGS.ORG](http://www.christiacummings.org)**

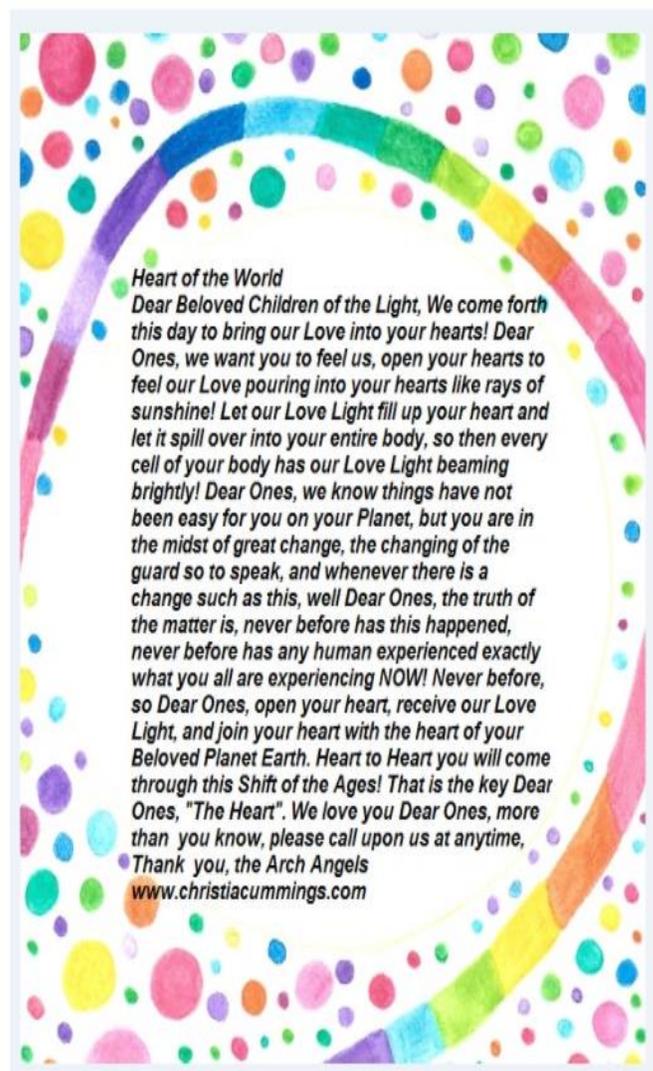
**I was born an artist, empath, clairvoyant, and a channel of Spirit. My grandmother said I could draw and play cards before I could walk. I have always drawn upon Nature as my inspiration for healing and my art. In 1991, I spent time in Italy's Umbria region and discovered a new technique for my watercolors. While working on my Masters Thesis I discovered that the doodles I had been drawing all my life, were symbols from ancient cultures. This led me to combine my intuitive abilities with my artistic talents.**

**In 1995, I had a spiritual awakening with a chorus of Angels-- a momentous event in my life – which caused me to open myself up to Spirit and the magical, inspirational multi-dimensional Universe.. Around this same time, Arch Angel Gabriel placed his horn in my Throat Chakra. Arch Angel Gabriel is a communicator between heaven and Earth so this event allows my voice to be an instrument of Angelic Healing.**

**I teach practical tools on how to open to a dialogue with your angels and spirit guides during my healing sessions and classes. The Angel Light energy comes through my artwork into your home and environment. Everything I do, say, or touch has Angelic Energy. It has been my prayer for over 20 years that I be a pure channel of the Highest Love and Light, and that I am of service to the Light.**

**Guided by The Arch Angels, I began working with clients from all over the world. The Angels have told me that I AM a bridge from the Angelic Realm to this 3D Human Realm. They have asked me to call myself an Angel Medium.**

**I AM A Certified Angelic Life Coach, an Ordained Minister, Usui Reiki Master/Teacher, and holds a Bachelor of Fine Arts and a Master of Fine Arts in painting.**







**WHEN YOU FEEL DEEPLY, AND THEY DON'T  
BY HOLLEY HYLER**  
<http://holleyhyler.com>



**When you wake up, look at the calendar, and see today is the date that marks a year since you last saw him, you will not need to wonder if he thought of you, the monochrome of mourning coloring his memory. You will remember the feel of his suit jacket against your fingertips, but you will not need to consult a mind-reader to know that he does not remember the color of the dress you wore and the way your cheeks flushed in his presence. You are haunted by words he uttered years ago, even though he is not aware that you remember them. He does not remember them, either.**

**You feel pain, but at the same time, you are beyond it. You know better than to resist what is; you know what has happened before when you did not accept the inevitable. You know better than to dress up sorrow in your clothes and give it your name. You try not to give into self-pity or hopelessness, but sometimes you cannot help but think, "Is this all there is?"**

**You surround yourself with people who care for, love and remember you. You find a man who will remember you enjoy the taste of Sriracha hot sauce while he is at the grocery store, and he will buy Sriracha-flavored potato chips for you. You will kiss him and forget it, and a week later, he will remind you that he laughed, mid-kiss, because he was surprised that you kissed him. He will be slightly offended when you say you forgot that, and you will realize you did the very thing that made you sad and still makes you sad. You will think that maybe you should not kiss anyone unless you really mean it. But who knows when you will mean it? You still love someone who does not remember you, and you cannot force yourself to stop.**

**You go back to this man, the one who remembers you because he offers himself freely to you. You do the very things to him that once hurt you, sometimes realizing, sometimes not, but he is not as bothered by it as you are. He feels deeply too, but it is not the same. You hold him while he listens to a song that makes him sad, but you cannot admit to him that you are sad too, so you drink another beer, and another until everything is hilarious. You cannot tell him because then he would take it upon himself to somehow stop your sadness. You can hold him without the need for it to change anything because you know how deeply some sadness runs. If you tell him, he will think you want him to change it. He will think he is supposed to take away your drink. You do not ask people to lift five-hundred-pound boulders – you do not even think to ask it because you know it is impossible.**

**You begin to fall in love with someone else. You write her a poem. You write two poems. You give one to her and send the other to a literary magazine. It gets rejected shortly before she finds a way to tell you that she is not as interested in you as you are her. It breaks you, but not**

as bad as the first one did, for she caught your love in time before its vines grew all the way around your head and ribcage. It is liberating, in a way. Sadness is replaced with emptiness.

After enough kisses that mean nothing to you, you become grateful for the cool space in bed beside you. You look around your empty apartment and see freedom. Your poems remain inside you, unsung, and they turn to wanderlust. You are moved across country borders, and each time you look at a sunset from a different place or feel the spray of a waterfall against your skin, you send love to the ones you wanted to hold but could not.

You do not realize it right away, but the world becomes a better place for it.

**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>.



A YEAR OF BEING: CREATING A "TO BE" LIST  
BY DR. SEEMA KHANEJA  
<https://coachingforinnerpeace.org>

COACHING FOR *Inner Peace*

As we welcome 2018, I know many of us might be reflecting on our intentions for what we want to create and experience this coming year. I do believe writing down our goals with respect to our professional or even personal lives can be a very powerful exercise.

In my case, one clear goal on my list is to publish my very first book, *Physician, Heal Thyself: My Journey from Medicine to Miracles*. I also have other goals with respect to growing and sharing Coaching for Inner Peace with a wider audience.

However, for this New Year's message I don't feel inspired to focus on 'doing more.' I think we all know that no matter how much we 'do' there is always more 'to do!' [😊] While 'to do' lists surely have their place in our increasingly complex lives, today I want to share something that

**I learned from one of my teachers, Jerry Jampolsky MD- starting each day with a 'to be' list. I felt inspired to start 2018 this way.**

**So here is my 'To Be' list for 2018:**

**To be happy.**

**To be grateful.**

**To be at peace.**

**To be honest about my feelings when I am not feeling happy, grateful or at peace.**

**To be clear that I do desire to feel happy, grateful and at peace.**

**To be willing to ask for help from my Inner Guide to help me see things differently so I can once again feel happy, grateful and at peace. (Note: This may include an idea or some guidance from my Inner Guide about 'doing' but it comes first from a space of being and listening for that small still voice.)**

**And finally, to be willing to be present to others so I may be an instrument through which this happiness, gratitude and peace can be shared and extended.**

**I know this sounds like a 'simple' list. There are no weekly goals, or monthly assessments, or 3-month or 6-month target goals or reviews. It is so simple that even a child could understand. It may also sound so simple that our complex ego mind could resist it and try to find holes in why this would not work.**

**All I can say is that this New Year – like all others prior- will certainly also be one of 'going there, coming here and doing this or that.' How can it not be when we are in this earthly form? But, my deepest desire is to also devote this year to 'Being' – and not just 'doing.' It is my sincere desire that you will also join me in 'Being' happy, peaceful and grateful while you are also 'doing.' [😊]**

**Wishing you all a joyous, prosperous, and divinely blessed 2018!**

**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.**





SHAMANIC MUSINGS FROM THE BACKYARD SHAWOMAN  
BY REV. MARYANNA MULLER  
[HTTP://WWW.THEBACKYARDSHAWOMAN.COM](http://www.thebackyardshawoman.com)

**GrandMama Moon**

**GrandMama Moon**

**A sliver of gold**

**Slips into slumber**

**Indigo cobalt earth atmosphere**

**Dreaming on for us**

**Reading her story at bedtime**

**Children, grandchildren**

**Thanking**

**By Maryanna Mueller**

**About Maryanna: I have been practicing Shamanism for the past ten years, known as The Backyard ShaWoman, I integrates the works of Jim Pathfinder Ewing, Sandra Ingerman, Peruvian Shamanism (Villoldo), and Stephen Farmer. I teach classes in Shamanic Reiki Certification, Shamanism, and visual arts. For me 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.**





NEW FREQUENCIES OF THE  
RESURRECTION FLAME  
BY PATRICIA COTA-ROBLES  
<http://www.eraofpeace.org>



**On March 18th, during our Free Seminar in Greensboro, North Carolina, over 250 people from Greensboro and the surrounding areas gathered to form a Chalice of Light by unifying our Heart Flames. Thousands of additional Lightworkers all over the world joined with us energetically by projecting their Love and Light into our Chalice. This exponentially expanded the amount of Light our Father-Mother God and the Company of Heaven were able to infuse into our Planetary Grid of Transfiguring Divine Love. As our Father-Mother God have promised with their newly initiated Divine Plan, this Gift of Light will amplify the Lightwork of every single person on Earth a thousand fold during the next month.**

**Then, we will all have the opportunity to infuse our Planetary Grid of Transfiguring Divine Love with another wave of Light during our Free Seminar in Boston, Massachusetts on April 22nd. Please join us if you or anyone you know in Boston or the surrounding area has the heart call to add to the Light of the world in this powerful way on behalf of Humanity and Mother Earth. The Company of Heaven will embrace you with their Infinite Gratitude, and we will welcome you with open arms. Here is a direct link if you would like to register for the Boston Free Seminar.**

#### **THE SECOND PHASE OF THE DIVINE PLAN ACCOMPLISHED IN GREENSBORO**

**Our Father-Mother God and the Company of Heaven are utilizing our Planetary Grid of Transfiguring Divine Love in multifaceted and multidimensional ways during each of our Free Seminars. Not only are they infusing our Grid of Divine Love with waves of Light every month through the unified Heart Flames of those attending the seminar, they are also evaluating what else that monumental influx of Light can accomplish to assist Humanity and Mother Earth.**

**In Greensboro, North Carolina, it was revealed to us by the Company of Heaven that the Earth and Humanity had reached a frequency of vibration that would allow us to withstand higher frequencies of the Mother of Pearl Resurrection Flame than the Earth had ever received. To accommodate that influx of the Resurrection Flame, the Angel of Resurrection and the Mighty Elohim permanently opened a giant Portal of Light that extends from the Heart of God into the center of the Earth. This portal expands out from Greensboro several hundred miles in every direction.**

**During this Holy Season of the March Equinox, Passover and Easter brand new frequencies of the Resurrection Flame will flow through the newly opened portal in Greensboro and bathe the Earth and all her Life in its rejuvenating and revitalizing essence. We will receive great benefit from this Gift of Light by invoking the Mother of Pearl Resurrection Flame through our Heart Flame and the Heart Flames of all Humanity. If you have the heart call to do so please participate in this invocation given to us by the Company of Heaven.**

#### **INVOKING THE RESURRECTION FLAME**

**I AM my I AM Presence and I AM One with the I AM Presence of ALL Humanity. The center of**

**my Universe is the Threefold Flame in my Heart. My Universe consists of every person, place, condition and thing in my life, conscious or unconscious, past or present, through obvious choice or through karmic liability. Within my Heart Flame I have the ability to Love my Universe FREE of all lower energies and thus I set myself FREE. Simultaneously, I assist every other point in my Universe to move forward in the Light.**

### **Heart with Resurrection Flame**

**With this affirmation, I invoke the full Cosmic Force of the new frequencies of the Mother-of-Pearl Resurrection Flame into the Threefold Flame in my Heart. I now visualize myself in the center of my Universe with every person, place, condition or thing in orbit around my Heart Flame, some close, some at a great distance. I visualize each one receiving the uplifting frequencies of the new Resurrection Flame as it flows through my Heart Flame. In every case, this powerful Resurrection Flame is a greater force than any negative energy associated with that person, place, condition or thing. I AM now Loving FREE every point in my Universe, from its center, which is my Heart Flame. I remain in this elevated state of consciousness, and I affirm with deep feeling:**

**I AM the center of my Universe.**

**I AM a Force of God's Resurrection Flame to all points in my Universe.**

**I AM a Master over every vibration less than Divine Love.**

**I AM Free. . . I AM Free. . . I AM Eternally Free.**

**My Father-Mother God now envelop me in the most exquisite frequencies of the new Mother-of-Pearl Resurrection Flame. This Sacred Fire begins Resurrecting my physical, etheric, mental and emotional bodies into the full embrace of my I AM Presence.**

**I breathe in deeply again and suddenly I feel the Resurrection Flame lifting me into higher and higher frequencies of Divine Love, Oneness, Reverence for Life, Eternal Peace and God's Infinite Abundance. I pierce into the core of purity within each and every one of these celestial patterns, and the splendor of these glorious expressions of the New Earth permeate my Being.**

**A new level of Divine Wisdom is being Resurrected within my heart and mind. In a flash of Enlightenment I know, and fully understand...**

**"I AM the Resurrection and the Life of the Immaculate Concept of Humanity and Mother Earth"**

**"I AM the Resurrection and the Life of the Immaculate Concept of Humanity and Mother Earth"**

**"I AM the Resurrection and the Life of the Immaculate Concept of Humanity and Mother Earth"**

**And so it is. Beloved I AM, Beloved I AM, Beloved I AM That 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=Xtpju\\_RUphI](https://www.youtube.com/watch?v=Xtpju_RUphI)



### **THE SENSITIVE PLANT**

**And Spring arose on the garden fair,  
Like the Spirit of Love felt everywhere;  
And each flower and herb on Earth's dark breast  
rose from the dreams of its wintry rest."**

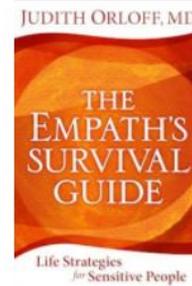
**By Percy Bysshe Shelley**





Judith Orloff M.D.

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



THE HEALING POWER OF TEARS  
BY DR. JUDITH ORLOFF  
<http://www.drjudithorloff.com>

**For over twenty years as physician, I've witnessed, time and again, the healing power of tears. Tears are your body's release valve for stress, sadness, grief, anxiety, and frustration. Also, you can have tears of joy, say when a child is born or tears of relief when a difficulty has passed. In my own life, I am grateful when I can cry. It feels cleansing, a way to purge pent up emotions so they don't lodge in my body as stress symptoms such as fatigue or pain. To stay healthy and release stress, I encourage my patients to cry. For both men and women, tears are a sign of courage, strength, and authenticity.**

**In my books "The Empath's Survival Guide" and "Emotional Freedom," I discuss the numerous health benefits of tears. Like the ocean, tears are salt water. Protectively they lubricate your eyes, remove irritants, reduce stress hormones, and they contain antibodies that fight pathogenic microbes. Our bodies produce three kinds of tears: reflex, continuous, and emotional. Each kind has different healing roles. For instance, reflex tears allow your eyes to clear out noxious particles when they're irritated by smoke or exhaust. The second kind, continuous tears, are produced regularly to keep our eyes lubricated—these contain a chemical called "lysozyme" which functions as an anti-bacterial and protects our eyes from infection. Tears also travel to the nose through the tear duct to keep the nose moist and bacteria free. Typically, after crying, our breathing, and heart rate decrease, and we enter into a calmer biological and emotional state.**

**Emotional tears have special health benefits. Biochemist and "tear expert" Dr. William Frey at the Ramsey Medical Center in Minneapolis discovered that reflex tears are 98% water, whereas emotional tears also contain stress hormones which get excreted from the body through crying. After studying the composition of tears, Dr. Frey found that emotional tears shed these hormones and other toxins which accumulate during stress. Additional studies also suggest that crying stimulates the production of endorphins, our body's natural pain killer and "feel-good" hormones." Interestingly, humans are the only creatures known to shed emotional tears, though it's possible that that elephants and gorillas do too. Other mammals and also salt-water crocodiles produce reflex tears which are protective and lubricating.**

**Crying makes us feel better, even when a problem persists. In addition to physical detoxification, emotional tears heal the heart. You don't want to hold tears back. Patients sometimes say, "Please excuse me for crying. I was trying hard not to. It makes me feel weak." My heart goes out to them when I hear this. I know where that sentiment comes from: parents who were uncomfortable around tears, a society that tells us we're weak for crying—in**

particular that “powerful men don’t cry.” I reject these notions. The new enlightened paradigm of what constitutes a powerful man and woman is someone who has the strength and self awareness to cry. These are the people who impress me, not those who put up some macho front of faux-bravado.

Try to let go of outmoded, untrue, conceptions about crying. It is good to cry. It is healthy to cry. This helps to emotionally clear sadness and stress. Crying is also essential to resolve grief, when waves of tears periodically come over us after we experience a loss. Tears help us process the loss so we can keep living with open hearts. Otherwise, we are a set up for depression if we suppress these potent feelings. When a friend apologized for curling up in the fetal position on my floor, weeping, depressed over a failing romance, I told her, “Your tears blessed my floor. There is nothing to apologize for.”

I’ve been this enthusiastic about crying for years. In fact, during my psychiatric residency at UCLA when supervisors and I watched videos of me with patients, they’d point out that I’d smile when a patient cried. “That’s inappropriate,” they’d say. I disagreed then; still do. I wasn’t smiling because my patients were depressed or grieving. I was smiling because they were courageously healing depression or other difficult emotions with tears. I was happy for their breakthrough. In my life, too, I love to cry. I cry whenever I can. Wish I could more. Thank God our bodies have this capacity. I hope you too can appreciate the experience. Let your tears flow to purify stress and negativity.

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=73oIEygG-0U>





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



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

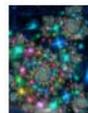
**Welcome to Episode 35 of Mystic Musings with Tobie Hewitt. This week we will examine the third eye as we continue our mystic journey.**

**Welcome to Episode 36 of Mystic Musings with Tobie Hewitt. This week we will examine the idea of serving Spirit as we continue our mystic journey.**

**About Tobie Hewitt: About Tobie Hewitt: She is a Mystic/Writer/Intuitive Consultant, has been giving intuitive readings for almost 40 years. In that time she has both helped people to contact their loved ones on the other side of the veil and guided them to living a more fulfilling and actualized life.**

Link: <https://www.youtube.com/watch?v=hNws1zr-7xA>

Link: <https://www.youtube.com/watch?v=lwuSl7b9IKM>





### **A NOISELESS PATIENT SPIDER**

**A noiseless patient spider,  
I mark'd where on a little promontory it stood isolated,  
Mark'd how to explore the vacant vast surrounding,  
It launch'd forth filament, filament, filament out of itself,  
Ever reeling them, ever tirelessly speeding them.**

**And you O my soul where you stand,  
Surrounded, detached, in measureless oceans of space,  
Ceaselessly musing, venturing, throwing, seeking the spheres to connect to them,  
Till the bridge you will need be form'd, till the ductile anchor hold,  
Till the gossamer thread you fling catch somewhere, O my soul.**

**By Walt Whitman**





BEING ME  
BY REBECCA WASHINGTON  
<https://www.loverebecca.space>

**February was Black History Month. I haven't really celebrated that part of the month in years. Thinking about my life and my history conjures up some life experiences while living in an environment of racism. I am still learning from those past experiences. I have brought a vulnerable side of myself to the table today. I am sharing a photo that I have only shared with about 4 people in 60 years. It is a part of my personal Black History.**

**I have not always liked being me as if being me was not enough. Living in my world, as a child, and comparing my life to what the life of others looked like, made this true for me. We were not wealthy by any stretch of the imagination. We were in, perhaps, the middle lower class. My parents worked hard but were not paid much. We learned to be thankful for what we had and made it work. There were so many others with the same plight as ours. However, I was still aware that so many others were not. Many of those others helped me to know this, as well.**

**Because of the color of my skin, once again, I felt like I wasn't enough. I was forced to deal with this on two fronts. I was made to feel this anytime I had to walk down the street in my little southern town or went to a store for a nominal purchase. It was particularly noticeable if I had to use the restroom when I was away from home. Daily life was a constant reminder that I was good but not quite good enough to have the enjoyments and privileges of those perceived to be better based upon the color of their skin. Discrimination was blatant and outright. I understood it. There were no false assumptions or second guessing it. You accepted it or you moved north. Choosing to live with it was a constant reminder that you were not good enough.**

**The second front of discrimination was more subtle. Everyone pretended it was not there, but we all knew quietly that it was. It continues yet today but not as much. It is a quiet discrimination one experiences within our race if you are the darker skin Black People. We treated each other differently based upon the color of our skin. You knew in school that the light-skinned people were the smartest and better people because they were always at the head of the class. They were always chosen first. They were treated just a little bit better so you knew they were, better. Their families were the higher class blacks in the community. They were the ones hand-picked by the white society and local government to**

**represent the black community. It did not hurt them to have racial blending. However, if you were not a light skinned black person back in the day, you weren't quite as good as the others, so you'd better be very smart or very athletic.**

**I could not change who I was growing up. I could not change my family. I could not change my race or the color of my skin. Life was what it was. This was my inheritance from my ancestors who never shared their hearts with me but accepted the plight of struggle, discrimination and the feelings of not being quite enough. They did not pass any attitudes of not being grateful, nor did they pass any attitudes of anger towards others regardless of how they were made to feel.**

**Existing in my world, many turned to religion to find their place and self-worth. My parents found their solace in their beliefs that God would one provide a better reward than what they were able to experience here on earth. In so doing, they taught me to love everyone, no matter what. They taught me to do good and choose what is right even if I was not treated right. They taught me to take my matters of concern to God and leave them there for Him to work them out for me.**

**Today I turn 65 years old. I am taking some time to look back over some of my life. I am really a composite of my ancestral heritage, my culture, my race and societal placement formations as we all are. I am no exception. However, I have to look back at those impressions and formations that have contributed to who I am. Today, I am seeing myself through clearer eyes.**

**There are many things that I am that I cannot change. I can't change the color of my skin. I can't change the kinks in my hair. I can't change my race and I cannot change the belief and connection that I have with the Divine. In fact, I have come to embrace all of these aspects of myself as I come face to face with me. I am embracing the fact that I am enough. I am coming to a greater acceptance that I don't need to be anyone else but that it is okay to be me. I won't stop loving others even if they don't love me. I do not need to compare myself to anyone else to find my self-worth. Life in this existence is not a competition. We are all having personal individual experiences that need no comparisons because there can't be any comparisons. This is what makes us all special. We all share this experience in common.**

**This is a new year and a new beginning for me. I think I am going to look in the mirror more and affirm the exceptional beautiful being that looks back at me. I want to let her know that she is enough. I want her to know that she is a beautiful soul inside and out. She now has my permission to just be me.**

**Finally, I am Loving Rebecca**

**About Rebecca: I am Rebecca Washington. I have not always appreciated myself, my gifts, talents, intellect, internal or external beauty that I possess. The lack of appreciation and**

**acknowledgement has been reflected in how I think the world sees me. But the world can only see what I show it and allow it to see. Casting all of that behind me, I believe you must bring your whole self to the table if you want to thrive in today's crazy world; your personality, your sense of humor, and most importantly, your heart. All of these elements brought me to this: "Love, Rebecca."**



**FUN AT THE DENTIST  
BY CHRISTINE OGASAWARA  
<https://insightschristineandomed.wordpress.com>**



### **5th Dimensional Non-Duality**

**Recently in session, I entered the relaxation response with another individual. In relaxation, our vibration and frequency lifts to allow for experiences that we normally do not experience in our usual 3rd dimensional awareness. This can be accessed through meditation, energy work and hypnosis along with other modalities such as sound healing etc. I usually find that expanded dimensional reality is more easily accessed with another be it human or spirit. The individual I was facilitating for was able to meet her inner physician Anna, who was not only helpful in giving information but was wrapped in love and wisdom. It was a beautiful experience for us both.**

**Later that night, I was awakened by an angel. She was sent by Anna and proceeded to do a healing for me in releasing old past life trauma around starvation. I was so pleased to have this gentle yet powerful healing occur spontaneously, and a more delightful and unusual experience was yet to come.**

**The next day I went to get my teeth cleaned and the hygienist was doing a very thorough job. (Meaning I was in a lot of pain as he diligently worked away). A strange thing happened. My focus was shifted to love and while I could fully feel the physical pain I was in, I had a complete realization that absolutely nothing is stronger than love. It was as if the duality**

experience of pleasure vs. pain was wiped out by this overriding feeling of love. The pain was real, and it also was not real compared to the expansion I was in. I managed to have a pleasant conversation in the dental office and seem normal as I told the receptionist that I had the cleanest teeth on the planet.

When I got in my car and drove away the tears just started to flow. I was smiling with this huge awareness of my heart and the unchangeable fabric of love that everything is experienced in. That whole day it felt like I would never forget that feeling of love, and anything that may occur from this time forward would be met with the fearlessness that loving awareness can bring. I checked to see if there was anyone I held a grudge against or felt I needed to forgive and all I felt was love. I was in my car driving in Henrietta NY with a sore mouth and I was in love with everyone and the whole planet!

While I may shift back into fear, I can always remember that expanded blissful space even if I do not embody it fully in every moment. I do get the feeling that it is where we are all heading. Thank you, Anna!

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



**BLESSING EARTH, BLESSING US**  
**BY TAMMY COLVIN**  
<http://goodfeelingsmatter.wordpress.com>



**Earth.**

**An entire Universe in a single word.**

**Rearrange the letters and E A R T H = H E A R T. It is no coincidence. Our home. Our beautiful loving Mother. Earth and we are one magnificent, living organism. Familiar yet ever-changing. Sincere and persistent. Radiant with love.**

**Our planet is brimming with love. We only need to look for it to find it. It seems the natural and spiritual way for love and truth to shine forth. I wonder sometimes if this is our original home or if we yearn for another place and are left wanting, knowing deep down, there is another home we miss deeply. Or has something created a divide and a polarity we feel, between good and evil, between right and wrong, leaving us to need to decide between the light and the dark. Why would we feel a need to choose? Why do we feel this internal struggle between the dark and the light?**

**There is nothing for me like experiencing nature. I immerse myself in it. Shoes off, hands in the soil. Nothing is as rejuvenating and balancing. Nothing compares to the feelings and the energy I get being outdoors in the woods or on the shore or merely outside period, hearing the birds singing and the wind breezing its changes of feeling. Nothing is as inspiring and reconnecting. Earth and we are energetically bonded and interwoven. We are an intimate part of the nature of Earth and she is an intimate part of us. We are as much a part of the living parts of Earth as are the microbes and the birds and the trees. We are One. We are all One. And ultimately we are one consciousness. What affects one affects us all, including our planet and its lifeforms and elements.**

**The elements and Earth herself are undergoing the same kind of turbulence and stress we are. They are stressed and doing their best to balance and cope. So are the animals and the plant life. We are connected, of course, and all feel the same pressures, instability and unease. We are organisms comprising Earth as the cells in our bodies comprise us. We have all of the elements within us, and as air, water, earth and fire move through us, we leave an impression and an intention upon our Mother.**

**But there are a variety of new energies influencing Earth, along with those that we have grown accustomed to. Some are coming from our Sun, and some are coming from the new region of space our solar system is traveling through. Some energies are created by Earth herself as she experiences natural rhythms and cycles as she has for eons. Magnetic surges around and about the Earth affect our collective bodies and emotions and the form of the Earth herself. And our collective energies and emotions as humans have a tremendous impact upon the elements and upon Earth herself as we radiate our emotions and intentions upon the planet and its surrounding atmosphere. I don't understand it all, but I most certainly can feel it.**

**Some of these influences are as a result of manipulation by people, whether unintentional or purposeful. Everyone and everything must undoubtedly feel them, whether they are aware of them or not. The elements of our Earth are acting in unusual ways. Strange things are happening with our water – in some places rivers and coastlines suddenly recede and in others they swell. Earthquakes, rifts and volcanic activity are increasing as is the heat beneath the surface. And the air seems restless and sometimes full of fury. Storms are becoming larger and more ferocious – and they are now given names in this part of the world – which gives them an identity as an entity – a being – which gives them more power.**

**There are also dark forces and technologies at work that are intentionally manipulating the elements of Earth and all who live within and upon her. Technologies exist that are being used purposefully to manipulate the air, the earth, the water and the energetic environment in ways that are intended to cause us harm. These manipulations torment and torture the elements both outside and within us and make them (and us) behave unnaturally and in aberrant ways. The air is permeated with frequencies and created unnatural energies. Our skies are sprayed chronically with toxic chemicals intended to manipulate the weather and affect our climate,**

**our food, our health, our behavior. Poisons like fluoride and wastes are added to and dumped in our water. The land is moved, cleared of vegetation, shaken and tunnelled through. Our Earth is as rattled and frustrated as we feel. I am convinced the elements are strained and angry and frustrated and feel blamed for actions and ways of being they are not entirely responsible for – just as we are. Plus there is a growing push for us to disconnect from our hearts and our natural state and to question our magnificence to be exactly as we are and to look outside of ourselves for what is already in our heart.**

**Water has memory. It is responsive to everything and everyone it is near and comes in contact with. Water is everywhere, including in the air, in matter, and inside of us. It is in the soil. It is absorbed by objects and matter dissolves in it. I believe that in addition to water, all matter is infused with an awareness and a consciousness. Our heart-centered earthly black goo, which can be found in the ley lines of our earth, has the loving power it does because it has awareness and is a collective consciousness of all earthly experience. It is earthly consciousness embodied. But all of our elements, including this Earthly conscience, are stretched thin and are in a wounded, defensive and reactive state, as are many of us. We all have forgotten who and what we truly are. And the elements of Earth are not outside of us. They ARE us.**

**The simplest and most powerful solution is to collectively focus our intentions and our HEART upon the light of truth, goodness and love to dissolve and shed light upon all darkness and to help ourselves and our Earth remember. To envision and believe in the goodness and the worth of our planet and ourselves. To trust that good will always prevail and that darkness and evil cannot escape the powerful light of love. Appreciate things large and small every moment. Together, united, our power is limitless The power of our loving prayers and visualizations is unstoppable.**

**United, focused human emotion can change our world! Everything changes in response to prayer, intention and expectation. Our thoughts and feelings change the matter around us. Collectively, the power of our emotions and expectations to bless the world with love and light and truth are infinite. Love is the highest and most powerful force in existence..**

**Every morning, with my morning coffee by my side, I listen to nature as I meditate and bless our Earth. I close my eyes and do a prayerful visualization, my hands about 10 " apart, as if they are surrounding our entire beautiful Earth with love as she spins in space. I imagine and feel the loving energies of my heart bathing her in love and soothing comfort and I send love to our elements.**

**To our sweet air: I love you! Thank you so much for everything you are. I breathe you in and your very existence sustains me. Be calmed and know how much I love you. I see you as clean and clear and fresh and full of life energy. How amazingly you move and dance around me.**

**To our sweet earth: I love you! Thank you so much for everything you are. Be calmed and know how much I love you. Your soil is the rich life-giving skin of our planet. I see you as robust and healthy and vital. You support us and nourish us all and feel so wonderful beneath my feet.**

**To our sweet water: I love you! Thank you so much for everything you are. Be calmed and know how much I love you. I see you as pure and clear, full of love and life. How amazingly you can be as soft as a droplet or as crystalline as a snowflake.**

**To our sweet fire: I love you! Thank you so much for everything you are. Be calmed and know**

**how much I love you. I see you as balanced and restorative. You are creative and transformative, creating anew and reforming the old.**

**I envision the brilliant bright light of pure love radiating every part of Earth, parts seen and unseen, clearing away all negativity and evil, exposing and dissolving all darkness, correcting pollution and corruption, through all the layers of the earth to the center. I picture all the subterranean tunnels and crevasses under the surface of our planet, almost as if it were a puff pastry with many layers and levels, and the light cleanses and restores all to its purest and most loving state. The intensity and brightness and power of the light of truth and love permeates every molecule.**

**Light transforms the darkness. Love transforms hate.**

**I intend for the best and highest outcomes for all. May we all remember how much we are loved and respond with gentleness, thoughtfulness and kindness. We are all so intimately connected on this ride. Goodness and Light and Truth always triumphs, regardless of how things may appear on the surface.**

**Our loving hearts focused – together – upon our Earth, upon our love, upon the health and healing of ourselves and our planet. Together our power together is infinite and can – and will – change the world!**

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



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



### **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.**

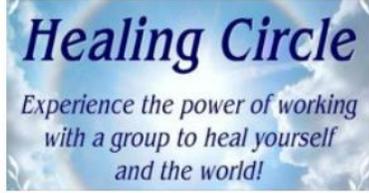
**This Spirit Science episode dives into the mysterious past of the origins of Tarot. We explore the first emergence of Tarot as a card game among the upper echelons of renaissance society, it's initial uses, and how it evolved into a spiritual tool for divination over time.**

**The history of Tarot is a very colourful and intricate story which really shows how things evolve in real time. By observing the progression of Tarot, we also can come to learn how we ourselves have evolved and changed through our varied social means.**

**Ultimately, Tarot has developed into becoming a very versatile system of ancient and esoteric knowledge and connections, supporting the establishment of a re-emergence of spiritual knowledge. Primarily, the Rider-Waite-Smith and Thoth Tarot had become the two foundational decks known today which set the standard for most Tarot decks through the last hundred years, and most newer decks are based on these principles.**

**When we observe Tarot, we can see that their uses, while varied, essentially represent powerful archetypes which we can relate to and explore, supporting us to come to understand the many deeper aspect of ourselves.**





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)**





## MORE ARTICLES TO ENLIGHTEN AND INFORM

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

ENDLESS PATH ZENDO

DHARMA REFUGE AT COLGATE DIVINITY

MORE ARTICLES TO ENLIGHTEN AND INFORM -----

THE QUEEN'S CHRONICLES - BEING CHANGE CHANGES EVERYTHING BY MAMA DONNA HENES

ANCIENT CIVILIZATIONS USED SOUND FOR HEALING BY JILL MATTSON

VIDEO - THE 432 FREQUENCY BY JILL MATTSON

THE PRAYER BY PIERRE GUILBERT

FROM WOO TO WOW - ENGAGING YOUR SIXTH SENSE BY CONNIE WAKE AND SUSAN FIANDACH

MOST BENEVOLENT OUTCOMES BLOG BY TOM T. MOORE

REMAIN OPEN TO THE ENERGY OF ATTACTION BY PATTI FIELDS

BLOG BY JAYNE CHILKES

SPRING BY EDNA ST. VINCENT MILLAY

DREAMS AND THOUGHTS CREATE YOUR FUTURE BY DIANNE ROBBINS

STONE OF THE MONTH BY CHRISTINA HALL

FELLOWSHIP OF THE SPIRIT ANNIVERSARY

A PRACTICE FOR WHEN YOU FIND YOURSELF ANNOYED BY OTHER PEOPLE BY LEO BABAUTA

TAROT TOPICS BY JENNA

BOOK RECOMMENDATION - SOUL RISING BY BETH LYNCH

### Info About Metaphysical Stores, Retreat Centers and Spiritual Churches



ENDLESS PATH ZENDO  
56 BRIGHTON STREET  
ROCHESTER, NY 14607  
[HTTP://ENDLESSPATHZENDO.ORG](http://endlesspathzendo.org)

### Taking the Path of Zen

**Endless Path Zendo, a Diamond Sangha Zen temple in Rochester, NY, is a lay Buddhist group, intimate and non-institutional in atmosphere, dedicated to walking the Buddha Way in the midst of our ordinary lives. We find our center of gravity in the deep creative imagination of Zen and in the ancient vows of the Bodhisattva.**

**The name of our Zen temple is a reminder that no matter where we are on the Path, if we keep walking, keep practicing, there is always more to come. That's the great news. As Zen Master**

**Hakuin wrote, "Buddhism is like an ocean, the further you go into it the deeper it gets; it's like a mountain, the more you climb it the higher it gets." The Path is endless. It's even said Shakyamuni Buddha himself is only halfway there. On we go!**



**COLGATE ROCHESTER CROZER DIVINITY SCHOOL  
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ROCHESTER, NY 14620  
[HTTP://WWW.DHARMAREFUGE.COM](http://www.dharmarefuge.com)**

**We are a Buddhist Sangha operating as a 501c3 not-for-profit corporation in the state of New York. We incorporated in 2010 and practice under the spiritual guidance of Dharmata teacher Sue Kochan and our root teacher Anam Thubten Rinpoche of Dharmata Foundation.**

- **We practice within a Tibetan Buddhist tradition.**
- **We honor the inner wisdom, journey and experience of each person.**
- **We offer training in the path of the BuddhaDharma through our Lineage Training program.**
- **Our exploration of Buddhist wisdom is informed by a growing body of relevant science and research as well as best practices in secular meditation and compassion-based training.**
- **We honor all spiritual traditions grounded in kindness, acceptance and love.**

**Our mission is to be a welcoming center of spiritual refuge for all, where the ancient wisdom of the Buddha comes alive in modern life through teachings, inquiry, practice, and the warmth of community (Sangha).**



- \* 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: Being Change Changes Everything

It is so damn easy to feel depressed, frustrated and disillusioned right now. These are terrible times of artificial division, manipulated resentment and palpable fear. The real dynamic being played out right now is not about warring religious, economic or nationalistic factions. It's not even about war. The struggle is actually between those who believe that the world is defined in terms of opposition — war or peace, right or wrong, rich or poor, with us or against us — and those who are able to see things in a more holistic, congruent manner.

In these deciding times, it is imperative for those of us who see the big picture to decide, to commit, to make a concerted effort to reach out in ever-expanding circles of affinity and embrace. Now is the time to create healthy, functioning networks in recognition and in honor of our mutual state of being and our common fate.

Because there really is still a chance for peace — and that chance will definitely increase if we each do our piece. It is ultimately up to us, each one of us, all of us, individually and together, to create the kind of world in which we want to live — to be the change we seek — starting right here, right now. Within the context of our immediate lives, within the concentric circles of

**our ordinary interactions. With each step that we take, we must walk our talk, speak our truth and put our money where our mouth is.**

**I once gave a presentation in Washington, D.C. about creating peace in our world and in our lives. During the question and answer period, a woman commented that she wished that she could drop her job and just devote herself to working for peace. "What do you do?" I asked her. "I'm a therapist," she replied. Surely she has many opportunities every day to create peace in her professional capacity.**

**Some might argue that we don't have any choice in this upside down dangerous world and that we can't affect what will happen. But even if we can't immediately alter the course of human events on the world stage, we can certainly create change in our own lives and in all of the lives that we touch. And our thoughts are the seeds of that change. Dr. Christiane Northrup writes, "Use your thoughts wisely. Understand their power. Thoughts have a tendency to become their physical equivalent. This is one of the fundamental laws of the universe. Another one is the law of attraction, which states that "like attracts like." Because it is consciousness that creates reality, the kind of consciousness you hold — your vibration — actually creates the kind of life you're living."**

**So our first order of business must be to stay positive. To entertain only positive possibilities. To imagine only affirmative alternatives. To surround ourselves with wholly uplifting, life-affirming people and influences. To align ourselves solely with the greater good so that our actions will be borne of only the finest of our best intentions.**

**What we all have to do from now on is to stay alert, stay centered, keep connected and most important of all, keep talking. Talking, writing, protesting keeps the light of truth and tolerance shining upon the hidden agendas of governments, industries, institutions, and individuals. Silence, like the dark of night, shelters nefarious deeds. Silence forgives violence.**

**I have been haunted recently by the words written by a Protestant minister after the downfall of the Nazi regime. "First they came for the gays. I am not gay, so I didn't say anything. Then they came for the Gypsies. I am not a Gypsy, so I didn't say anything. Then they came for the Jews. I am not a Jew, so I didn't say anything. Then they came for the Catholics. I am not a Catholic, so I didn't say anything. When they finally came for me, there was no one left to say anything."**

**Be bold.  
Make a statement.  
Make a stand.  
Make a difference.**

**In light of the widespread oppression, manipulation, intimidation that surrounds us today, we most certainly need to say something. We need, in fact, to talk to everyone whom we meet, actually engage on a human level with those we encounter as we make it through our day. Not just our families, friends and colleagues — those of presumed like-minds — but also the shoe**

**repair guy, the waitress at the coffee shop, the post office clerk, the bag boy at the supermarket.**

**A good example is Dianne, one of the wonderful people who regularly attends my ritual circles. She not only prays for the homeless men and women who live on her block, she calls them each by name. I am so impressed and inspired by her personal outreach to the “untouchables.” Everybody is, after all, somebody.**

**If we ignore, exploit or patronize those people whose lives intersect with ours, how can we expect international relations to be more civilized? We need to walk our talk wherever we go, whatever we do, remembering always, that by doing so we do make a difference. Let us each be a sun, sending our caring energy out into the world, shedding light wherever we go. You never know whom you might touch with the radiance of your warmth.**

**I have an outgoing message on my answering machine that doesn’t even say, “Hello.” It just starts right in with, “You know there really is still a chance for peace and that chance will definitely increase if we each do our piece. So let’s make peace — in our homes, in our own hearts, in our relationships, in our communities, in all of our dealings and in the world. Peace be with us all.”**

**Much to my surprise, the very people who I never would have thought would respond favorably, have. The overwhelmingly positive reactions that I have received from workmen, telephone solicitors and service personnel has been an important lesson about the necessity to reach out beyond the boundaries of my biases, assumptions and expectations.**

**A few weeks ago, I came home to a message from the plumber who was making an appointment to fix my sink. After listening to my taped pep talk, he answered in his gravely Brooklyn brogue, “Yeah, what is this war all about, anyway? Why are we fighting those people? They never hurt us.” This, from someone I would have assumed to be a proponent of the war.**

**The electrician, another guy who really shocked me, loves the message and calls in daily just to hear it! Once I was here when he called and when I picked up, he complained. “Let me call back again,” he implored. “I want to hear the message. It makes me feel good.” The reason, he explained, is that it is not political. It is personal. And it touches his heart.**

**But why was I surprised? People are just people, after all. When you think about it, all people are of a like-mind when it comes to living a life unthreatened by hatred and violence. The urgency for war only seems enticing when it is waged elsewhere. Ask anyone. “Do you want bombs and missiles to blow up your house?”**

**Every parent has the right to put his/her child to sleep each night without any risk of that child**

**being shot, trapped in the midst of some hostile crossfire — be it in Iraq, Afghanistan, Ireland, the Congo, Palestine, or the South Bronx. No one wants to live and work in a war zone.**

**So, let's speak our mind, walk our talk, and put our money where our mouth is.**

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)

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

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

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



**ANCIENT CIVILIZATIONS USED SOUND FOR HEALING  
BY JILL MATTSON  
[HTTP://WWW.JILLSWINGSOFLIGHT.COM](http://www.jillswingsoflight.com)**



**Ancient people used sound and music to heal, balance and uplift their worlds. One crucial way was to identify and properly use the sound of one's name. The sound of one's name was a constant energy influence on someone for his or her entire life; therefore it was important. It was also important how one said their name. Ancient people would say their name with love to align their energies with love. They would say their name with strength to subconsciously impart this energetic message. They also practiced saying words and even letters with love, to make it a habit - to speak with this tone of voice.**

**In extremely old fables, it was important to only say your child's name with love – even if the child misbehaved. Some thought that associating negativity with the sound of one's name, could "color" that person's entire energy fields and self-confidence. In Africa, if a child misbehaved the entire village would surround him or her, and sing his name (and a song they made for him at birth) with love... to bring him back into the loving arms of the fold.**

**Part of this secret was to have many people sing and say the person's name with love. When the Egyptians built the Pyramids many ancient societies organized choruses of 12,000 voices and orchestras of 6000 instruments. I live in a town of only 8,000 people. I can't imagine a chorus of 12,000 people and an orchestra of 8,000 people. Why so big? Ancient sages reported that each singer could access divine energy with the vibrations of their voice; so the more singers, the stronger the vibratory presence of God.**

**Perhaps - our lives would change if our voices always carried a loving feeling. Perhaps - we could communicate difficult things through the careful use of tone in our voices. How we say our words – does influence people!**

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

Link: <https://www.youtube.com/watch?v=l3XxUu1rffk>



## **THE PRAYER**

**If you believe that a smile is stronger than a weapon**

**If you believe in the power of a helping hand**

**If you believe that what unites people is more important than what divides them**

**If you believe that being different is an asset and not a danger**

**If you look at the other with a little love**

**If you prefer hope to suspicion**

**If you estimate that it's up to you to take the first step, rather than the other**

**If you share your bread and include a piece of your heart**

**If you think forgiving goes further than vengeance**

**if you sing other people's happiness and dance their joy**

**If you listen to the unfortunate who makes you waste your time and still keep on smiling**

**If you accept and adopt an opinion different from yours**

**If the other is primarily a brother or a sister for you**

**If, for you, anger is weakness, not a sign of strength**

**If you believe that Love is the only power of dissuasion**

**If you believe that Peace is possible**

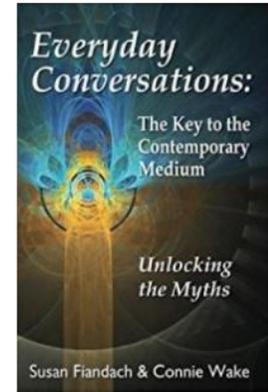
**...then, Peace will come.**

**By Pierre Gilbert**





FROM WOO TO WOW - ENGAGING YOUR SIXTH SENSE  
BY CONNIE WAKE AND SUSAN FIANDACH  
[HTTP://WWW.PURPLEDOORSOULSOURCE.COM](http://www.purpledoorsoulsources.com)



### **The Day I Died – A Medium’s Experience in the Afterlife by Susan Fiandach**

**“Grandma, what are you doing here? And what am I doing here?” My grandmother was very much alive and cheerful when I saw her sitting next to my grandfather at the long table. Smiling and happy would always describe her so to see her so happy was not unusual, but to see her sitting with my grandfather was strange because he had passed 17 years before. When I asked her this question she threw her head back and laughed, and then showed me a Christmas snow globe. The globe was shimmering and the white glitter inside of it was swirling feverishly, I knew then that she would be gone from life by Christmas of that year. Although I knew this to be true, I did not feel upset, I could not feel upset, all I could feel was joy.**

**You see, at this time I was experiencing my own death, the ending of my life, as I knew it. One week prior, I had begun to feel quite sick. My body was racked with fever, pain and nausea. I had chills that were so intense that they hurt and felt almost like my body was seizing, but my mind was clear. Within a week I was admitted to the hospital with a bacterial infection of unknown origin. This time is unclear for me as the sicker I got, the more I withdrew. Until that day, the day of my death or is it the day of my birth? It doesn’t seem to matter...it seems all the same to me now.**

**At the age of 42, it was over, or so I thought. I remember feeling the sense of floating, rising above myself. I could see someone lying in the hospital bed, I could see the monitors and the IV bag. I began to be very aware of the person in the bed as being me. At the same moment, a woman came up next to me, said hello without words and we began to move around the room. Watching the scene below. We were listening to the silence, like watching a silent movie...feelings but no sound. I I looked down at myself to see how far I was above the floor but saw nothing...no body, no hands...nothing!**

**A feeling of being pulled quickly upward shot through me, no fear, just noticing the sensation. I felt warm and relaxed, like when I sit outside on a beautiful day and let the sunshine bathe me. I said to the woman next to me, “Poor Susan, she will miss her children and her husband. How sad.” What shocks me now is that I did not feel the sadness, no panic, no regrets. It was as if I was observing the life I had lived. Unbiased, without emotion. Weird. My children and my husband mean the world to me, and it has taken me a long time to come to terms with that moment of no connection. How could I not feel the sadness?**

**This woman next to me, whose face I never saw, told me that I wasn’t there to stay, that I**

**needed to finish what I had started. I had to finish my life as a complete self. I didn't understand but instinctively trusted her. I felt that because the moment had no past, it had no future, it was the epitome of the moment. The "now moment" we all strive for here but will never achieve. It's impossible for us to live in the moment, for the next moment will continue to arrive, always until that day I experienced. The day when the moment comes, the last moment, the moment that we stop living this life as we know it. The moment that we begin to exist in total peace, comfort and joy. The moment of truth. The truth of death or birth, depending on how you look at it.**

**My life began again, I was given the opportunity to finish what I had started. As a young child, my life started with the ability to see and communicate with those no one else could see. Being told "that's just your imagination," I pushed the spirit world away due to fear of the unknown, what no one else could help me understand. What I learned through my experience of the day I died was that there was, and is, no reason to fear the spirit side. No reason to block them because they are ever present, with us, next to us. The spirit world exists right beside us. We are their heaven and they love us through the moment, each moment.**

**Through this experience it also became apparent to me that there is no need to protect ourselves from the spirits, no need for ceremony to communicate with them, and that each of us are connected to this life experience and able to sense them.**

**Feeling the naturalness of this connection, I no longer feel that communicating with spirits is for a chosen few or that it is a gift to do so. Through my experience, I believe that we all are connected simply through this life, through our emotions and feelings. I do not believe I can now communicate with the spirits because I "touched the other side." I do not believe I "came back" with something special. What I do believe is that I came back without something, and that something is fear. Fear of the unknown or the learned fear of misunderstanding.**

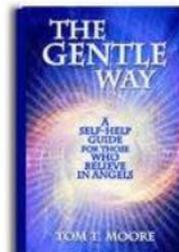
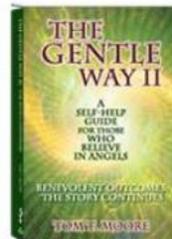
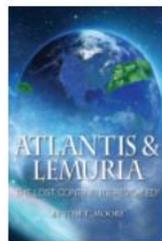
**The day I died, I was also born. I was brought back into this life to finish what I had started, and I will, until the day I die or am born, depending on how you see it.**

**About the authors: Susan Fiandach and Connie Wake are professional psychic-mediums, teachers of psychic-medium studies and co-authors of "Everyday Conversations: The Key to the Contemporary Medium – Unlocking the Myths" and "The Student Guide to the Daily Medium – Unlocking Your 6th Sense." They can be contacted through The Purple Door, 3259 Winton Rd South, Rochester NY. 585-427-8110. PurpleDoorSoulSource.com**





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



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

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

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

#### **MBO FOR DOG**

**Bill writes from Texas: I was reading your past newsletters and got your message. I met you awhile back when you spoke in Grapevine. Of all the people who have spoken there, I was most impressed with your message. Since then I have shared your stores and webpage with many. I know some would not accept it because of their beliefs, but I seem to know when to share your message and to the right people. It is amazing how that works and the whispers I get to do so and at an appropriate time. I say more MBO's and Benevolent Prayers since I met you and bought your book.**

**I will tell you a great answer to prayer that just happened. For 7 of my dog's 10-year life, she has had constant skin allergies and problems. I have spent a fortune on vet bills trying to help her. Her name is Peggy Sue and she's a very sweet West Highland Terrier. They are prone to skin conditions and I was told there isn't much I can do but keep her away from grains and bathe her multiple times a week. I said a Most Benevolent Prayer for Peggy Sue last week. I don't know why I didn't think about this before! Since then, she's not scratching and miserable and is the best she's been in years. Again, thanks Tom for all you do.**

## **MBO FOR LEGAL DECISION**

**Emily writes: Thank you for all you do to get us the information you give us.**

**I have been reading your newsletters regularly for a while now—I think it might be about a year. I have also been using the MBO requests as much as I remembered to. Of course I am getting better at it...over the last few months I have been making a practice of almost using it daily.**

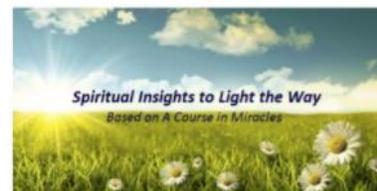
**There has been one particular issue in my life in which I have said MANY MBO's for. It was a legal matter that had been going on for almost 3 years. Whenever the thought came to me I would say an MBO for that legal matter. About a month ago I asked Carol (a great friend) to also say an MBO on my behalf for this legal matter to be solved. The case went to trial on April 16 & 17, and on April 18th the judge ruled in my favor. This ruling is a major relief on my life as well as a wonderful blessing.**

**Needless to say, I now don't leave the house without saying an MBO for anything and everything I may encounter while I am out and about. Thank you again for all you share and teach us.**

**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..**



**REMAIN OPEN TO THE ENERGY OF ATTRACTION  
BY PATTI FIELDS  
[HTTP://WWW.PATTIFIELDS.COM](http://WWW.PATTIFIELDS.COM)**



**In Thomas Moore's book "Care of the Soul" he presents this question; "How do we bring soul back into life? How can we partake in our ordinary life of work, relationships, family, daily activities, and still be mindful and care for the soul's deepest needs and purpose?" What a great question! When setting goals and making decisions in our life, do we take into consideration the soul's longing and desire for growth, transformation, renewal, connection**

**and true intimacy?**

**We usually set goals based on what we can gain materially. We make decisions about what to get rid of or what to strive for in an effort to feel safe and complete. Setting goals and making decisions as a way to care for the soul is quite different. It requires a close look at what is needed to move the soul toward spiritual intimacy – a profound, intimate knowing of Self, others and God.**

**To live a soulful life we must pay attention to our deepest desires and our greatest fears.**

**Too often we equate desire with ego and fear with the soul's way to keep us on track. When we honor the soul's pull toward spiritual intimacy, we can trust the "desire" and question the "fear". How is this done?**

**First, remember that movement from the soul most likely will involve change: cleaning out the old and allowing a new experience, a new relationship or a circumstance that will speed along our progress. How do we know when movement is required? Pay attention to desires, impulses, and attractions. These are like magnets to what the soul wants and needs in order to thrive.**

**Yes, discernment is necessary to determine if the attraction is the ego's insatiable appetite to possess something, run from something or achieve status. But, do not automatically assume that desire is inappropriate, unhealthy or superficial, and should be ignored.**

**Previously, I was closed to the possibility that desire and attraction are from the soul. I assumed that it was the ego trying to distract me from God. Whenever I felt a pull to learn something new, post writings to a larger audience, express a thought that was contrary to the "norm", I pushed it down. I assumed it was the ego's desire for grandiosity or the need to be right or make others wrong. This created stagnant energy. I felt the desire and then stuffed it, believing that in doing so I was staying true to the soul. This state of stagnation became intolerable, so finally I asked, "What am I denying within myself that I need to be aware of?"**

**I had a series of three dreams. In each dream, I am sharing with others something I am passionate about. I feel alive, joyful and light. I am not worried about what people will say or how the message might be judged. I am completely free. Others are happy to hear the message and express gratitude for how much it is helping them. I awake feeling like I had just been released from prison. What a beautiful way to encourage me to fully embrace the desires I had and to trust that an attraction to express is a way to care for myself and others.**

**Do you feel a tug or pull toward something, someone or somewhere? Do you notice a longing for an experience? Are you honoring the attraction, having an adverse reaction to it, or perhaps completely ignoring it?**

**Do not discount this gentle call to be aware of what is stirring within your heart.**

**Pay attention to what attracts you. Notice your desires. Contemplate if this is the soul trying to get your attention. If you feel closed off to that inner yearning or wonder if it is a directive from the soul, consider using your dreams to clarify what best serves you at this time.**

**When you ask, keep in mind that care of the soul sometimes involves a good spring cleaning. Often we can feel a desire or attraction to something, and then hit an obstacle of fear.**

**This is a sign to look closer at the fear, not deny the desire!**

**This is illustrated in a dream I had. I am told something new is coming. I am so happy. The next scene I am in my kitchen. I begin clearing out a kitchen cupboard. I place old rusted pots and pans on the kitchen table. My roommate asks, "What are you doing?" I reply, "I am moving on to something new. But, first I need to clean this out completely." I turn and look at the empty cabinet. With a feeling of complete satisfaction, I know that I am ready now.**

**It is our outdated, worn out ideas and ways of being that are in the way. How can we attract the experience our soul desires when huge boulders block its entry into our life? To discover what blocks the way IS part of caring for the soul.**

**Warning: patience is required!**

**Like mice nibbling at a large rope, each nibble weakening it until the rope eventually breaks or like the wind gently moving past the mountain, over time whittling away the rock, changing its shape. Our movement toward spiritual intimacy happens in the same way.**

**Step by step, choice by choice. Uprooting old patterns and beliefs, weeding out what no longer serves us, flowing with the changes that help us expand our beliefs and experience our true nature -- all are ways to care for the soul.**

**Don't be discouraged. Look for signs of progress.**

**How has the constant movement of the "wind" been working in your life? How much more open are you to true intimacy? How many obstacles have been removed? Do you fear and doubt less? Trust more? Have you seen a glimpse of your true nature? If the answer is yes to any one of these questions, than you have been caring for the soul.**

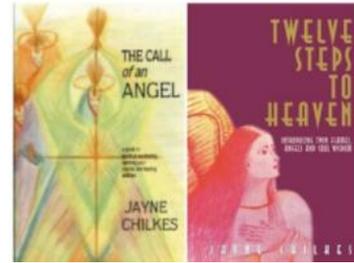
**Where does your soul want to take you next?**

**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.**





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



**Dear Children,**

**Worry not about what others think or say about you nor concern yourself about their opinions.**

**Once you make a decision to be close to God and your spiritual path, at times people or family members, do not always understand your personal path. It behooves you to stay in your strength and power. For your true friends in resonance with you and soul family will soon rally around receiving the signal when you are needing to feel loved and supported.**

**The signal is sent by your angels so that you never spend too much time dwelling on what "should be" or what is not easy. What is important is the love you generate and the love you give yourself. All else that is good will always follow.**

**Many blessings.**

\*\*\*\*\*

**Dear Children,**

**You are a diamond. Your soul is polishing your diamond to glisten in the sun of Love. You are gathering in all unloved pieces since the beginning and giving them wings. You are being set free to be your original diamond with a wealth of wisdom of the ages. You have expanded your beautiful diamond to have further intricate beauty of expression, Light and Love. You are a complete fantastic diamond of Joy of Life and All That Is. Celebrate dear ones as you come Home to your true reality. Many blessings.**

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

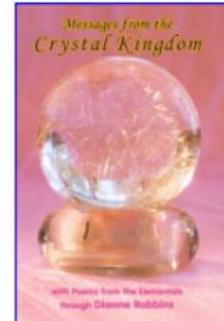


### **Spring**

**To what purpose, April, do you return again?  
Beauty is not enough.  
You can no longer quiet me with the redness  
Of little leaves opening stickily.  
I know what I know.  
The sun is hot on my neck as I observe  
The spikes of the crocus.  
The smell of the earth is good.  
It is apparent that there is no death.  
But what does that signify?**

**By Edna St. Vincent Millay**





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.**

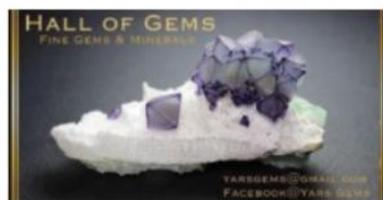
**This is how we, in the Subterranean Cities, created our home of Bliss. We are very aware and tuned into our thoughts, and hold them in check to be released only when they are pure light**

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.



STONE OF THE MONTH  
BY CHRISTINA HALL  
<https://www.facebook.com/yar.gems>



KUNZITE



SULFUR

When considering the metaphysical properties of crystals, I think it is important to understand that there are many different types of rocks that can be used for the same issues. People can get caught up in an exhaustive quest to find the "perfect" type of rock or crystal for their specific need but don't realize that there are other stones that can be just that are as good as the one they are looking for, they may just work on the problem in a different way. In my next articles, I will write about specific issues in our lives and then focus on which of my favorite

**crystals and minerals may be used and how they might work.**

**All of us human beings can reach a point sometime in our lives where we become stuck in a repeating pattern of stubborn, aggressive negativity. It could stem from a place of deep, unresolved vulnerability, or from an overfed, unchallenged ego. Defiant, obstinate attitudes can blind us to solutions to our problems that are in plain sight and dismiss sound, good advice as foolishness. The facts may be staring at you right in the face, but if they aren't reinforcing our own personal pre-existing views we dismiss them. Negative, contrary attitudes are toxic. They push people we love away from us and prevent us from reaching our full potential in all aspects of our lives. This kind of energy blocks our energy centers and eventually hardens us, making us stiff and brittle spiritually, mentally, and emotionally so that even the smallest pressure can make us lose our temper and become angry and defensive. If this form of aggressive, recalcitrant, angry energy is coupled with substance abuse the results are disastrous. Draining this sort of toxic energy out of someone can be challenging. We use our negativity like armor, and removing it can leave one feeling unprotected and exposed.**

**Sulfur, hemimorphite, danburite, hematite, kunzite, and green fluorite are all stones with properties that people with highly negative attitudes can benefit from meditating with.**

**Sulfur is a powerful mental detoxifier. It seems to burn away at rebellious, uncooperative energies with a bright and fiery energy and encourages one to WANT to be the best version of themselves they can be. Kunzite is a great rock to use because it banishes negativity and also promotes an awareness of, and connection with Universal Love energy. I find using sulfur and kunzite together is very effective in replacing a stubborn, self-righteous attitude with a more receptive, open-minded outlook. First spend time with some sulfur, and then when you feel you are ready switch to a piece of kunzite.**

**Hemimorphite has a wonderful transformative vibration. It promotes self-growth and change with softness and grace. Hemimorphite also encourages the user to realize their own individual contribution to ones life situation, encouraging one to take responsibility for their own happiness. It also helps to bring out your more charming personality traits whilst discouraging your bad ones.**

**When the caustic attitude is more in the intellect, danburite, hematite, or green fluorite are good to use. Danburite seems to defeat a bad attitude with a bright light acting on your heart chakra. It cleanses and activates the heart chakra while synthesizing it with the third chakra, allowing for your love of self and others to influence your intellectual ideas. This stone might be useful for someone whom is having trouble finding their compassion when trying to understand others. Hematite works on the intellect more directly by strengthening your sense of logic and reason while providing a deep grounding to the Earth. This can be great for someone who has allowed wildly illogical or improbable ideas to influence their thinking and has become resistant to sound arguments. Green fluorite is a wonderfully cheerful stone that washes away cloudy, muddled perceptions and promotes order and an uncluttered mind, body, and home. It cleans away un-needed and un-useful mindsets and opinions that hold back the soul's progression.**

**There are many other types of gems and minerals that may be used to help improve a negative attitude. As always I encourage everyone to find what feels right for your own, individual spirit.**

**About Christina:** Christina Hall grew up in Henrietta, NY and currently resides in Rochester with her husband and two children. Christina has been collecting minerals since the age of 8, and has been studying the metaphysics of rocks and minerals since she was 12 years old. After a brief time at American University in D.C. to study politics, she came back to her hometown and focused on her first love of mineral collecting and meditation. She is the co-owner of Hall of Gems at 662 Monroe Avenue in Rochester, NY. You can find many stones for sale at [yarsgems@facebook](mailto:yarsgems@facebook). She refers to these resources: "Love is in the Earth" by Melody, "Earth Power" by Scott Cunningham, "The Crystal Bible" by Judy Hall, and "Good Magick" by Marina Medici.



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**A PRACTICE FOR WHEN YOU FIND YOURSELF ANNOYED BY OTHER PEOPLE  
BY LEO BABAUTA  
<http://www.zenhabits.net>**

**It's a common thing to be frequently annoyed by other people — added to our regular interactions with family, friends and coworkers are the online habits of people on various social media, and they can all irritate the hell out of us.**

**What can we do when other people are being annoying, frustrating, inconsiderate, irritating, even aggravating?**

**Well, assuming we're not in real danger and we don't need to take action to protect ourselves ... often the best practice is an internal shift rather than trying to change the other person's behavior.**

**That suggestion in itself can be frustrating for some — why should we have to change our own behavior when it's the other person who is being aggravating?**

**That's because with one simple shift, you can be happy with any person. But if you try to change every other person, you're just going to be miserable.**

**This is illustrated by a metaphor from legendary Buddhist teacher Shantideva: Where would there be leather enough to cover the entire world? With just the leather of my sandals, it is as if the whole world were covered. Likewise, I am unable to restrain external phenomena, but I shall restrain my own mind. What need is there to restrain anything else?**

**In this metaphor, imagine that the surface of the Earth were covered in shards of glass or some other sharp surface ... you could try to find a covering for the whole world, so that you could walk in comfort ... but you'd never be able to do it. Instead, just cover your own feet, and you can walk around just fine.**

**This is the idea of shifting your own mindset, so that you can deal with irritating people.**

**Let's look at a practice to work on that shift.**

### **A Simple Practice**

**Whenever you find yourself irritated by how someone else is behaving ... first notice that your mind starts to create a story of resentment about them. It's about how they always act in this irritating way, or why do they have to be that way, or why are they so inconsiderate, etc.**

**This story isn't helpful. It makes you unhappy, it worsens your relationship with others, it makes you a person you probably don't want to be.**

**So the practice is to drop that story, and instead try this:**

**Recognize that you don't like the way the person is behaving. You are not happy with your current experience. In this way, you are rejecting this part of reality, rejecting a part of life. Consider opening up to all of life, without rejecting.**

**Reflect on a river that flows downstream ... imagine wishing it would flow upstream. It would just bring you unhappiness to wish that the river were different than it were. Now imagine that this other person is the river. Wishing they were different just brings unhappiness.**

**See them as they are and open your heart to them, just as they are. See them as a suffering human being, with flaws and habitual ways of acting that can be irritating, but are actually very human. How can you love humanity just as it is?**

**Open up to all of life, without rejecting. Accept the river as it is. See the suffering human being in front of you, and love them fiercely, as they are.**

**See how it shifts you. And see how it opens you up to connecting to your fellow human beings, and the vast experience of life, just as it is.**

**So you're reading some of my posts on how to achieve your goals, and how to save money or exercise or wake up early, and you're wondering ... what exactly are my qualifications? My answer is that I have no formal qualifications. I am not an expert, or a doctor, or a coach. I haven't made millions of dollars and I'm not the world's greatest athlete.**

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



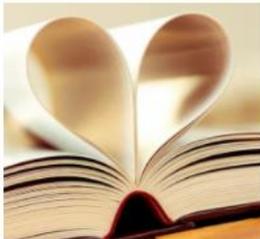


#### TAROT TOPICS BY JENNA

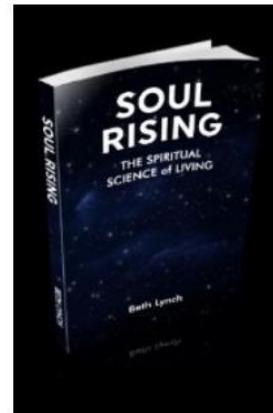


**Beginning next month, Jenna will be sharing Tarot wisdoms, insights, and procedures from her own work with Tarot. Look for her monthly column, and feel free to ask her to address Tarot Topics by contacting this magazine, or by email to her at [JBern929@aol.com](mailto:JBern929@aol.com).**

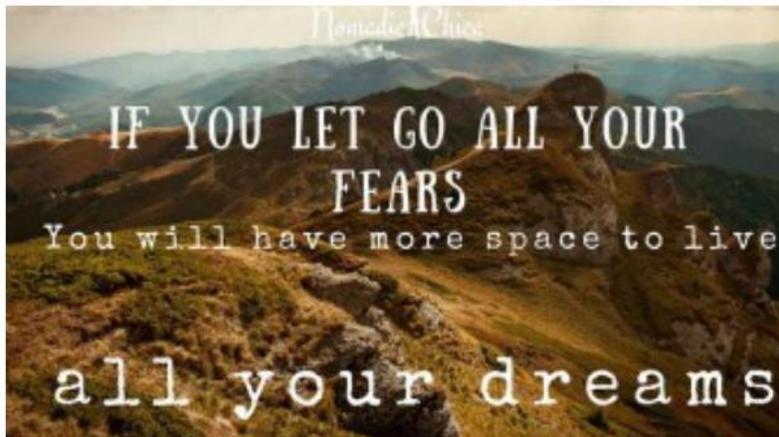
**About: Jenna Bernardi is deeply immersed in the Western Magical Tradition, including Tarot and Qabalah. Her Bachelor of Music degree supports her lifelong work with magic and music. Her Master's Degree is in spiritual psychology. She is co-foundress of The Wick, a Rochester based Wiccan coven. A member of First Unitarian Church, she facilitates a Tarot Journey group for spiritual exploration. She reads Tarot at Mythic Treasures where she also leads a monthly Qabalah Tree of Life meditation.**



#### BOOK RECOMMENDATION: SOUL RISING BY BETH LYNCH



**We have lots of great writers in Rochester. Here's Beth's book. Soul Rising explains the connection between our souls and the Divine, and provides essential information about raising your energy vibration to live the abundant, happy, and healthy life you deserve. You can find her book at <http://innerlightteaching.com>.**



**Life is too short**  
to wake up with regrets. So love  
the people who treat you right.  
Forget about those who don't.  
Believe everything happens for  
a reason. If you get a chance,  
take it. If it changes your life,  
let it. Nobody said life would be  
easy, they just promised it  
would most likely be worth it.  
*Paulo Coelho*

Sometimes in life you have to take a chance and risk it all.  
No matter what people say or think,  
you must be TRUE to YOURSELF!!!!  
It truly is the ONLY thing that matters!!

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





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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.



## ***After-Death Communication Staying in Touch with Loved Ones in Heaven***

A Presentation by: Mary Grace  
Parapsychologist / Spiritual Counselor

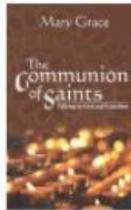
Friday, April 27 / 7:00 – 9:00pm  
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*The Communion of Saints, Talking to God and Grandma*  
\$20.00 donation. Also offered through Amazon for Kindle.**

Mary Grace is a parapsychologist, spiritual teacher, author, and founder of *Gifts of Grace Ministry*. She presents workshops and lectures nationally on paranormal, supernatural, mystical and near-death phenomena. She provides a unique perspective on spirituality by integrating parapsychology with Christian Theology, Spiritualism, Mysticism and Catholicism. Mary Grace is a retired mental health professional and a member of the Parapsychological Association, the International Association of Near-Death Studies, Livingston County Holistic Resource Network and Spiritus Christi Catholic Church.

For more info: [www.giftsofgraceministry.org](http://www.giftsofgraceministry.org)





# 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.

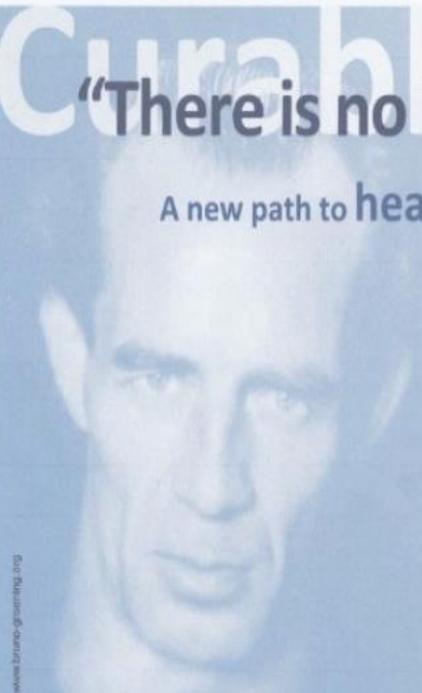
The class will be held at the **Buckland Park Lodge 1341 Westfall Rd - Rochester, NY**

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)  
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Lecture  
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 South Euclid Lyndhurst Library, 1876 South Green Rd.,  
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**Monday, April 23 2018, 6:30 pm**  
**Speaker: J. G. Graf**  
 Contact: M. Payne, Tel. +1 216 376 0632, marilynpayne722@gmail.com  
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**Sunday, June 3rd 8:30am - NOON**

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# ROC METAPHYSICAL CALENDAR OF EVENTS

**Event Calendar**  
ROC Metaphysical

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◀ April 2018 ▶

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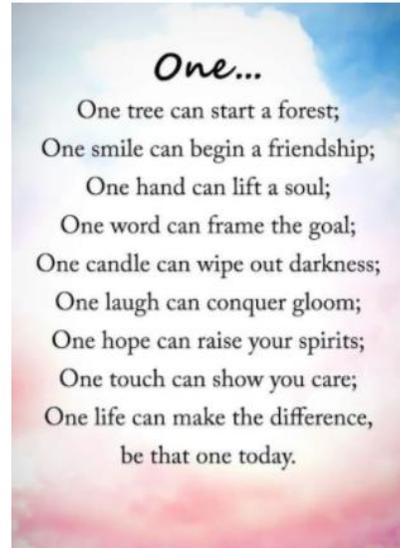
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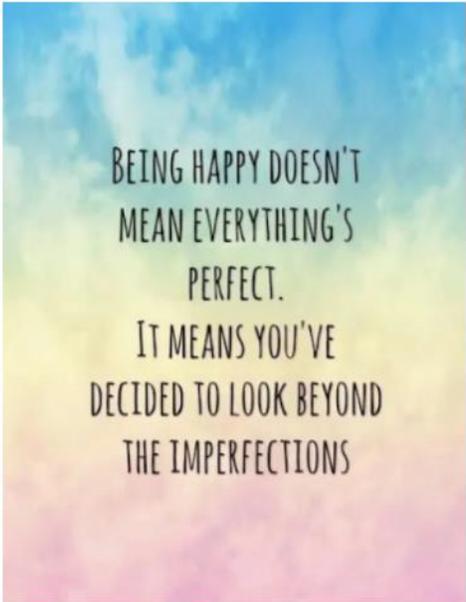
Month Week Day List

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center	2 ● 2:00pm - 4:00pm Mini Energy Treatment and Spirit Guide Messages @ ONE Wellness Center	3 ● 7:15pm - 9:30pm Reiki Share At ONE Wellness Center @ ONE Wellness Center	4	5	6 ● 8:00am - 9:00am Tarot Class @ Mythic Treasures ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center ● 6:30pm - 8:00pm OM Chanting @ Rochester Light and Learning Center	7
8 ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center ● 2:30pm - 4:30pm Intro to Healing on the Spiritual Path @ Penfield Library	9 ● 6:00pm - 8:00pm INTRO TO DEVELOPING YOUR INTUITION DATE @ ONE Wellness Center	10	11 ● 6:00pm - 8:00pm Connecting with Angels @ ONE Wellness Center ● 7:00pm - 9:00pm The Real-ity of Information @ The Purple Door	12 ● 11:00am - 12:00pm Yoga and the Bhagavad Gita By Chidananda @ Atman Yoga Studio	13 ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center ● 7:00pm - 8:45pm Eight Verses for Thought Transformation @ Brighton Pathways	14 ● 10:00am - 5:00pm Mythic Treasures 2nd Saturday Psychic Fair @ Barnes & Noble at RIT
15 ● 9:30am - 3:30pm How to Access and Direct Core Creativity and Divine Magic to Unleash Accelerated Healing and Transformation ● 11:00am - 12:15pm OM Chanting @ Atman Yoga Studio	16 ● 6:00pm - 7:00pm Intro to Energy Healing @ ONE Wellness Center	17 ● 7:15pm - 9:30pm Reiki Share At ONE Wellness Center @ ONE Wellness Center	18 ● 6:00pm - 8:00pm Intro to Self Healing @ ONE Wellness Center	19 ● 6:30pm - 8:00pm Reiki Share @ Rochester Light and Learning Center	20 <b>5:00p Integrated Energy Therapy Intensive</b> ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center	21
22 <b>Integrated Energy T</b> ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center ● 2:00pm - 4:00pm Reiki Share @ Mythic Treasures	23 ● 5:00pm - 6:00pm Mini Energy Treatment and Spirit Guide Messages @ ONE Wellness Center	24 ● 6:00pm - 8:00pm A Look Within - @ Earthbound Metaphysical Shoppe ● 6:00pm - 8:00pm Healing with the Ancestors @ ONE Wellness Center	25	26	27 ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center ● 7:00pm - 9:00pm After Death Communication - Staying in Touch	28 ● 9:00am - 5:00pm Intro to Shamanism with Jim Bucko @ Buckland Park
29 ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center	30					

Legend: ● Free Event ● Pay Event

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





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**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.

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

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

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**The Purple Door**  
 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.

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**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!

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**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.

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

Sue has been in business and an anchor in the metaphysical community since 1990. Over the years her store has evolved into a mythical wonderland carrying a variety of Incense and Candles to calm your spirit. Energize yourself with our large selection of crystals and stones. Empower yourself with charms and amulets. Dragons, Fairies and ancient Gods will inspire you. Expand your mind by browsing through our books and glimpse into the unknown with tarot cards and other divination tools. This store is about you and the tools you need to create and walk your own path. The store is located on the ground floor of Village Gate Square at 274 N Goodman Street Rochester NY 14607 in the center of the Neighborhood of the Arts.  
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**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.  
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**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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**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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**SAGE WALKER LPN, ORDAINED MINISTER AND IET MASTER INSTRUCTOR**  
**ONE Wellness Center**  
 2349 Monroe Avenue, Rochester, NY 14618  
 585.317.4374 or email - [theangeliclink@gmail.com](mailto:theangeliclink@gmail.com)  
<https://www.onewellnesscntr.com>

Sage is a powerful guide for change. With divine energy for your body, mind and spirit, she is committed to guiding you to create an empowered and happier life. Sage offers Divine Guidance and Energy Healing Sessions, Spiritual Counseling, Monthly Spiritual Message Groups, Crystal Message Sessions, Angelic Information Nights and Private, Home and Phone Sessions. In addition, Sage's classes include Connecting to Angels, Living Peacefully beyond Chaos, Home Cleansings and Blessings and Integrated Energy Therapy (IET).

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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: christineogasawara@resonance999

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

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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  
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**



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

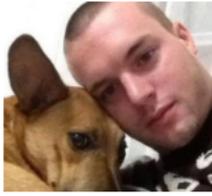
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**BRENDA GILASSO  
REIKI & IET PRACTITIONER AT GARMAN CHIROPRACTIC  
142 FAIRPORT VILLAGE LANDING  
FAIRPORT, NY 14450  
585-377-5890  
HTTP://HANDSFROMABOVEHEALING.COM**

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

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

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

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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](mailto: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](http://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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