



## **Celebrate Father's Day and Recognize the Positive Influence Men Provide**

**This holiday is the complement of Mother's Day. Father's Day was established in early 20th century America to correspond with this celebration. The main innovator was Sonora Dodd. Dodd held the first significant Father's Day celebration in Spokane, Washington in 1910. Dodd's own father fought in the Civil War and then raised six children on his own in Spokane. When Dodd listened to a Mother's Day sermon at her church, she considered the absence of her own mother, and her Father's valiant efforts of raising the children on his own, believing there deserved to be a holiday honoring fathers.**

**The tradition stopped when Dodd left for school in Chicago. When she returned, she took up holiday promotion, but this time nationally. Her strategic efforts included working with business groups that would profit from such a holiday, such as men's clothing companies and tobacco companies. Father's Day Council was founded by the New York Associated Men's Wear Retailers.**

**President Woodrow Wilson wished to make the holiday official, but its commercial nature caused Congress to not pass the bill. It was not until Margaret Chase Smith, a senator from Main, stated that it was unfair to honor mothers and not fathers in 1957. President Johnson finally issued a proclamation in 1966 and Nixon made the holiday official in 1972.**

**Thanks to all the dads and the men who enrich our lives with their strength, wisdom, support and love.**

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BY MARLAINA DONATO  
& JOELLE O'TOOLE

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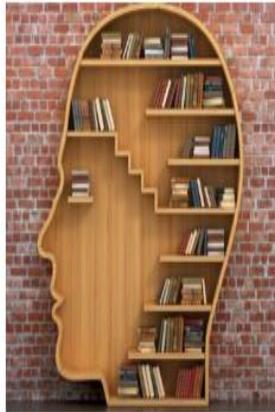
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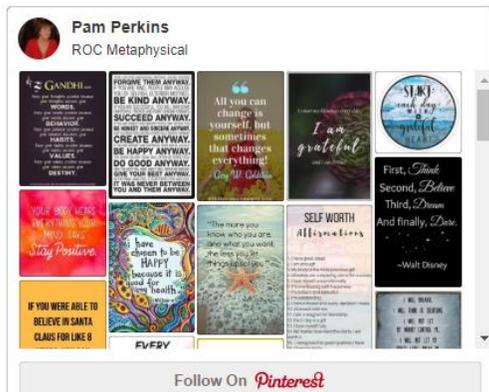
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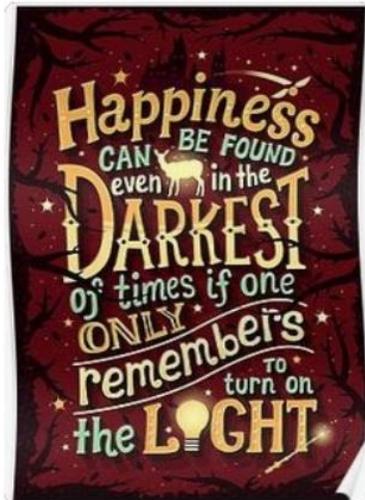
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### **LIFE FORCE, OUR PRECIOUS RESOURCE BY MARLAINA DONATO**

[HTTP://WWW.MARLAINADONATO.COM](http://www.marlainadonato.com)

**Each living being on this planet possesses life force, also known as chi, shen, and prana. Life force is the energetic fire deep in our bellies, our vital core. When it burns down to embers, we go on autopilot, become chronically or terminally ill, and have little enthusiasm for life, yet it is the very thing we often take for granted and squander the most.**

**As humans in the modern world, our life force is compromised daily. Unlike our predecessors in decades and centuries past, we have more than the tasks of survival to tend to, and most of it comes with the territory of living in a technologically-advanced, whirlwind-paced age. On any given day, we are pulled in a hundred different directions at work, at home, with our kids and families, online interactions, and the ever-present embodiment of the chaotic norm—our cell phones. Unlike other times in human history, most of us on the unconscious level feel compelled to do more, be more, have something to show for all of our chaos, and being “busy” seems to be the poisonous drug of choice. We say “yes” to everything but rarely give the same provision to our well-being.**

**Most of us have been raised with the implication that self-preservation, self-nourishment is selfishness, when, they are two vastly different things. The word selflessness often comes up in conversations, especially when we speak of a busy Mom, teacher, or family member, but we forget that selfless actually means less self. In our English language, whenever “less” follows a word, it connotes no value and gives its root word an opposite meaning. Worthless. Spineless. Colorless. Speechless are a few examples. Now read the word selfless again. Does it still mean something good, positive, and wonderful? To be selfless does not equal being giving, compassionate, or helpful. It usually means that self—the very core of who we are—is not tended to, and when self is not considered it means that the Self—the spirit, the soul, our life force—slowly dies beneath the rubble of busy-ness.**

**We schedule hair appointments, go to every one of the kids’ or grandkids’ events, go to the doctor regularly, wash our cars, make time and find money for health-sabotaging addictions, and find generosity for others even when we are running on empty. Yet we find it almost impossible to do the same for ourselves—to not rush through a meal or give our bodies nutrient-dense food. We are not willing to turn off the phone, television, or computer to give ourselves an extra hour or two of much-needed sleep or take a walk to commune with morning’s crystalline light without making it “exercise time”. We abandon hobbies and passions that set our younger selves on fire with joy in the name of joining “the real world”. We cheerlead everyone around us but rarely find the same exuberance for things we love but feel them eating their way through the tough exterior of our very safe, very automatic, very selfless, very shut-down routine, and in turn, our very shut-down relationships and wellbeing.**

**Like junk food, much of our time spent has no nourishment, and simply making the decision to change the pattern can make all the difference. Busy-ness, like any other addiction, requires Self-love to replace it with something better... Self-love, not self-centeredness, is the key. A wise friend once said to me, “Think of your energy and your life force as mother’s milk. A mother needs to take care of herself or there is no milk. And a mother feeds her own kids before she feeds everyone’s else’s. Remember Mama’s milk.” Her advice was simple, but it was also profound, and it made me realize how running on empty for everyone else was not virtuous and not even practical. If we are not cared-for, how can we possibly care for anyone else?**

**Feeling alive does not require constant activity or continuous social interaction. Feeling alive requires us to be present and all of our senses to be rehabilitated from overstimulation. Did you ever rub your arm until it went numb or eat something so cold that you lost your sense of taste momentarily? Did you ever keep your favorite dessert on hand and quickly realize that it**

wasn't as thrilling as time went on? Our society is ear-shattering—from television commercials to the street corner—and after a while, we just tune it out, and in tuning out the noise we also tune out what is worth listening to. Every day we are bombarded with images until we find ourselves mindlessly scrolling through social media and not truly seeing anything—and very little in our own lives. It is as if we sat down to a beautiful gourmet meal and automatically smothered our plates with wickedly-hot condiments. All of the flavor and texture gets lost in the excess, the unnecessary, and the over stimulation that we usually reach for when our senses feel dull because we are on autopilot.

What would happen if we awakened each day intending to replace one junk-food activity with something meaningful, even if it's just for 5 minutes? What would happen if we eliminated social media for a few hours or a day or a week and replaced that time with something that gives us joy? What would happen if we replaced a chemical-laden sweet with something delicious that has more nutrient value? What would happen if we set aside a small time of day, even 15 minutes, to not answer our phone or check our Facebook notifications? What would happen if we encouraged ourselves as we encourage our loved ones?

What would happen if we saw our life force as money in the bank? I think most of us would see ourselves as paupers, and we were born for more than this.

I invite you to join me in a new way of seeing your energy, your precious tendency to give, and your beautiful hunger for more. I invite you back to your own life, into your own skin, deep in the sanctuary of your own possibility. It does not take money or perfect life circumstances. It will not deprive anyone else in your life of anything except the too-distracted-to-listen, exhausted you they have become too accustomed to and maybe even resent. Nothing is more spiritual than honoring the Self and sharing that whole, nourished Self with the rest of the world. Many of us lead holistic lives, but we often forget that holistic means taking the whole self into account—body, mind, and spirit. It means nourishing all aspects of ourselves and lives, not only the lives of our loved ones.

This past week, I gave myself the gift of drawing my energies inward. I gave myself permission to be my own cheerleader for a change, to stop squandering my energy on everything that does not give back. It was as simple realization that fire gives light, gives warmth, gives heat; it can light a million candles. But it needs oxygen and fuel to continue to burn. Our life force is the same. It needs replenishing, it needs to be tended to. It needs to receive. Our level of giving can be disproportionate to our level of receiving, and sometimes it is because we don't allow ourselves to receive or those around us do not offer to give. Either way, it boils down to our commitment to ourselves. If people do not offer us the slightest bit, perhaps it is because we are signaling the universe that we are not willing to receive. Energy flows where energy goes, so the old expression tells us. Let's stop and see where our energy is flowing, what is coming in, and what we are squandering. Each of us holds pearls in our hand; it is vital that we know when to share them and when to withhold them. Our resources are not always recoverable, and anyone who has lost their health knows this painful and sometimes irreversible truth.

When we are walking in our calling, walking in our light and our joy, it is easy to be too generous until one day we realize that life force—like finances, valuables, rare relationships,

**and the energy of youth—are not invincible. Life force is not only our physical energy but our emotional and spiritual efforts, our good intentions, our empathy, our presence. All of these things contribute to our true wealth, and I am tired of being a poor investor in my own life force. When I regained my physical health this past year and a half after decades of sometimes debilitating illness, I experienced a great surge of vitality not only physically but creatively, and I felt a deep desire to shower my corner of the world—and social media—with this exquisite joy and life force. Until I took a few days off from work and a week off of social media, and I was forced to take inventory.**

**It is uncomfortable to take inventory, especially when we are truly givers by nature—givers who give not for karmic investment or a boost of self-worth—but givers who truly find joy in the act of giving. It is also excruciating when we look over the findings. Discernment is paramount for all of us in the healing field, the arts, or spiritual circles. Sometimes we need a painful wake-up call. Sometimes we need another after the first—or hundredth one.**

**Life force is God/dess Force. It is our creative ability. It is our building material. It is the frequency of Love. It is okay to honor it, spend it wisely, and make necessary changes to protect it. In the end, we only have ourselves. Our souls come into this world alone and we leave alone. Our evolution is ours alone, while on this earth and beyond. It is Self, and living Self-centeredly is the greatest spiritual discipline we could commit to. Be free!**

**About Marlaina: Marlaina Donato is a freelance staff writer for the magazine Natural Awakenings, the author of Spiritual Famine in the Age of Plenty: Baby Steps to Bliss and several other books. She is also a visionary painter and composer. Connect at [www.MarlainaDonato.com](http://www.MarlainaDonato.com)**





## MONTHLY SOUND HEALING

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

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

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

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

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

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

**Removes blockages and toxins.**

**Self-regeneration.**

**Stimulates circulation.  
hormonal functioning.**

**Affects all cells in your body.**

**Cleanses negative energy and emotions.**

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

**Strengthens immune system.**

**Deep relaxation.**

**Stimulates endocrine glands and regulates**

**Balances both hemispheres of the brain.**

**Connecting with your higher self.**

**Improves sleep.**

**Stress reduction.**

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

**Link: <https://www.youtube.com/watch?v=PThQT1eMEog>**





HOROSCOPE BY WAXY  
HOW DO YOU HEAL? CHIRON IN ASTROLOGY  
BY JOELLE O'TOOLE  
<https://www.waxlobster.blogspot.co.uk>

**astrological significance and scientific categorization. Whilst we are still on fairly new territory, 25 years later astrologers are now beginning to agree on the characteristics associated with this maverick.**

**Many of the references to Chiron being labeled the 'Wounded Healer' link to the mythology. Whilst they tie up most aptly to my own definitions, I don't personally, subscribe to ancient wisdom since my own use of astrology is as a psychological, life enhancement tool. However to refer briefly to the mythology, Chiron was a Greek God who became severely wounded. This, along with immortality, caused him grave suffering. Despite his great distress he channelled his great empathy and experiences into healing and caring for others.**

**Moving back to the 21st century many astrologers have begun to believe Chiron may rule Virgo, shifting Mercury to the position of 'co-ruler'. I am one of those who subscribes to this belief, let me tell you why.**

**Firstly the Virgo psychology is known to be organised, detail oriented and very concerned with health and cleanliness – to sum up a few key attributes. Virgos are also often criticised for being critical but in my own experience I would regard Virgo energy as mostly self-critical. It is if this desire for perfection within the self is not met & the personal imperfections, that are common to all humans, become unacceptable that the Virgo will begin to turn that criticism outwards.**

**Virgos are highly capable and extremely reliable individuals, however this striving for superhuman perfection seems to leave many with insecurities and feelings of insufficiency. Their self-esteem is directly related to proficiency and order, the Virgo also desires hygiene as a precursor to well being. Health is also extremely important to them and they are very aware (to coin a couple of clichés) that we 'are what we eat' and that a 'healthy body equals a healthy mind'. Most Virgos are also extremely willing and able to help others, some of the best nurses and carers around are Virgos expressing a very healthy sense of duty and diligence.**

**Already there is an apparent relationship between the symbolic deep wounding suffered by Chiron and the psychological wounding of the Virgo seeking perfection. We can also see how this sensitivity can manifest as a desire to help and protect others. Many links can be found between Virgo and Chiron far too many, in my opinion, to be coincidence.**

**How are we likely to experience Chiron by transit?**

**When experiencing a difficult transit to our Natal Chiron position; much depends on the planet aspecting it and also how Chiron falls natally, regards both house & aspects. However, to summarise, Chiron emotions usually relate to a feeling of deep emptiness – what I refer to as**

**'the Void'. This 'Void' seems to be felt most in the Solar Plexus (chakra/energy center located directly below the centre of the rib cage). Memories of our earliest feelings of inadequacies, failure and lack of acceptance from others are likely to surface. We may also feel that we wish to be alone and that circumstances or people are in some way victimising us. These emotions are very personal, so we may feel we are alone in having experienced them. Of course, this is untrue it is simply that such depth is less easy to discuss and so is frequently internalized.**

**Unlike other outer planets Chiron transits do not have to be heeded and it is not unusual for any adverse emotions to be ignored and buried deep down in our psyches. This is by no means healthy for the individual but the hectic lifestyles and degrees of stress being experienced by more and more people often take precedence over emotional cleansing.**

**Many people when undergoing holistic healing will suddenly find themselves in the throes of intense, emotional release – Chiron rules experiences such as these. Chiron is also linked with eating disorders, and corresponds to the Bach Flower Remedy: crab apple and in Tarot: The Heirophant.**

**So how do we integrate this information into our natal charts in order to better interpret the energy of Chiron?**

**Chiron moved into Aries very recently and it will remain here until 2027. This will affect those born under the sign of Aries a great deal and will also directly affect those who are Libra, Capricorn or Cancer.**

**In order to examine the affinity in your own chart between Virgo and Chiron first look to which Sign Chiron falls in:**

**Chiron through the signs:**

**Chiron in Aries individuals.....**

**1 Apr 1968 - 18 Oct 1968, 30 Jan 1969 - 28 May 1976, 13 Oct 1976 - 28 Mar 1977  
...wish to experience immediate healing. When ill they feel trapped and ineffective and will take proactive steps to ensure good health, though they have a tendency to cut corners when it comes to taking preventative measures. Expression of healing will be direct, truthful and to the point. Their vulnerabilities will be related to self assertion & identity. They do not like to be ignored or forgotten, as it reminds them of their failure to be self confident. Once the fear of being overlooked is faced they will be able to pioneering in their endeavours to heal and support those around them.**

**Chiron in Taurus individuals.....**

**28 May 1976 - 13 Oct 1976, 28 May 1977 - 22 Jun 1983, 29 Nov 1983 - 11 Apr 1984  
...will have a very down to earth attitude to their health. They won't be quick to change their approaches but they will be quite consistent about any new attitudes they adopt. Expression of healing will be stable, supportive and tactile. They will feel vulnerable when faced with unexpected changes, unusual occurrences related to their physical body and when their need for physical contact has been neglected. They do not like to be confused or pushed into fast decision making and are likely to fear deadlines and pressure when given no chance for preparation. Their greatest asset is their reliability and unfailing patience both in love and when their help is needed by a worthy cause.**

### **Chiron in Gemini individuals.....**

**22 Jun 1983 - 29 Nov 1983, 11 Apr 1984 - 21 Jun 1988**

...although they may be flighty and unpredictable at times, there is much resilience with Chiron in Gemini natives. They will be adaptive in their approach to healing and are intuitively aware that the power of thought is intrinsically linked to both healing and maintenance of a healthy body. Quick to learn new ideas, they make ideal consultants, as they are likely to have tried many approaches. I believe Chiron is exalted in this sign, as by sharing and communicating weaknesses, people feel closer and hence; less vulnerable, alone and 'wounded'. Their most significant downfall can be a lack of patience for others who are more negative and set in their ways.

### **Chiron in Cancer individuals.....**

**29 May 1938 - 1 Oct 1940, 27 Dec 1940 - 16 Jun 1941, 21 Jun 1988 - 21 Jul 1991**

...have a natural empathy for others. They are caring, sensitive and seem to have an in-built ability to read signs of distress and unhappiness in others. Expressions of healing may be diverse and they love to retrieve old memories and emotional experiences, though can find it difficult to let go of the past at times. Vulnerabilities often lie in the welfare of others close to them, especially members of the family. They hate to see somebody they care about in distress and will feel most upset at any time they cannot assist. Their weakness is their inability to separate others' feelings from their own at times.

### **Chiron in Leo individuals.....**

**1 Oct 1940 - 27 Dec 1940, 16 Jun 1941 - 26 Jul 1943, 21 Jul 1991 - 3 Sept 1993**

...want to be seen as adept and able and will often be proud if they have strong bodies and healthy youthful looks. Whilst quite self focussed, they are also extremely loyal and generous and will endeavour to be at the beck and call of their loves ones. With a flair for colour healing and natural charisma their indefatigable positivity can be very helpful and uplifting to those needing a boost to their spirits. Their vulnerabilities lie in being overlooked or unappreciated and if they are not tangibly thanked for their loyalty they may retreat.

### **Chiron in Virgo individuals.....**

**26 Jul - 1943 - 18 Nov 1944, 24 Mar 1945 - 22 Jul 1945, 3 Sept 1993 - 9 Sept 1995**

...can be identified by their systematic and orderly approach. They are calm and able in a crisis and can easily perform as well under pressure as at any other time. When Chiron falls in Virgo, the energy is likely to be acknowledged, expressed and subsequently used in a positive manner. As Virgos already have natural tendencies to be purgative and wish to be clean throughout the mind, body & soul it seems Chiron has always been their natural ruler. Vulnerabilities for Chiron in Virgo involve being ineffective in their service to humankind. Their wish is to be there for others and if they are in some way unable to be so, disappointment will be deep. They also fear any form of uncleanliness or disorder, they are effective in many areas of healthcare and usually have great retentive knowledge and a calm demeanour.

### **Chiron in Libra individuals.....**

**22 Jul 1945 - 10 Nov 1946, 9 Sept 1995 - 29 Dec 1996, 4 Apr 1997 - 3 Sept 1997**

care deeply for others, they want their health to be balanced and to have a glowing

complexion. They tend to be very congenial and sympathetic to those in need and are happy to go out of their way for another, though they don't have an instinct as to how would be the best form of assistance. Expressions of healing will be loving and warm, though they may be a little over sensitive and self preservative in a crisis. Their Vulnerabilities are mostly aesthetic, they want to be beautiful and anything that interferes negatively with their appearance or affectionate congeniality will upset their balance.

#### **Chiron in Scorpio individuals.....**

**10 Nov 1946 - 28 Nov 1948, 29 Dec 1996 - 4 Apr 1997, 3 Sept 1997 - 7 Jan 1999, 1 Jun 1999 - 22 Sept 1999**

...are intuitive and secretive about their fears. In regards their health they tend to suffer from suppressing their emotions the most and while they can become great spiritual healers, they need to first work on the inner self. Expression of healing will be via mediumship, intuition or through some form of deep meditation. They need depth and feelings to be able to perform well and so are good at assisting with emotional distress and grief. Vulnerabilities relate to a fear of death and destruction by unseen forces. Since they have such a connection with the spirit world, they are very aware of the troubles which can be encountered from that quarter.

#### **Chiron in Sagittarius individuals.....**

**28 Nov 1948 - 9 Feb 1951, 18 Jun 1951 - 8 Nov 1951, 7 Jan 1999 - 1 Jun 1999, 22 Sept 1999 - 11 Dec 2001**

...are warm and outgoing. Whilst difficult to pin down, they are well able to lift the mood of those near them and tend to display a warm vivacity. Expression of healing will be through warmth and humour. Although they have a tendency to become uncomfortable with serious illness, they are great emotional supporters due to their exuberant optimism. They dislike criticism, boredom and demands being placed upon them and will respond defensively in these sorts of situations. For them laughter is the best medicine and most will shy away from self-analysis and prefer nobody to know if they are suffering.

#### **Chiron in Capricorn individuals.....**

**9 Feb 1951 - 18 Jun 1951, 8 Nov 1951 - 27 Jan 1955, 11 Dec 2001 - 21 Feb 2005**

...are very serious about health matters. They tend to be quite focussed and conscientious in their attitude to healthcare. The downside is this is they may be prone to worrying, which can cause bodily stress. Expression of healing will be traditional and they prefer to follow protocol and statistically proven methods. Vulnerabilities lie in the unknown and whatever is beyond their control, excessive emotional outbursts will also make them uncomfortable. Around sickness they can be remarkably calm and provide stability; however their own illnesses may be regarded almost as failure.

#### **Chiron in Aquarius individuals.....**

**27 Jan 1955 - 26 Mar 1960, 19 Aug 1960 - 21 Jan 1961, 21 Feb 2005 - 1 Aug 2005**

...don't tend to be preoccupied with thoughts of healing and illness. They are more concerned with any lack of self-expression and individuality. Expression of healing is intellectual and they are open to new ideas and have an affinity towards holistic methods. They fear limitation, inhibitions and for choices to be taken away from them, so will endeavour to maintain good health and believe in prevention not cure. They don't rely on others and neither do they expect others to rely on them. They are however, altruistic and insightful so at times their intuition

and ability to see the bigger picture can be most useful.

**Chiron in Pisces individuals.....**

**26 Mar 1960 - 19 Aug 1960, 21 Jan 1961 - 1 Apr 1968**

... have an otherworldly outlook on all things related to health, they also see that anything is possible and so gravitate towards alternative therapies, spiritual healing and meditation. Expression of healing is very giving, caring and concerned. However, due to their deep sensitive caring nature they will feel the pain of others at times, sometimes even unconsciously. Vulnerabilities lie in their inability to relate to the physical world. They fear real life issues at times and although they are in touch with their emotions, escapist tendencies often surface. To avoid the depths of despair they feel when troubled and may be a little too willing to try new ventures/remedies.

**About Joelle/Waxy: Joëlle O'Toole aka waxlobster is an innovative UK based astrologer who was initially influenced by Jonathan Cainer (RIP) who she became friends with. She has been working with astrological charts now since 1999 and has focused a lot of her attention onto the healing potentials of astrology; working to unravel the subconscious drives which hold many of us back in life. Her specialism is in synestry, the art of relationships and she can advise her clients on the differences between companion soulmates, karmic soulmates and twin flames from personal experience. This article about Chiron delves into the deep vulnerabilities we have as humans which block us from reaching our true potential on our life paths and in our love lives. Joëlle is available for personal astrological readings, relationship readings, long-term forecasts and psychic tarot readings also. She is a reiki master, can read auras and also works very closely with nature and the animal kingdom.**



CHANNELING

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

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



Dear Beloved Children of the Light, We come forth this day to beam our love right into your heart of hearts!

Dear Ones, we encourage you to break free of the old patterns that keep you in a rut. As humans you are creatures of habit and those habits are like energetic ruts that over time can stifle your growth on many levels.

We ask that you look at your daily routines and see where you can change it up, make room for the new and shift the way you do things. It can be as simple as getting out of bed on a different side or brushing your teeth with another hand. Maybe you take a new way to work or home from work, taking the road less traveled. Why do we bring this up? It is time to shift and sometimes when you can shift little routines on the outside it can be much easier to welcome the bigger inner shifts that all human consciousness is now making. Every human is in the process of taking a great leap in consciousness whether they are aware of this or not, it is still happening. No

one can stop this evolution that is happening with humanity at this time. Trust in your own inner voice and heart. Listen to those inner stirrings, trust your gut, and know you are being guided by your own inner voice.

It's what God gave you to steer you in the right direction. Trust this, trust yourself and by all means love and care for yourself as you would any best friend. Dear Ones, we love you and are all around, just ask for our help and we will be right there for you! Love the Archangels and their Legions of Light.

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

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





**HOLD ON! WE ARE MOVING TO THE NEXT LEVEL**  
BY PATRICIA COTA-ROBLES  
<http://www.eraofpeace.org>



**Since the birth of the New Earth on December 21-22, 2012, the I AM Presence of every man, woman, and child on this Planet has been raising the frequency of vibration of our Earthly Bodies the maximum we can withstand in every 24-hour period. Day-by-day this process of Divine Alchemy has been slowly changing the cellular structures of our physical, etheric, mental, and emotional bodies from carbon-based planetary cells into 5th-Dimensional crystalline based Solar Light cells. Many people are consciously aware that there is something unusual going on within their bodies, but the masses of Humanity are oblivious to what is actually taking place at this time. This lack of awareness is causing much stress and anxiety as every day our bodies are pushed to the limit in this transformational process. Fortunately, the Beings of Light in the Realms of Illumined Truth are aware of the mental and emotional challenges this process is causing, and they have joined with the I AM Presence of every person to co-create a Divine Plan that will ease the stress and bring comfort to the process without slowing down our physical transformation.**

**It is important for us to understand that this great acceleration would not be allowed by our Father-Mother God or the Company of Heaven if it was going to cause more harm than good. The only reason it is being allowed with this intensity is because of the assistance we are receiving from the heartfelt invocations of Awakening Humanity and the myriad Celestial and Global opportunities being presented to us at this time. Please open your heart and mind and focus on the following information with the full power of your attention. Your I AM Presence has brought this Celestial Sharing into your sphere of influence because you have a role to play in holding the sacred space for the next quantum leap in Humanity's Ascension Process.**

### **A Quantum Shift into the Age of Aquarius**

**As we moved into the full embrace of the Sun Cycle of Aquarius on January 18, 2016, we officially completed our transition from the Age of Pisces into the 5th-Dimensional Crystalline Solar Age of Aquarius. During that Cosmic Moment, the Earth was bathed with the radiance of a rare Celestial alignment involving Mercury, Venus, Jupiter, Saturn, and Mars. This alignment created a protective forcefield of Light around the Earth that paved the way for several events that helped to anchor within the Core of Purity in every single atomic and subatomic particle and wave of Life on Earth higher frequencies of the 5th-Dimensional Crystalline Seventh Solar Aspect of Deity, which is the VIOLET FLAME OF GOD'S INFINITE PERFECTION. This is a higher frequency of Light than Humanity and the Earth have ever been able to withstand.**

**This exquisite and unfathomable Light will be the predominant influence on the Earth for the next 2,000-plus years as we sojourn through the 5th-Dimensional Crystalline Solar Age of Aquarius. During the initial impulse of this Aquarian Age, the Sons and Daughters of God embodied on Earth will learn how to effectively use this Violet Flame of God's Infinite Perfection to co-create the New Heaven and the New Earth.**

**The anchoring of the monumental NEW frequencies of this Violet Flame from the very Heart of our Father-Mother God was made possible through the unified efforts of Heaven and Earth.**

**After entering the Sun Cycle of Aquarius, the I AM Presence of every person on Earth gathered the energy from the thoughts, feelings, words, actions, memories, and beliefs each person expressed that in any way added to the Light of the World. At the behest of each person's I AM Presence, the entire Company of Heaven purified this energy and utilized it to assist with the anchoring of the Violet Flame of God's Infinite Perfection.**

**In addition to Humanity's individual efforts, there were many events that drew the collective attention of people all over the World. Whenever there are hundreds of thousands of people focused on a particular event a Cup of Consciousness is formed. That Cup creates an open portal through which the Company of Heaven can exponentially expand the Light of God flowing to Earth. All that is necessary in order for Humanity's collective attention, on even the most mundane or horrific event, to become a Chalice of Light is for Lightworkers to invoke the Violet Flame to purify the energy the people focused on that event are releasing.**

**After purifying the energy, we can invoke every person's I AM Presence and the Company of Heaven to Consecrate that purified energy with the Divine Intent of accomplishing the Highest Good for ALL concerned. That purified energy will then form a fluid field of unmanifest Divine Potential upon which Humanity's I AM Presence and the Company of Heaven can encode NEW patterns of perfection to accomplish whatever facet of the Divine Plan our Father-Mother God have revealed to us. That is exactly what happened after we officially entered the 4th year of the New Earth in 2016.**

**One of the events that was used in this fashion was the Super Bowl Football Game which took place on February 7th in the USA. An estimated 100 million people participated during the actual Super Bowl game, but there were many events that took place during the preceding week which greatly enhanced the building momentum of Humanity's collective attention.**

**Since the birth of 2016, we have experienced many other attention-grabbing events, both good and bad, that have drawn Humanity's focus of attention around the World. For instance, the stock market crash, terrorist attacks, the ongoing Presidential elections in the USA, inclement weather conditions, and all manner of chaos between governments and wayward souls bent on abusing their power.**

**On the positive side, we experienced the incredible influx of Light we always receive during the birth of a New Year, a powerful Full Moon, the Chinese New Year, several life-enhancing Global Meditations, Valentine's Day, and the annual event that takes place on Valentine's Day called World Sound Healing Day. During the past 14 years, on Valentine's Day while millions of people are focused on Love, Lightworkers have projected the Divine Intent of Compassion and Love into the body of Mother Earth and ALL Life evolving upon her. This is accomplished on the Holy Breath as thousands of people around the Globe, at 12 noon local time, sound the Sacred Heart Keynote of "AH" for five minutes. This is done by each person with the Heartfelt intention of raising Global Consciousness.**

**In my hometown of Tucson, Arizona, there is another very powerful event that takes place every year during the Sun Cycle of Aquarius. This event is the Annual Tucson Gem and Mineral Show which is known worldwide as the largest gem and mineral show on the Planet. This is the 62nd year we have hosted this event, which consists of approximately 4,000 vendors and hundreds of thousands of people who travel to Tucson from every corner of the Earth laden with their precious gifts from the Elemental Kingdom. Since the inception of the gem and mineral show, this gathering has drawn more than 100 million people to Tucson, Arizona.**

**The venders bring with them the most exquisite reflections of Mother Earth's Crystal Grid System that nature has to offer. These precious crystals, gems, stones, minerals, and metals are actually Crystallized Sacred Fire. They pulsate with the highest frequencies of the various Twelve Solar Aspects of Deity that Humanity and Mother Earth are capable of receiving. These Elemental Beings form Mother Earth's Crystal Grid System function as acupuncture points and meridians in Earth's physical body.**

**The Chalice of Light and the permanently open portal created by this annual gathering of Humanity and Elemental Beings are awesome to behold. Every year during this event the floodgates of Heaven open and the most intensified frequencies of God's Divine Light that Humanity and the Earth are capable of withstanding flow into the Elemental Beings that are brought to Tucson. This Light is then projected into the Divine Momentum in the Heart of Mother Earth and breathed out through her Crystal Grid System in a tremendous starburst of Light that is secured into the Core of Purity in every atomic and subatomic particle and wave of Life on Earth.**

**This year as the Earth officially entered the 5th-Dimensional Crystalline Solar Age of Aquarius the frequency of Light that flowed through the Chalice of Light in Tucson and into the Earth's Crystal Grid System was unprecedented. This Light not only greatly empowered the Divine Qualities that reverberate within the Twelve Solar Aspects of Deity that pulsate as Crystallized Sacred Fire in the Elemental Beings brought to the gem and mineral show, it secured within the Core of Purity of each one the NEW frequencies of the Violet Flame of God's Infinite Perfection. This Violet Flame now gently pulsates as a resplendent aura of God's Infinite Perfection around each and every crystal, gem, mineral, stone, and precious metal within Mother Earth's Crystal Grid System. This has moved the energy, vibration, and consciousness of Mother Earth and ALL her Life forward in the Light a quantum leap, thus paving the way for patterns of God's Infinite Perfection that we have not even begun to fathom.**

#### **The Twelve 5th Dimensional Crystalline Solar Aspects of Deity**

**The Twelve Solar Aspects of Deity and the Divine Qualities associated with each of them have been greatly empowered by the NEW frequencies of the Violet Flame of God's Infinite Perfection. Now that we have completed our transition into the 5th-Dimensional Crystalline Solar Age of Aquarius this Divine Light is perpetually pulsating through Mother Earth's Crystal Grid System and through each of Humanity's Twelve 5th-Dimensional Crystalline Solar Chakras. This information is being revealed to us by our Father-Mother God so that we will be consciously aware of this Divine Light during this auspicious time. This is the Light we will all be using as we cocreate the patterns of perfection for the New Earth through our thoughts, feelings, words, actions, beliefs, and memories.**

**As we Ascend into higher and higher frequencies of the 5th-Dimensional Crystalline New Earth, the frequencies of the Twelve Solar Aspects of Deity and Earth's precious Elemental Substances are also Ascending into higher and higher frequencies of Crystallized Sacred Fire which is greatly intensifying the Divine Alchemy taking place within our Earthly Bodies and the Bodies of Mother Earth. The NEW frequencies of the Violet Flame of God's Infinite Perfection which are now radiating as a resplendent aura around each of the Aspects of Deity are lifting every Divine Quality into previously unknown expressions of God's Infinite Perfection. We are being asked to remember this profound Truth as we invoke this Divine Light each day in our meditations.**

**1. The 1st Solar Aspect of Deity is Sapphire Blue with a resplendent aura of the Violet Flame of**

**God's Infinite Perfection.**

**The Divine Qualities of the 1st Solar Aspect of Deity are: God's Will, Illumined Faith, Power, Protection, and God's First Cause of Perfection.**

**2. The 2nd Solar Aspect of Deity is Sunshine Yellow with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 2nd Solar Aspect of Deity are: Christ Consciousness, Enlightenment, Wisdom, Illumination, Understanding, Perception, and Constancy.**

**3. The 3rd Solar Aspect of Deity is Crystalline Pink with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 3rd Solar Aspect of Deity are: Transfiguring Divine Love, Adoration, Tolerance, Oneness, and Reverence for ALL Life.**

**4. The 4th Solar Aspect of Deity is White with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 4th Solar Aspect of Deity are: The Immaculate Concept, Purity, Hope, Restoration, Resurrection, and Ascension.**

**5. The 5th Solar Aspect of Deity is Emerald Green with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 5th Solar Aspect of Deity are: Illumined Truth, Healing, Consecration, Concentration, and Inner Vision.**

**6. The 6th Solar Aspect of Deity is Ruby-Gold with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 6th Solar Aspect of Deity are: Divine Grace, Healing, Devotional Worship, Peace, and the Manifestation of the Christ.**

**7. The 7th Solar Aspect of Deity is Violet with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 7th Solar Aspect of Deity are: Mercy, Compassion, Forgiveness, Transmutation, Liberty, Justice, Freedom, Victory, and God's Infinite Perfection.**

**8. The 8th Solar Aspect of Deity is Aquamarine with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 8th Solar Aspect of Deity are: Clarity, Divine Perception, and Discernment.**

**9. The 9th Solar Aspect of Deity is Magenta with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 9th Solar Aspect of Deity are: Harmony, Balance, Assurance, and God Confidence.**

**10. The 10th Solar Aspect of Deity is Gold with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 10th Solar Aspect of Deity are: Eternal Peace, Prosperity, Abundance, and the God Supply of ALL Good Things.**

**11. The 11th Solar Aspect of Deity is Peach with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 11th Solar Aspect of Deity are: Divine Purpose, Enthusiasm, and Joy.**

**12. The 12th Solar Aspect of Deity is Opal with a resplendent aura of the Violet Flame of God's Infinite Perfection.**

**The Divine Qualities of the 12th Solar Aspect of Deity are Transformation and Transfiguration.**

### **The Violet Flame of God's Infinite Perfection**

**The reason the newly anchored Violet Flame of God's Infinite Perfection is so powerful is that it pulsates with the perfect balance of our Father God's 5th-Dimensional Crystalline Solar frequency of the Masculine Blue Flame of Divine Power and our Mother God's 5th-Dimensional Crystalline Solar frequency of the Feminine Pink Flame of Divine Love. When the Masculine and Feminine Polarities of our Father-Mother God's Crystalline Light merge into a perfectly balanced Violet Flame, everything this Sacred Fire embraces is lifted into a higher expression of its Divine Potential and Infinite Perfection than it was previously able to express.**

**The NEW Violet Flame of God's Infinite Perfection pulsates with all of the Divine Qualities we have known and associated with the Violet Flame; Forgiveness, Mercy, Compassion, Transmutation, Divine Ceremony, Justice, Liberty, Freedom, and Victory, but now the full Divine Momentum of God's Infinite Perfection permeates every aspect of this Sacred Fire as well.**

**The Cosmic Being of Light known as Saint Germain is still the Keeper of the Violet Flame for this Universe and he has evolved into a higher expression of his Divine Self in order to expand this New Crystalline Solar Violet Flame in, through, and around every facet of Life on Earth during the 2,000-plus years that we will be held in the embrace of the Age of Aquarius.**

**One of the first things Saint Germain has done in order to assist Awakening Humanity to become aware of the Violet Flame of God's Infinite Perfection was to give us a multidimensional image of this Sacred Fire. This beautiful image was created in the Inner Realms of Light and then projected into the physical plane of Earth for our benefit with the cooperation of one of Saint Germain's embodied Daughters. She has copyrighted this image so that it will continue to reverberate with its original Divine Intent and not be changed in any way, but this precious soul has given the New Age Study of Humanity's Purpose permission to distribute this scintillating image of the Violet Flame of God's Infinite Perfection. This image will remind us to utilize this powerful gift from On High on a daily basis.**

**This powerful image is designed to inspire each of us to focus on the Violet Flame in our daily invocations and meditations until we can perceive this Sacred Fire pulsating around us and effectively utilize it without any need of a physical reminder.**

**I will share with you that in my personal experience, I have witnessed dramatic shifts of energy, vibration, and consciousness in my home and office ever since I placed this beautiful Image of the Violet Flame in those locations. I have also witnessed very positive shifts of energy in other places where I have seen this image displayed. For this reason, I will state with great confidence that this gift from Saint Germain is far more helpful in our Ascension process and in our ability to cocreate the patterns of God's Infinite Perfection for the New Earth than we can comprehend with our finite minds.**

**We at the New Age Study of Humanity's Purpose have done everything we can to make this**

**Image of the Violet Flame of God's Infinite Perfection as accessible as possible for anyone who has the Heart Call to place this powerful multidimensional poster or canvas print in their home, office, place of meditation, place of relaxation, or anywhere else in their environment.**

**Saint Germain has assured us that he has encoded this Image of the Violet Flame of God's Infinite Perfection to be truly multidimensional. He said that the atomic and subatomic particles and waves within this Image will be recalibrated into higher frequencies of this Violet Flame every time Humanity and the Earth are raised in energy, vibration, and consciousness into higher frequencies of 5th-Dimensional Crystalline Solar Light on the New Earth.**

**Precious Hearts, regardless of whether or not you have the Heart Call to have an Image of the Violet Flame of God's Infinite Perfection in your home or sacred space, know that this New frequency of the Violet Flame is a Life-transforming Gift from our Father-Mother God and the more we focus on it the sooner we will transcend the negative habits and miscreations of the old Earth. God Bless YOU!**

**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=9XgV07MD7g0>





Peacefully

The quiet stars came out, one after one;  
The holy twilight fell upon the sea,  
The summer day was done.

By Celia Thaxter

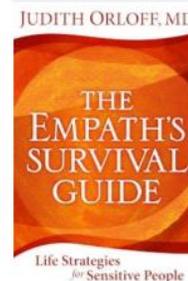


Judith Orloff M.D.



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

FIVE PROTECTION STRATEGIES FOR EMPATHS  
BY DR. JUDITH ORLOFF  
<http://www.drjudithorloff.com>



**I'm a physician and an empath. In my medical practice of over two decades, I specialize in treating highly sensitive people and empaths like myself. We feel everything, often to an extreme, and have little guard up between ourselves and others. As a result, we often become overwhelmed by excessive stimulation and are prone to exhaustion and sensory overload.**

**The key to self-care is to quickly recognize the first signs of experiencing sensory overload or when you start absorbing negativity or stress from others. The sooner you can act to reduce stimulation and center yourself, the more balanced and protected you will be. Whenever you start to feel exhausted or overwhelmed practice the following five protection tips from my book *The Empath's Survival Guide* to help you regain your balance.**

### **1. Shielding Visualization**

**Shielding is a quick way to protect yourself. Many empaths and sensitive people rely on it to block out toxic energy while allowing the free flow of positivity. Call on it regularly. The minute you're uncomfortable with a person, place, or situation, put up your shield. Use it in a train station, at a party if you're talking to an energy vampire, or in a packed doctor's waiting room. Begin by taking a few, deep, long breaths. Then visualize a beautiful shield of white or pink light completely surrounding your body and extending a few inches beyond it. This shield protects you from anything negative, stressful, toxic, or intrusive. Within the protection of this shield, feel yourself centered, happy, and energized. This shield blocks out negativity, but at the same time, you can still feel what's positive and loving.**

### **2. Define and Express Your Relationship Needs**

**Knowing your needs and being able to assert them is a strong form of self-protection for empaths. Then you can be in your full power in a relationship. If something doesn't feel right, raise the issue with your partner rather than suffering silently. Finding your voice is equivalent to finding your power—otherwise you may become exhausted, anxious, or feel like a doormat in relationships where your basic needs are unmet. Your partner isn't a mind reader. Speak up to safeguard your well-being.**

**Ask yourself, "What do I need in a relationship that I've been afraid to ask for? Would you prefer more alone or quiet time? Would you like to sleep by yourself sometimes? Do you want to play more or talk more or have sex more? Or would you like to dance under the full moon together? Let your intuition flow without judgment. Uncover your true feelings. No reason to be ashamed or to hold back.**

### **3. Set Energetic Boundaries at Work & Home**

**Empaths often suffer in their environment when they absorb the stress in their surroundings.**

The workplace especially can be noisy and over-stimulating. To protect your energy level in an emotionally demanding or crowded environment surround the outer edge of your space with plants or family or pet photos to create a small psychological barrier. Sacred objects such as a statue of Quan Yin (the goddess of compassion), the Buddha, sacred beads, crystals, or protective stones can set an energetic boundary. Noise cancelling ear buds or headphones are also useful to muffle conversations and sound.

#### **4. Prevent Empathy Overload**

When you're absorbing the stress or symptoms of others and you need to release the negative energy inhale lavender essential oil or put a few drops midway between your eyebrows (on your third eye) to calm yourself. When you are able spend time in nature. Balance your alone time with people time. For me, time management is key to my sanity. I try not to schedule patients back-to-back. In my personal life, I don't plan too many things in one day. I've also learned to cancel plans when I get overloaded. This is a skill all empaths must learn so you don't feel obliged to go out if you're tired and need rest.

Set clear limits with energy vampires and toxic people. Remember, "No" is a complete sentence. You don't have to keep explaining yourself. I am adamant about avoiding draining people, particularly when I'm overloaded. Finally practice self-compassion. Be sweet to yourself whenever possible—avoid beating yourself up. After a hard day tell yourself, "I did the best I could. It's okay honey."

#### **5. The Jaguar Protection Meditation**

When you need extra protection I recommend this meditation to call on the power of the jaguar to protect you. I use it when there is too much negativity coming at me too fast. The jaguar is a fierce and patient guard who can keep toxic energy and people away.

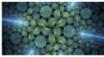
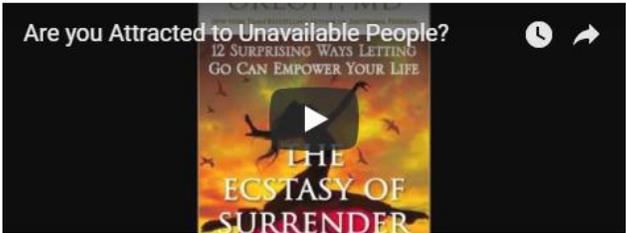
In a calm meditative state, from your deepest heart, call on the spirit of the jaguar to protect you. Feel her presence enter. Then, visualize this gorgeous, powerful creature patrolling your energy field, encircling it, protecting you, keeping out intruders or any negative forces that want to get through. Picture what the jaguar looks like: his or her beautiful, fierce, loving eyes; sleek body; the graceful, purposeful way the jaguar moves. Feel secure in the circle of this jaguar's protection.

Give inner thanks to the jaguar. Know that you can call on her whenever there is a need. Feel the power of that.

As a sensitive people you must learn is how to deal with sensory overload when too much is coming at you too quickly. This can leave you exhausted, anxious, depressed, or sick. Like many of us, you may feel there is no on/off switch for your empathy. This is not true. When you feel protected and safe you can take charge of your sensitivities rather than feeling victimized by them. To gain a sense of safety, recognize some common factors that contribute to empathy overload. Begin to identify your triggers. Then you can quickly act to remedy a situation.

**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=N3mpDCIJug0>





TOBIE HEWITT  
 MYSTIC MUSINGS  
 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.**

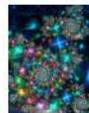
**Welcome to Episode 34 of Mystic Musings with Tobie Hewitt. This week we will further examine meditation as we continue our mystic journey.**

**Welcome to episode 42 of Mystic Musings with Tobie Hewitt. This week we will examine Tolerance vs. Acceptance as we continue our mystic journey.**

**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=2Dz3y2YDqLY>

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





Calm because I'm unknown,  
And myself because I'm calm,  
I want to fill my days  
With wanting nothing from them.

For those whom wealth touches,  
Gold irritates the skin.  
For those on whom fame blows,  
Life fogs over.

On those for whom happiness  
Is their sun, night will fall.  
But those who hope for nothing  
Are glad for whatever comes.

By Fernando Pessoa





HEALING TO THE POINT OF CAUSE  
BY REBECCA WASHINGTON  
<https://www.loverebecca.space>

**Healing is bringing oneself back into alignment with that which is wholesome with our highest good. So the need for healing does not just start at the results of the negative effects, the greatest need starts at the point of the cause.**

**We were playing a family game and my daughter made a statement to my grandson which I thought was profound for initiating a healing process within him. When he was winning, he did a lot of trash talking (for five years old). However, when he was losing, he sulked and pouted. So she said to him, "You're a sore winner and a sore loser," as she continued to explain to him what that meant.**

**Neither disposition was in alignment with his highest good. And though either disposition can be understood and allowed, what are the long term effects? Those effects may not show up for another 10 years. The effort needed to bring the wholeness, oneness and alignment, at that time, may be greater because the initial cause would have had a much greater time to take root and even grow unwanted fruit.**

**Many of our causes for the need for Spiritual Healing may be acceptable but are they plausible. This need may be better determined as we become more mindful of our words, actions and deeds. My mother use to tell me, "Just because it looks good, doesn't mean that it is good for you."**

**When we practice mindfulness, it becomes easier to bring healing at the onset and nip those unplausible actions, words and deeds in the bud. If they are nipped in the bud, you won't have to worry about unwanted fruit and then healing happens at the point of cause.**

**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."**



"I TOLD YOU SO!" :-)

BY CHRISTINE OGASAWARA

<https://insightschristineandomed.wordpress.com>



## **Subtlety**

**I enter the observer state of being and notice my patterned thinking. Ah ha! I'm onto you now. I catch myself judging someone. Why did they choose that? How can they not see the effect of what they are doing? How can they not trust that I know what's best for them? It's embarrassing to even admit those thoughts knowing intellectually that each person is on a unique journey which is ultimately for the highest good for all.**

**I look at the comments on social media. Apparently, opinion and judgement are given free reign here. No need to even monitor your thought process or be polite. Just let it rip! Someone said that everything we used to think privately but censor by not saying aloud, we now feel entitled to blurb all over the internet. It takes the humanity out of the exchange when all you see in front of you is a keyboard. Most reading this I'm sure are careful in what they type or say to others.**

**I believe the true subtlety of our ongoing internal conversation lies just below the obvious and most usually is in our own inner dialog. What am I telling myself today? How is what I am saying to myself revealing my belief systems? Am I choosing to fear or love in this situation? If we really focus on that inner critic I know we can make big changes in our consciousness and in what we see reflected to us in our world of form.**

**Lately I am focusing on the energy that comes from the central sun in the form of liquid light. I try to notice it in my body and around my aura vibrating out into my space. I can see it emanating from my crown chakra. It feels both energizing and soothing. Its message is that nothing is stronger than love. So, when the inner or outer critic shows up I can let it speak silently in my mind, but then remind it that love is the only remedy needed. It is the healer, the great creator the All that everything arises from.**

**This being aware of self and what is bubbling up in any given moment is a clear opportunity to give love and receive it back many times over. There is nothing I can conjure or think that I am afraid to own or face. Is my ego needy? Am I loving drama? Do I just have to say or think, "I told you so!" Is my concern masking a lack of faith that all is well? That example would be a subtler awareness. Am I joking from a place of less than? Am I having a physiological response to stress? Am I embarrassed that I am less than perfect?**

**The difference between criticizing oneself for these human traits and helping oneself is love. I can be fearless in my self- awareness because I have trained myself to relax and love what I find. I have no fear of going deeper, which is why I am able to help others explore their own deeper worlds. Most find an abundance of self- acceptance, admiration and understanding that**

**they had no idea was available to them. It is these deep powerful and sometimes subtle explorations that can shift a person's perspective from that moment forward. I invite you to this knowing beyond form. I am what made me. I am love itself!**

**All Is Well!**

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



**THEN CAME Q**  
**BY TAMMY COLVIN**  
<http://goodfeelingsmatter.wordpress.com>



**I have been a seeker since I was born. A seeker of the truth, of understanding, of learning the genuine stories behind the stories. When I was very young I remember saying to myself, 'I want to understand everything!' Apparently I meant it, as if it were a solemn pact upon being born into this lifetime and I proceeded to follow a course in life that would allow me to do just that. I don't mean being merely book smart. I mean living both polarities of many circumstances and understanding both as well as the whole by having lived them. I mean throwing myself into different talents and interests until I exhausted my obsession and then discovering something different to focus upon, devour and digest.**

**My love for animals, for nature and for creativity and the arts have never waned, but have taken on new dimensions and flavors and depths. As a child I was obsessed with space and the planets. We had a hardcover Rand McNally World Atlas and in the very back of it were grainy black and white images of some of the planets, and I wore the binding trying to study them, each time trying to learn something new. I loved dinosaurs too and learned all I could about them.**

**Leonard Nimoy's In Search Of...was a favorite part of my weekly routine in the 70's where I**

could learn and be further tantalized about Bigfoot and Aliens and incredible mysteries all around the universe. I mean take a gander at this mouthwatering lineup of mysteries, phenomena and conspiracy theories! No wonder it had a mesmerizing effect upon my imagination and my life goal of understanding it all!

Since then I have continued to expand my understanding through further pursuit of mysteries, studying scripture, learning the sciences (especially the earth sciences, animal behavior and biology) and more. The more I have studied the more things seemed to want to connect to one another. I mean there is the official way we have been taught to understand certain subjects and events, yet simmering beneath the surface there are accounts and legends and eyewitness descriptions of experiences that are huge and impossible to ignore. Where there is smoke...

In March of 2017, 2 days before I got sepsis and was whisked off to the hospital for my whirlwind adventure, I watched a David Wilcock video on Youtube about Atlantis. It was game-changing. It connected what had seemed completely separate topics I have studied and followed with seemingly no interconnection, into a web of information that tied Antarctica to recent trips made there by politicians and leaders, aliens and giants (as described in scripture and in legend), Nazi's, secret advanced technology, Atlantis, secret underground bases, the Bible and 'lost' books of scripture, advanced knowledge kept in the hands of a few, and more. So much of what I had learned "clicked" when I saw it, because now many fascinating bits and pieces had a way of fitting together to form a single, albeit complex woven story that while outlandish, made sense.

As I recuperated, I found more sources, like Jordan Sather – Destroying the Illusion\*\* on YouTube. Not only does he offer great information regarding natural health but he began covering topics that interested me concerning similar mysterious events and shenanigans around the world.

\*\*Edit Jordan's YouTube Channel, Destroying The Illusion has been deleted (censored) since publishing.

Then came Q...

Within the first few days of November (Q started 10/28/17) Jordan started creating videos covering posts by QAnon. I began following the posts from Q in November, so within a week of the beginning of the first posts, I have been riveted to everything they have led me to explore.

I will leave the descriptions of what and who Q is for you to decide. I have witnessed revelation after revelation unfold and to me there is no doubt Q is genuine. In my opinion, the person/group behind the posts are uncanny in their knowledge and insight of what is truly going on politically and internationally behind the scenes, especially in regards to deep corruption and evil. Dear God, is there evil, worse than the scariest of scary movies. And the Q team has access to information and images that are mind-blowing in their implications. 'History' had never a subject I found genuinely interesting, and now I understand why. I have learned more in the past 6 months than I ever would have predicted. Ever.

Here are 2 sources I follow regularly, if you are so inspired:

<https://qanon.pub/> (An organized and updated collection of Q posts – 1363 at this writing)  
<https://www.reddit.com/r/greatawakening/> (A community discussion board for those trying to understand topics Q brings up more deeply)

## **Disorientation and Spiritual Crisis**

**This is the part of my awakening that inspired my wanting to write about Q. The red pill is far bigger, more bitter and harder to swallow than I had ever imagined. I get it now. Now things make sense. The details and the layers are woven more closely and go deeper and deeper and wider and wider the more closely you look. Learning unpleasant, distasteful and even horrific details about celebrities and public figures I have admired, individuals in power, corporations and secret societies is disorienting. In theory it is one thing – but in reality, it is earth-shaking. I felt lost. I knew I wasn't alone feeling this way. I couldn't be. I have been in shock from some of these revelations for months now. This is the biggest deception of all time played upon us all. Digesting that and coming to terms with it takes tremendous stamina and courage for each and every one of us.**

**“What is right?**

**What is wrong?**

**Up is down.**

**Left is right.” ~ Q 1265**

**Nothing is as it seems. And the very truths are so shocking and unbelievable that those of us who know want to share openly, but the truth seems so completely crazy. And that is the point. It was designed that way. I have become disillusioned with the very culture I have been immersed in. I have felt disoriented and confused, with a deep sadness for the outer life I thought I knew.**

**From Q posts and research down many rabbit holes I have learned and seen things I cannot unknown. There is unspeakable evil that has been encroaching its way into our culture. The connections are far reaching and complex. I can no longer listen to popular music as I had before. For someone who was hooked on popular music and dance, it is a heart-wrenching and confusing thing to choose to not support this industry or even listen to it. Movies and television are the same for me, and of course I shut the main-stream media (MSM) off long ago. Turn off the boob-tube!**

**As more of us awaken to the truth, many, like I did, will experience a profound spiritual crisis. This is a God-Sized Problem and it can be overcome through regular prayer and faith and a trust in the Love of God. God will always prevail. Light will always win. Light is more powerful than darkness. Light cast upon darkness will reveal and dispel evil. Believe it!**

**This is a battle of Good vs Evil, Light vs Dark, Love vs Hate, Heart vs Head**

**This is about Love, Prayer, Goodness, Light, Truth, Unity, Compassion, Hope, Faith, Trust.**

**Q has inspired a community of people passionate about the truth and enthusiasm for transparency and justice like I have never seen or felt before. People are praying and discussing and working together as a team helping one another learn and understand, praying for others to awaken.**

**I want to shout about Q from the rooftops!!**

**There is renewed patriotism – deep and wide for changes that seem to be happening.**

**Thirst for truth and justice worldwide.**

**It has aroused a genuine interest in the world around us.**

**There is a sense that the sinking hope many of us had that anything would ever really change is in the process of being replaced by a swelling power, enthusiasm and pride that things are already in the process of getting better than we dared to dream they could. That something has been very wrong in the world, and we are learning why.**

**Together our power is unlimited! Many dreams will come true as we see the obliteration of dark corruption on a massive global scale. It is happening now!**

**The despair I have felt learning the deep dark truths have been replaced by a surging love, hope and faith in the power of Love and Light and Unity. God has filled that up with Love and hope and a Knowing that All Is Well!**

**Where We Go One, We Go All!**

**"You are not alone.**

**God is LOVE.**

**2018 will be GLORIOUS!**

**God bless,**

**Q" 434**

**#QAnon**

**#Great Awakening**

**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. She 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.**



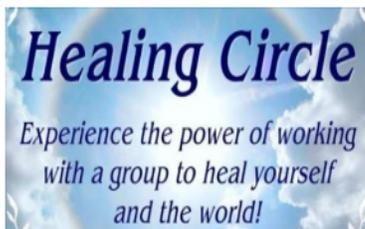
Link: <https://www.youtube.com/watch?v=IM7mXTOT9Do>



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

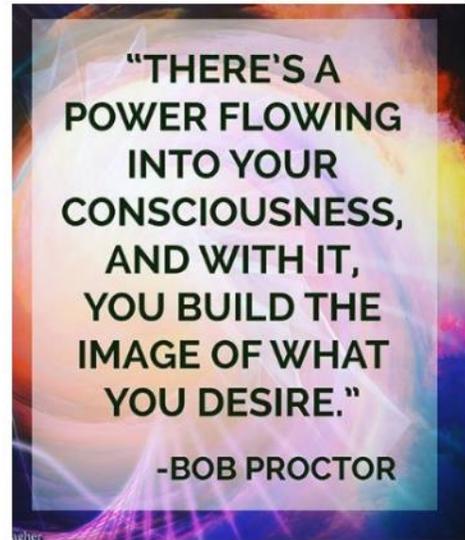
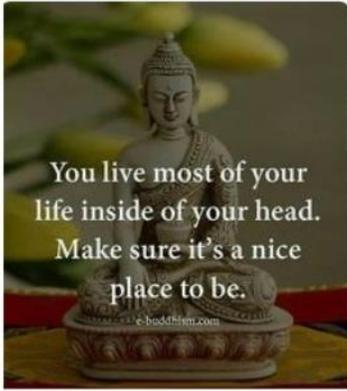
**Here is a great You Tube with many videos on all types of metaphysical and spiritual topics. Since our mission to enlighten and inform, we will be posting at least one a month to be sure you have a great background in many aspects of metaphysics and spirituality.**

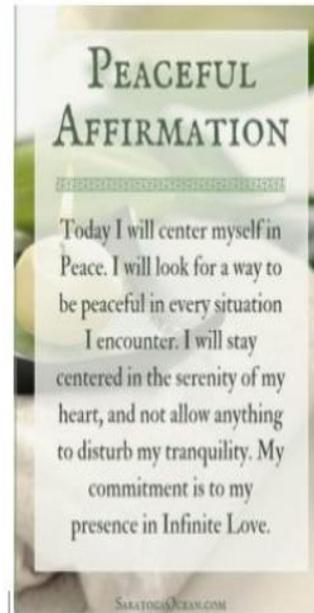
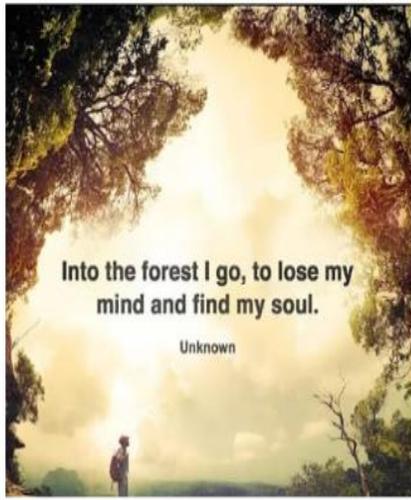
**This episode is about exploring our bodies as being vessels of light by looking closer at matter and energy. Patchman describes when something is created in geometry, it creates a vessel. Like the cells that make a up a human, we have skin; a vessel that holds us together. When something new is created, it's not just the two components that make it up, a singularity is created as well. A singularity is a point of infinite expansion and contraction, a point of change, and a point of possibility. How do singularities work? We can gain insight into this cosmic question by observing them in nature.**



**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)





email  
[rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com) to  
place an ad

## MORE ARTICLES TO ENLIGHTEN AND INFORM

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

CHAPEL OF SACRED MIRRORS

THE ABODE OF THE MESSAGE

MORE ARTICLES TO ENLIGHTEN AND INFORM -----

THE QUEEN'S CHRONICLES - SPRING HAS SPRUNG AND SO HAVE I BY MAMA DONNA HENES

FELLOWSHIP OF THE SPIRIT ANNUAL PSYCHIC FUN FEST

BRAINWAVES AND SOUNDS OF SILENCE BY JILL MATTSON

VIDEO - SACRED SPACE FOR YOU BY JILL MATTSON

MY JOURNEY TO AWAKENING BY MICHELLE HOWE

MOST BENEVOLENT OUTCOMES BLOG BY TOM T. MOORE

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

BLOG BY JAYNE CHILKES

THE THOUGHTFUL PSYCHIC BY IRIS WATERS

VIDEO - UNLOCKING THE SECRETS TO YOUR SOUL MATE & TWIN FLAME

RELATIONSHIPS BY AINGEAL ROSE AND AHONU

... BOLDNESS HAS GENIUS BY JOHANN WOLFGANG VON GOETHE

WE HAVE 12 STRANDS OF DNA BY DIANNE ROBBINS

A GUIDE TO CULTIVATING COMPASSION IN YOUR LIFE, WITH 7 PRACTICES BY LEO BABAUTA

TAROT TOPICS BY JENNA

THE JOURNEY HOME BY CHRIS ROE

BOOK RECOMMENDATION - CEREMONIES FOR HEALING BY MONIQUE LANG, LCSW

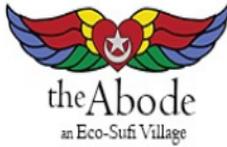
**Info About Metaphysical Stores, Retreat Centers and Spiritual Churches**



CHAPEL OF SACRED MIRRORS (CoSM)  
46 DEER HILL RD (OFF WHEELER HILL RD)  
WAPPINGER FALLS, NY 12590  
<https://www.cosm.org/>

The mission of CoSM, Chapel of Sacred Mirrors is to build an enduring sanctuary of visionary art to inspire and evolve the creative spirit. CoSM is a church, a context for a community that honors and practices art as a spiritual path. CoSM offers a visionary cultural nexus to empower a global community. To further the spiritual practice of art, CoSM offers workshops and cultural programs.





THE ABODE OF THE MESSAGE  
5 ABODE ROAD  
NEW LEBANON, NY 12125  
518-794-8095  
[HTTPS://WWW.THEABODE.ORG](https://www.theabode.org)

The Abode is an Eco-Sufi Village where Eco honors the land, Sufi honors the Message of the Inayati Sufis, and Village honors the gathering of volunteers, residents, organizations, retreatants, and guests who come to the Abode having individual paths but the support of others along the way. All are welcome. The Abode's mission is to offer all Sufis and seekers a sanctuary for spiritual exploration and community, in harmony with nature, built upon the teachings and practices of universalist, Inayati Sufism. Thus, the Abode is Spiritual in Nature, Universal in Message, and Elemental in Practice. Passed from Native to Shaker to Sufi hands, this spiritual community and retreat center founded by Pir Vilayat Inayat Khan in 1975 encompasses 350 acres, a Mountain Camp, a Pond, the Abode Farm CSA, a Sufi Center, an immersive nature school, and a tradition of "love, harmony, and beauty."

## More Articles to Enlighten and Inform



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

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

municipalities and corporations to create meaningful ceremonies for every imaginable occasion.

### **The Queen's Chronicles: SPRING HAS SPRUNG AND SO HAVE I**

**Well, I am fine. Out and about and as good as new. Whew ! That was a long haul. But now I am finally finding my way back to my body again and doesn't it feel fabulous.**

**Before my famous fall I had started to wear a pedometer with the goal of walking at least 10,000 steps a day, which is recommended for optimum fitness. When I first crawled out of my convalescent bed I put the pedometer back on and measured my first attempts at hobbling about. I could only handle around 400 steps a day.**

**Now, a month later, I am doing 10-11,000 steps every other day. I walk every morning — in the park if I possibly can. Starting the day in nature, walking through the woods and along streams sets me up for the entire day. It is more nourishing than breakfast.**

**In a couple of weeks I will get back to my water aerobics class. It is still too cold. Even though the pool is indoors and the gym is quite warm and everyone else in the class (all of whom are older than me) manages to get there rain or shine or snow, I just can't seem to be able to rouse myself from my flannel sheets to go jump in the water.**

**But my excuses are almost over. As soon as the weather warms up to the 50's I'll be there. The water movement will be great for strengthening and stretching my weakened and stiff muscles. Besides, it is fun and I love it. And I can have a sauna afterward.**

**Yoga is another story. I am craving the forward bends and stretches and sometimes stop in the middle of working to bend down to my toes and just hang out, as it were, for a minute or so. It releases tension and feels like a mini vacation.**

**But it really hurts to stand on my knees for any of the table positions or the child pose. Even so, I will start to do some of my yoga tapes and skip the parts I can't do.**

**Last week I went to a belly dance extravaganza. The music is so mesmerizing and invigorating and the dancers were so sensual and lithe, it made me want to take lessons. My friend Suzanne said that she would take them with me, which is great because without her I would be the only chubby middle aged woman among all the young sprites. Now we will be two Queen goddesses!**

**I have never, NEVER been an active, athletic person, but something about having been injured and immobile for so long has lit a fire under me. And for the first time in my life I have wanted to exercise, move, groove. What fun!**

**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)



**FELLOWSHIP OF THE SPIRIT ANNUAL PSYCHIC FUN FEST**

**SATURDAY, JULY 21, 2018**

**10 AM-5 PM**

**FREE ADMISSION AND FREE SPIRITUAL HEALINGS ; FEES FOR READINGS**

**FELLOWSHIPS' LAKESIDE LEARNING CENTER**

**282 DALE DRIVE, CASSADAGA, N.Y.**

**[www.fellowshipsspirit.org/event/fellowships-of-the-spirit-psyhic-fun-fest/](http://www.fellowshipsspirit.org/event/fellowships-of-the-spirit-psyhic-fun-fest/)**

Come to the Fellowship of the Spirits' Psychic Fun Fest from held next to relaxing Cassadaga Lake at Fellowships' Lakeside Learning Center, 282 Dale Drive, Cassadaga, NY. Fun Fest is the place to enjoy mini-readings, spiritual healings, a variety of holistic vendors, chair massage, raffles, flavorful food, and more! Admission, parking, and spiritual healings are free. Mediums are available through the day: one 10-minute reading, \$15; three 10-minute readings with different mediums, \$40. Come and enjoy, rain or shine! For more information, visit Fellowship's website (above), or call 716-595-2159.





BRAINWAVES AND SOUNDS OF SILENCE  
BY JILL MATTSON  
[HTTP://WWW.JILLSWINGSOFLIGHT.COM](http://www.jillswingsoflight.com)



**innitus is not that common. Tinnitus usually comes from damage to the inner ear. I often hear these little "sounds of silence" in my ears and this could be confused with tinnitus. However, I can produce these subtle sounds at will.**

**When I focus on them they get louder. These sounds change depending on the time of day, how I feel, and what state of consciousness I am experiencing. When one has tinnitus he hears the same pitch, volume and quality of sound all the time.**

**I focus on my signature sounds in quiet moments, but I can also hear it while shopping or doing the dishes. When we focus on these sounds we produce a theta brainwave state. When we create theta brain waves our body is best able to heal itself.**

**What are some of the benefits of consistently creating theta brain waves? "Those who produce theta brain waves are highly creative, have 'life altering' insights, are less rigid and conforming, are very healthy, and have improved relationships with other people as well as greater tolerance, understanding and love of one's self and world".**

**While in the theta brain wave state our intentions and spoken words are most powerful. The theta state corresponds to feelings that resonate with this idea: "I am in perfect harmony".**

**Listening to "sounds of silence" triggers theta brain waves and here are some more impressive benefits from producing them. Theta (and delta) brain wave frequencies trigger the production of brain chemicals. Researchers have determined that these brain waves are linked to the production of chemicals, such as beta-endorphins, vasopressin, acetylcholine, catecholamines, DHEA, melatonin, serotonin and the reduction of cortisol.**

**Below are some benefits from the production of these neuro chemicals:**

- \* Various researchers note that acetylcholine is linked to memory and intelligence.**
- \* Endorphins improve mental focus and a sensation of pleasure.**
- \* Vasopressin increases memory and stimulates the release of endorphins.**
- \* Catecholamines are vital for memory and learning.**
- \* Melatonin helps us sleep. As people age, they fail to get enough sleep which the body needs sleep to regenerate. Theta brain waves increase melatonin levels on average 98%.**
- \* Cortisol levels in the blood were down by an average 46%, (with an increase of certain brain waves) with positive changes in 68% of the people". Cortisol speeds up the body's aging mechanisms.**
- \* DHEA increases one's resistance to disease. DHEA buffers against cortisol that we produce in response to stress.**
- \* Serotonin plays an important role in the central nervous system, as a neurotransmitter in the**

**modulation of anger, aggression, body temperature, mood, sleep, human sexuality, appetite, and metabolism.**

**Focusing on our signature sounds (sounds of silence) and experiencing healing theta brainwaves is also a great way to receive information (like answer to prayers). For example, let's say we are nervous; we can use the "sounds of silence" technique to guide us. We should calm ourselves, get very still and listen to our inner sounds. Now, whatever comes to mind is our message from the inner core of our body and soul. For example, one could say, "Should I marry this guy"? The answer will come from within, through her feelings or the answer could come in symbolic pictures.**

**The communication or enlightenment that we receive after we experience inner stillness and sounds of silence is called many things. In Christianity it is called the Holy Spirit, in other disciplines it is called the Higher Self, and there are many other names.**

**Our signature sounds, or the mystics' "sound of silence", is a frequency representation of all that we are. It comes from everything that we think, feel, eat and do; it comes from the clothes we wear, the person we sit beside, the ground we walk on, the chairs we sit in and everything that happens to us and within us.**

**Spending time in meditation and listening to the "sounds of silence" triggers the production of brain waves that stimulate our greater health and well-being. When we enter this state, our awareness and consciousness increase.**

**We cannot achieve this state when we experience disharmonies or fail to honor ourselves. To increase our awareness and consciousness we must live with integrity, unity and harmony with aspects of our being.**

**Listening to our signature sounds will hasten this blessed journey and change our lives.**

**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=dg\\_7dbA54NY](https://www.youtube.com/watch?v=dg_7dbA54NY)



**MY JOURNEY TO AWAKENING  
BY MICHELLE HOWE  
[HTTPS://WWW.EMPATHEVOLUTION.COM](https://www.empathevolution.com)**

### **My journey...**

**I will share a summary of my journey to you – a little story you may relate to your own path, while getting to know me a little better in the process.**

**I was born into a very simple Catholic family in New York State. In most ways, I never noticed anything too different about the way I perceived the world. I fit in most places and had a very loving family to support me. I spent my early years from age 6 to 11 living abroad in Italy. Then, I came back to America and have lived in New York State since then.**

**As a young child and still today, I am very observant with a keen interest in how or what makes a person tick. I could sit for hours just watching people. In my teens I began to have an interest in self-development. I would read books consistently and intently to learn. Although the subject matter of this "learning" has changed a bit, I continue this thirst for knowledge of the Self to this very day.**

**I have always been aware of how others felt about me or themselves. I thought this was normal knowing. Throughout my journey, I found a real love and benefit from journaling my thoughts. This helped me so much!! I didn't truly understand why at the time, but I understand now that it helped me filter and release emotions.**

**Like most teens, I was also moody. I used food to help me feel better and yup, this went into a crazy eating disorder. And yes, I did win this battle with food and yes, that is another story to share with you.**

**The moodiness continued throughout my twenties and got worse after I had my children in my thirties. I was very ingenious and kept finding solutions that would help me. I did try to understand or find the reasons behind my moods, but never could truly pin-point it. Managing my energy was a big part of my day-to-day life without having a real clue as to why or what was affecting me. Mind you, nobody really knew this was part of me.**

**At one point, the moodiness did spike and it was anxiety. On and off, I would fight symptoms of depression. Most days, I was fine in the mornings but experienced definite periods of overwhelm or fatigue in the afternoon. Sometimes I would just have to put myself in time-out and away from my family. All along I was trying to keep it together until one day I just had enough!!! At that point, I took myself in tears to the doctor and asked for medication. That was a humbling day for me.**

**On medication, I saw a whole new world! I realized how wonderful life was when my brain stopped the endless chatter. I was calm. I remember telling my husband I didn't realize anyone could feel this wonderful! I wasn't waking up anxious and I was relaxed about life. I took things in stride without a worry. Sure some of my old ways were still present, but I was soooo much better!!**

**This is just about the time I woke up to my gifts – five years ago.**

**Just so you know, this awakening happens differently for everyone. In my case, I had a person come into my life. I was left dumbfounded and confused by my own emotions and questioned everything I knew about myself. Part of me was totally annoyed that someone could rock my solidly planned-out world.**

**I began to question everything I knew about myself as a result.**

**I looked in the mirror and said aloud, "Who are you and where is Michelle?"**

**And when you ask, you get answers!!**

**The full story behind this awakening is too much to share in this post. The bottom line is that it got my attention and I was now consciously aware of things in me that made no logical sense! I could read thoughts and my emotions were totally out of control. There was a lot going on and I, for some crazy reason, just knew things to be true without a doubt.**

**This whole thing left me feeling way too vulnerable and scared of the strength of the connection. So I did what any logical person would do: I ran the other way. I burned the connection to the ground. Yup, my head said "burn it!"**

**After that rollercoaster ride craze, I went into a huge soul journey to find answers. I had a**

wonderful mentor guide me through much of that stage of my development and is still present to this very day. I have had many others teach and guide me as well.

I have learned and continue to learn many crazy lessons to teach me and my stubborn mind that there is more to be understood than what is visible. I have worked hard to advance and learn about our best functioning from mind, body and soul. I have learned about energy healing using reiki and integrated energy therapy. I have walked and continue to walk the path of self-healing. I do believe in reincarnation. And yes, I am walking the path of developing my gifts and tapping into higher knowledge.

My role today is to spread some seeds to others who are asleep and also guide the Empaths who are awake about their own development.

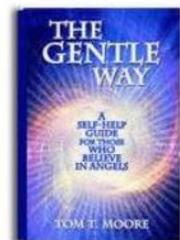
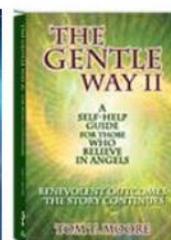
This is a very brief synopsis of me and where I am today. I love the way my life has been transformed by this new knowledge and awareness. I am very blessed!

Much Love, Michelle

**About Michelle:** My role today is to serve as an evolutionary guide - as a healer and spiritual teacher to those ready to embrace a path to true confidence and success in the world. I am here to bring new knowledge, tools and perspective that allow you move beyond emotional struggles. My work is with feelers with giving hearts who see the best in others and are deeply impacted by the negativity in the world. If you connect with my words, please know - it's your time - your time to shine bright in the world.



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 SURPRISE & UNEXPECTED MONEY**

**Stephanie in Tyler, TX (previously in Seattle) writes: I have an MBO for your blog. I use your prayers every day and I asked for a surprise and some unexpected money to one of my prayers. I then went walking my dog with a neighbor and at the end of the walk, she pulls out \$200 that I gave her when she watched my dog when I was on a trip, and said she could not keep the money and insisted I take it back. Normally I would have pressed her to keep it but I could tell this was really bothering her. As I closed the door, I remembered the prayer and just started laughing. Thank you for this invaluable tool.**

#### **BP FOR FRIEND WITH LYME'S DISEASE**

**Charlie writes: This is regarding my friend Christie, she has lyme's disease and was sent to the hospital for her organs shutting down. I had asked for a benevolent prayer for her and of course your wonderful subscribers responded. Needless to say she is over that hump. Thanks again Tom. Much love and light to you and yours.**

#### **MBOs FOR PROTECTION FROM NEIGHBORS**

**Connie writes: I live in a little town between Tucson and Phoenix Arizona. It is a quiet town for the most part except when our new neighbors moved in one Halloween night in 2014. There was a mother and a 20 something son. The trouble started 3:00a.m. one morning, when I was awoken from a deep sleep by angry voices coming from next door. Mother and son were fighting in very loud and vulgar words. From that time on the trouble continued, with music at 3:00am, which woke me up, to banging with a hammer that lasted all night, to a spot light which flooded my daughter's bedroom every night. I spoke to the mother once but nothing changed. I started keeping a journal of date, time, and event that happened. I called the sheriff. There was the incident right in front of my house when the young man hit a girl in the face, or the continued traffic of young men and women up and down my street. I called the sheriff every time. My other neighbor said there was drug trafficking and told the sheriff, but nothing was done, or so we thought.**

**For four years my daughter and I said our MBOs for protection and safety from all the negative forces coming from our neighbor. This morning I was sitting at my desk, which is in front of the front window facing the street. I looked up from my writing and saw the street filled with sheriff's cars and about a dozen men in the street. There was the young man that had been**

**tormenting me, in hand cuffs being led away by the sheriff. Later another young man and a girl in hand cuffs were led down the street into a waiting car.**

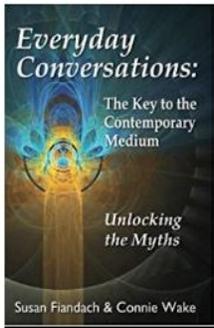
**I called my neighbor across the street and asked her if she was looking out the window. Her husband is a US Marshall, and she works in law enforcement in some capacity. She said she heard our young man yelling at another man, out in the street about sending drugs through the mail. She called the authorities!**

**This morning, I took my journal and gave it to one of the sheriffs in the street. He said they had been watching the house for a long time.**

**MBOs do work! Sometimes you have to be patient, have faith that all will work out for the best for everyone concerned, and for the right time to see results. You can relax and not worry about the situation because you know it is in a higher authority's hands.**

**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.**





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



**“I love you...seek knowledge...”**

**In an old episode of WKRP Cincinnati, Johnny Fever wakes up during the night to a voice that tells him “I love you” and “seek knowledge.” And while the rest of that show was Johnny wondering about what he heard and whether or not to be a golf pro, Mr. Carlton comes to his aid to say there’s nothing wrong with being told “I love you” and “seek knowledge.”**

**What a great message!!**

**As psychic-mediums, we learn with every reading. There are no boundaries to the depth and breadth of the quality sought by readers at any level. And the levels are uniquely defined by the reader. Just as no two readers are alike, their level of learning is also not alike. As teachers, we make it a point to say never judge yourself against another. Accessing and interpreting the 6th sense is a very personal journey and involves more than tips and techniques. It involves the “all-of-you” to interpret the “all-that-is” universe.**

**Doesn’t that make sense, though? The Universe as described as spiritual, mental, emotional and physical aspects would be displayed through you as a reader. It is a balance of all four aspects of yourself, in harmony at the present time. There is the key...because the present time takes into account where you are at any this moment and who you are as a reader in service to another. If there is a weak link, so to speak, in this alignment it would reflect where you are, and who you are, as a psychic-medium reader.**

**For example, there are many people who gain the knowledge of the process of mediumship but are in the midst of their lives...raising families, taking care of elderly loved ones, going through personal challenges. This is an example of the physical aspect being out of alignment of the other three, and the reader just may not be able to devote the time and energy to their psychic-mediumship growth.**

**Another mis-alignment is an emotional aspect...where a person has not achieved the same emotional maturity as their knowledge/understanding (mental) self or their authentic (spiritual) self. They know the stuff but can’t get passed their own stuff. Knowing it all does not necessarily mean being able to do it and the reader may find their interpreted information repeats the denial and drama of their own situations.**

**An example of the mental level not being in alignment would be a lack of understanding the**

**work, the impact of their service, and the needs of the client. This includes having such a strong belief system that the growth can only go so far. A case such as this may be that a person who believes in purgatory, life justification, karma may not be able to fully receive information from someone who committed suicide or even a crime. Can you see the conflict? If you don't believe in an unconditional loving universe, the readings would reflect it, and may not serve the client in their best interest, comfort or healing. As readers and anyone offering guidance and perspective to others, serving the client is why we do this work. Another misalignment of the mental aspect would show up as immature or inconsistent thought processes that enable a consistent and complete relaying of information to another.**

**Another example often cited in psychic-medium learning programs when the spiritual self is not in alignment with the other three, it is commonly referred to as the ego. The ego is very good at displaying itself as spiritual, but it is self-gratification and not the higher good. The cry of "but that's what I heard" is ego-speak for "don't blame me if it's wrong" and denial of effort and awareness of connecting to the authentic source. Basically, if it doesn't serve it's not from Spirit, and there are no excuses.**

**Through our experiences and teaching, we have come to understand that when people open the door to the psychic-medium world, the total self is exposed, and introspection usually follows. Working with the many aspects of people, lives, situations and their connection to the God-of-their-understanding drives the ebb and flow of experience, understanding and growth. The reader will learn with every reading or bump up against an aspect of themselves that requires attention. The Universe will not be denied, and time will pass to allow the spiritual, mental, emotional and physical selves to fall in place into self-mastery...or until the reader can no longer serve the purpose.**

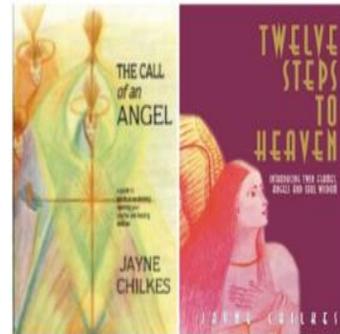
**You don't have to wait for a voice to wake you up. Being aware of the spiritual, mental, emotional and physical aspects of life means you are a daily medium, allowing the synchronicities of the relationship of body-mind-spirit to be expressed fully. Know that you are loved and continue to seek knowledge to be the best and balanced version of your Self in all you do.**

**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**





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



## Self Worth

Dear Children

**Remembering your self worth is greatly important. Self worth guides you to your goals and destinations. It shows you how to walk forward with confidence. Trust and faith are important along your path yet self worth is emphatically the greater. Without it you would achieve very little or cause self sabotage just before you accomplish your desires. Dear Ones, practice knowing you are worthy. All the hierarchies of God 100% love you all day and night and every moment of your lives and every ounce of your soul.**

**Cultivate your own worthiness and see how life has a brighter hue in all aspects.**

**Many blessings.**

\*\*\*\*\*

## Resonance

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.**

**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!**



**THE THOUGHTFUL PSYCHIC BY IRIS WATERS**  
**FACEBOOK@thoughtfulpsychic.53**

**"Where is the light?" The light is within each and every one of us but yet, many of us fail to locate the light so that it shines meekly throughout the world. Why is it that when called upon, many refuse to serve? Is it because they fear rejection or something different? It is a shame that so many with so much to offer prefer to stay on the sidelines, keeping their secrets intact.**

**Do everything you can to help others to make their light shine and not be afraid to show the world their goodness! Do whatever you can to show the world your own goodness, assisting the world in your own special manner. Rejoice in what and who you are and never forget what it took for you to get there!**

**About Iris: Iris Waters has been a student of the metaphysical her entire life. She is an aspiring psychic medium who enjoys creative writing and inspirational writing through spirit.**

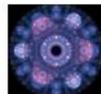


**UNLOCKING THE SECRETS TO YOUR SOUL MATE &  
TWIN FLAME RELATIONSHIPS  
BY AINGEAL ROSE AND AHONU  
<https://worldofempowerment.com>**



**Aingeal Rose & Ahonu talk about their soon-to-be-released course, "Unlocking The Secrets To Your Soul Mate & Twin Flame Relationships". If you'd like more info about it, contact us on <https://aingearose.com/> As promised, here is the link to our free gift to you, our Paradise Earth Meditation: <https://s3.amazonaws.com/we-workshops...> Aingeal Rose & Ahonu are the founders of the World of Empowerment, a consciously aware community of like-minded people co-creating a new world of self-mastery and love of all life everywhere! It is a self-expansion experience! Aingeal Rose & Ahonu have published over 100 books, several of which deal with loss and guilt and death as well as how to remain positive and grow in awareness.**

**Link: <https://www.youtube.com/watch?v=-1qkYToO17M>**





"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too.

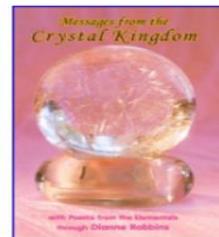
All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way.

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."

— Johann Wolfgang von Goethe



**WE HAVE 12 STRANDS OF DNA  
BY DIANNE ROBBINS  
[HTTPS://WWW.DIANNEROBBINS.COM](https://www.diannerobbins.com)**



## **Greetings from Telos!**

**Adama is here, telepathically speaking to you from the underground city of Telos.**

**We are all joined together on this day, delivering our message as ONE. ONE voice from the depths of Telos. Actually, we are not that deep underground. Inside the huge cavern in Mount Shasta we are on the same ground level as you on the surface are. It is only when we go beneath ground to the other levels of Telos that we are “underground” – and our lower lands are only about 1-2 miles deep.**

**Our life in Telos is very similar to the surface. We all have jobs, although our jobs are without wages. We all take turns doing whatever needs to be done, and we learn many trades in our long Life Times. Our skills are many, because we’ve lived long years to develop them. The longer you live, the more skills you develop. We are all eager learners, and learn as much as we can about everything. We have been given the great opportunity of this underground setting to live and learn in, and we take advantage of it all. We learn as much as we can before we go on to new areas to develop new skills.**

**Yes, we have all 12 strands of our DNA and we use all of them. That’s how we’ve kept intact all our technology and information from the past through all these eons of time. We never lost our wisdom or knowledge through all these thousands of years – in fact, we’ve gained more as time passed.**

**Having all 12 strands of DNA is definitely an advantage to evolving.**

**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.**





## ZEN HABITS

A GUIDE TO CULTIVATING COMPASSION IN YOUR LIFE, WITH 7 PRACTICES

BY LEO BABAUTA

<http://www.zenhabits.net>

**“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” – Dalai Lama**

**I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness to our lives. I’m not talking about the short-term gratification of pleasures like sex, drugs or gambling (though I’m not knocking them), but something that will bring true and lasting happiness. The kind that sticks.**

**The key to developing compassion in your life is to make it a daily practice.**

**Meditate upon it in the morning (you can do it while checking email), think about it when you interact with others, and reflect on it at night. In this way, it becomes a part of your life. Or as the Dalai Lama also said, “This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.”**

### **Definition**

**Let’s use the Wikipedia definition of Compassion:**

**Compassion is an emotion that is a sense of shared suffering, most often combined with a desire to alleviate or reduce the suffering of another; to show special kindness to those who suffer. Compassion essentially arises through empathy, and is often characterized through actions, wherein a person acting with compassion will seek to aid those they feel compassionate for.**

**Compassionate acts are generally considered those which take into account the suffering of others and attempt to alleviate that suffering as if it were one’s own. In this sense, the various forms of the Golden Rule are clearly based on the concept of compassion.**

**Compassion differs from other forms of helpful or humane behavior in that its focus is primarily on the alleviation of suffering.**

### **Benefits**

**Why develop compassion in your life? Well, there are scientific studies that suggest there are physical benefits to practicing compassion — people who practice it produce 100 percent more DHEA, which is a hormone that counteracts the aging process, and 23 percent less cortisol — the “stress hormone.”**

**But there are other benefits as well, and these are emotional and spiritual. The main benefit is that it helps you to be more happy, and brings others around you to be more happy. If we agree that it is a common aim of each of us to strive to be happy, then compassion is one of the main tools for achieving that happiness. It is therefore of utmost importance that we cultivate compassion in our lives and practice compassion every day.**

**How do we do that? This guide contains 7 different practices that you can try out and perhaps incorporate into your every day life.**

## **7 Compassion Practices**

**Morning ritual. Greet each morning with a ritual. Try this one, suggest by the Dalai Lama: “Today I am fortunate to have woken up, I am alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others, to achieve enlightenment for the benefit of all beings, I am going to have kind thoughts towards others, I am not going to get angry or think badly about others, I am going to benefit others as much as I can.” Then, when you’ve done this, try one of the practices below.**

**Empathy Practice. The first step in cultivating compassion is to develop empathy for your fellow human beings. Many of us believe that we have empathy, and on some level nearly all of us do. But many times we are centered on ourselves (I’m no exception) and we let our sense of empathy get rusty. Try this practice: Imagine that a loved one is suffering. Something terrible has happened to him or her. Now try to imagine the pain they are going through. Imagine the suffering in as much detail as possible. After doing this practice for a couple of weeks, you should try moving on to imagining the suffering of others you know, not just those who are close to you.**

**Commonalities practice. Instead of recognizing the differences between yourself and others, try to recognize what you have in common. At the root of it all, we are all human beings. We need food, and shelter, and love. We crave attention, and recognition, and affection, and above all, happiness. Reflect on these commonalities you have with every other human being, and ignore the differences. One of my favorite exercises comes from a great article from Ode Magazine — it’s a five-step exercise to try when you meet friends and strangers. Do it discreetly and try to do all the steps with the same person. With your attention geared to the other person, tell yourself:**

**Step 1: “Just like me, this person is seeking happiness in his/her life.”**

**Step 2: “Just like me, this person is trying to avoid suffering in his/her life.”**

**Step 3: “Just like me, this person has known sadness, loneliness and despair.”**

**Step 4: "Just like me, this person is seeking to fill his/her needs."**

**Step 5: "Just like me, this person is learning about life."**

**Relief of suffering practice.** Once you can empathize with another person, and understand his humanity and suffering, the next step is to want that person to be free from suffering. This is the heart of compassion — actually the definition of it. Try this exercise: Imagine the suffering of a human being you've met recently. Now imagine that you are the one going through that suffering. Reflect on how much you would like that suffering to end. Reflect on how happy you would be if another human being desired your suffering to end, and acted upon it. Open your heart to that human being and if you feel even a little that you'd want their suffering to end, reflect on that feeling. That's the feeling that you want to develop. With constant practice, that feeling can be grown and nurtured.

**Act of kindness practice.** Now that you've gotten good at the 4th practice, take the exercise a step further. Imagine again the suffering of someone you know or met recently. Imagine again that you are that person, and are going through that suffering. Now imagine that another human being would like your suffering to end — perhaps your mother or another loved one. What would you like for that person to do to end your suffering? Now reverse roles: you are the person who desires for the other person's suffering to end. Imagine that you do something to help ease the suffering, or end it completely. Once you get good at this stage, practice doing something small each day to help end the suffering of others, even in a tiny way. Even a smile, or a kind word, or doing an errand or chore, or just talking about a problem with another person. Practice doing something kind to help ease the suffering of others. When you are good at this, find a way to make it a daily practice, and eventually a throughout-the-day practice.

**Those who mistreat us practice.** The final stage in these compassion practices is to not only want to ease the suffering of those we love and meet, but even those who mistreat us. When we encounter someone who mistreats us, instead of acting in anger, withdraw. Later, when you are calm and more detached, reflect on that person who mistreated you. Try to imagine the background of that person. Try to imagine what that person was taught as a child. Try to imagine the day or week that person was going through, and what kind of bad things had happened to that person. Try to imagine the mood and state of mind that person was in — the suffering that person must have been going through to mistreat you that way. And understand that their action was not about you, but about what they were going through. Now think some more about the suffering of that poor person, and see if you can imagine trying to stop the suffering of that person. And then reflect that if you mistreated someone, and they acted with kindness and compassion toward you, whether that would make you less likely to mistreat that person the next time, and more likely to be kind to that person. Once you have mastered this practice of reflection, try acting with compassion and understanding the next time a person treats you. Do it in little doses, until you are good at it. Practice makes perfect.

**Evening routine.** I highly recommend that you take a few minutes before you go to bed to reflect upon your day. Think about the people you met and talked to, and how you treated each other. Think about your goal that you stated this morning, to act with compassion towards others. How well did you do? What could you do better? What did you learn from your

**experiences today? And if you have time, try one of the above practices and exercises.**

**These compassionate practices can be done anywhere, any time. At work, at home, on the road, while traveling, while at a store, while at the home of a friend or family member. By sandwiching your day with a morning and evening ritual, you can frame your day properly, in an attitude of trying to practice compassion and develop it within yourself. And with practice, you can begin to do it throughout the day, and throughout your lifetime.**

**This, above all, will bring happiness to your life and to those around you.**

**“My message is the practice of compassion, love and kindness. These things are very useful in our daily life, and also for the whole of human society these practices can be very important.” – Dalai Lama**

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





### The Journey Home

Touch my soul,  
Be the guardian  
Of my spirit,  
The sunrise  
And sunset  
Of my day.  
Be the Swallow  
That returns,  
That is  
Eternal spring,  
The reason  
That is,  
My journey home.

By Chris Roe

[https://www.facebook.com/chris.roe.71619?  
hc\\_ref=ARQawjO6M9fW6PpgmaGw\\_-N-  
HfRBOSQBjyiG4gTT48w1osDKwpA6QGUn1WPgQQqoAzs&fref=nf](https://www.facebook.com/chris.roe.71619?hc_ref=ARQawjO6M9fW6PpgmaGw_-N-HfRBOSQBjyiG4gTT48w1osDKwpA6QGUn1WPgQQqoAzs&fref=nf)





TAROT TOPICS BY JENNA  
SUITS



**Tarot decks include four suits. The Major Arcana (trumps) are sort of “above and beyond” the suits. But all the other 56 cards of the deck, both the court cards and the Minor Arcana have a suit.**

**We are familiar with suits from playing cards. The four suits of Tarot are sometimes called by different names. You need to know which suit is called what in your deck, especially if it is not the traditional Rider-Waite assignment of wands, cups, swords, and pentacles.**

**Those familiar with earth-based religions such as Wicca, are familiar with the four elements. Each of the suits is assigned to one element with (of course) Spirit being sort of “above and beyond”, thus assigned to the Major Arcana trumps.**

**When I teach Tarot, we build an altar to one element each class. For example, an altar with blue and pictures of dolphins for water helps us access the energy of water-emotion-relationship, opening us to the energy expressed in the suit of cups.**

**One can sometimes argue swords or wands for air, but use the pictures on your deck. I will just outline the four suits below. By knowing which element, you have an added clue to the meaning of the card.**

**I will list the suit's names, then Jungian function for each suit at the beginning. Next I will give hints as to what facet of your life may be involved. My final phrase for each is the “pursuit of....” This pursuit idea came from teacher Christopher Penczak. (By the way, he deems the Major Arcana the Pursuit of Initiation.)**

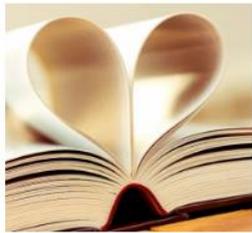
**Wands, rods, staves, Fire. Jungian: intuition. This is what sets you on fire....maybe it's starting your own business, doing magic, or great sex. Pursuit of purpose.**

**Swords, blades, knives, Air. Jungian: intellect. Thinking, going back to school, learning, overthinking. Pursuit of truth.**

**Cups, bowls, Water. Jungian: emotion. Relationships, happiness, home, family and friends. Pursuit of relationship.**

**Discs, pentacles, coins, Earth. Jungian: sensation. The body, health, finances. Pursuit of security.**

**About:** Jenna Bernardi is deeply immersed in the Western Magical Tradition, including Tarot and Qabalah. Her Bachelor of Music degree supports her lifelong work with magic and music. Her Master's Degree is in spiritual psychology. She is co-foundress of The Wick, a Rochester based Wiccan coven. A member of First Unitarian Church, she facilitates a Tarot Journey group for spiritual exploration. She reads Tarot at Mythic Treasures where she also leads a monthly Qabalah Tree of Life meditation. If you have questions you can email her at [JBern929@aol.com](mailto:JBern929@aol.com).

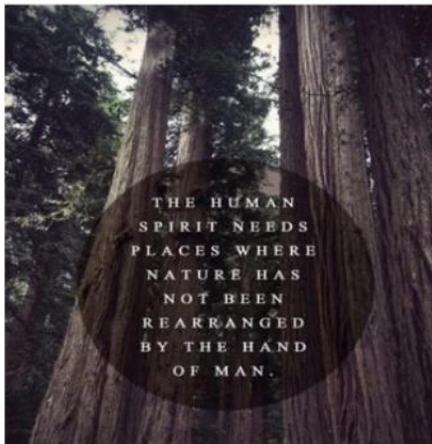


**BOOK RECOMMENDATION:  
CEREMONIES FOR HEALING BY MONIQUE LANG, LCSW**

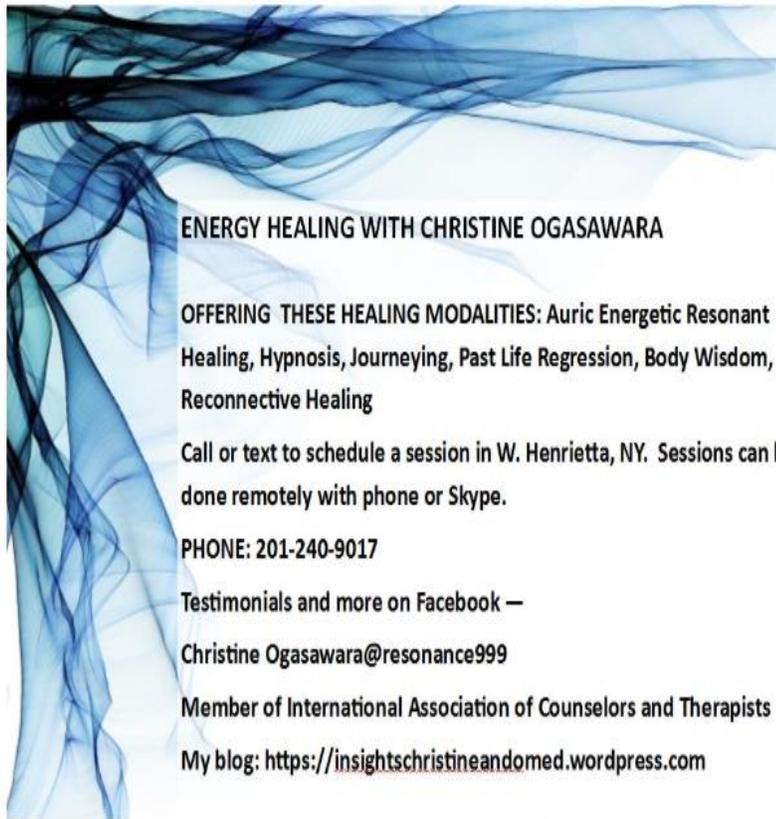


**For several years now my supervise-ees have asked me where I get the Ceremonies that I suggest they use with their clients. Every time this question was posed I felt a bit embarrassed as I usually had just made them up on the spot. Of course my suggestions were informed by many readings, by some of my teachers and by many of my clients with whom Ceremonies were co-created to ceremonialize an event.**

**Ceremonies and rituals for life celebrations, transitions, loss and healing are a fundamental aspect of our need to 'make meaning' when one's life is forever altered by an event. Based on psycho-therapeutic techniques, mindfulness practices and shamanic ceremonies this book endeavors to provide the reader with a template to create their own ceremonies, rather than make their experience fit into a model that may or may not serve them. In a therapeutic setting these ceremonies can anchor and deepen the work done in the therapy process. You can find the book at <http://www.moniquelanglcsw.com>.**



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[Christine.Ogasawara@resonance999](mailto:Christine.Ogasawara@resonance999)

Member of International Association of Counselors and Therapists

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





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**TAROT READINGS WITH WES**

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

## WHAT IS YOUR COUNCIL OF SEVEN?



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

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



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*Presenting Rochester's Own*

## **STEVEN ALBERT** **PSYCHIC/MEDIUM SHOW**

<http://www.stevealbert.net>

**Come to Mythic Treasures at the Village Gate at 274 Goodman Street on June 21, Thursday from 6 – 8pm for Gallery Readings with Steve Albert.**

Come see what everyone is talking about! Do you have a mystery around a death you would like to know more about? Do you have a loved one you would like to hear from? Have you seen signs a loved one is around and want clarification? Come get your questions answered and be amazed!

Like John Edwards and The Long Island Medium?? Then come hear Steven Albert!

Steven will walk through the audience and channel messages from the other side using his psychic and mediumship skills. There will be questions, answers, and messages from the other side. This group event is reading intensive. Steven will communicate as many readings as he can during the 2 hours. Attending the event does not guarantee a reading.

Steven Albert is a respected Psychic Medium who has done Readings and Paranormal Investigations for almost 23 years. Steven specializes in spirit communication and psychic intuitive Readings. He has the ability to see and hears things that others cannot such as spirits and spirit voices (clairaudience). He also receives intuitive messages via feelings, images, and physical sensations (clairsentience).

Steven's abilities were triggered when he faced a near death experience in 1995, and he has chosen to follow this new path ever since. His abilities have grown stronger and stronger through the years. He has helped many people hear from those who have passed, as well as receive information about the living, hear about medical issues, relationships, work issues and future events.

Steven is based in Hilton/Western New York, and welcomes you to review his story at <http://www.stevealbert.net/>

\$25 per person or \$40 per couple Email [kbrebs@hotmail.com](mailto:kbrebs@hotmail.com) for tickets ONLY





## Healing Ourselves, Healing the Earth Hosted by Lightways Community

Held on: Fri, Sat, Sun, June 22, 23, 24, 2018 \$200

Location: 6508 and 6504 Shore Acres, Hilton NY 14428

We are excited to offer the 4th annual lake side overnight spiritual retreat. The theme is Healing Ourselves, Healing the Earth. Deepen your personal and spiritual journey through nature, meditation, quiet time, friendship, learning and experience. There are 3 options for attending: all sessions & overnights, all sessions & no overnight, and Friday eve only.

Friday, 5-10pm, Check in, Mother Earth Speaks & Heals, bonfire & snack

Saturday 7-10, AM Meditation, Yoga, Spirituality Among our Cultures & Meditation, Qigong, Energy Medicine & Earth Womb Meditation, Despacho & Fire Ceremony

Sunday, 7-4, AM Meditation, Yoga, Individual Readings, Energy Work, Quiet Time

Retreat & Speaker details on the website, (<https://www.lightwaysjourney.com/lake-retreat-spiritual-joy>)

Cost: \$200.00 Meals & Workshops (Fri-Sun)

\$175 Fri & Sat only, \$35 Fri Eve Only, \$150 Sat Only

Overnight Accommodations: limited availability, 11 beds, additional fee, \$40 or \$50

Registration: call 585-281-8670 or email [lightwaysjourney31@gmail.com](mailto:lightwaysjourney31@gmail.com)

Questions, email or call 585-281-8670

Payment can be made at the Lightways Community, 31 Market St, credit card

PayPal or credit card, [www.lightwaysjourney.com](http://www.lightwaysjourney.com) Registration ends June 20





**WOMEN'S SACRED MEDICINE & HEALING JOURNEY  
ECUADOR - AUGUST 31 - SEPTEMBER 12, 2018**

**Join us on this wondrous adventure. A unique opportunity to connect with Shamans, with other seekers, with nature and most importantly with your gorgeous, light filled authentic self which for most of us has been hidden under layers of old beliefs.**

**In your meetings with powerful Shamans and Shamanas, you will have many opportunities to heal physically, emotionally and mentally and experience a new freedom to explore your life purpose, step into your power and move forward with clarity on your path.**

**We will journey from Quito to the edge of the jungle then to the high Andes to visit several healers and wise indigenous plant medicine people.**

**Over the last year, several Shamans have unbiddenly recognized us as an ideal guides duo for this journey of fun, excitement, deepening, discovery and strengthening of your own authentic Self.**

**The price of the trip is \$3,500. This fee includes the workshop fee, transport to/from airport, lovely ethnic and hacienda hotels (double occupancy\*), meals, all the group teachings and activities, Ayahuasca Ceremonies, tips and transportation between sites.**

**The cost does not include roundtrip international airfare, travel insurance, early arrival or late departure lodging or optional personal healings (fees range between \$60-\$200 per session).**

**If you would like to come a day earlier or stay a day later for some Quito tourist sites tour, we are offering that possibility for \$500 a day - includes Quito transportation, meals and housing per day.**

**For more information about itinerary or any other questions please contact us  
[kate@5steppingsstones.com](mailto:kate@5steppingsstones.com) or [moniquelanglcsw@gmail.com](mailto:moniquelanglcsw@gmail.com)  
[www.moniquelanglcsw.com](http://www.moniquelanglcsw.com)**





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with Arun and Tushar Gandhi  
January 3-17, 2019

**Authentic Journey... Trip of a Lifetime!**

**Authentic Journey... Trip of a Lifetime!**

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

**14 Day Gandhi Legacy Tour \$3785 pp, based on shared accommodations.  
SOLO RATE + \$900**

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

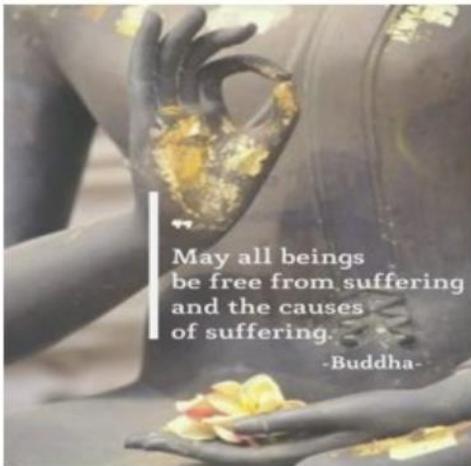
This immersion trip will offer you the privileged experience to travel to India with Arun Gandhi, and upon arrival also be introduced to his son, Tushar, who manages many of the Gandhi family projects in Mumbai and surrounding areas.

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

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

3-Star and 4.5 Star accommodations are used throughout the tour.

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



# ROC METAPHYSICAL CALENDAR OF EVENTS

◀ June 2018 ▶

Today Go to Date

Select Category

Select Location

All

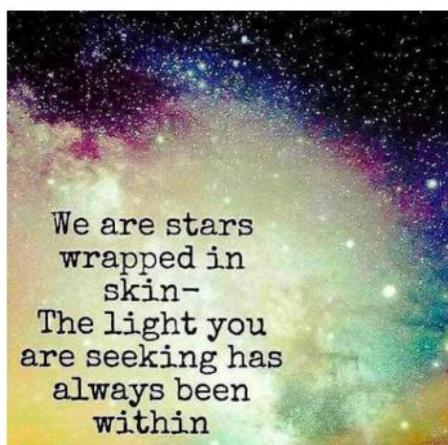
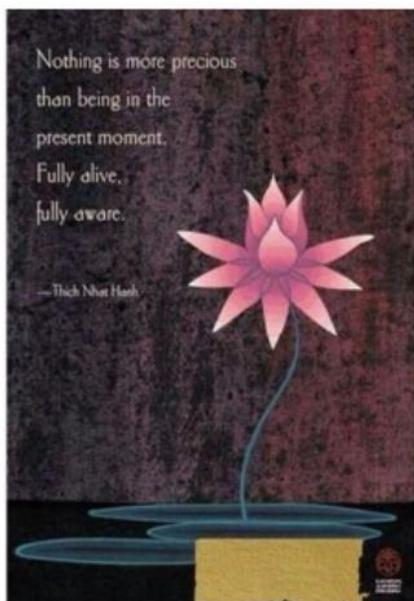
Select one or more...

Go

Month Week Day List

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>Reciprocal Healing and Collaboration With N White Lotus Buddhist Center Presents HE Ga</b> ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center ● 6:00pm - 8:00pm Steve Albert at Soulful Beginnings @ Soulful Beginnings	2 ● 10:00am - 4:00pm Gem Show Presented by the Wayne County Gem & Mineral Club @ Canandaigua Civic Center ● 11:00am - 5:00pm Rochester Area Vegetarian Society RAVS Open House @ Rochester Area Vegetarian Society - RAVS
3 <b>Reciprocal Healing White Lotus Buddhi</b> ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center ● 1:00pm - 4:00pm The HOPE Project @ The Cinema Theater	4 ● 2:00pm - 4:00pm Mini Energy Treatment and Spirit Guide Messages @ ONE Wellness Center ● 6:00pm - 8:00pm Connecting with Angels with Sage @ ONE Wellness Center	5 ● 7:15pm - 9:30pm Reiki Share At ONE Wellness Center @ ONE Wellness Center	6 ● 6:00pm - 7:00pm Intro to the Energy Healing Session @ ONE Wellness Center	7	8 ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center	9 ● 10:00am - 5:00pm Mystical Gateways Fair @ Mythic Treasures
10 ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center ● 2:00pm - 4:00pm Intro to Healing on the Spiritual Path: The Teachings of Bruno Groening @ Penfield Library	11 ● 5:00pm - 7:00pm Mini Massage, Lymphatic or CranioSacral Treatment @ ONE Wellness Center	12	13	14	15	16 ● 11:00am - 12:30pm OM Chanting @ Atman Yoga Studio
17 Father's Day ● 10:00am - 11:45am Prayers, Dharma Talk, and Meditation @ White Lotus Dharma Center ● 5:30pm - 9:00pm RAVS Monthly Pot Luck @ Carmen Clark Lodge	18 ● 5:00pm - 6:30pm Mini Energy Treatment with Spirit Guide Messages @ ONE Wellness Center ● 7:00pm - 9:00pm Crystals and Their Stories @ ONE Wellness Center	19	20	21 ● 6:00pm - 8:00pm Steve Albert at Soulful Beginnings @ Mythic Treasures	22 <b>5:00p Lightways Spiritual Retreat</b> ● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center	23
24	25 ● 5:00pm - 7:00pm	26	27	28	29 ● 11:00am - 3:00pm	30

**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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<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.

\*\*\*\*\*



**ONE WELLNESS CENTER**  
2349 Monroe Avenue, 2nd Floor (REAR)  
Rochester, NY 14618  
<https://www.onewellnesscntr.com>  
585.645.4221

The ONE Wellness Center is located on Monroe Avenue, Brighton, on the 2nd floor of the historic Cherry House building. The Center's 20+ practitioners are focused on working with clients to promote greater health and wellbeing. This is accomplished via bodywork, classes, workshops, and events. Several of ONE's licensed professionals have extensive experience in more than one holistic modality. Our featured services include Wellness Samplers, a Crystal bed from Brazil's John of God, Harp Healing, Hypnosis, and a variety of body and energy therapies.

\*\*\*\*\*



**Healthy Alternatives Wellness Center**  
<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**  
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 Rochester, NY 14623  
<http://www.purpledoorsoulsource.com>  
 585-427-8110  
 Connie Wake and Sue Fiandach

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

\*\*\*\*\*



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

Lightways is a natural environment that promotes personal and spiritual growth and contentment. Lightways Community is located at 31 Market St in Brockport, NY. We are part of A Different Path Gallery and several other small businesses that occupy an old historic building. The energy is amazing and perfect with our mission and beliefs.

Our store specialized in large variety of stones and crystals. We also have incense, angel stones, candles, smudge & shells, statues, dream catchers, jewelry, meditation tools, essential oils, books and CD's. We offer a variety of workshops and classes, as well as retreats, Calendar events include Mindful and Angel Meditations, Psychic & Mediumship Readings, Tarot Readings, John of God Crystal Healing Bed, Integrated Energy Therapy (Angel Hands-on Energy Healing), A Course in Miracles Study Group and more!  
 \*\*\*\*\*



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

Sue has been in business and an anchor in the metaphysical community since 1990. Over the years her store has evolved into a mythical wonderland carrying a variety of Incense and Candles to calm your spirit. Energize yourself with our large selection of crystals and stones. Empower yourself with charms and amulets. Dragons, Fairies and ancient Gods will inspire you. Expand your mind by browsing through our books and glimpse into the unknown with tarot cards and other divination tools. This store is about you and the tools you need to create and walk your own path. The store is located on the ground floor of Village Gate Square at 274 N Goodman Street Rochester NY 14607 in the center of the Neighborhood of the Arts.  
 \*\*\*\*\*



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

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

\*\*\*\*\*



**THE LOTUS BLOSSOMS**  
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 GENEVA, NY  
 315-789-4650  
[HTTP://WWW.THELOTUSBLOSSOMS.ORG](http://WWW.THELOTUSBLOSSOMS.ORG)

Jean Hinzmann is a Reiki Master and Psychic Medium. She offers individual Reiki sessions, Tarot Card readings and Reiki Certification Classes. All of her readings are private and confidential. Other services include Couples Reiki, special spa events and classes on a variety of metaphysical topics taught by guest practitioners. Call to schedule your appointment.

**ALTERNATIVE PRACTITIONERS**



**JANICE MCNAMARA RN, INTUITIVE HEALER**  
ONE Wellness Center  
2349 Monroe Avenue Rochester, NY 14618  
585-455-1953  
<https://www.nextstepholistic.com>

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

\*\*\*\*\*



**HELENA LISTOWSKI, LMT**  
ONE Wellness Center  
2349 Monroe Avenue Rochester, NY 14618  
585-329-8643  
<https://www.onewellnesscntr.com>

In practice 14 years, offering integrated massage therapy and bodywork sessions. Multiple therapies are available and may be administered alone or combined in a session. Specializing in Lymph Drainage Therapy - which detoxes the body of impurities, stimulates the immune system, and reduces chronic swelling anywhere in the body. Other modalities include Traditional Swedish Massage, Cranio Sacral, Zero Balancing, Reiki, Aromatherapy, Associative Awareness Technique, and Tuning Fork Therapies.

\*\*\*\*\*



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

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

\*\*\*\*\*

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



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

\*\*\*\*\*

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



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

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**MARJORIE BAKER PRICE, RN**  
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585-244-6210

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

\*\*\*\*\*



**SHEILA TILLICH B MSC, HOLISTIC HEALTH ADVOCATE**  
WHITEDOVE HEALING  
108 E Church Street, Fairport NY 14450  
625 Ayrault Road, Fairport, NY 14450  
585-313-3396  
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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, Intuitive Consultant**  
**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  
 201-240-9017  
 FACEBOOK: [christineogasawara@resonance999](https://www.facebook.com/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  
 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](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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**DAWN DAGGS**  
**DAWN'S LIGHT**  
**585-278-3042**  
**[HTTP://DAWNDAGGS.COM](http://DAWNDAGGS.COM)**

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

\*\*\*\*\*

**REV. BUNNY DUPUIS**  
**716-241-1414**  
**[REV.BUNNYDUPUIS@GMAIL.COM](mailto:REV.BUNNYDUPUIS@GMAIL.COM)**  
**[HTTP://WWW.BUNNYDUPUIS.COM](http://WWW.BUNNYDUPUIS.COM)**



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

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REV. CHARLEEN CRAFT, HP'S  
HTTP://WWW.TODIEFORDECOR.COM  
TODIEFORDECOR@GMAIL.COM  
585-729-6911



I'm an Ordained Minister since 2009. I provide free consultations for marriage ceremonies, which is how I custom build each ceremony to fit the needs and desires of what each couple envisions for their wedding day. I will include any faith or religion in the context they so desire. If you desire a true Wiccan ceremony, I am a coven trained & appointed High-Priestess. I am qualified to guide you into the appropriate design and flow of the ceremony along with hand-fastings or I can alter it in any way you like. I have accomplished weddings honoring Born Again Christians, to Atheists, to Wiccans, to same-sex marriages. I will marry anyone, as long as it is love that binds them. I also run a Wiccan sister school offer classes in Metaphysical Anthropology, Intuitive Development & Witchcraft As A Science.

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MICHELLE MORGAN  
PSYCHIC, MEDIUM AND TRANCE CHANNEL HEALING CONSULTANT/REIKI MASTER  
MYTHIC TREASURES  
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michelem4761@gmail.com  
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585-260-6188

I have been a Psychic and Spiritual Adviser for 30 years and a High Priestess of a spiritual group for 20 years. I am a Medium and I do Tarot, Past Lives, Soul & Karmic Readings along with Trance Channel Readings. I am a Reiki Master and I do Trance Channel Spiritual Healing work. I work with my guides, They are Healers and are here to assist me in working with my clients. I have been working with them for many years and they teach what I grew up with. We are all of the "I AM" and that our journey will lead us to the source. My goal is to work with my clients to help them empower themselves and improve their lives.

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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*

**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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Be fearless in  
the pursuit of  
what sets your  
soul on fire.

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