



## *ROC Metaphysical*

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Our purpose is to "Enlighten and Inform."

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## Sections



### Featured Writer for July 2018

Welcome to Sean McCleary our July featured writer.

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## Metaphysical Articles for July 2018

### July ROC Metaphysical



What's interesting, unusual or intriguing information we find and share about the month.

### Featured July Writer



"How My Consciousness Has Been Affected By The Paradigm Shift" by Sean McCleary

### Patricia Cota-Robles



"A Quantum Shift Toward Christ Consciousness" by Patricia Cota-Robles

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"Shifting Realities" by Christine Ogasawara

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Marlaina Donato



"The Human Journey and Our Quest for Ascension" By Marlaina Donato

Sound Healing



Sound Healing which is either the listening or participation of making music/sound for positive health effects is now called Vibrational Healing.

Connie Wake & Susan Fiandach



"Keys to a Successful Reading Today" By Connie Wake and Susan Fiandach

Rebecca Washington



"I Am Here" By Rebecca Washington

Tobie Hewitt



Mystic Musings by Tobie Hewitt

Christia Cummings



Channeling by Christia Cummings

Tom T. Moore



Most Benevolent Outcomes or MBO's

Joelle O'Toole



"Learning Astrology; Your Moon Sign" By Joelle O'Toole

Jenna



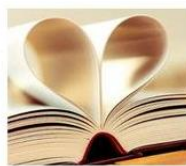
Tarot Topics By Jenna

Tammy Colvin



"Breathe In Love" By Tammy Colvin

Book Review



Erika Buenaflor has written a fabulous book. Using her heritage as a healer, changed her life.

Jayne Chilkes



"Angels of the 33rd Dimension" Excerpt by Jayne Chilkes



Dr. Judith Orloff



"How Medication Affects Empaths and Sensitive People" By Dr. Judith Orloff

Dianne Robbins



"We Create from Pure Light Substance" By Dianne Robbins

Mama Donna Henes



"One for All and All for One — Once and for All" By Mama Donna Henes

Jill Mattson



"Get Rid of Your Pain -Using Sounds" By Jill Mattson

Spirit Science



Learn about metaphysical and spiritual topics with Spirit Science.

Leo Barbuta



"The Art of Doing Nothing" by Leo Barbuta

Jen Sharples



"Acupuncture: Not just for Adults" by Jen Sharples

Poems & More



Poems, quotes etc ...

Michelle Howe



"The Empath's Heart" By Michelle Howe



Retreat And Spiritual Centers



Where are the retreat and spiritual centers?



# Articles July 2018

## *What's going on in July 2018*

What's up in July? I googled that and I found that it's a good month for viewing the planets, especially Jupiter. The month of July is named for Julius Caesar. On this first full month of summer, the days are still long and the nights are still short, but it is a great time to get outside under our warm skies to see and appreciate just a few of its myriad wonders.

All eight of the planets in our solar system will be visible at some time this month in our evening sky. We are standing on one of them. Our home planet will reach aphelion, or its greatest distance from the sun, on Monday, July 4. We will be 94,512,904 miles away for the sun, or only about 3 percent farther than we are at perihelion in early January. There will also be a new moon a few hours earlier on that same day.

Jupiter is still in the eastern part of Leo, moving in its normal, eastward direction along the ecliptic. The king of the planets is slowly fading as we pull farther ahead in our faster orbit around the sun, but it is still brighter than anything except Venus, the moon and the sun. By the end of the month, Jupiter will set less than two hours after sunset. Back on March 8, when it was at opposition, Jupiter was rising just as the sun was setting.

July 15: The waxing gibbous moon, Saturn and Antares form a nearly vertical line in the south about one hour after sunset.

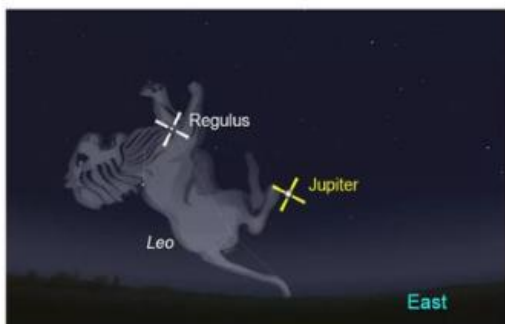
July 16: In 1994, the first of 21 fragments of Comet Shoemaker-Levy 9 hit Jupiter. Another piece hit the planet about every six hours.

July 19: Full moon is at 6:56 p.m. This is also called the Hay or Thunder Moon.

July 20: In 1969, Neil Armstrong and Buzz Aldrin set foot on the moon. Only 10 more humans have walked on the moon, none since December 1972.

July 26: Last-quarter moon is at 7 p.m.

July 29: The moon will occult Aldebaran in Taurus just after sunrise.



## July Featured Writer

### How My Consciousness Has Been Affected By the Paradigm Shift By Sean McCleary

<https://www.facebook.com/sean.mccleary.9>

The Paradigm shift is very real, and it's happening right now. My consciousness has been affected by this phenomenon in a very powerful way, and I will explain how this has happened.

The Paradigm shift was a term that was referred to by philosopher Thomas Kuhn as a complete change in the fundamental structure of how a particular system is governed. The system I'm referring to is planet Earth and the human race. All organic matter goes through the experience of evolution. It's a natural part of the acceleration of life through space and time. Planet Earth and human beings have been in a state of advancing through evolution and are in the process of heading into a time of very remarkable changes.

When the significance of these changes start to occur planet Earth and the human race will be affected in a very powerful way by a shift in consciousness and energy here that will advance the evolutionary activity of all life form here. The term apocalypse was used to describe this event and activity, and means a disclosure of knowledge. It also means a change into a state of divine or heavenly spiritual realms. This is what is being facilitated now by the Holy Trinity and universal consciousness which is represented by the Higgs field to help planet Earth evolve.

There were two primary catalysts that drove the shift in consciousness into the consciousness of the human race and planet Earth. This was the picture taken by the Hubble telescope of the cross located in the core of the Whirlpool galaxy and the discovery of the Higgs boson. People do not understand what this photograph taken by NASA did for world consciousness. It solidified the existence of God and the probability of heaven and life after death. This also generated and transferred a very powerful element of hope associated with divinity into world consciousness. This discovery is associated with religion and spirituality in the most powerful way as well.

The discovery of the Higgs boson here on Earth solidified the significances the foundation of creation on a subatomic level with the scientific community. The foundation of creation is evolving here which is the Higgs field. This discovery transferred into world consciousness as well. The Higgs boson belongs to the Higgs field which is an energy field that encompasses everything in the universe that all organic matter evolves through. The Higgs field is evolving here which means the state of evolution that Earth and human beings are in now is going to change soon.

The two primary factions on Earth that have had certain powerful ideologies about the meaning of existence for the human race are science and religion. The cross in the Whirlpool galaxy was discovered and the activity and energy of the Higgs field is very powerful in the 5th dimension where God's home is located. Human beings transfer into God's home when they experience the phenomenon of death, and advance into a much more powerful state of evolution. The Higgs boson was discovered here and the Higgs field is evolving and both of these occurrences transferred into world consciousness and the human race.

All consciousness and energy are connected here through the Higgs field. Through the natural flow of divinity, love and the Holy Trinity's will and spirituality has been evolving here. Spirituality is the catalyst which has helped the consciousness and energy of science and religion integrate within world consciousness. Spirituality has no boundaries on the nature of divinity and is inclusive to all who seek its nature. This has helped the evolution of love and divinity evolve within world consciousness and the human race.

On a personal level what happened to me is I saw that picture of the cross in the core of the Whirlpool galaxy and studied the discovery of the Higgs boson. I started researching and writing about how these two aspects of

consciousness and energy are connected and what this pertains to as far as the Paradigm shift is concerned. I have also been very familiar with the aspect of spirituality and have adopted this form of divinity into my lifestyle and daily affairs.

For seven years I have been working on the research and development of the Paradigm shift through the integration of science and religion which has reflected in a lot of progress resulting in powerful conclusions about evolution here. What has needed to happen on planet Earth, and what is happening is the Higgs field is evolving due to this integration. I have been interacting extensively with both of these two factions which are science and religion, and incorporating different aspects of subject matter pertaining to these two into my work.

What this has done has increased the activity of the energy contained within the Higgs field and myself causing an elevation in the advancement of my own evolution here. I can feel the energy of the Higgs field transferring and evolving all around me. I understand on a very powerful level what's going to happen with the apocalypse, planet Earth and the human race. I understand what happens when people experience the phenomenon of death and transfer into the Whirlpool galaxy. I also understand what's going to happen with the evolution of the Higgs field between planet Earth and God's home. Non coding DNA is in place for living organisms here to absorb and retain a more powerful level of evolution through subatomic activity in the Higgs field, as the Higgs field continues to evolve. My intellect has advanced and so has my level of insight into the nature of existentialism. Things are going to get very powerful and very wonderful for planet Earth and all its inhabitants soon. I can attest all of this information through my own personal experience over the last seven years. The evolution of divinity through my activity with science, religion and spirituality is quite apparent now and I believe will reveal itself soon through my personal interaction with the energy contained within the Higgs field here on Earth.

About Sean: I've been writing extensively in Metaphysics for about six years now. The primary reason that started me on this literary endeavor was when I heard about the shift in consciousness. I have always sought out and tried to incorporate spirituality in my life to enhance my experience here. I guess you could say I've been an explorer of divinity. In 2010 I saw the photograph taken by NASA of the cross in the core of the Whirlpool galaxy. In 2012 I heard about the discovery of the Higgs boson. I knew there was a correlation between the two and the shift in consciousness that I had been researching and writing about. Since that time I've have utilized different aspects of subject matter pertaining to science and divinity to formulate important and powerful conclusions on what philosopher Thomas Kuhn referred to as the Paradigm shift. I have just finished a book called "Earth's Miracle through the Paradigm shift" which I am seeking publication now. I feel as though my unique approach in writing have defined the shift in consciousness in a very spectacular way, that can appeal to a broad range of audiences considering the diversity of the subject matter I include in my conclusions.



# ***"A Quantum Shift Toward Christ Consciousness" By Patricia Cota-Robles***

January 11, 2018 -  $2+0+1+8=11$

1-11-11 = New Beginnings

11= Reflects Transformation from the physical into the Divine

Our Father-Mother God and the entire Company of Heaven are sending their Infinite Gratitude to the Lightworkers who were physically present and the thousands of Lightworkers around the world who consciously wove their Light into our Planetary Grid of Transfiguring Divine Love. This occurred during our first Free Seminar for 2018 in Phoenix, Arizona. Our God Parents are also sending their blessings to the I AM Presences of the rest of Humanity who participated in this opportunity to add to the Light of the world, whether the person was consciously aware of it or not.

Phoenix was the ideal location for this initial expansion of our newly empowered Planetary Grid of Transfiguring Divine Love. The Phoenix Bird rising from the ashes is the perfect metaphor for the New Earth of Love and Oneness rising out of the ashes of the old Earth of separation and duality.

Through the unified efforts of Heaven and Earth our Father-Mother God were able to breathe higher frequencies of Transfiguring Divine Love than we have ever experienced into our grid. This Divine Light will bathe the Earth for the entire month amplifying the Lightwork of every single person a thousand fold. On February 11th, at our Free Seminar in San Jose, California, we will again unify our hearts with Lightworkers around the world to weave the 2nd wave of Light into our Grid of Love.

In addition to empowering our grid with new frequencies of Transfiguring Divine Love our Father-Mother God infused new frequencies of Christ Consciousness into the grid which are designed to lift every man, woman and child on Earth a quantum shift toward Christ Consciousness.

Christ Consciousness is the enlightened state of consciousness we were invested with by our Father-Mother God when we were first breathed forth from the Core of Creation. After we fell into the abyss of separation and duality, we lost Christ Consciousness and the ability to communicate with our I AM Presence. Since that fateful time, we have been struggling to reverse the adverse affects of our fall from Grace and to reclaim our Divine Birthright as Sons and Daughters of God by returning to Christ Consciousness.

Our Father-Mother God have given us an invocation that will assist every person's I AM Presence to assimilate these new frequencies of Christ Consciousness. Dear One, this month please hold the sacred space for this powerful activity of Light and repeat it as often as you are inspired to do so. This is a multidimensional activity of Light that is accomplishing far more than we are able to perceive with our finite minds.

And we begin...

Return To Christ Consciousness

I AM my I AM Presence and I AM One with the I AM Presence of ALL Humanity. What I invoke for myself, I invoke on behalf of every man, woman and child on Earth in perfect alignment with each person's Divine Plan and the highest good for all concerned. This is possible because WE ARE ONE and there is no separation.

On the Holy Breath, I now breathe in and out deeply and rhythmically through my Heart Chakra. With every Inbreath, I align with the Love of my Father-Mother God and the Sacred Breath of the Holy Spirit.

With every Outbreath, my God Parents open my Heart Chakra to new breadths and project their Divine Love and Power into the physical plane of Earth.



Through this activity of Light, the portal within my right-brain hemisphere and my Heart Chakra, through which the Love of my Mother God originally flowed to bless all Life on Earth, is once again opening to full breadth.

As the full Divine Potential of my Mother God's Pink Flame of Love pulsates through my Heart Chakra, it is brought into perfect balance with my Father God's Blue Flame of Divine Power which is also pulsating within the Divinity of my Heart.

My newly balanced Heart Flame has a dual pulsation. The first pulsation is the Inbreath—assimilating and absorbing the Power and Love of my Father-Mother God. The second pulsation is the Outbreath—expanding and radiating out the Power and Love of my Father-Mother God.

My Heart Flame is the inward portal for my return to Christ Consciousness. It is also the Open Door that will allow me to once again communicate with my I AM Presence and the Company of Heaven. It is through this Open Door that the blessings from my Father-Mother God and the Realms of Illumined Truth radiate outward into my daily life.

On the Holy Breath, my return to Christ Consciousness and my inner journey back to my Father-Mother God are balanced with my outer service to Humanity and all Life. It is within this balance that I open my Heart Chakra once again to the perpetual flow of my Mother God's pure Divine Love.

My Father God's Blue Flame of Power and my Mother God's Pink Flame of Divine Love are now balanced within my Heart Flame. These two aspects of my Father-Mother God now merge into the magnificent Violet Flame of God's Infinite Perfection. This Sacred Fire blazes up from my Heart Chakra and expands into my physical brain structure activating my pineal, pituitary and hypothalamus glands, and the ganglionic center at the base of my brain.

The activation of my spiritual brain centers creates the sacred space for the opening of my Crown Chakra. As this occurs, a greatly intensified frequency of the Yellow-gold Flame of Christ Consciousness begins flowing from the very Heart of God into the Planetary Grid of Transfiguring Divine Love. These brand new frequencies of Christ Consciousness now flow through my I AM Presence and my Crown Chakra into my pineal gland.

With this influx of Light the highest frequencies of Christ Consciousness that I AM capable of integrating flow through my pineal gland into my mental and emotional bodies. As I return to Christ Consciousness, my heart and mind are recalibrated to higher frequencies of Divine Love, Oneness and Reverence for All Life than I have experienced since Humanity's fall from Grace eons ago. The illusions of separation and duality are shattered. I now know that I AM One with all of the Sons and Daughters of God evolving on Earth. At long last, I experience the bliss of knowing that LOVE IS ALL THERE IS and I AM that Love. And so it is.

About Patricia: Patricia is co-founder and president of the nonprofit, educational organization New Age Study of Humanity's Purpose, which sponsors the Annual World Congress On Illumination. Patricia was a marriage and family counselor for 20 years. She now spends her time freely sharing the information she is receiving from the Beings of Light in the Realms of Illumined Truth. Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, a free monthly email newsletter, global meditations, and YouTube presentations, all of which are designed to help Humanity add to the Light of the world.

Patricia's website - <https://eraofpeace.org/>

Link: <https://youtu.be/sQ18k6gd89Q>



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## **The Thoughtful Psychic by Iris Waters**

Do you ever wish that you were someone else? A different body perhaps or a different life? I think that most of us have felt this way at one time or another. You may think that someone else's life is better than yours or more fun, but in reality, that probably isn't true. One time, just take the time to inventory your life with its ups and downs and ins and outs. You will see that while it hasn't been perfect, it has had many good points. You will notice that your ups and downs have corresponded to those of others. We all have imperfections in our life experiences. When you get down on yourself, just remember this and realize that you are not alone. Never mind that things didn't go as planned. This is the life experience that you are having for your learning and for your growth.

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.

Iris on Facebook - [Facebook@thoughtfulpsychic.53](https://www.facebook.com/thoughtfulpsychic.53)

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## **Shifting Realities by Christine Ogasawara**

This seems to be a time where shifting realities, be it jumping to a different timeline, experiencing an alternate dimension either parallel or future, and other anomalous occurrences has become both more sought after and more easily accessible. I have never experienced ayahuasca which I have heard can be a powerful plant helper to bring one to other realms, so my experiences are not those. My experiences feel grounded in that when the anomaly is over I am immediately back in 3d, in fact sometimes I feel like I have never left it and the experience feels natural if not explainable in conventional awareness.

Some of the fun stuff comes to mind. I was driving in NJ where I was living at the time and found myself on a loop on Route 17. It was an exit I had never taken or seen before and even though I had driven that road many times, it was a bit strange and unrecognized. Something was off, but I kept driving the loop not knowing what else to do. I had the feeling that if I stopped the car and got out I would be trapped in an alternate reality forever. With that awareness, the road shifted back to the familiar and I was able to find my way.

Another was much more recent. I was reading a lot about Sasquatch and watching some videos on YouTube, when I caught a glimpse of 6th dimensional Sasquatch behind my chair in the kitchen. I emphasize 6th dimensional because at this vibration Sasquatch is of a very high resonance and more spiritual than physical. After this encounter, I noticed that I had no desire to eat meat for 3 months. I was undergoing some pre-surgery tests, and everything came back clean with no further need to go down allopathic medicine's road. I knew I had been influenced by my encounter with Sasquatch and it was very helpful. After 3 months my desire to eat meat returned. The gift was specific to my need at the time, thank you Sasquatch.

I am sure a common anomaly that many people experience is when something material pops up where it could not have possibly been or alternately when something that was there is no longer there. I bought a water filter pitcher that was working fine for a few months. It suddenly started to not pour well. So, I took it apart and inspected it thoroughly but could not find any problem. This went on for a few weeks, when one day I saw a bright green strip of tape over the pour spout. It was slit but not removed. So, the pour spout was acting as if it had an obstruction when none was there. I removed the tape knowing full well it had not been there the day before. What was I being shown?

One thing I am being shown is that reality can be VERY flexible! These shifts of reality and expanded awareness can feel very natural and be helpful. One way to shift a timeline is to feel into the future. Feel yourself as having already moved through an event. I already felt strong and healed as I went into surgery because I had shifted my awareness to a time about 6 months after surgery. That was a conscious shift.

So, what do we do when something just happens? One evening in bed I saw 12 shadow figures walking through my room. My instinct was to send them love which I did with the words, "OH Hello! I'm going back to sleep now. I love you." They moseyed on out and that was the end of it. One time staying over a friend's house I had a faerie come to the bed and ask if he could get in. I felt into his aura and only felt benevolence, so I said sure come on up. He said can my friends come too? Of course! I had the company of lots of faeries that night. When I told my host, she said, "Oh sorry I thought I got rid of them."

I do think we experience anomalies from the vibration we are experiencing at the time. When we stay in our hearts and have the intention of healing and love it can become a very fun and helpful way to navigate this world and others. I have many such stories as I'm sure some of you do as well. It's not everywhere that these things can be expressed so I'm happy to share some experiences with you!

All Is Well!

With Love

Christine

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

Christine's website - <https://insightschristineandomed.wordpress.com/>

## **"Departures - Dying With Grace" By Dr. Seema Khaneja**

Often in our culture, we avoid talking about death. Sometimes, instead of pushing ourselves to face or confront a topic that we simply don't feel comfortable with- we can instead do something different- like watch a movie!

That is what I love about watching and sharing movies. A well-crafted, well-directed movie can be a remedy to heal the places inside us that feel contracted and shut down. The 2008 Japanese film *Departures*- which won the Oscar for the best foreign film- is a wonderful movie to shift our perception on death and dying.

*Departures* is the story of Daigo, a young man who finds himself suddenly unemployed when the orchestra where he plays the cello disbands abruptly. He and his wife move back to Daigo's paternal home that was left to him by his deceased mother. Not having any other marketable skills and desperate to find work, any work, Daigo interviews for a position in "departures" at a NK company- that he mistakes for a travel agency. "NK"- he later learns stands for "Nokanshi" - the Japanese term for an encoffineer or funeral professional who prepares deceased bodies for burial and entry into the next life (hence the word "departures.")

Initially, Daigo resists this work, becoming violently sick and vomiting after seeing a dead body for the very first time in his life. One of Daigo's friends advises him that he should get a "real job." His wife leaves him because she feels this work is "dirty" and "filthy" - and will subject their family to shame and embarrassment from their social circle.

However, Daigo's boss, who hires him moments after the initial interview, tells him that he is born to do this work. Gradually, Daigo moves from apprentice to full-time encoffineer. We witness the care, affection and respect with which he learns to attend to the deceased. As we watch him bathing the body, shaving the face, robing the body with Japanese flowing garments, combing the hair and applying makeup- gradually the process of death and dying is no longer to be feared or pushed away. Instead, death and dying can be given the same attention, dignity and respect that we would give to life and living.

Daigo eventually feels this work is his life's calling. Previously, it invoked disgust and disdain. Now he can see that it is an important and helpful bridge, gently carrying the deceased into the next life, and allowing the relatives still living to mourn and honor their departed loved one with respect, dignity and beauty. One widower who recently lost his wife thanks Daigo and his boss for how they prepared his wife's body- commenting that she never looked more beautiful.

In mastering the art of caring for the deceased, Daigo embarks on a spiritual journey which will ultimately lead him to a fuller, richer experience of living- with joy and wonder and forgiveness. The movie also manages to deal with a heavy topic- that of death- with light strokes of humor so many parts of the movie are quite comical.

This movie is available on Amazon, YouTube, Google Play, iTunes, and Vudu

Hope this movie touches and opens your heart!

With love and blessings,

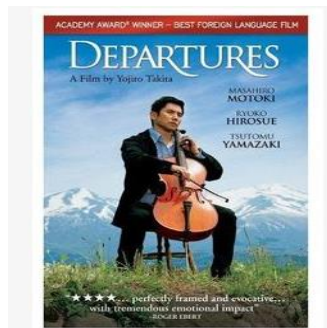
Seema

About Seema: Coaching for Inner Peace (CFIP) is a non-profit educational organization created to offer a systematic way to experience consistent inner peace. The organization is led by a physician, Seema Khaneja, MD who combines the wisdom of world spiritual traditions with scientific research, to guide people to holistic healing. As the founder, Seema Khaneja MD has an extensive background in traditional Western medicine as well as complementary/alternative medicine. She was born in India, where she spent her early childhood years and was drawn to a spiritual path from a young age. She studied with spiritual teachers from the Hindu and Buddhist tradition and is also a student of A Course

in Miracles. Ever since Dr. Khaneja entered medical school, she was on a quest to understand the connection between mind, body, emotions and healing. Coaching for Inner Peace is a vehicle to share what she learned- based on her professional and personal experience- so others may be relieved of suffering and rediscover a sense of wholeness

Seema's website - <https://coachingforinnerpeace.org/blog/>

COACHING FOR *Inner Peace*



## "The Human Journey and Our Quest for Ascension" By Marlaina Donato

To see a World in a Grain of Sand

And a Heaven in a Wild Flower

Hold Infinity in the palm of your hand

And Eternity in an hour. -William Blake

--from Auguries of Innocence

Most of the world's sacred texts—from the Bible to the Quran—speak of ascension, of the soul rising above human quagmire and glimpsing the realms of God Consciousness. Most religions promise this one way or another, and New Age ideologies also speak of ascension and offer a plethora of tools for the eager aspirant.

Many of us embrace our metaphysical paths in search of personal freedom, and no matter what route we take, from all directions, the message is clear: think positively, spread kindness, purify the lower self, and envision our challengers in white light. But this paradigm sets up a spiritual reward system, and too often we see acts of kindness become karmic investments rather than genuine offerings of goodwill; avoidance of everything and everyone perceived as "negative" often morphs into an energetic phobia, as if hard times are something we can catch like a wicked virus; if we get snagged on problems, too often we are guilted by other "light workers" for not thinking the right way. Little by little, we learn to monitor ourselves daily, hourly, and shut down anything unpleasant, including our deeply-wired human emotions. After all, "evolved people" don't yield to anger and proactive "manifesters" can't possibly fail if they do things in line with the universe, right? Wrong. Year after year, in the name of staying "positive", unacknowledged emotions build up like toxic sludge in our cellular consciousness; if our emotions were the plumbing in our homes, it would be the



same as a shitstorm pouring through the house one day because for years we failed to call the plumber and clean out the septic.

20 years ago, I was asked to lead an astral projection workshop at a metaphysical circle I frequented often, and during my introduction, I emphasized the importance of prudence and approaching this sacred art by knowing the dangers. We then proceeded with a few techniques, and everyone seemed grateful for the two-hour exploration. We all left with a group hug and plans to meet at my house for an autumnal feast the following week. Four days later, I received a phone call from the organizer of the group and in a tone that would avoid sounding negative at all costs, I was asked to leave the circle. "Why?" I asked, dumbfounded. The answer was clear: My emphasis on the precautions of soul travel were too negative, something the group would not tolerate. All ties were promptly severed, and I hung up the phone with my jaw agape.

Over the course of my lifetime, every positive thinking zealot I have known had a few lovely years—or even decades—riding their high horse before becoming roadkill in a collision with everything they so fervently avoided. You know the kind—the one that whips out a sage wand and smudges before you finish a random mention of car trouble or a sore throat, the one who blames every single horror in the world on "bad karma" of the individual and slips out the back door before they trip on a flutter of empathy. Spiritual bypassing is not purity or doing the work. It is downright self-destructive.

Personal ascension is sacred. It is also personal, unique as our fingerprints. It is not something that comes with the development of psychic or mystical abilities. It is not a given to us by a guru's darshan or a teacher's wisdom. It is not a reward for burning off bad karma. It does not come in a Saul-on-the-way-to-Damascus aha! moment. Ascension, pure and simple, is an infinite process and something too beautiful to be tangled up in the net of human accomplishment/ego. Ascension is not linear... We do not set out on the enlightened path, have a few breakthroughs and then arrive. As long as our souls exist (energy doesn't die, it just changes form), we will be ascending—in this life, this world, this body—and beyond, infinitum. Sometimes we reach a summit and then fall back down the mountain the moment we take a jubilant look around. Sometimes even adepts and "holy" individuals fall from grace. Ascension can also be subtle, a flicker of clarity where there was none before, a shiver down our spines when our hearts open to beauty, or as William Blake says, when we glimpse "heaven in a wildflower". If ascension was a visual image, it would be a naked human being on an endless staircase spiraling upward and along this staircase would be countless chasms between one level and another. Ascension is not a destination, a badge of honor, or graduation; it is a state of stark naked consciousness—and then another and still another.

At this moment, each of us is in a state of ascension, even in our deepest sufferings. And it is okay to acknowledge our sufferings, the twisted, thorned journey of this human voyage. It is not "anti-spiritual" to be human, to feel. It is what we do with those feelings that determines our frequency and karma. As the great Walt Whitman says,

"I am the poet of the Body and I am the poet of the Soul,

The pleasures of heaven are with me and the pains of hell are with me..."

Let us all ascend separately at our own pace, being our full human selves, and in turn, ascend collectively into brilliant possibility. The only way out is through. The only way forward is learning from what we leave behind when we are ready. And the only way to enlightenment is utilizing the dark, the way a blind seed sleeps in deep soil. If a seed cried, "I cannot see! I cannot breathe! What is to become of me?" We would not tell her that she is being negative. We would tell her to be patient, to trust her blindness, to trust the Sun and that something wonderful is coming.

Be free, friends. Just be...and let the rest happen.

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.

Marlaina Donato's website - [http:// www.MarlainaDonato.com](http://www.MarlainaDonato.com)



Art by Marlaina



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## 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.

Stimulates endocrine glands and regulates hormonal functioning.

Affects all cells in your body.

Balances both hemispheres of the brain.

Cleanses negative energy and emotions. Connecting with your higher self. Helps to cope with life's challenges.

Improves sleep.

Strengthens immune system.

Stress reduction.

Deep relaxation.

Listen to this video, just click on the arrow.

Link: [https://youtu.be/MWA14q\\_85DA](https://youtu.be/MWA14q_85DA)



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## **"Keys to a Successful Reading Today" By Connie Wake & Susan Fiandach**

There are many qualities that make up today's successful psychic-medium reader and reading, that go far beyond the "I see a tall, dark handsome man in your future!" We now know our natural ability to be intuitive to unseen information and sensitive to people, places and things around us, and receiving the resulting information that lies therein. It is no longer cloaked in mystique and fear and more of "everyday people" are realizing the validity and value of a psychic connection.

There are also many more people providing and seeking a psychic-medium reading. While TV has opened the flood gates to expose the everyday public to psychic-mediumship, it has painted an unrealistic picture of the nature and process of today's reader. TV is scripted and edited for the most entertainment in the 30-minute program, preparing the setting as well as what is shared in the reading itself, making the reading look "quick and easy."

But let's get back to the everyday world of today's psychic-medium and people who are looking for a successful reading. From both sides of the table, the value of a reading lies in validation, insight, empowerment and healing. The reader has responsibilities to provide an authentic, valued connection and the client has responsibilities to sincerely engage in the process.

We can look at what makes up a successful reader AND reading through the following key elements:

- Relationship
- Evidence
- Ethics

Relationship - Relationship is important for both the reader and the client to establish a rapport that fosters a friendly exchange in communication, cooperation and trust. The reader seeks to meet the desires of the client and sets up the reading in a relaxed and open manner. The client, whether a believer or a skeptic, is open to receive the reading in a fair and reasonable manner, leaving the TV reading version behind. The reading now becomes a conversation, speaking and listening, clarifying and understanding. The reader does not prod for answers, and the client does not test. A truthful relationship facilitates the best possible outcome. Relationship links the reader to the client.

Evidence - The reader picks up and interprets body sensations, symbols and emotions and relays them to the client in the form of points of proof, or evidence. Evidence is laying the foundation in a reading that allows the client to know, and trust, the information that is being shared and the reading's value to be realized. It's lovely to hear that grandma who baked cookies is giving you pink roses. It's evidential to hear that grandma played music while baking those cookies and taught you to dance the cha-cha right there in the kitchen! You may not know why the pink roses...but you'll relish the memory of grandma's cha-cha! Evidence links the client to the reading.

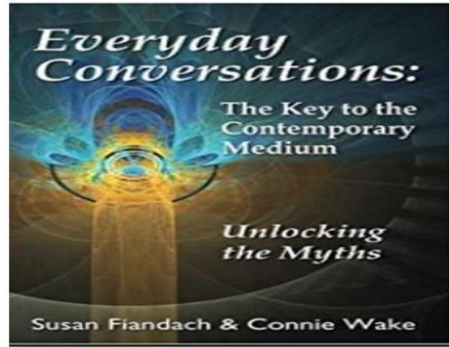
Ethics - While there is no formal association or governing body for psychic-mediums, rules of conduct are just as necessary to the successful reader and reading. Like the Hippocratic Oath in medicine, the reader should follow ardent principles for the well-being of their client. "Do no harm" insures that information shared does not distress the client and also maintains their free will and choice. Again, the TV reading version has us thinking that psychic-mediums walking up to unsuspecting people to deliver a message is ok to do. IT IS NOT! If a psychic-medium does not have permission to impart information to the person in front of them, they have negated that person's free will and choice. Free will and choice is our personal power to create our life. A reader's "just have to give" is an egotistical show of unethical conduct. The end does not justify the means so even if an outcome is "good," this invasiveness is irresponsible.

As an example, we were having dinner in a small, neighborhood restaurant and three people came in with seeing-eye service dogs. They sat down and while talking with the waiter regarding the menu, a woman from another table talked with the dog who was laying on the floor and the novice puppy got up to go get a petting. The dog's owner was shaken as her "eyes" left her and admonished the dog in leaving. The woman pressed on to say how she just wanted to pet the dog. "Just wanted to" is not a reason to violate someone's security, as "just have to" is not a reason to violate someone's free will and choice. Do not expect a reader to impose the decision you are meant to make, and do not accept an invasive reading you did not ask for. Ethics links the professional service to all concerned.

Understanding key elements in a reading helps both sides of the table to enjoy a professional and genuine service. Establishing a good rapport, providing fulfilling evidence, and maintaining strong ethics facilitate a higher standard of service--through continuous improvement and professionalism of the reader, and the understanding and responsibility of the client.

About Connie and Sue: 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.

Connie & Sue's website - <http://www.PurpleDoorSoulSource.com>



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## **"I Am Here" By Rebecca Washington**

A journey that started out as one to self-discovery has become one of life discovery. I didn't know where this road would take me when I started out on this path. It was by faith and trust that the Divine to take me where I needed to go. So far it has been an incredible journey of learning.

I have learned many things on my journey. I have released many things as well. I have plucked up old, dead and useless things in my life. I have also planted new seeds. I have enjoyed and embraced new discoveries. I have cried as I let go of old comforts that no longer serve me. I have learned to be more open to possibilities as I have learned that there are necessary times to guard my heart. I have learned that just when I thought I knew and had learned so much, that I know pretty much nothing.

A grand thing about life is that there is a time and a purpose for everything under the sun. Where I was at the beginning of my journey was where I needed to be in order to begin this phase. The time was then. I could not have started this journey at any other point in time because I had not reached that starting point before that.

Everything else that happened in my life, lead me and brought me to that starting point. I now understand that I have always been on this journey. Recognizing that I was on the journey is another story. You can always feel and have a knowing that you are moving forward in life but not always recognize where and how you are going. It is by and through life events that we become aware and note these events as starting points.

I sit here today looking out of a new window on my life's journey of continual discovery. The view is different, the location is different, the energy is different and so am I. Although I may not be able to describe and explain every nuance about myself that has changed, I know that I have. By virtue of the change in physical view and location, I know that I have changed. I had to change my mind in order to change my physical view and make this move from New York to Georgia.

Now that I am here, I am discovering that the energetic needs are different for me. I am coming into energy of greater allowing. I feel less bombarded by the push and pull I felt before my move and it feels good. I don't believe it is just the location because I have spent much time in this location in the past. I believe it has a lot to do with where I am on my path and allowance of the energetic flow through me. We cannot be where we are until we get there. And



although I have been here many times before, I had not arrived in my mind until now. I have said many times that we can only be where we are no matter where others might want us to be.

So I am here. I know where I am today. I know who I am today. I am grateful to be at this moment as I allow the shift in my energy, my perspective and my knowing. It is a point of awareness on my journey as I move forward to greater discoveries of not only myself but life itself.

Thank you for joining me on my journey.

Love, Rebecca

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

Rebecca's website - <https://www.loverebecca.space>



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## Mystic Musings by Tobie Hewitt

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.

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.

Tobie's website - <http://www.mysticmusings.com>

Welcome to Episode 44 of Mystic Musings with Tobie Hewitt. This week we will examine signs from angels, guides, and loved ones as we continue our mystic journey.

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



Welcome to episode 45 of Mystic Musings with Tobie Hewitt. This week we will examine healing as we continue our mystic journey.

Link: [https://youtu.be/mh162fpOk\\_s](https://youtu.be/mh162fpOk_s)



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## Channeling by Christia Cummings

Clarity

Truth

Communication

Understanding

Greetings! Dear Brothers and Sisters of the Light! We are your Star Soul Family of Light and we come forth this day in this channel of Light to let you know NOW is the time to embrace your Truth of who you are! We are sending Love and Light Frequencies for clarity and understanding in communication with your own Soul Light and that of your fellow Earth family in the physical. Remember Dear Ones, you are more than just your physical body, you are Light in motion,

you are a multi-dimensional being who has mostly been in your human ego consciousness frequency. But as more Light codes pour onto your planet and into your current dimensional space this will begin to wake up those sleeping parts of you, and for some of you that has already begun. As this channel brings through these words we are loading them with Light Codes to assist you in this process with ease and grace. We understand the heaviness of your dimension and how this shifts your conscious understanding of who you think you are. Dear One, we ask that you begin to let go of preconceived notions of these thoughts and open to the unlimited possibilities of who you truly are on all levels, through all dimensions, across time. You are Love in Action! You are Light in Action! You are More than Your Physical form. Embrace your differences! Embrace your truth! We are here surrounding your planet with love and light! We are here sending frequencies of support and love! We love you all, we are your Star Soul Family 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.

Christia's website - <http://www.christiacummings.com>



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## MBO's by Tom T. Moore

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

This reconnects you with your Guardian Angel, or higher power, or whatever your belief is. You simply say, "I request a Most Benevolent Outcome for... thank you!" When you read the stories below, sent from all over the world, we use the

acronyms MBO for Most Benevolent Outcomes, GA for Guardian Angel, and BP for Benevolent Prayers (what you ask for other people).

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

#### MBO TO HANG TV ON WALL

Larry writes: I have a TV hanging from the ceiling in my bedroom. I acquired an updated TV and went to change it out. When I tried to reuse the screws from the first TV, I found they didn't fit so I went scrambling trying to find the right screws. It was late Sunday night, and the hardware store was already closed, so I started looking through the assorted screws that I have. After 15 frustrating minutes, I was ready to put the old TV back and wait to get new screws the next day. Then I decided to request an MBO where I found the right screws. The next drawer I checked contained 3 of the perfect screws that I needed! I was able to put the new TV up and I enjoyed watching it last night before going to sleep. I was frustrated and about to give up the search until I remembered to ask for an MBO!

Thank you, Tom, for giving us this powerful tool!

#### MBOs TO FIND PEOPLE TO ASSIST

Rikki in Arizona writes: I said several MBOs this week for finding the right people that I need in my life right now— with good guidance and humanity as I look for a place to live that I can afford etc. — today? The phone is ringing off the hook — LOL — use those MBOs — and don't be afraid to re-word them either — that works also, I find. I also asked any beings to help me locate kind loving people to guide me in my search for a new home — perfect!!!

#### MBOs & BPs TO FIND USB KEY, + GRANDMA

Severine writes: 1) BP posted on your Facebook page to find my precious work USB Key worked. I found it in one random bag 3 days later. Thank you to everyone who said the BP for me. We asked "I ask any all and beings to help Severine in finding her USB key as soon as possible, and may the outcome be better than expected, thank you!"

2) MBO/BP for Neurologist appointment in France ASAP. My Grand-ma needs to see a Neurologist but the GP said it may take 3-4 months to get an appointment.

On May 31 we asked a BP: "I ask and any all beings to assist Grand-ma in getting an appointment with the best Neurologist as soon as possible and in June if possible may the outcome be better and faster than expected."

On June 4 the secretary called back saying Grandma is scheduled for an appointment on June 22! This is better than we could hope for. Thank you, thank you, Thank you.

Tom T. Moore, I am forever grateful to you for sharing The Gentle Way with us! I keep telling my close friends this is the best modality I have ever used.

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.

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



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## "Learning Astrology; Your Moon Sign" By Joelle O'Toole aka Waxy

When first beginning to explore astrology, the best way to delve in is to get a thorough understanding of the meaning and function of all of the planets. There are plenty of people describing the basics, but I decided I should write my own interpretation and link it into synastry (the astrology of relationships) as, let's face it, it is the most researched area of astrology.

I've specialised in synastry for a while, but what I always come back to is; that the primary importance is in knowing the \*self\*. We can analyse contacts between charts ad infinitum but, actually the way a person functions as an \*individual\* is far more telling than the comparisons between the charts.

It's a popular notion that in order to love another, one must learn to love the self, and it has become somewhat of a cliché, this doesn't however, invalidate the truth behind the notion. The path to true love always lies with unravelling all of the fears and false beliefs which have accumulated and become blocks to the true authentic self.

Those who know me well, know that my buzz word is 'authenticity', that it is only through truth that we can find balance, fulfilment, acceptance and happiness. Often the most judgemental person you will ever encounter in your life, is YOU.

The first planet I'm going to look at (or more accurately I should refer to it as a 'satellite') is the Moon. It rules the emotions in astrology and how these are formed and crystalised from childhood to the present. There is a strong maternal link to the Moon, but this is not to say that the condition of your Moon represents your mother. To assume so is lazy astrology, the mother is not the prime emotional influence in everybody's life. It's fair to say that the person who has had the most impact on your emotions in childhood may well be intrinsically linked to the formation of how you process your feelings as an adult however.

Although I'm going to simplify my prose by describing the Moon in the signs alone, do please note that this is only description of the most basic level of how a planet (satellite, asteroid, or calculated point) functions in a chart. A more



experienced astrologer will consider the connections from the Moon to other planets/points, the houses occupied and the houses ruled etc. However, we all begin with the basics.

#### Moon in Aries

This the go-getter sign. The first in the zodiac, the primary responder and the decision-maker. Aries doesn't 'weigh up' options, like its opposite sign of Libra, it acts on impulse and with no prior thought. Apply this to the emotions adds up to quite an intuitive and free spirited Moon sign. Moon in Aries will be impatient and need fast responses from others, or they'll already be long gone, but they usually state their case quite clearly.

From a relationship Moon in Aries seeks: excitement and variation, they love to hear and to share the pure unadulterated truth, but purely from this Moon point of view, are not patient with slow emotional processes at all. They want to link with somebody who is changeable to unpredictable. The victim mentality, or the overly planned, calculated type will irritate this Moon sign. In turn they will bring passion, a great sense of vitality and presence, will usually be honest and open but are happy to move away from anything or anybody which stifles, controls or bores them.

#### Moon in Taurus

The Moon is said to be exalted in Taurus, as the natural cyclical fluctuations are stabilised in earthy Taurus. Those with Moon in Taurus are loyal, consistent and steadfast, they are the ones who will reap what they sew and often will have a flair for cooking, gardening and anything else which connects to sustenance.

In a relationship they are true and faithful, an area of calm will often surround a Moon in Taurus and whilst this may have the effect of masking their emotions, they are the rock in the proverbial storm and not easily swayed by chaos or drama. In this respect they are non-judgemental and happy to bring their benevolent vibes to almost any situation. However, it is only those who wish for stability and consistency who will feel comfortable spending a lot of time with this Moon sign.

#### Moon in Gemini

This is the sign of fluctuation itself, functioning at a rate of absolute flux this is the sign of drama, gossip and hearsay. Gemini tends towards amassing information and cross source data and with the Moon in the mix this can be the sign that really does enjoy to stir a little variety into the lives it touches. Inconsistent, and flippant, these can be untrustworthy at times, but never dull.

They will seek variety in a relationship, as in any other area of life. Boredom is not their style and they are happy to bring a little drama into their day to day lives, if only to test the reactions of their close ones. Least likely to seek a committed relationship they would prefer to discover how others' function behind closed doors, than be jaded by the eventual predictability of knowing a significant other too well.

#### Moon in Cancer

The sign where the Moon is at home. Those with Moon in Cancer live for and through their emotions, rule the lives of those born with this Moon sign. They are empathic and melodramatic, unpredictable and at times exhausting but they tend to be very nurturing, caring and loyal too. When they stay in the flow of their feelings they can be natural healers, carers and cooks.

In relationship they seek consistency and sensitivity to match their own softness. There is a leadership quality to this sign though and they can be a little bossy and overbearing up close. They dislike flippancy and so will pair up with those who show depth, compassion and the desire for true closeness. Once they find their match they will move heaven and earth for those who prove their worth and goodness and their loyalty is unwavering.

#### Moon in Leo

"What about me?" A friend with Moon in Leo actually used to say this frequently and it perfectly sums up this Moon sign. This Moon sign craves attention, but will often mask this need and find other ways to seek it. They wish to be adored, appreciated and worshipped, but passive as the Moon is, they often feel that unnoticed, unappreciated and that they are uncut diamonds and overlooked geniuses. (Often they are!)

In a relationship the Moon in Leo's pride can swell to its full potential, due to their need for recognition they function better with a close partner, especially one who will remind them of their worth. As with the Sun, the Moon in Leo is fiercely loyal, generous to a fault and territorial with a partner, but only once they have got to a place of trust. There will be a baptism of fire first, as strangely the Moon in Leo, needy as they are for love, is careful that this is present in a relationship before they consider to commit.

#### Moon in Virgo

The word 'pedantic' was invented to describe Moon in Virgo, they are the archetypal detail lovers. Grounded and consistent with their feelings, so long as what they expect to be in order is, they're fairly content. It just depends upon how many things do need to be done, placed or laid out in a particular way! This varies from one Virgo Moon to the next. Overall they dislike change, are very good with data, and brilliant at 'spot the difference' games!

In a relationship a Moon in Virgo will weigh up the pros and cons before diving in. They're not usually fans of over displays of emotions and prefer to prove their feelings through consistency and conscientiousness. They don't get close easily as they have a natural reserve and a tendency towards suspicion. Also, because they will have twice as many 'deal breakers' simply due to how easily irritated they are by their own personal, specific little foibles. However they are very kind, consistent and patient with those who come to matter to them.

#### Moon in Libra

Despite Libra being the only inanimately represented sign, it is the most romantically inclined. Not that romance has any connection whatsoever with love, but Libra is not so much concerned with love rather; harmony, aesthetics, balance and smooth relations. They rarely think badly of others, as they are warm and accepting by nature usually, but when issues do arise they do find it very difficult to confront or address them.

This sign can dream of love but the shiny, expression of romance is their first priority. They love to have an attractive mate, who represents their natural artistic principles. Living for the easy life, they do often find conflict very stressful and difficult and so will tend to choose relaxed, partners who are able to do their own thing. They often need a lot of space in close relationships, in order to maintain their own inner harmony, if they have this they will be very faithful and content.

#### Moon in Scorpio

Despite being a water sign; Scorpio can be an uncomfortable sign for the Moon to be in. The natural flow required for emotions to be healthy is simply not present in Scorpio. They tend to feel everything very powerful but will find it difficult to share this, and then by the time they have made sense of their feelings, will see little reason to bring up something which hurt them. This is a results drive Moon sign, and they will try not to engage in that which does not bring about an outcome.

They find it difficult to trust another, and will often take a long time to show any true feelings, or admit a connection. More inclined towards fear than openness, they can be as difficult to prise as an oyster shell, but they do then often reveal pearls of beauty and hidden depths. Until then they may be manipulative and darkly complex, and if wronged they will seek revenge. They love deeply and strongly once/if safe however.

#### Moon in Sagittarius

This is the jester placement, where the Sun in Sagittarius can often be more explorative and philosophical, the Moon here will tend towards the more jovial elements of the sign. They will still have a need to psychoanalyse, explore and understand their surroundings but their need to bring humour and frivolity is stronger. They are the silliest of the Moon signs and whilst they have real feelings deep down, they will rarely show them, preferring as they do to uplift others than drag them down.

In a closer situation Moon in Sagittarius will show the more philosophical side to their sign. They will still want to bring joy and uplift those close to them but they will also need to understand everything about the person who has won their heart. As natural drifters, and fun seekers they are rarely drawn to one on one relationships, and the other person will need to be fascinating, mysterious and adventurous for them to want to stick around.

#### Moon in Capricorn

In the opposite sign to its rulership the Moon feels quite uncomfortable in Capricorn. The cycles of change don't meld so well with the ambitious aspirations of the sign and those with Moon in Capricorn will tend to turn their feelings into 'goals'. There is a sense of emotions being a necessary function which appeases others, rather than feelings being natural to this Moon sign. They can be very high achievers if they learn how to use emotions to sway those who are easily programmed in this way.

In a relationship they will often seek a partner who can further their ambitions. They can be very calculated and often see no use in the notion of falling in love. Many simply don't have the desire to 'let go' enough to truly connect with others. Being in a prestigious position which others envy can be a far more attractive outcome and you will find many entrepreneurs have this Moon sign.

#### Moon in Aquarius

I think therefore I must be, or am I? This is the Moon of the analyst, the inventor who is easily distracted and the idealist who only half finishes his work. Feeling is alien to Moon in Aquarius, they will tend to think through every nuance of emotion and forget about feeling them altogether. They see feelings as equations to be figured out and understood and find those with unpredictable reactions quite disarming, but ultimately rather intriguing and fascinating also.

Moon in Aquarius doesn't really need a partner, they are detached and often happier surrounded by a selection of well chosen, interesting friends. They are liable to lose interest in people very easily and if they do seek a partner will choose somebody they already feel can be a close friend, as friendship is the highest form of love. They do value loyalty however, and despite them not being very empathic at times, usually they will consider others' feelings before acting in any kind of inappropriate way. Even if those feelings, to them, seem as predictable as the flight path of a UFO.

#### Moon in Pisces

This is probably the most loving loving sign. These folk are soft, sensitive, creative and almost otherworldly. They live to see the beauty in life and seek the highest levels of sensory experience possible. For this reason they may be prone to mind altering substances, or simply get their highs from the vivid beauty of nature, great music or beautiful films. Although they can be easily disillusioned at times, many of the great visionaries have the Moon sign.

They love to love and be loved and in their early years they will fall in love over and over again; often with the dream of people, who are unlikely to ever live up to the pedestals they are granted. Like a bee seeking pollen though, they can flit from one beautiful person to another, and actually are more in love with the idea of love than in actually getting to know another person, as once the image is tarnished, it can never be the same again. Surprisingly, this is one of the signs least like to find somebody who matches their expectations but rather than rock the boat of real life, they aren't adverse to being unfaithful. They live for the visions, not the rules.

What's your Moon Sign? Get in contact if you'd like me to find out and look at how your Moon fits in with the rest of your chart. The above descriptions are, of course, only the essence of each sign, and will differ from person to person.

Peace and love~~~~

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.

Joelle O'Toole's site - <https://www.waxlobster.blogspot.co.uk>



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## Tarot Topics by Jenna

Reading for Yourself: Create a Ritual to Begin

You will read for yourself. You are the first one you read for.

Take the time to get settled. Get physically comfortable and have room on a clean surface to spread out the cards.

There are dozens of ways to prepare yourself. One is to spread out a cloth on the surface. This makes an altar, or space to converse with the Sacred, of any table or floor space.

Now that you and your cards are physically comfortable, you must get "emotionally comfortable". Since we are truly dealing with powers greater than our everyday thinking, now is the time to get in touch with them.

Just getting still and going to the still center within (or to the Goddess, or whatever you call that Force) is the most important step. If you don't believe in any kind of spiritual guides, just set the intention to get to your own Inner Knowing.

Often people say they can't read for themselves because they are too attached to the outcome. I find this to be true if I am very emotional about the question. But in most cases, taking time to go to the still center within helps me to detach from outcome.

Further beginning rituals might include:

- lighting a candle
- saying a prayer
- cutting the deck into 3 piles and re-assembling it
- saying the same phrase or mantra
- picturing yourself surrounded in white light
- taking a ritual bath, or washing your hands and face

Experiment with different things, one at a time. Keep it simple. Find what brings you to the peaceful center of your being.

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).



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## "Breathe in Love" By Tammy Colvin

Breathe in, deeply ....

Muscles surrender

Let them go

Inhale calm



Taste truth

What does love sound like to you?

All is well

Believe it

Know it

Feel it in your bones and in the swell of your belly,  
in the arch of your feet and in the center of your chest

Warm

Tingling

True

What color is love to you?

Basking in love, surrounded by love

Made from love and of love itself

Love made manifest

That is what you are

Bright light shiningLight made into form

Love formed into light and to movement and to love

Emotion, energy, love in motion

That is what we are

Hearts glowing

Love flowing

In, through, around

Rushing up

Flowing down

Breathe it in, deeply now

Love is what you are.

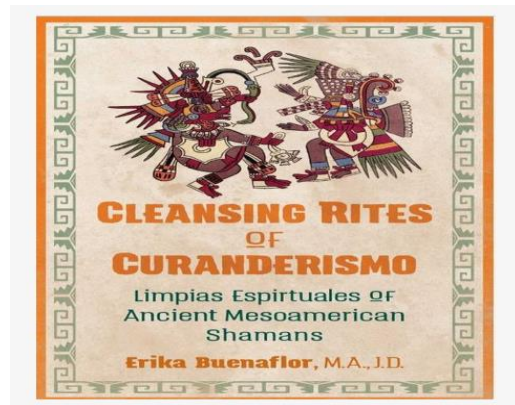
About Tammy: Tammy is a Manifesting & Self-Love Coach who helps others feel their way to a joyous life. She lives in Upstate New York and is mom to one incredible human teenager and a handful of delightful furry people as well. She has been a spiritual seeker for a lifetime and has been studying and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

Tammy's Website - <http://goodfeelingsmatter.wordpress.com>



## Interview with Erika Buenflor - Cleansing Rites of Curanderismo

### Limpias Espirituales of Ancient Mesoamerican Shamans By Erika Buenafior, M.A., J.D.



Erika was interviewed by Kathy Cottrell also a writer.

Erika, tell us a bit about Cleansing Rites of Curanderismo.

Cleansing Rites of Curanderismo provides a step-by-step guide for conducting the most common practice within curanderismo: limpias. Limpias are practical and incredibly effective shamanic cleanses that heal, purify, and revitalize people and spaces with accessible items, such as herbs, flowers, eggs, feathers, fire, and water. They are also powerful tools for self-empowerment, spiritual growth, soul retrieval, rebirth, and gracefully opening up pathways for new beginnings. Limpias are the most common ceremonies within curanderismo. Curanderismo is a Latin American shamanic healing practice that is very eclectic with its core traditions being the indigenous peoples of the Americas.

The book also traces limpias to the ancient Mesoamerican shamans, specifically the ancient Yucatec Maya and Mexico (Aztec), and explains how this ancient wisdom can be applied to facilitate powerful limpias. It reoccupies, reclaims, and breathes life into an indigenous history that has been largely derided, essentialized and marginalized; making space for honoring this indigenous earth wisdom.

Where did the idea for your book come from?

The idea was largely inspired from deep a desire to learn, heal, reclaim, and share these Mesoamerican healing traditions. Many books on curanderismo, particularly ones that focus on curanderismo in the Southwest, state that the roots of curanderismo come from ancient Mesoamerican. But, to date, none have examined in-depth the ancient limpia traditions of the Mesoamerican shamans.

Tracing curanderismo and limpia practices to the ancient Mesoamerican shamans, while in graduate school and thereafter, was and continues to be an incredibly healing soul retrieval process. When I first read these records, for example, I began to understand on a soul level why I was always drawn to offer water, fire as a candle, and other elements to my altar and sacred spaces. I learned more about myself and why listening to and watching fire, during limpias and as I am feeding copal and flowers to fire, were critical in understanding what had been done and what, if anything, still needed to be done. Listening and watching fire was a tradition of my ancient indigenous ancestors. I learned so much about myself and was able to nuance my curanderismo practices to make them even more effective and potent.

My history, soul pieces—sacred essence energy, have come back as I continue to delve into my history and ancient traditions. I hope that my quest, the one I share in this book, helps and inspires others as well to heal, honor and connect with their ancestral lineage, whatever tradition it may be.

What do you want readers to come away with after they read your book?

I hope to help other curanderas/os and other practitioners, who are also interested in learning and possibly incorporating these indigenous healing practices into their practice become more versed in ancient Mesoamerican shamanic and contemporary curanderismo healing traditions.

Did you encounter any roadblocks along the way? If so, how did you overcome it/them?

Yes, the ancient ethnohistorical records of the fifteenth and sixteenth centuries, like many historical books, are full of different biases and agendas. The authors comprise Spanish missionaries, Spanish conquistadores, post-contact indigenous and mestizo scholars, and pre-contact indigenous scholars. [The term "post-contact" references the time after the arrival of the Spaniards to the Mesoamerican plateau in 1519; while "pre-contact" references the time before their arrival.]

I placed these records in dialogue with each other, so they could amend, deepen, and possibly correct our understanding of their ancient Mesoamerica shamanic limpia practices.

Are you working on a new book now?

My second book, *Curanderismo Soul Retrieval* will be published May of 2019. This book also draws from ancient Mesoamerican wisdom, and reveals how to use Mesoamerican curanderismo soul retrieval to stop the repetition of unwanted patterns in our lives, heal from traumas, promote self-awareness, experience greater depths of authentic self-love, and restore our sacred essence energy to its maximum potential, so that we may live the life we choose and manifest with impeccability.

My third book, which I am currently working on will be on *Curanderismo Solar & Lunar Rites of Healing, Magic, Purification and Manifestation*. It will continue to also draw from ancient Mesoamerican traditions.

We'd like to know a bit about your life away from writing. Where do you live and how long have you been writing?

I live in Altadena with my husband and two furry kids. When my husband and I are not facilitating classes, workshops, and ceremonies, we ride our bikes at the beach, go hiking, engage in various kinds of art projects, record music, do yoga and meditate. I have a rescue Stafford terrier, Bagheera, who is a large love bug, and a strong-willed tabby, Isis who is absolutely magical and wise.

Is it true you were a practicing attorney? How did that, or other, life experiences prepare you for writing this book?

Yes, during college, I became inspired by the social justice movements that were peaking in UCLA, especially after the 1993 UCLA Hunger Strike. On May 25, 1993, nine people initiated a hunger strike, primarily as a political strategy to break a stalemate in negotiations and effectuate the establishment of a Chicana/o Studies Department at UCLA. The hunger strike was a critical variable and political strategy to instigate the establishment of the UCLA Chicana/o Studies Center, which later became a department. I believed that by becoming an attorney I would be able to effectuate positive change, and empower marginalized sectors of our society.

My experiences as an attorney taught me that to effectuate any kind of positive change, the change had to first happen within myself. I had to be true to myself and listen to my heart and soul, which knew that I was most effective as a curandera. As a curandera, I could approach and help to remedy issues holistically rather than simply systematically or financially.

My catastrophic accident of 2005 was a huge step in forcing me to step into my power and embrace my gifts of healing. I was at Red Rock Canyon in Las Vegas. I went into a deep trance journey and lost track of time. When I was done with my journey, I realized that if I did not hurry I was going to miss my flight home. I did not ground myself from this intense experience, slipped and fell. As a result, I sustained a skull fracture and brain hemorrhage, a separation of the

left acromio-clavicular joint, two fractured vertebrae, a shattered coccyx and three fractures in my left leg. If that wasn't enough, on the right leg, the bones from the knee down fractured and extended out of my heel. These "open" fractures led to a severe osteomyelitis in my right heel and caused a loss of one-third of the bones in my heel. I was told I would be in pain for the rest of my life from the shattered coccyx and if I walked again, it would only be with some kind of assistive device.

Due to my accident, I decided to step into my power and decide my fate; experience an impeccable healing and recovery. The accident forced me to slow down and apply my initial seven years of curanderismo training. After numerous surgeries and being confined to a wheelchair for almost a year, I walked with a completely normal gait in less than two weeks, and was [and still am] 100% pain free. Shortly after my last surgery, I returned to the Yucatán, and met my second set of mentors.

I also decided to return to graduate school at UCR, and obtained a master's degree in religious studies with a focus on ancient Mesoamerican shamanism and curanderismo. While I loved the access to the endless supply of books, I realized it was time to "come out of the closet" and embrace myself as a curandera. Academia would not necessarily be supportive of my desires to practice as a curandera. The time was coming for me to step into my bliss, passion and happiness, and play the role of a curandera, and embrace myself as such.

In summary, and in a response to your original question, this horrific accident inspired me to fully embrace my calling, and learn more about our ancient practices by going to graduate school.

What is the best piece of advice you ever received?

Live your bliss, joy, and happiness.

What are two (or more) of your all-time favorite books in any genre?

Woman who Glows in the Dark

Aztec Philosophy

Is there something burning inside your busy mind which is screaming to get out and share with our readers?

Step into your power and create an ideal reality for yourself!

Erika, this has been special for us and we thank you for helping us expand our horizons. We wish you luck with this book and those to come as well as your healer's journey.

Erika's Background

Erika Buenaflor, M.A., J.D., has a master's degree in religious studies with a focus on Mesoamerican shamanism from the University of California at Riverside. A practicing curandera for over 20 years, descended from a long line of grandmother curanderas, she has studied with curanderas/os in Mexico, Peru, and Los Angeles and gives presentations on curanderismo in many settings. She lives in Altadena, California. <http://www.realizeyourbliss.com>

Guest Interviewer for ROC Metaphysical

Kathy Cottrell

The universe is conspiring with me and for me. I needed to find someone who could help me do the interview with the author Erika, plus do a great job. I asked Kathy how it should be done and since she an author, editor and loves writing she graciously volunteered. THANK YOU KATHY!



Here is info about Kathy:

Our guest interviewer, Kathy Cottrell, writes under the pseudonyms Veronica Lynch and Kat Henry Doran, relying on her professional experience as a legal nurse consultant, victim advocate and sexual assault nurse examiner when it comes to creating strong characters who stand for the "less thans" in this world. She and her husband are long-time residents of the 19th Ward community in Rochester, NY. Over the years, Kathy has been called many things, not all of them flattering. The one she treasures most is Nana to the four brightest lights in her life: Meredith and Ashlin, Owen and Kieran.

For more information on Kathy and the books she creates, go to:

Email: [WildWomenAuthors@yahoo.com](mailto:WildWomenAuthors@yahoo.com)

Blog: [www.WildWomenAuthorsx2.blogspot.com](http://www.WildWomenAuthorsx2.blogspot.com), [www.ApronsWithAttitude2.blogspot.com](http://www.ApronsWithAttitude2.blogspot.com)

Pinterest: [www.Pinterest.com/KatHenryDoran](http://www.Pinterest.com/KatHenryDoran)

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## **"Angels of the 33rd Dimension" – Excerpt Jayne Chilkes**

Beloved ones it is we of the 33rd dimension, we bring our chimes with us. We naturally chime where ere we travel, and as we chime all about you, you become one with us. You become the sounds, the chimes, our shapes, become crystalline patterns, become like snow flake patterns, miniature ones, all over you. Miniature ones that chime together that make beautiful music, patterns of sounds.

Your whole body is becoming beautiful patterns, and sounds, you twinkle in the light, you are the light with the sounds, and you float with us now to the 33rd dimensions. You become angels with us.

Creating new worlds, and just being, just being at peace, and joy, amidst this vibration of love. Let your body float with you. Come with us now. Stay with us. Be with us often, for it will turn your life around, even better than before.



Let your heart open to this dimension more fully now, see the minute snow flake patterns in your heart, making sounds, chiming your heart chambers, chiming, twinkling as it is becoming its 33rd dimensional self and your heart opens up to a rush of light now.

Immense light is being poured through your heart now, expanding and expanding, your heart chakra. It is becoming very wide, very wide indeed, wider than it ever has spun before - out, out, out your heart chakra to the 33rd dimensions and let your heart chakra remain open here, all day and every day. Once you have mastered this indeed you will be floating and walking the new earth permanently. For we wish for you permanence now, it is time for permanence, not the coming and going that you have had to go through, but the permanence of the light. This is your destiny to permanently reside as a human being in these higher dimensions each and every moment. May it be so. Allow it, feel it, enjoy it. Let your thoughts only be of love, light, and joy.

God bless you.

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.

Jayne's website - <https://thenewdnablog.wordpress.com/>

Link: <https://youtu.be/pRocAV8MWEs>



Check out Jayne's You Tube Channel for this video and more.

"For Empath, Lightworkers, and Sensitives - 4 Secret Ways to Protect Your Field."



Judith Orloff M.D.

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

## **"How Medicine Affects Empaths and Sensitive" by Dr. Judith Orloff**

How medication affects empaths and sensitive people is more intense than you may think. Since many empaths experience chronic sensory overload, anxiety or depression, conventional physicians often send them to psychiatrists for medication.

In "The Empath's Survival Guide" I discuss empaths, their bodies, and health. It's important for sensitive people to listen to the wisdom of their bodies. Many physicians go straight to antidepressants and anti-anxiety medications when treating empaths, but, in general, initially I recommend not using them with such sensitive souls. Sometimes, my patients just need to be kinder to themselves and make certain adjustments which make their lives easier.

For instance, Jan came to me experiencing intense anxiety when driving the Los Angeles freeways. The multiple lanes of cars and huge trucks whizzing by in both directions overwhelmed her and made her light-headed. Some empaths, including myself, have this aversion to freeways. The massive amount of traffic going at high speeds, and erratic, upset drivers are just too much stimulation for some of us to process. I haven't driven the freeways for years.

Although Jan had practiced deep breathing exercises before getting in the car, and took shorter freeway trips to get used to driving, these strategies were insufficient. Her physician had suggested anti-anxiety medications, but she wasn't comfortable taking them. I presented Jan with a simple alternative. Instead of continuing to make herself crazy trying to "get over" her driving anxiety, she could give herself permission to avoid freeways when possible and take some wonderful side streets across the city, as I do. Jan felt tremendous relief with this solution. She simply allowed for more travel time to her meetings. I also urged Jan to stop pressuring herself to "be like other people," a mistake many sensitive people make. You often have special needs that must be respected-and these needs are okay. You're not failing or copping out by finding ways to be kind to yourself. The softer, easier solution to a problem can be a merciful way for you to resolve anxiety without having to turn to medication.

### **How Medication Affects Empaths and Sensitive People:**

If empaths have been chronically depleted by trauma or stress, they may require medication for depression and anxiety to balance their biochemistry. I recommend prescribing these mainly for the short term. Interestingly, I've observed that many empaths require a much lower dose than other people to get a positive effect. For instance, a sliver of an antidepressant can work wonders for highly sensitive patients. A mainstream physician might write this off as a "placebo response." I disagree. How medication affects empaths and sensitive people is more intense than you may think. Empaths are just more sensitive to everything, including medications. We often can't tolerate the usual doses that conventional medicine deems effective.

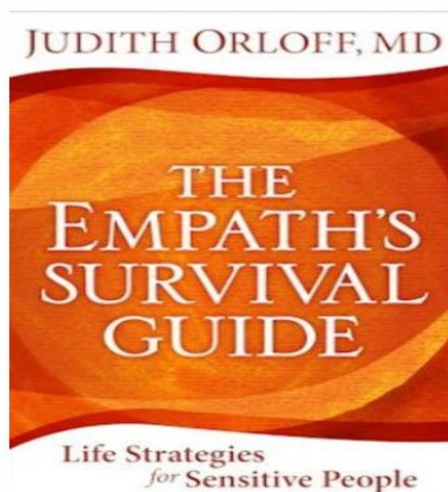
Always ask yourself, "What is my body's response to medication?" It doesn't matter if you're the only one who ever had a side effect, if you experience something, it IS real. I get so tired of doctors telling me, "Well, you're the only one to experience \_\_\_\_so it must not be real!" As an empath, I've learned to trust my body above all. I hope you do too.

In addition, I'm also fascinated by new research about how pain medications can inhibit empathy. Ohio State University researchers recently found that when participants who took Tylenol (Acetaminophen) learned about the mishaps of others, they experienced less dismay than those who didn't get the drug. So, if you have a conflict with a family member and you had just taken Tylenol, this research suggests that you might be less compassionate. Knowing that Tylenol decreases empathy is important since 52 million Americans take a substance containing it every week!

It is important to know how medication affects empaths and sensitive people. If you're an empath who needs medication, I suggest working with an integrative healthcare practitioner who understands subtle energy so you can find the best dosage for your body. Be sure to share with your doctor how your body responds to the dose of medication you are given so you can regulate it if necessary. Most important, speak up if you are uncomfortable. Remember, the point of taking any medication or taking part in any therapeutic intervention is to focus on your healing.

About Dr. Judith Orloff: 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.

Dr. Judith Orloff's website - <http://www.drjudithorloff.com>



## **Dianne Robbins**

### **We Create from Pure Light Substance**

And now the Crystal People are here, wishing for a forum with you.

Greetings dear people on Earth. We are your relatives, the Crystal People, here to reunite with you again as family members all stationed on Earth; you above, we within. It is indeed a glorious time for humanity, as you are waking up to your divinity and soon will be exhibiting all the gifts and talents you were born with and that are necessary to restore the Earth to her rightful place in the Universe.

You are a key factor to restoration of Earth's diverse biological systems, and it is through you that it will occur. For you are Creators in disguise, and your disguise has even fooled you. Now it is the time to remove your costume and see yourself with your full awareness, knowing that you are Creators and you were meant to create from Pure Light Substance all the beauty you can conceive of. This is your purpose for being.

We Crystals only create from pure Light substance, and direct this Light into the lives of others for their benefit and soul's growth. You can hold us in your hands, and we will transmit our Light waves into your auric field to enlighten and expand your awareness of the world around you as you move through your day. This we offer you freely. You can wear us around your neck, put us in your pocket, or hold us at night while you sleep. We are your Light Partners and Family Members, and we are all working to uplift the Earth's frequency so that she can make her ascension into the higher realms, taking us all with her.

At this time, it is connections with one another that are so important, for you Earth humans have been living in separation for far too long, and it has gotten you nowhere on your path...now you are on a moving path, like a moving sidewalk, and our oneness will move you along effortlessly. For the more of us that are united, the easier the trek. For our combined momentum will propel us all into the higher realms of Light. You understand this, don't you? Our sheer mass will carry us all into the 5th dimension, whereas if you each try to do it alone, you will lack the mass needed for take off.

So bond with us now, and we will be your new guides, guiding you into a new state of enlightenment where you will all witness the grandeur of the Earth and the Heavens, in this, your Now Time.

Since the election in the USA on November 4, 2008, all on Earth will rapidly change...bringing a heightened awareness and empowerment to all humankind that will spread throughout the Earth herself, touching all life forms at last. A safe journey in consciousness is now ensured and all will rejoice!

Use our heartbeat to synchronize yours into full health. This is how a 5th dimensional Universe works, all are synchronized into One. No one is out of beat, for it would throw the whole symphony into discordance, which is what happened on Earth. But the beat is returning, so step into it and you will thrive. We wait for you on the steps of Nirvana, where we will all walk through the door to the heaven world...right here on Earth.

We enfold you in our Crystalline Rays of Love. Good day.

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.

Dianne's website - <https://www.diannerobbins.com/about.html>



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## **"One for All and All for One — Once and for All" By Mama Donna Henes**

From a shamanic point of view (as well as quantum scientific thought) separation is a false concept. It is redundant to think of reaching out to build teams, alliances and communities, since we are already all connected, allied, joined together as one. The fact is there is no such thing as opposing sides.

There is only one side: just us folks, all of us everywhere, trying to live life as best we can, much more alike than different. There is no us and them. There is only us. We - all of us who occupy this planet: organic and inorganic; living and not; past, present, and future - are the world.

We come from our Mother Earth and return to Her belly. We are made of the same substance as the sea, the soil, the stars. There are, and ever have been, only so many molecules in existence, and all the rest - birth, growth, death, decay, development, change, evolution, transformation - is really just about recycling.

We breathe the same air as our cave-dwelling ancestors, continually inhaling and exhaling, trading carbon dioxide and oxygen with our plant relatives untold billions of times over the millennia. And the same holds true for water. We drink the tears of crocodiles and elephants. We wash in the drainage of the ages. It rains, it pools, it evaporates. We drink, we pee. Again and again and again in a grand scale cosmic round robin.

All borders and boundaries and separations are pure illusion. Each time we touch someone we leave some of our skin atoms behind and pick up a parcel of new ones in an intimate epidermal exchange. Thus we merge, quite literally

becoming part of each other. I am you and you are me and we are we. We are all in this together, inextricably bound, riding on our beautiful blue planet through space and time. We are one team, one community, one world, one living, breathing entity. And the sooner we realize it, the happier, safer and saner we will be.

Today we are surrounded by artificial division, manipulated resentment and fear-mongered anxiety. The real dynamic being played out right now is not about conflicting religious, economic or nationalistic factions. It is not even about war. The struggle is actually between those who believe that the world is defined in terms of contrast, of black and white opposition - good or evil, right or wrong, war or peace, with us or against us - and those who are able to see things in a more harmonious, holistic and congruent manner.

These are deciding times. It is imperative for those of us who perceive the big picture to make a concerted effort to reach out in ever-expanding circles of affinity, support, and empathetic embrace. Now is the time to create healthy, functioning networks in recognition and in honor of our mutual state of being and our common fate.

Let us come out of the cocoon closets of our isolated, separate selves and set our intentions on unity. Let us come together to make connections. To make friends. To make sense. To make art. To make amends. To make whoopy. To make time. To make magic. To make love. To make change. To make peace in our hearts and on the planet.

Let us project ourselves outward as cooperative partners; as interconnected members of our families, communities, species and world; as consciously coexistent inhabitants of our planet, and as conscientious co-creators of our combined future. Life on Earth depends upon our interdependent efforts.

With best blessings of interdependence,

xxMama Donna

\* 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

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





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:

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

## Get Rid of Your Pain -Using Sounds by Jill Mattson

Using Sound to Convert Negative Energy to Positive Energy!

We all have felt an angry stare or experienced the nasty energy of a dirty look. What is overlooked is that even negative energy is energy. In antiquity ancient masters used a nifty technique to take advantage of negative energy by converting the negative energy to a positive one...with music! Here is how it works!

Next time that you feel a strong negative energy...even when watching such negative energy on TV... create a tone to represent that negative energy. It should be a low tone... and a vowel sound... like "uh"... or "oh." Use your imagination as there is no absolute correct tone.... You can't do this incorrectly!

Sound your negative tone for 20 to 30 seconds... Feel the negative energy and then, with your voice, raise the tone an octave. An octave is the exact same note only it is 8 notes higher....The negative energy will now feel less potent....Continue this for about 30 seconds and then raise the tone up yet another octave. It doesn't matter if your voice sounds good or not... you are just using your voice to raise the energy, making it more positive.

Soon you will not be able to raise the energy with your voice because it can't go any higher. So think of the tone an octave higher... As you raise the tone, it gets higher and lighter and soon it will not be negative at all. You have the uncharitable energy from a nasty glare but it is now delightful energy. Imagine the energy comes down octaves, retaining its light and uplifting feelings. Ingest this energy into your mood and energy bodies. It will be powerful energy that you can use for good purposes!

Try it for a great lift!

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!

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

## *Star Dust by Jill Mattson*



The original music in Star Dust is derived from the motion and chemistry of Heavenly Spheres. Jill Mattson employs a technique transposing the motion and orbits of the planets into audible and hauntingly beautiful sounds -- the "music of the Planets"

## **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.

In this episode, we explore DNA Activation and the amazing shift we are undergoing as a collective consciousness.

It is something that is happening actively, not passively. Another way of looking at it means you must participate in your own ascension - it won't just happen to you, but through you! It's very important to face your inner blockages during this time to deeply integrate all aspects of ourselves.

Delving into whatever spirituality you are called to practice, such as sacred geometry, the four elements, tarot and meditation can greatly accelerate your consciousness.

Link: <https://youtu.be/EUunraf0bEM?list=PL2C2FBAB7E002EE3E>



## **Zen Habits by Leo Baubuta**

### **The Art of Doing Nothing**

Sure, we all know how to do nothing. We all know how to lay around and waste time. But many of us are too busy to do it much, and when we do it, our minds are often on other things. We cannot relax and enjoy the nothingness.

Doing nothing can be a waste of time, or it can be an art form. Here's how to become a master, and in the process, improve your life, melt away the stress and make yourself more productive when you actually do work.

#### **Start small**

Doing nothing, in the true sense of the word, can be overwhelming if you attempt to do too much nothing at once. Do small nothings at first. Focus on 5-10 minutes at a time, and start your practice sessions in a safe place — at home, not at work or in a busy public place. You may also not be ready to do nothing in the middle of nature, so do it in your bedroom or living room. Find a time and place where there are not many distractions, not much noise, not a lot of people to bother you.

Shut off all distractions — TV, computer, cell phones, regular phones, Blackberries, and the like. Doing nothing is hard when our communications gadgets are calling at us to do something.

Now, close your eyes, and do nothing. Yes, the smart-asses out there will say you're doing something — you're sitting there or laying there, closing your eyes. But we mean doing nothing in the sense that if someone were to call us up and ask what we're doing, we say "Oh, nothing." Don't let them call you up, though. They are trying to distract you.

After 5-10 minutes of doing, nothing, you can quit, and go do something. But try to do this every day, or as much as possible, because it is not possible to become a master without practice.

#### **Breathing**

The first place to start in the quest for mastery over this art is in your breathing. If this sounds suspiciously like meditation, well, cast those suspicions out of your mind. We are not here to do suspicion — we are doing nothing.

Start first by breathing slowly in, and then slowly out. Now closely monitor your breath as it enters your body, through your nose, and goes down into your lungs, and fills your lungs. Now feel it as it goes out of your body, through your mouth, and feel the satisfying emptying of your lungs.

Do this for 5-10 minutes, if you can. Practice this as you can. When you start thinking about other things, such as how great that darn Zen Habits blog is, well, stop that! Don't beat yourself up about it, but bring your thoughts back to your breathing every time.

#### **Relaxing**

An important part of doing nothing is being able to completely relax. If we are tense, then the doing of the nothing is really for naught. Relaxing starts by finding a comfortable place to do your nothing — a soft chair, a plush couch, a well-made, clean bed. Once you've found this spot, lie in it, and wiggle around to make it fit your body better. Think of how a cat lies down, and makes itself comfortable. Cats are very, very good at doing nothing. You may never approach their level of mastery, but they make for great inspiration.

Next, try the breathing technique. If you are not completely relaxed by now (and a short nap would be a great indication of relaxation), then try self massage. Yes, massage is much better when administered by other hands, but self massage is great too. Start with your shoulders and neck. Work your way up to your head and even your face. Also do your back, and legs and arms. Avoid any areas that might lead to doing something (although that can be relaxing too).

Yet another great way of relaxing is an exercise where you tense each muscle in your body, one body part at a time, and then let the tensed muscle relax. Start with your feet, then your legs, and work your way up to your eyebrows. If you can do the top of your head, you may be too advanced for this article.

Once you are relaxed, see if you can relax even more. Try not to relax so much that you lose control of your bodily fluids.

#### Bathing - an advanced stage

Those who are in the beginning stages of the Art of Doing Nothing should not attempt this stage. But once you've become proficient at the above steps, the stage of the Bath can be pretty great.

The bath must be nice and hot. Not lukewarm, but hot. Bubbles are also required, even if you are a man who is too manly for this. Just don't tell any of your guy friends. Other bath accessories, such as a loofah sponge, or bath gels, or potpourri, are very optional.

Again, you must have all distractions shut off. Bathing is also best done if you are alone in the house, but if not, everyone else in the house must know that you CANNOT be disturbed, even if the house is burning down. If they break this sacred rule, you must turn upon them with the Wrath of Hell(tm).

Step into your bath, one foot at a time, very slowly. If your bath is properly hot, it is best if you get into it an inch at a time. For more sensitive body parts, such as the crotch area, it is best to squeeze your eyes shut tight and slowly lower yourself into the steaming water despite all instincts to flee. Once you are fully immersed (and you should go completely under, head included, at first), close your eyes, and feel the heat penetrating your body.

You may begin to sweat. This is a good thing. Allow the sweat to flow. You may need a glass of water as the sweat could dehydrate you. A good book is another great way to enjoy your bath. Allow your muscles to be penetrated by the heat, to be relaxed completely, and feel all your worries and stresses and aches and inner turmoil flow out of your body into the water.

A hot bath is even more awesome if followed by a bracing cold shower. Either way, get out of the bath once the water is no longer warm and your skin is very raisin-like.

#### Tasting and feeling

Doing nothing is also great when accompanied by very good beverages or food. Good tea or coffee, wine, hot cocoa, and other sensual beverages go very well with the Art. It's best to take these beverages by themselves, with no food, and without a book or other distractions. Focus on the liquid as you sip it slowly, savoring every bit of the flavor and texture and temperature in your mouth before swallowing, and feeling the swallow completely. Close your eyes as you do this. Truly enjoy this drink.

Foods are also great: berries, rich desserts, freshly made bread, the best ... soup ... ever, or whatever it is that you love. Be sure you eat it slowly, savoring every bite. Chew slowly, and close your eyes as you enjoy the food. Feel the texture in your mouth. It is bliss!

#### Doing nothing in nature

Once you've passed the above stages, it is time to practice this gentle art out in nature. Find a peaceful place — in your front yard if that's peaceful, a park, the woods, at the beach, a river, a lake — places with water are excellent. Places out of reach of the sounds of traffic and city life are best.

Out here in nature, you can practice the art for 20 minutes, an hour, or even longer. There are fewer distractions, and you can really shut yourself off from the stresses of life. Don't just let your mind wander everywhere — focus on the

natural surroundings around you. Look closely at the plants, at the water, at the wildlife. Truly appreciate the majesty of nature, the miracle of life.

#### Incorporating the Art in daily life

This is the final stage of mastering this Art. Don't attempt it until you've practiced and become competent at the above stages.

Start by doing nothing while you are waiting in line, at the doctor's office, on a bus, or for a plane. Wait, without reading a newspaper or magazine, without talking on the phone, without checking your email, without writing out your to-do list, without doing any work, without worrying about what you need to do later. Wait, and do nothing. Concentrate on your breathing, or try one of the relaxation techniques above. Concentrate on those around you — watch them, try to understand them, listen to their conversations.

Next, try doing nothing when you drive. Yes, you must drive, but try to do nothing else. Don't listen to music or news or an audiotape. Don't multi-task. Don't talk on your cell phone, don't eat, and don't do your makeup. Just drive. Concentrate on your driving, look at the things you are passing, and feel your breathing. Relax yourself, and don't worry about the other drivers (but don't crash into them!). Drive slowly, going easy on the gas and brake pedals. This technique has a great side-effect: better gas mileage.

Last, try doing nothing in the middle of chaos, in your workplace or other stressful environment. Just shut everything out, close your eyes, and think about your breathing. Try a relaxation technique. Do this for 5-10 minutes at a time, building up to 20-30 minutes. If you can do this, in the middle of a stressful day at work or with the kids, you will allow yourself to focus more fully on the task at hand. You will be relaxed and ready to concentrate, to bring yourself into a state of flow. (Warning: Doing nothing could get you in trouble with your boss, so be careful! But if it makes you more productive, your boss might not mind.)

Finally, the Art of Doing Nothing cannot be mastered overnight. It will take hours and hours of practice, of hard work (doing nothing isn't easy!). But you will enjoy every minute of it! Try it today.

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

Leo's website - <https://zenhabits.net>

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## "Acupuncture: Not Just for Adults" By Jen Sharples

The brightly lit hallway buzzed with chatter between office staff, parents, and children. I followed Jen towards the community acupuncture room. Pausing before entering we discussed the headaches I'd been having since overcoming Bell's palsy.

"I'll add a couple needles over here," she said pointing to the side of my head.

"Okay, no problem."

The room was dark save for the light coming in through the closed blinds. Soft music played across the room from where I sat. A client to the left of me had her eyes closed and breathed steadily. I settled myself into the cushioning and relaxed as Jen placed the needles into specific points on my head, arms, and legs. She'd be back in an hour.

Though many people may not understand what it is, we have all heard of Acupuncture. A medicinal healing modality originating in China, it involves the pricking of soft tissue using thin needles to relieve pain and various physical, mental, and emotional conditions. In the US alone, 38% of adults use it while only 12% of children do – though that number is rising according to the 2012 National Health Interview Survey (NHIS) conducted by the Centers for Disease Control and the National Center for Health Statistics (NCHS). More information on this study can be found on the National Center for Complementary and Integrative Health (NCCIH) website (<https://nccih.nih.gov>).

Shortly after my treatment Jen and I discussed the benefits of Acupuncture for children. As an adult, I've been seeing her for four years, but I've always wondered how children can benefit from it as well. She has been a licensed acupuncturist since 2010 and has been practicing at South Shore Community Acupuncture housed within MV Pediatrics since 2012.

What is the ratio of adult acupuncture to pediatric acupuncture?

"At South Shore Community Acupuncture, we see mostly adults, but we've been seeing more and more children over the years. It takes some time to build trust and rapport with children, since they're often coming into the pediatric practice for their vaccinations, so there tends to be a lot of fear with new types of treatments and providers. But ultimately, we've had kids that do really great with acupuncture and they start to love and look forward to coming for their treatments!"

What are the top conditions you treat children for?

"We treat babies and children for all sorts of conditions. For babies, mainly colic and constipation. I've also treated babies during and after their vaccinations to enhance general wellbeing and immune function. For toddlers and older children, I see them for digestive issues (constipation, loose stools, and stomachache), asthma, ear infections, chronic colds, chronic runny nose, seasonal allergies, anxiety, ADHD. Those are probably the most common things we see in clinic. But kids can be treated with acupuncture and Chinese herbal medicine for just about anything."

And what room do you typically treat children in? I don't recall ever sitting next to a kid.

"We typically see kids in a different treatment room since they usually have an adult who accompanies them during their treatment. Once they're old enough to sit still for 20+ minutes, they can start to come into the community room, where we treat adults. For kids under the age of 8, we do a Japanese acupuncture treatment called Shonishin, which does not involve needles. Shonishin uses small tools to brush and tap the child's skin on the arms, legs, back, head and tummy. We do that in a different room and that treatment can take anywhere from 5-15 minutes."

Oh, that's very cool. And lastly, is there any other pertinent information that parents, or even society, should know?

"Acupuncture can be done on anyone – from babies to the elderly and anywhere in between. When you treat kids, they generally need a smaller "dose" of acupuncture, meaning their treatments are pretty short and we use fewer needles (or none at all if we decide to do Shonishin). If a child is anxious about trying acupuncture, sometimes we start with applying pressballs on their arms or legs or on their ears. This is a form of acupressure, where we place a small, stainless steel bead on a clear piece of tape onto an acupuncture point, which provides a mild stimulation of the point. This can be effective and an easy way of starting acupuncture treatment with kids until they feel ready to try it.

Kids also respond really well to Chinese herbal medicine. There are lots of very safe and effective Chinese herbal formulas that treat a wide variety of conditions such as cough, allergies, colds, runny nose, ear infections, asthma, digestive issues, etc. My hope is that more parents are open to trying acupuncture and Chinese herbal medicine for



their children (and for themselves). Acupuncture is such a gentle and safe way to correct imbalances within the body and can be effective in helping to strengthen the immune and digestive systems, in addition to being beneficial for general health and wellbeing."

Jen Alberti, Lic. Ac. can be found at South Shore Community Acupuncture within MV Pediatrics, 21 Totman Street, Quincy, MA 02169. (617) 845-0544. [www.sscacu.com](http://www.sscacu.com).

About Jen: My writing career began when I was 8 years old. After a hiatus to become a licensed massage therapist and energetic healer, I have returned to my first love. My inspiration comes from nature, spirituality, love, heartbreak, energy, and all forms of healing.

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## Poems Etc ...

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Do you know where you come from?  
You come from the divine sanctuary.  
Do you not remember passing through  
those ecstatic spiritual stages?  
Since you have forgotten them  
now you feel bewildered and lost.  
You have sold your soul for a handful of dust.  
What a cheap bargain you have struck!  
Give back the dust and recognize your worth  
you are not a slave, you are a king.  
It is for your sake that the beautiful hidden ones  
have descended from heaven.

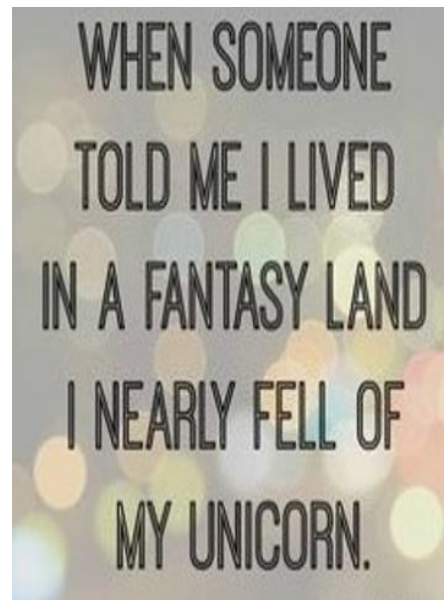
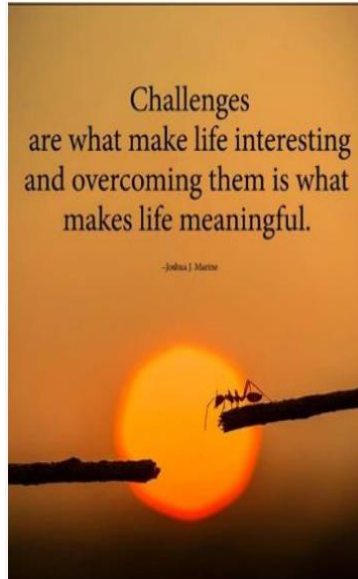
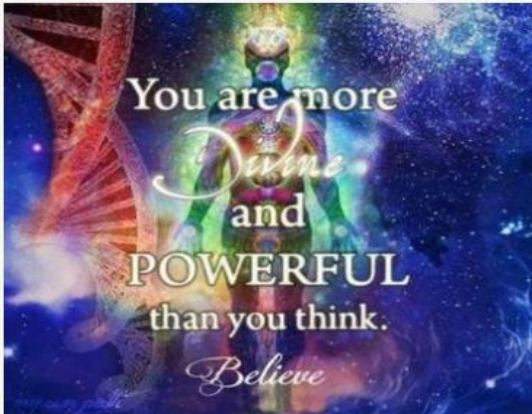
~ Rumi

That beautiful season the Summer!  
Filled was the air with a dreamy and magical light;  
And the landscape  
Lay as if new created in all the freshness of childhood.  
- Henry Wadsworth Longfellow

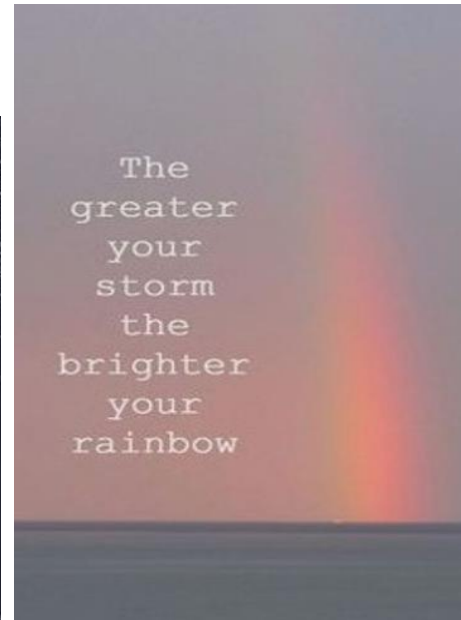


A break in the heat  
away from the front  
no thunder, no lightning,  
just rain, warm rain  
falling near dusk  
falling on eager ground  
steaming blacktop  
hungry plants  
thirsty  
turning toward the clouds  
cooling, soothing rain  
splashing in sudden puddles  
catching in open screens  
that certain smell  
of summer rain.  
- Raymond A. Foss, Summer Rain

## Focus on the Positive







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### "The Empath's Heart" By Michelle Howe

Is there really such a similarity between Empaths??

I am laughing at this question of mine because the answer is clear and easy to see: YES!!!!

A vast amount of Empaths are just now waking up and looking for answers. Many Empaths are now in Facebook groups. Many are relieved to finally find like-minded people and explanations for why they are affected by others - why they know or feel more than others.

Most Empaths have a HUGE heart. This heart LOVES to help other people. There is nothing more fueling to an Empath than to be of service to others. Mostly, an Empath feels a huge burst of energy when they step forward in this way. Empaths love to listen, solve and/or sprinkle the great energy into helping others.

Empaths often re-wire the energy of others. That means others walk away feeling better, having released negative energy or having gained new perspectives or insights.

In a typical scenario, what happens to Susie the Empath when she is talking to someone? She gets activated and is able to tap into a wonderful soul connection with this individual. Susie mirrors a higher frequency or reality to the other person - which empowers and clears the energy of this other person.

Empaths have a magic toolkit of psychic and energetic gifts to share with others.

- ^ At basic levels, we listen without judgment.
- ^ At moderate levels, we blend to transmute energy.
- ^ At advanced levels, we restructure the mental and emotional bodies.

An Empath can do ALL this??? Yes - shared in very simplistic terms...

In more complex terms, it is explained as the Empath using energetic connection and psychic gifts to clear away negativity and bring clarity to the other person. All the magic happens energetically - it's about feeling subtle energy.

Is this gift tough to manage? Yes and no.

There are some Empaths who are developed enough and solid in their own energy and wise to understand management of their gifts. These Empaths are fairly well versed in metaphysical concepts of energy, past lives and self-healing. They use their skills to help others without being negatively affected themselves.

Less seasoned or newly awakening Empaths struggle with being an Empath because they feel drained by each interaction and/or feel the lower emotions of others as their own. For these Empaths, the struggle to comfortably interact with others rests on one of both of these issues:

- 1 - They do not remember, know or understand the basic skills for managing their gifts to effectively help others without getting stuck in the muck of lower vibrations.
- 2 - Their auric bodies are not yet strong enough to be helping others because they have much of their own healing (conscious or unconscious) that needs their attention. These individuals will often feel the emotions of others as their own because, on some level, they resonate with these same emotions. This Empath is challenged by this extra dose of emotions and typically their focus is outside of themselves - on others. They feel so much that it's quite uncomfortable. Their immediate response is to find fault with the world, settle into being a martyr for others or isolate themselves away. In truth, the "uncomfortable feeling" is there to awaken them - to grab their attention and push them to step forward - to move to a place of solution.

The role of the Empath is very unique and wonderful. Most Empaths find their greatest joy and their truest calling by helping others. Often, they walk forward not realizing the importance of their own inner work - their own spiritual development.

Many times, an Empath's natural way of giving or helping serves mainly as a distraction from diving deeper to heal themselves. It is important to note that only when the Empath is fully healed can he/she effectively manage and use their gifts to the highest potential.

I have pointed it out many times and I will continue to point it out to all of you - the most important task at hand for each and every Empath is their own journey of self-healing and transformation.

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.

Michelle's website - <https://www.empathevolution.com>



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## *Retreat and Spiritual Centers*

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### Pyramid Life Center

1 Pyramid Road  
Paradox, NY 12858  
518-585-7545

<http://www.pyramidlife.org/contact/>



PLC offers a variety of programs and retreats from May through October. They focus on spirituality, wellness, scripture, liturgy, personal development, peacemaking, and the environment. At the same time, they offer ample opportunity for hiking, rowing, canoeing, sailing, fishing, jogging, swimming, or simply relaxing in an unbelievably beautiful setting. Family, parish and group camping experiences provide holistic recreation which truly re-creates.



## Chuang Yen Monastery

2020 Route 301  
Carmel, NY 10512  
845-225-1819

<https://www.baus.org/en/>

The Buddhist Association of the United States (BAUS) is a non-denominational organization dedicated to promoting the Buddha's teachings in the United States. Founded in 1964 by a group of devout Chinese Buddhists living in the greater New York area, BAUS offers a wide range of programs, including weekly Dharma classes, meditation retreats, and traditional religious rituals. Although rooted in the Chinese Buddhist tradition, BAUS does not represent any particular school of Buddhism, nor is it affiliated with any other Buddhist organization. BAUS adopts a broad perspective on the Buddha's teachings, and thus hosts programs by qualified teachers from all genuine Buddhist traditions, both Theravada and Mahayana.

BAUS maintains two monastic facilities: an urban temple in New York City, the Temple of Enlightenment, located in the Bronx, and a large monastery, Chuang Yen Monastery, situated on over 200 scenic acres in Putnam County in upstate New York. The monastery is famous for its central Buddha statue, the largest in the Western hemisphere. People from all over the world visit the monastery to enjoy its peaceful atmosphere and to relish the delicious vegetarian meal served at noon on weekends.



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## *Business Advertising & Cross Promotions*

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### Social Artistry In Action

New York, New York – The United Palace, New York City’s 1930’s landmark theater turned hub of creative expression and personal growth that fuses culture, spirituality, and entertainment together, will host an interactive program on the emerging field of Social Artistry on Sunday, July 15th, 2018 starting at 9AM. Social Artistry is a state-of-the-art personal training that calls people to become “Social Artists,” or leaders who utilize the dedication, skills, and understanding of an artist and apply them to people and societies around them. The interactive program will provide attendees with the tools to engage in meaningful action through deep exploration of society and layers of the human psyche – mind, body, mythic, and spiritual.

Jean Houston, the founder of Social Artistry and a Ph.D., scholar, philosopher and researcher in Human Capacities, will lead the interactive program along with various other Social Artists who are masters in their own fields who wish to share their discoveries and discuss their personal findings and experiences.

“United Palace is thrilled to pay host to ‘Social Artistry in Action’ because this event aligns with our mission on the highest level,” says United Palace’s CEO and Spiritual Director, Heather Shea. “Attendees will leave empowered to embody and facilitate change in their communities and in the world. The unparalleled history and positive energy of United Palace makes us the perfect vessel to bring this extraordinary opportunity to the people of New York City.”

Additional speakers will include Ph.D. cosmologist and planetary healer Jude Currivan, International Goi Peace Award-winner Duane Elgin, award-winning journalist and best-selling author Lynne McTaggart, and Leadership and Capacity Development director for the United Nations, Monica Sharma. Additionally, they will be joined by American Idol finalist and United Palace’s own Artistic Music Director Anwar Robinson; their in-house spiritual counsel and Assistant Vice President of NYU José Miguel Román; and Heather Shea, Spiritual Director and Chief Executive Officer of the United Palace.

Doors will open at 8:30 AM and RSVP is requested by visiting <https://www.unitedpalace.org/uphi-calendar/eventdetail/5099/-/social-artistry-in-action> or calling 212-568-6700. Although the event is free, donations of any kind are suggested.



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If you haven't yet met us, Fun Fest is a joyful way for you to get to know us. And if we have already met, we look forward to welcoming you back, to the place your soul can call home.

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#### 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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Expanding upon both the depth and breadth of the Basic Level techniques through the Intermediate Attunement (which opens you to clear mental and karmic imprints) and through the special IET® pullout-release technique that clear imprints from the human energy field.

Prerequisite: IET® Basic Level Class

- \$133.50 at registration + \$133.50 at class
- Early bird | \$252 at registration
- Pre-certified | \$75 at registration

CLASS | SEPTEMBER 16 | 9 AM - 5 PM  
INTENSIVE WORKSHOP | DECEMBER 1 | 9 AM - 5 PM  
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## INTENSIVE WORKSHOP

Save over \$100 with our Intensive 3 Day Workshop includes our Basic IET®, Intermediate IET®, and Advanced IET® classes. Once completed, you will become a Certified Energy Therapy Practitioner for Basic, Intermediate, and Advanced Level IET®.

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- Early bird | \$630 at registration
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NOVEMBER 30 | DECEMBER 1 | DECEMBER 2  
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**The Gandhi Legacy Tour | India | 2019**



**In the Footsteps of Gandhi**  
with Arun and Tushar Gandhi

**January 3-17, 2019**

**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>**



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vendor and speaker space available.





**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)

## Cross Promotional Partners

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

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

Alternatives for Healing is a leading complementary and alternative medicine directory for finding alternative medicine practitioners, holistic health products, alternative therapies, books, stores, magazines, schools, conventions and seminars. It also includes holistic resources in our Library section.

<http://www.alternativesforhealing.com>



OfSpirit.com: Holistic, Spiritual & Self-Improvement Resource.

<http://www.ofspirit.com>



#### What Is Wisdom Magazine?

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

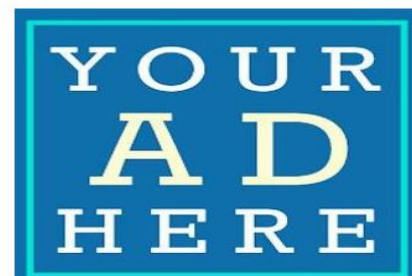
<https://wisdom-magazine.com>

Want to know where there are practitioners in a certain location or where there is a wellness or psychic fair? Check out the Body Mind Spirit Directory.

<http://www.BodyMindSpiritDirectory.org>

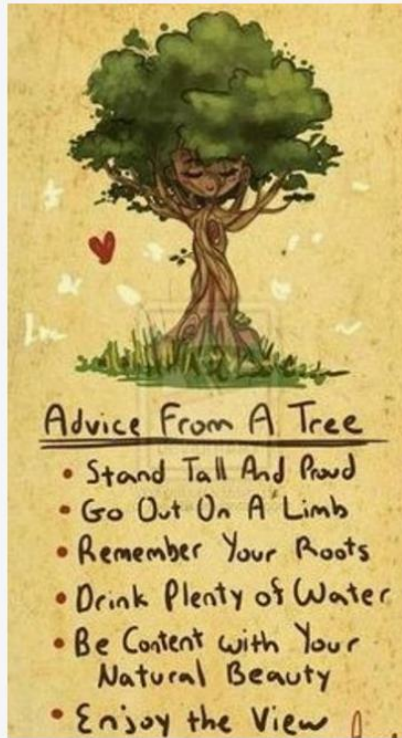
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# ROC Metaphysical Alternative Business Directory



## Spirit & Crystal Connections

714 University Avenue, Rochester , NY 14607  
585-461-2669

Vicki Snyder and Jim Young

<http://www.vickisnyder.com>

<http://www.spiritcrystalconnections.com>

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

Carol Scheg-Morrisette

585-663-6454

<http://www.healthyalternativesrochester.com>

<http://www.meetup.com/Rochester-Friends-Who-Meditate>

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



## The Purple Door

3259 Winton Rd South

Rochester, NY 14623

Connie Wake and Sue Fiandach

585-427-8110

<http://www.purpledoorsoulsource.com>

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







## Lightways Journey

31 Market Street  
Brockport, NY 14420  
585-281-8670

Karen & Judy

<http://www.lightwaysjourney.com>

<https://www.meetup.com/Westside-Higher-Vibrations/>

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  
585-266-8350

Sue Stephens

<http://www.mythictreasures.com>

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





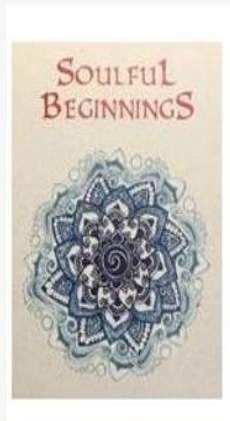


## Heart Spring

786B PreEmption Road  
Geneva, NY 14456  
(315) 521-3698

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

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



## Soulful Beginnings

148 East Main Street  
Waterloo, New York  
315-539-9784

<https://www.facebook.com/Soulful-Beginnings-1093553007426098/>

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

73 Avenue E

Geneva, NY

315-789-4650

<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.



*The Lotus Blossoms*



## Hope Springs Arts & Wellness

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## Laurie Hope Collins

Hope Springs Arts & Wellness

102 Griffin Dr

Fayetteville, NY 13966

315-378-2770

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

I'm Laurie Hope Collins. Yes, Hope is my middle name, and I take it to heart! My mission and passion is to help others find wellness through the different services I provide and teach. As a chronic illness warrior myself, I understand how difficult it can be to find the right path to wellness. My goal is to offer complimentary modalities that enhance your wellness journey.

In my own search for healing, I have found that many of my symptoms weren't being addressed by traditional medicine, nutrition, and exercise.

Through my journey, I earned my BA in Holistic Nutrition, Yoga Teacher Certification, Reiki Master Certification, and became certified in the clinical application of essential oils. I am a self-taught artist, and channel Reiki into all of the art and jewelry I create. I hope that my education, experience and personal journey can help you on your path to wellness





Brenda Gilasso, IET and Reiki

Hands From Above Healing  
3380 Monroe Avenue Suite 207  
Brighton, NY 14618  
<https://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!



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](mailto:theangeliclink@gmail.com)

<https://www.onewellnesscntr.com>

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



Marjorie Baker Price , RN

Certified Hypnotherapist, Reiki Master Level III

Centering Tools for Self-Healing & Development

585-244-6210

<http://www.centeringtools.com>

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



## Sheila Tillich, B MSC, Holistic Advocate

### White Dove Healing

108 E Church Street, Fairport NY 14450

Utopia Massage Center 3380 Monroe Avenue #112 Rochester NY 14618

585-313-3396

<http://www.whitedovehealing.org>

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

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

<https://www.meetup.com/IET-and-NEW-ENERGY-Teaching-for-Rochester-Community>

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

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

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

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

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

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

## 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.



## Mille Grazia Young Living Essential Oils

Angela Minacapelli and Mary Anne Zanni

Rochester, NY

585-255-0063

<http://www.oilingforglobalwealth.com>

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



## Christine Ogasawara

W. Henrietta, NY

201-240-9017

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.



## Melissa Piel, Psychic, Medium, Teacher

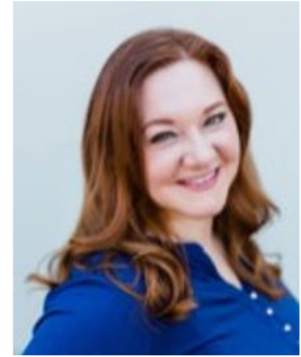
Rochester, NY

(919) 621-2407

[info@mysticalawakenings.com](mailto:info@mysticalawakenings.com)

<http://www.mysticalawakenings.com>

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



## Rev. Bonnie Sandera

Luminous Healing

309 K Avenue Unit A

Kure Beach, NC 28449

<http://www.luminoushealing.info>

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.



## Jim Bucko, LMT, Reiki Master Teacher

Ananta Massage & Healing

919 Winton Rd S., 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.



## 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 at your convenience either at The Lotus Blossoms in Geneva, Mythic Treasures or my new office TBA. 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](https://www.circleoflifeholistics.com) or call 585-613-8219 to book your initial consult today!

## Rev. Bunny DuPuis

716-241-1414

[revbunnydupuis@gmail.com](mailto:revbunnydupuis@gmail.com)

<http://www.bunnydupuis.com>

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



## Dawn Daggs

Dawn's Light

585-278-3042

<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. Charleen Craft, HPs

<http://todiefordecor.com>

[todiefordecor@gmail.com](mailto: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.



## Michelle Morgan, Psychic, Medium, Trance Channeling Healing Consultant & Reiki Master

Mythic Treasures

275 Goodman Street N

Rochester, NY

585-260-6188 [michelem4761@gmail.com](mailto:michelem4761@gmail.com) Facebook-

[www.facebook.com/michelemorganpsychic](https://www.facebook.com/michelemorganpsychic)

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.

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 & Retreat Centers



### Plymouth Spiritual Church

29 Vick Park A  
Rochester, New York 14607  
585-271-1470

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

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

### Light On The Hill

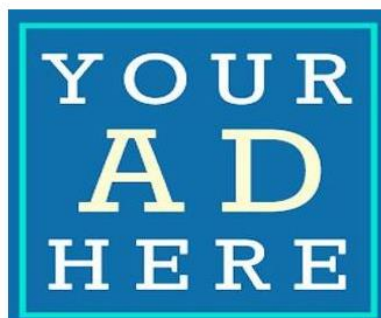
209 Blake Hill Rd.  
Van Etten, NY 14889  
607-589-4419  
<http://lightonthehill.org>



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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Select Category All ▾		Select Location Select one or more... ▾				<input type="button" value="Month"/> <input type="button" value="Week"/> <input type="button" value="Day"/> <input type="button" value="List"/>	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 <div>● 6:30pm - 8:30pm Hand Drumming At Cobbs Hill @ Cobbs Hill Park</div>	3	4 Independence Day	5	6 <div>● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center</div>	7	
8	9 <div>● 5:00pm - 7:00pm Mini Massage, Lymphatic or CranioSacral Treatment @ ONE Wellness Center</div>	10 <div>● 7:15pm - 9:30pm Reiki Share At ONE Wellness Center @ ONE Wellness Center</div>	11 <div>● 6:30pm - 7:30pm Intro to the Energy Healing Session</div>	12	13 <div>● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center</div>	14 <div>Gem World at Onond ● 10:00am - 5:00pm Mystical Gateways Fair @ Mythic Treasures</div>	
15 <div>Gem World at Onond</div>	16 <div>● 3:00pm - 5:00pm Mini Energy Treatment and Spirit Guide Messages @ ONE Wellness Center ● 6:00pm - 8:00pm Connecting with Angels with Sage @ ONE Wellness Center ● 6:30pm - 8:30pm Hand Drumming At Cobbs Hill @ Cobbs Hill Park</div>	17	18	19	20 <div>● 11:00am - 3:00pm Sample Harp Healing @ ONE Wellness Center</div>	21 <div>● 11:00am - 12:30pm OM Chanting @ Atman Yoga Studio</div>	
22	23 <div>● 5:00pm - 7:00pm Mini Massage, Lymphatic or CranioSacral Treatment @ ONE Wellness Center</div>	24	25	26	27	28	
29	30 <div>● 5:00pm - 7:00pm Mini Massage, Lymphatic or CranioSacral Treatment @ ONE Wellness Center</div>	31					

< Legend:    ● Free Event    ● Pay Event >

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