

# **ROC** *Metaphysical*

*Our Mission is to Enlighten and Inform*

**July 2024**

**<https://www.rocmetaphysical.com>**

**Here's a Sampling of Articles for the month:**

**Tapping into the Pain Body: A Guide for Psychic Mediums**  
**By Andrea Ramos**

**Learning To Dance With Your Shadow By Ross Bishop**

**Moving Large Objects With Sound Energy By Jill Mattson**

**8 Ways to Build Self-Empathy & Stop Beating Yourself Up**  
**By Dr. Judith Orloff**

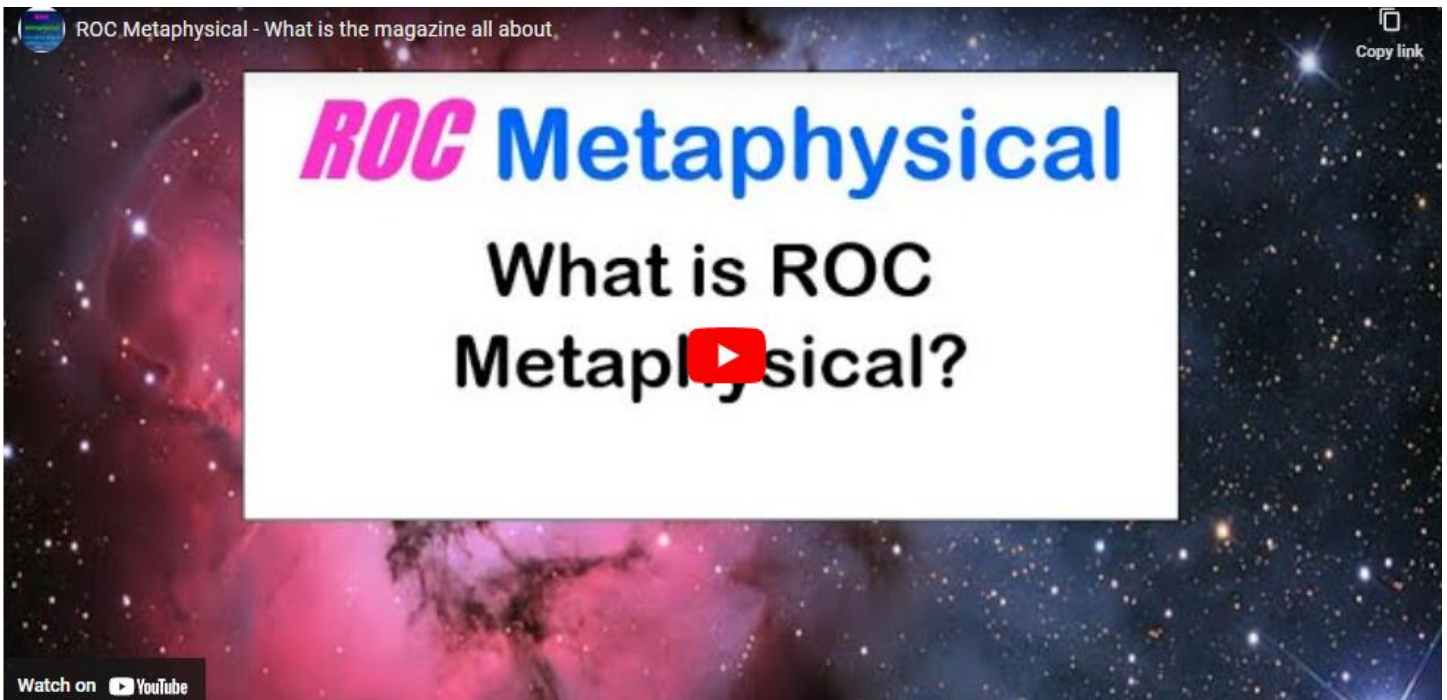
**What Are You Entangled With? By Ann Albers**

**Our 5th-Dimensional Crystalline Solar Light Bodies**  
**By Patricia Cota Robles**

**ROC Metaphysical Book Review - Dragons And Serpents Earth**  
**Mysteries And the Time of Change By Stefan Broennle**



## *What Is ROC Metaphysical All About?*



Link: <https://youtu.be/jDBnPISq-AY>

**Just in case you didn't watch the video - here's the scoop.**

**Hi, my name is Pam and the creator of ROC Metaphysical. What is ROC Metaphysical? It's a metaphysical online magazine. Usually the first question is how did you get that name for the magazine. Since I live in Rochester, NY home of the FOX Sisters who made spiritualism popular, I thought about the name. Many businesses here use the letters R-O-C and the same for the airport. Using only three letters as part of the magazine name just seemed right.**

**The magazine has alternative health, spiritual and metaphysical articles, videos, event listings, advertising and an alternative directory. The first of each month the new edition is uploaded. Prior issues can be found at on the articles page on the bottom as a list of pdf's.**

**I have been a seeker of knowledge about metaphysical information for as long as I can remember. I have a metaphysical meetup which helped me connect with teachers and speakers about all kinds of topics. Because of running the meetup and knowing that my presenters also wanted to reach out farther, it seemed like the next logical step was to share the information on a much wider scale.**

**Every month the magazine is new because of the writers and their articles. The writers some how magically find me and voluntarily share their articles. It's so exciting to see**

**what comes to my email.**

**Some of the info may click with you and some may not. In my opinion it's always good to question your understanding. But we're all in a different place in our knowledge and desire to learn.**

**I'm a studious soul, always reading books on all kinds of topics, checking out websites and Youtube to find that right info plus I have attended loads of classes. I thought hmmm - what if I took all that and put it into a magazine to help you have a place where you can go without having to search high and low like I had to.**

**Here is the result - ROC Metaphysical. I hope you find the magazine wonderful, interesting and thought provoking. Our Mission is to Enlighten and Inform is our tag line.**

**And for folks who are techie, to keep connected in other ways, the magazine is found on Facebook, Instagram, Pinterest, Linkedin and MeWe. Be sure to check us out on those platforms. If you have any questions email me at [Rocmetaphysical@gmail.com](mailto:Rocmetaphysical@gmail.com)**

**We have a growing a community that is dedicated to help you on your path with our directory of alternative providers and calendar of events.**

### *Find ROC Metaphysical At These Sites*



<https://www.youtube.com/channel/UCUckLvdyS3dIMGuUR-muQ>



[pinterest.com/rocmetaphysical](https://pinterest.com/rocmetaphysical)



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



[roc\\_metaphysical](https://www.instagram.com/roc_metaphysical)



Now that Google+ is gone the next generation is MeWe. Find us at:

<https://mewe.com/profile/5caba69765a0815f48d3d128>



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## *Highlights of The Magazine*



### Read Interesting and Informative Articles

We have writers from around the globe who voluntarily share their articles on all kinds of metaphysical, spiritual and alternative health to make this a great online metaphysical magazine.



### Read Channeled Messages

Channeling is a unique way messages are sent to be shared with us. They come from a variety of Spiritual Beings to help us on our path.



### Learn About Incredible Alternative Businesses

We have a variety of metaphysical businesses that advertise. Be sure to check out their details and their expertise.



### Lots of Interesting Events

There's so much to do and make time. Go to the Event page to see what activities are coming up that you should sign up for.

## We Have A YouTube Page



Learn about paranormal investigations from two people who have a spiritual background and use tools and investigative techniques



Listen to Galina Krasskova about northern traditions, heathenry and of course Odin



Listen to Bernie Beitman, a MD who looks at synchronicity from the spiritual side and also the analytical side

## Go To Our YouTube Page



<https://www.youtube.com/@rocmetaphysical/featured>



## ROC Metaphysical Online Magazine Articles for July 2024

Andrea Ramos



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By Andrea Ramos, PMH RN, EMDR, NLP, MHFA

Christianne Asper-Contant



Harmonizing With Nature: A Guide To Ease  
And Balance  
By Christianne Asper-Contant

Rev. Colleen Irwin



Embrace Your Gifts: How To Stop Negative  
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A Blue Ribbon For Love  
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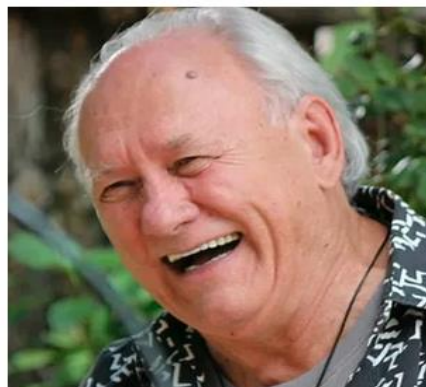
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Learning To Dance With Your Shadow  
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8 Ways to Build Self-Empathy & Stop Beating Yourself Up  
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Tarot Tendencies for July  
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Amanda Hoover



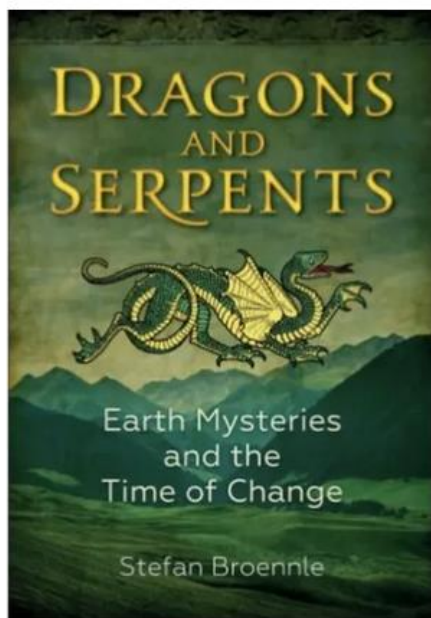
Divine Love Waterfall Hike: New Earth Ground Crew  
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### ROC Metaphysical Book Review

Leo Babauta



Building Trust In Yourself  
By Leo Babauta



Dragons And Serpents Earth Mysteries And the Time of Change  
By Stefan Broennle

Sage Walker



Sage Wisdom  
By Sage Walker



THE DIFFERENCE  
BETWEEN A SUCCESSFUL  
PERSON AND OTHERS  
IS NOT A LACK OF  
STRENGTH, NOT A LACK  
OF KNOWLEDGE, BUT  
RATHER A LACK IN **WILL.**



Psychic VS Spiritual Healing, Continued  
By Richard Hughson



## Channelings



**Channeling is a natural form of communication between humans and ascended masters, angelic beings, nature spirits, or non-physical entities. A channeler is very similar to a language translator or interpreter. They allow themselves to sense the non-verbal communication from another being and then translate it into human words.**

**Channeling is often defined as the act of allowing a spiritual entity (e.g., angel, archangel, ascended master, guide, deceased loved one) to merge, join, or enter your body and use your vocal cords to communicate directly with those on the Earth plane or provide knowledge and the channeler can write down the shared information. For some people who channel, the entity will also move the channeler's body (e.g., open your eyes, move your arms/legs, have you walk around).**

**Channeling can be done in two different ways:**

**Conscious channeling is done while being fully aware of what is happening, including being able to stop the experience at any time. The channeler can remember what was said to varying degrees. Often conscious channels will say that they hear themselves speaking as if they were at a distance . . . as if they were listening from another room. When told about what was said, they often feel as if they are remembering a dream. There are many people currently alive on the Earth plane who consciously channel. For example, Esther Hicks brings through the group of entities that refer to themselves as Abraham (no relation to the Old Testament). They speak about the Law of Attraction.**

**Trance channeling is channeling done while in a deep trance state. Arguably one of the most famous trance channelers was Edgar Cayce. He was referred to as "The Sleeping Prophet" because he only channeled when he was in a deep trance state. This meant that he lost all muscle tone and had to be lying down. He was also unable to remember what he said, which meant that his secretary had to be present to take dictation and then transcribe the notes from the channeling session.**

**Our channelers are providing their information to help us on our path.**

## Channeling Articles

Geoff Hindmarch



Message From Spirit  
By Geoff Hindmarch



Rebecca Couch



The Great Symphony  
By Rebecca Couch

Ann Albers



What Are You Entangled With?  
By Ann Albers

Patricia Cota Robles



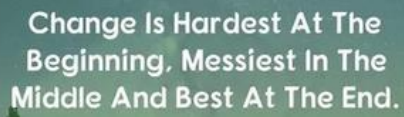
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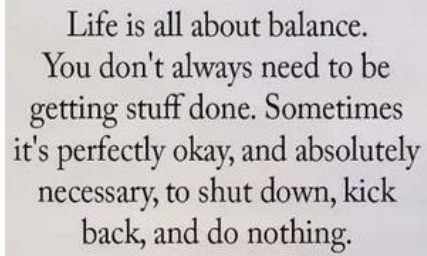
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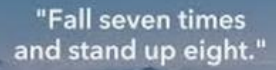
Change Is Hardest At The  
Beginning. Messiest In The  
Middle And Best At The End.

Robin Sharma



Life is all about balance.  
You don't always need to be  
getting stuff done. Sometimes  
it's perfectly okay, and absolutely  
necessary, to shut down, kick  
back, and do nothing.

-Lori Deschene



"Fall seven times  
and stand up eight."

Japanese Proverb

# *Tapping into the Pain Body: A Guide For Psychic Mediums*

*By Andrea Ramos, PMH RN, EMDR, NLP, MHFA*



In the realm of psychic mediumship, delivering accurate and meaningful messages is paramount. One of the lesser-discussed yet profoundly impactful aspects of this practice is the concept of the pain body. Introduced by spiritual teacher Eckhart Tolle, the pain body comprises accumulated emotional pain and unresolved traumas. For psychic mediums, understanding and tapping into the pain body can significantly enhance the quality and depth of their readings. Here's how you can harness the power of the pain body and why it's essential for mediumship.

## **What is the Pain Body?**

The pain body is an energetic entity within us, composed of past emotional pain and traumas that have not been fully processed. It affects our emotional responses and can create patterns of suffering. In the context of psychic mediumship, the pain body can linger around the deceased, leaving energetic imprints that mediums can perceive.

## **Importance in Psychic Mediumship**

- 1. Enhanced Accuracy:** By tuning into the pain body, mediums can gather more precise details about the emotional state and experiences of the deceased, leading to more accurate readings.
- 2. Emotional Clarity:** Understanding the pain body helps mediums discern the emotional context behind the messages they receive, providing a clearer and more empathetic delivery.
- 3. Healing and Closure:** Addressing the pain body in readings can help provide closure to the living, acknowledging and healing unresolved emotional issues of the deceased.

## **How to Tap into the Pain Body**

- 1. Meditative Practices:** Regular meditation helps mediums heighten their sensitivity to subtle energies, including the pain body. Here's a simple meditation technique:

- **Find a Quiet Space:** Sit comfortably, close your eyes, and take a few deep breaths.
- **Focus on the Present Moment:** Bring your awareness to your body and breath, letting go of all distractions.
- **Scan for Emotions:** Gently scan your body for any lingering emotional pain or tension. Acknowledge these feelings without judgment.

**2. Energy Work:** Engage in practices such as Reiki, chakra balancing, or aura cleansing to clear your own pain body. This ensures you can distinguish your emotions from those of the deceased.

**3. Empathy and Compassion:** Cultivate a compassionate mindset. The more empathetic you are, the better you can connect with and understand the emotional residues of the deceased.

**4. Journaling:** Keep a journal of your experiences. After each reading, note any emotional sensations or insights you perceived. Over time, you'll become more adept at recognizing patterns related to the pain body.

### **The Role of the Pain Body in Mediumship**

**1. Identifying Emotional Residues:** When connecting with a spirit, a medium may sense emotions such as fear, sorrow, or anger that the deceased experienced at the time of their passing. This is the pain body at work, providing clues about the individual's final moments and unresolved issues.

**2. Interpreting Physical Sensations:** Mediums often experience physical sensations related to the pain body. For instance, feeling chest tightness could indicate the deceased had heart issues, while a sensation of choking might relate to asphyxiation. These sensations help mediums describe how someone passed away with greater detail.

**3. Relaying Healing Messages:** By tapping into the pain body, mediums can deliver messages that address unresolved emotional pain, helping the living find peace. For example, a spirit might express unresolved guilt or need for forgiveness, which the medium can convey to the loved ones left behind.

**4. Providing Contextual Understanding:** The pain body can reveal deeper emotional patterns and struggles of the deceased. This context enriches the reading, offering a fuller picture of the deceased's life and the emotional challenges they faced.

### **Conclusion**

Tapping into the pain body is a vital skill for psychic mediums, enhancing the accuracy, empathy, and healing potential of their readings. By understanding and connecting with this energetic aspect, mediums can deliver messages with greater depth and clarity, fostering healing and closure for those seeking answers. Embrace the practice of tuning into the pain body, and you'll find your mediumship readings enriched with profound emotional insights and connections.

**About Andrea Ramos:** Andrea, widely known as The Nurse Medium, is gifted with the ability to connect to those who have crossed over. Coupled with her skills as a nurse and mental health clinician, she is an incredible combination of medical, social, and spiritual medicine.

**Find Andrea on Facebook:** <https://www.facebook.com/NurseMedium>

## *Interview With Andrea*



*Link:* <https://youtu.be/9gKwZiXDQZY>

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# Harmonizing With Nature: A Guide To Ease And Balance

*By Christianne Asper-Contant*



Daisies and I surely are happy to be basking in a cool breeze, and moonlight while at Charlotte Beach after some hot and muggy days. Summer announced itself with a big splash this past week here in Rochester. This drastic weather change offers the perfect opportunity to put on our ‘Ayurveda shades’ and ask:

*What are the effects of the qualities currently impacting me?*

To find greater ease, this is the first question on the journey of upgrading your relationship to your well-being, according to this ancient and scientifically grounded approach to daily living.

When experiencing humid heat, you might find the answer to be irritation or inflammation.

*What good things can I bring to my system having the opposite qualities of the ones I’m negatively impacted by?*

Whether intuitively, or from experience, if you replace your spicy foods and acidic beverages with foods cooked in coconut oil and drink mint water between meals, you are already making use of Ayurveda’s wisdom!

Just as cooling qualities help harmonize your heated system, so too is the opposite of this. If for example, you’re used to warm weather but recall a time spent in cold conditions where you felt mild depression or



sluggishness as a result. By choosing to sip on ginger tea or eat warming, well-spiced foods, again, you were again aligning with Ayurvedic principles!

*Whenever you feel inconvenienced by an undesirable quality, the opportunity to bring ease to the situation is also present.*

### *A Simple Law of Nature at Your Disposal*

*Like qualities increase one another, and opposites can be used to promote balance.*

*This simple and doable law of nature is solidly rooted in science and has withstood the test of time — Ayurveda.*

*Aligning yourself with nature's qualitative laws restores Ease. An approach to living that I now invite you to curiously and gently lean into as an experiment:*

#### **Experiment Pt 1~ Create Your Symptoms Prevention Tool Box**

Consider how different qualities impact you daily and what good things you can bring to your system that have the opposite qualities of the ones negatively impacting you.

From this inquiry, begin to create a list of practices you suspect can support you in moments of imbalance.

#### **Experiment Pt 2 ~ Embrace a 'Dis-ease-Prevention' Way of Living**

While building your list, commit to using it daily, even if for just five minutes. Instead of justifying why you don't have time to care for your basic needs, start today with five minutes and see how your life transforms over time.

For instance, if you've been juggling too many tasks (drying and mobile) and feel depleted as a result, a pause to go into the forest (moistening and stabilizing) will be harmonizing. Even using your imagination of a forest for five minutes is a good start!

Wishing you the ease of balanced living, today and in all ways,

Christianne

**About Christianne Asper-Contant:** Christianne began exploring mind, body, and soul around the globe 30 years ago and has been coaching and teaching those who share her curiosity ever since. As a clinical ayurveda specialist since 2003 and a yoga teacher since 2008, she pursues her passion for refining her understanding of these two sister sciences so that they can be taught in interesting, useful, and accessible ways. The teachers who have supported her on the path to Ayurveda are Dr. Marc Halpern, Dr. Vasant Lad, and Dr. David Frawley. Her Yoga certifications include Ayurvedic Yoga Therapy and Yoga Nidra at the Sivananda Yoga Vedanta Centre, Relax and Renew® with Judith Hanson Lasater Ph.D., and Advanced Teacher Training under François Raoult. Christianne lives in Rochester NY and is the Yoga director at The Assisi Institute.

**Christianne's Website:** <https://well-beingcompass.com/>

**Contact Info:** <https://linktr.ee/wellbeingcompass>

## Christianne Asper-Contant's Video



Link: [https://youtu.be/\\_OZnf5RhTqQ](https://youtu.be/_OZnf5RhTqQ)

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# ***Embrace Your Gifts: How To Stop Negative Self-Talk***

***By Rev. Colleen Irwin***



**You're caught up in a cycle. You know the one. You've been doubting your abilities as a medium for a while. Every thought in your mind points out your perceived flaws and mistakes, making you feel like you're going to go crazy from listening to it if you haven't already.**

**Negative self-talk can be this insidious. It gets in your head, courtesy of previous experiences and negative input from people who might not understand your path. Once there, it plays the same song on repeat, growing worse with every retelling until you quit trying. Your spiritual connections stall out, and you find yourself questioning your gifts.**

**It's time to take your power back and put an end to the negative self-talk once and for all. Easier said than done? Not necessarily. Try these things:**

## **Find the Calm**

**First of all, you can't combat anything when you're overly emotional and overwhelmed mentally. Find a quiet place and sit down to take a few deep breaths. If you can, meditate or try a mindfulness exercise until you can reach a peaceful place internally.**

## **Take Note of What You're Thinking**

**Don't avoid the negative thought. Listen to it. What is it saying? Whose voice does it sound like?**

## **Dig into the Roots**

**Now ask yourself what the thought represents. Where did this come from? Is this from an expectation you put on yourself at some point, or does it come from someone else entirely?**

## **Drop the Unreasonable Expectation**

**Are you trying too hard to be perfect in some regard? Is there a more reasonable expectation you can put on yourself in place of this thought?**

### **Turn It Around**

What is the positive counterpoint to this thought? For example, if you're worried about your ability to connect with spirits, remind yourself of a time when you successfully conveyed a meaningful message. Reflect on moments when your mediumship brought comfort or insight to someone.

### **Create a Habit**

If this thought is one which comes around often, what is the new thought you want to replace it with? How can you make this thought a habit? Consider this: the more you react in a new way to an old stimulus, the quicker a new habit is formed, and the old reaction disappears.

### **Just Stop**

In the end, the only way to get rid of a negative thought is to consciously put a halt to it. Once you've gone through these steps, tell yourself to stop when the idea comes up again, and keep telling it to stop until it goes away completely.

### **Believe in Yourself and Trust Your Inner Guidance**

Believing in yourself is crucial. Trust that your inner guidance is leading you correctly. Your intuition and spiritual insights are gifts that have brought you this far. Embrace them with confidence. When negative thoughts arise, remind yourself of your successes and the unique qualities that make you an exceptional medium.

### **Seek Support**

You don't have to listen to negativity, but sometimes it becomes so firmly entrenched you might have trouble dislodging it by yourself. When this happens, don't be afraid to ask for help. Talking to a trusted friend, fellow medium, or counselor can help you lay this negative chatter to rest once and for all.

Remember, your journey as a medium is unique, and overcoming negative self-talk is a crucial step in realizing your full potential. Keep these tips in mind, and you'll find yourself more confident and connected than ever.

About Colleen: Rev Colleen is a natural born medium. Discovering how to share this knowledge with others has been an adventure that she captured in her book "Discovering Your Stream". In addition to volunteering time at Lily Dale, her speaking engagements, private readings, and spiritual classes she teaches across the country, Colleen is also a volunteer Docent sharing the experiences of Susan B. Anthony to visitors of the Susan B. Anthony Museum.

In 2019 she joined a long line of women as a Previvor – Preventing Cancer before it appears as she carries the BRCA2 gene mutation. She now uses her platform to educate others about the BRCA genetic mutation and how one can take control of their health and well-being.

Colleen's Media Links: <http://talkwithcolleen.com/about/>

Facebook: <https://www.facebook.com/revcolleenirwin/>

Twitter: <https://twitter.com/talkwithcolleen>

Linkedin: <https://www.linkedin.com/in/colleen-i-a563251b0/>

Instagram: <https://www.instagram.com/talkwithcolleen/>

YouTube: <https://www.youtube.com/channel/UCyqiREJNkKCEenfDWeTozCQ>

Pinterest: <https://www.pinterest.com/talkwithcolleen/>

## Interview with Colleen



**Link:** <https://www.youtube.com/watch?v=TZNEG5LaQmU>

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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!"**

**\*\*\*\*\***

**Editor's note. I think this is very important with the earth going thru so much at this time.**

**Tom asks that we do this each day:**

***Please say this out loud each morning: "I now send white light and love to every continent, every island, all the rivers, lakes and streams, and all the oceans and seas, and I release this light to go where it is needed the most to light up the darkest parts of the world, and I send white light and love to every single person and being I meet or encounter today, thank you!"***

**\*\*\*\*\***

### **MBOs FOR CHILD AND BIRD TO SLEEP**

**Severine writes from China: Here are a couple of fresh MBOs. Both manifested last evening!**

**1)MBO and BP for child to sleep in his own bedroom.**

**Our son turned 5 yesterday. We prepared a couple of months in advance and said that when he would turn five he'd have his own room, and it would include his super hero decorations.**

**I posted a BP in the WhatsApp group last night:**

**"I ask any and all beings across all timelines to aid comfort and assist — in sleeping through the night in his own room as he celebrates his 5th birthday. Please surround him and his bedroom with massive healing white and golden light. Thank you for helping him feel safe and comfortable. May the outcome be better than expected thank you!"**

**I got my son to say, "I request an MBO to sleep well in and safely in my room, thank you!"**

**Result: he slept through the night until 10 am the next day. I had the best sleep in years too! Thank you, thank you, thank you!**

**BP with kid to get bird Coco back into her cage at night (parakeet)**

**Our bird Coco is fun but she gives us a round for our money each time it is time to go back to her cage after a couple of hours of playing with us.**

**I requested an MBO to get back to her cage, then I asked my 5 year old to join out loud. He joined loudly and enthusiastically! Coco 30 seconds later got back by herself into to the cage.**

**Thank you.**

### **MBO TO FORGET DREAM, TO CHANGE DREAM**

**Recently, Dena and I were on Netflix to watch a movie—a break from watching series. The first movie we chose, five minutes in we realized that we had previously seen it, so we went back and quickly chose another. We were well into the movie when we saw that it was a really violent movie and only got more violent towards the end. Dena said she would have a hard time going to sleep with that movie on her mind, and I thought the same. So I tried something I had never tried before. I requested an MBO to completely forget about the movie. Within two minutes it was completely erased from my mind and I fell asleep. You might try this if for any reason a movie or program lingers in your mind when you wish to sleep.**

**I have been recording my dreams since 1979, when a dream of an explosion with a woman and men involved caused us to change the itinerary of a trip planned to Manila for a world congress of travel agents, back in the time we owned a wholesale tour company. We dropped Manila and added days to Taiwan and Hong Kong. Terrorists blew up a bomb in the front of the hall, injuring several travel agents. I do recommend recording your dreams.**

**With that in mind, I had a dream the other night that I was skiing with my old French buddy. To make a longer story short, I misplaced my ski jacket. Finally I requested an MBO to find the ski jacket, and my buddy immediately found it. If you are slightly coming out of a dream where you are confronted with a problem, request an MBO to solve it and see what happens!**

### **MBOs FOR ENERGY PROTECTION**

**Donna writes: The way our spirit guides help us never ceases to amaze me! I'm very sensitive to picking up lower energies, and I know they can be stressful and toxic for me. Even when I place a golden white protective bubble around me, one person in particular still negatively affects me. I use MBOs and BP's regularly, and I'm not sure if this is a case of the MBO taking time to manifest, or maybe I expressed my MBO differently this time, but I finally expressed my MBO to ask for help from my Guardian Angel Ariel and any other beings that could help, including my higher self and Jesus, because he is the Master of Love.**

**My help came in the form of the Hay House phone app called "Empower You". I had subscribed to the app a few months ago when they offered a free trial and a reduced monthly rate of \$4.99. I wasn't exactly sure if I needed to keep the app, but something told me I might need it. Last night I remembered about the app and when I searched in the app for energy vampires, I discovered a whole library of Dick Sutphen's work!! There are meditations, hypnosis sessions, audiobooks and other teachings, and I found "Spiritual Protection from Psychic Attacks" and "Living with a Negative Person" and so much more of his material that is so helpful for me!! I know you have mentioned him as a resource and a catalyst many times over the years, and I know he transitioned a few years ago, but his work lives on. I'm so very**

grateful to you for MBOs and for your mentioning Dick Sutphen as a valuable teacher. Thank you!!

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/>

### Interview with Tom



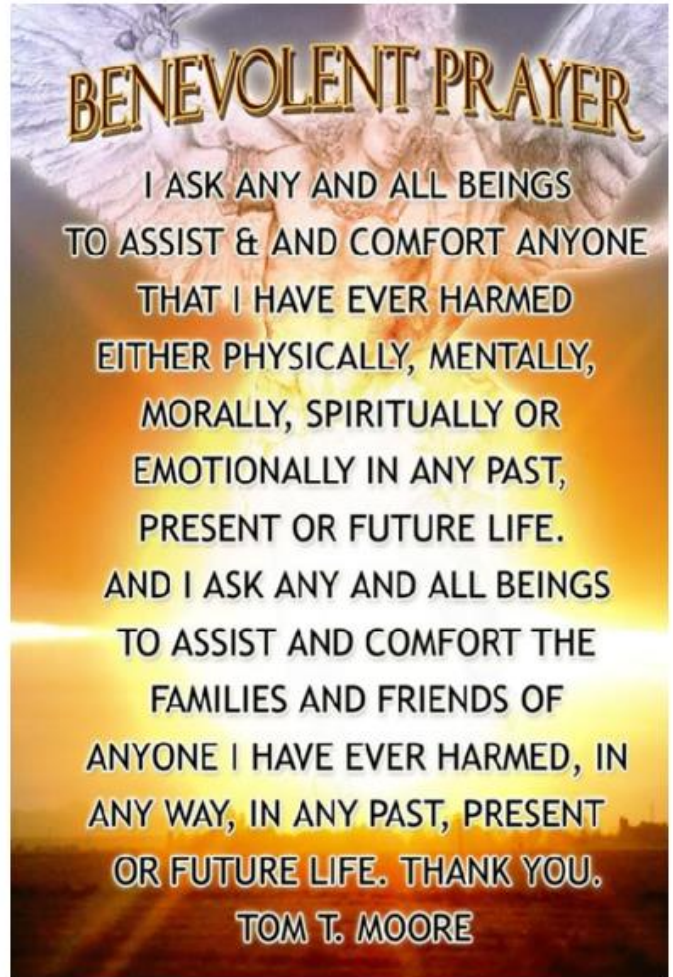
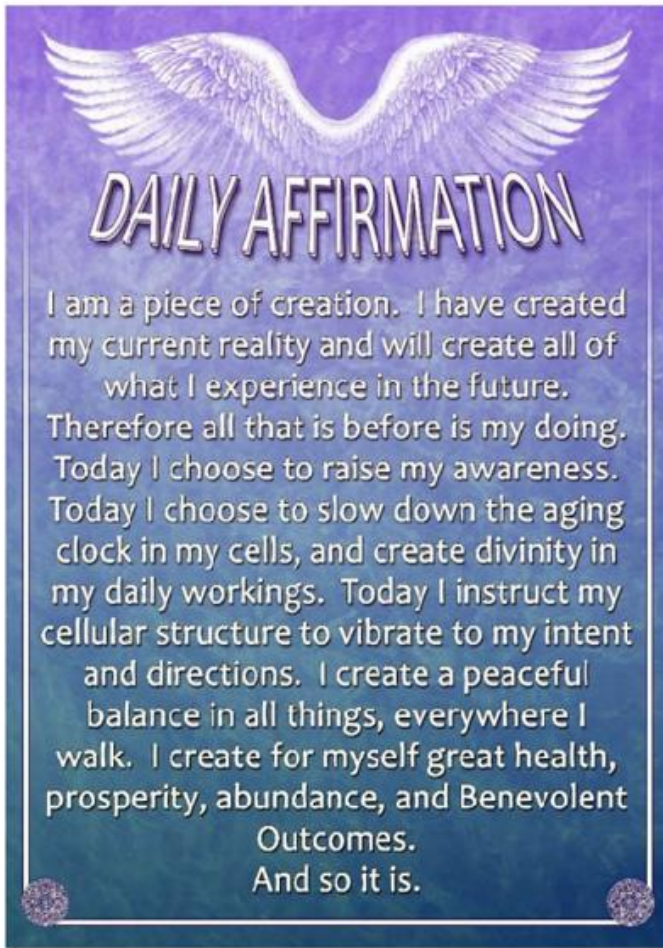
Link: <https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s>

## Tom T. Moore's Books



Tom is also a prolific writer and these books you see can be found on Amazon at:  
[https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp\\_byline\\_cont\\_book](https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp_byline_cont_book)





<https://www.thegentlewaybook.com/PDF/1.pdf>

Find other signs on Tom's website

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## *A Blue Ribbon for Love By Barry & Joyce Vissell*

*By Barry & Joyce Vissell*



Barry and I have a delightful family hobby of raising a litter of Golden Retriever puppies every year or so. We've owned and loved Goldens since 1970 and are dedicated to bringing only the highest quality dogs into the world. The entire family comes together for this project, and we have so much fun with the puppies, raising them with as much love as we can. As part of this hobby, we used to march in our town's parade (Aptos, CA) each July 4. We invited as many of our former puppies and their owners as possible to march with us. This is definitely a small-town parade, with children on bikes, antique cars, local bands, dancing troupes, and seven or eight dog groups. Although blue ribbons are given for the best entry in each category, we are totally unattached to winning.

This particular day, the dog groups all gathered in the parking lot of the local veterinary clinic. Our family and three of our four dogs arrived first and waited for the other Goldens and families (we leave home one senior dog who is not fond of parades). Right next to us was a group of Bernese Mountain Dogs. These are beautiful large black, brown and white dogs. The woman in charge of them told me that all of her dogs were famous champions, well known in the show circles. They participate in parades all over California. I looked at her elaborate set up, with signs, flower harnesses for the dogs, a small fire engine for them to pull, and each dog immaculately groomed. I looked over at our three dogs and saw Barry and our children brushing away at our dogs, trying to remove the weeds and dirt that had collected in their fur from living in the country. No, they were never going to look immaculate. I thought to myself, "Surely this woman with her fire engine, signs, harnesses, and champion dogs will win the prize this year."

The next group of dogs to arrive was the Pugs, all 25 of them. They were being pulled in wagons. They were followed by the Dachshunds. Each little dog had a darling costume on. They looked cute, but didn't seem so happy about the clothing.

Eventually, eighteen Golden Retrievers were ready to march. None of them had costumes or decorations, just the pure love in their hearts to offer the crowds of people gathered along the short parade route. Instead of marching down the middle of the road, we encouraged the owners to go from side to side, letting their dogs greet the crowds, which they loved to do. And yes, the oohs and ahhs were plentiful, as golden love was exchanged by all. When we passed the judges' stand, the Golden Retrievers all wiggled up to them to give their love. The parade was fun.

The next day, we were called and told that we had won first prize in the pet division. I could hardly believe it. Our dogs didn't have any of the special things the other groups had: elaborate costumes, wagons, accessories, championship show-ring status. The only thing they had was love and enthusiasm, and in the end that was why they won.

All that day, I felt how this is so true of life. In the end, it's our love, pure and simple, that wins. As humans, we often think that we are not enough just the way we are. Thoughts such as, "If only I had more money, a better degree, more possessions, better clothes, nicer hair, thinner or stronger body, more experience, or a better job. If I had these things or even some of them, then I could be happy and live the life I want. Then I could help other people." But we ignore the power to love within each one of us, a gift we received at birth.

There is a true story of a woman who was dying in the hospital. During the day her friends and family came and brought her loads of flowers, candy, and balloons. They ignored the fact that she was dying, pretending that she would come back home soon. They filled the time at her bedside by telling jokes to one another, discussing politics and in general ignoring what was really going on. The woman grew more and more unhappy.

One night, the old cleaning woman, Margaret, noticed her and came into her room and sat down. Margaret was in her seventies and had been cleaning the hospital floors at night for fifty years. She had seen death many times. She knew the woman was dying and she knew how to love her best. She reached for her hand and merely said, "I can see that you are suffering. Do you want to talk about it."

Night after night, the woman poured out her heart to Margaret, who merely sat quietly and listened. Margaret wasn't a trained therapist, doctor, nurse or social worker. She didn't even have a high school education. She couldn't afford to bring this woman any flowers or presents. All she did was listen to and love the older woman. In the end it was dear Margaret's love that helped the woman the most, and helped her to die in peace.

The love in our hearts makes us more than enough. We don't need all the other trappings of life to reach out to another. In the end, it is simply our love that wins the prize blue ribbon of life.

About Joyce & Barry Vissell: Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Call 831-684-2130 for further information on counseling sessions by phone, on-line, or in person, their books, recordings or their schedule of talks and workshops. Visit their web site at [SharedHeart.org](http://SharedHeart.org) for their free

monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

Joyce & Barry's Website: <https://sharedheart.org/>

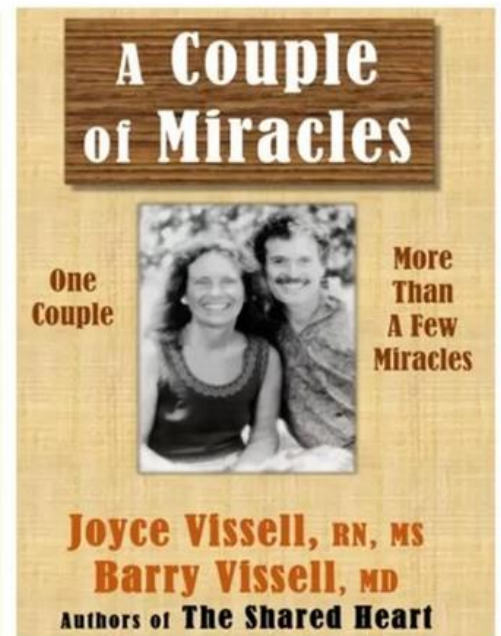
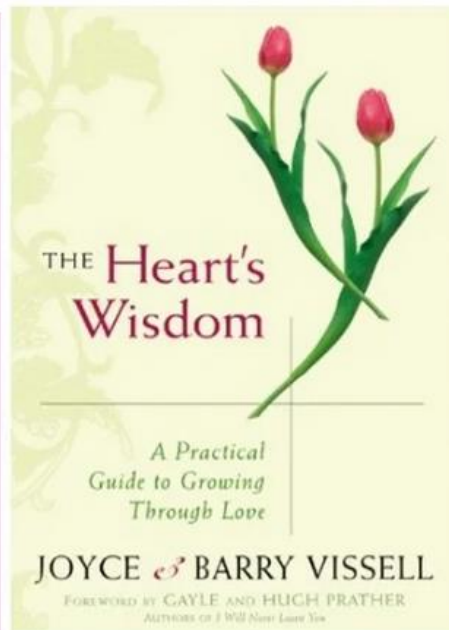
### *Barry & Joyce's Video*



*Link: [www.youtube.com/watch?v=Lu\\_ZyXFG59k](https://www.youtube.com/watch?v=Lu_ZyXFG59k)*



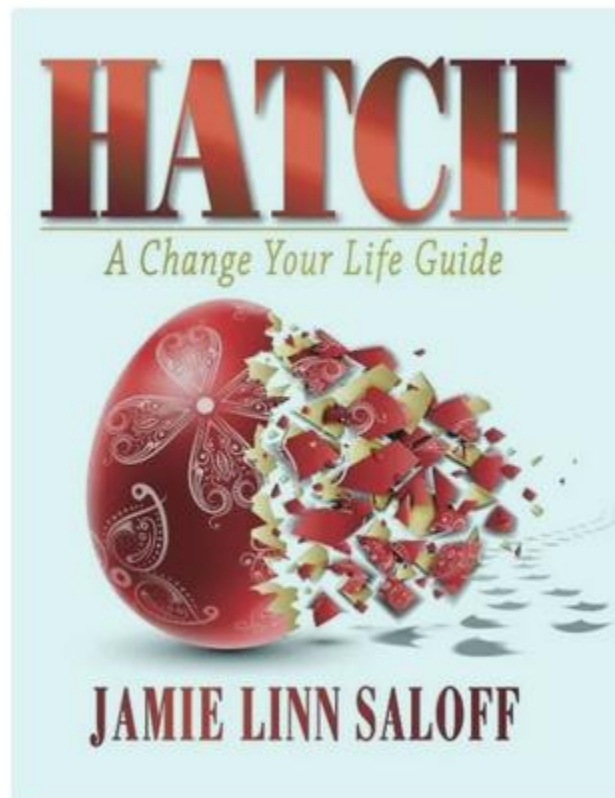
## *Barry & Joyce's Books*



Find all their books on Amazon: [https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref=dbs\\_p\\_ebk\\_r00\\_abau\\_000000](https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref=dbs_p_ebk_r00_abau_000000)

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*I Can't Fix That By Jamie Linn Saloff*



On my thirteenth birthday I received a colorful and fun gift. The toy was a plastic bubble filled with gumballs. Levered arms controlled from buttons on the outside allowed the user to capture the gumballs like an arcade claw machine. I was thrilled. I took it to my room, retrieved my first few gumballs, stuffed my mouth with gum, and then. . . . I heard a catastrophic "snap!" A crucial part had broken. Being cheap plastic it could not be repaired.

**I can't fix that.**

My father had major life-saving surgery in 1963. They replaced his aorta from his heart down into the groin with some type of dacron material. Over the next twelve years, he'd have several more surgeries to repair the repair, including the eventual loss of a leg. Finally, they told my mother they couldn't fix it any more. My father passed away in 1975. I was fifteen.

**I can't fix that.**

Around that same time, I tried out for high school majorettes. I didn't get picked even though I had been twirling for five or six years and won many trophies. It could have been politics. It could have been "not meant to be." It could have been because they didn't want to team up with a girl whose father just died. Whatever the reason, I didn't get in. I had aimed for that goal since I had begun twirling, but it never materialized.



**I can't fix that.**

**My cousin, Tommy and I were very close near the end of his life. We had shared some fun adventures together including him teaching me to drive stick in his Corvette. In 1981 while letting another friend drive his car, they went off an embankment, rolled the car, and Tommy died at the scene. Most of the car's remains were picked up and chunked into several garbage cans.**

**I can't fix that.**

**Whether trivial, tragic, catastrophic, or death, we face many things in our lives we can't fix. We can't reverse the past. We can't make what happened unhappen. It's out of our hands, and in some respects, out of God's too. No amount of prayer is going to reverse it. No matter how much we cry, stomp our feet, yell, scream, protest, or sue. It doesn't matter if what happened was right or wrong. It doesn't matter if it was enacted by man or by an act of God.**

**We can't fix that.**

**What we can do is move forward. When the sun rises on the next day it's our chance to decide what to do next.**

**Illness and death has hit our family many times. Our MO has been to pull up our boots, pick up the broken pieces, and life goes on. For some of you, your MO may be to allow yourself time to grieve. You may turn a blind eye and pretend it didn't happen. You may become an advocate for change. You may be on the front lines of helping others who face a similar situation.**

**I've always been a "fixer." I want to help people. I want to change what's broke. But there are many things I can't fix. There are many things I shouldn't fix—even if I could—because, unlike God, I can't see the whole picture. I can't see how a particular situation will mold their lives.**

**I think the important thing is keep moving forward, see where this road takes you. I lost my father, but later met my stepfather from whom I learned a few things. I didn't make high school majorettes, but I kept twirling and traveled all around the country and Europe doing so. My cousin died, but my first son carries his name in remembrance. I don't know what happened to the gumball machine. Maybe it's purpose was to remind me. . . I can't fix everything.**

**Let go of what you can't fix. Work on what you can. Strive to make your life the best it can be.**

**About Jamie Linn Saloff: Author, teacher, story weaver, spiritual counselor, seer of visions, pathfinder. For over thirty years Jamie has taught type-A driven free spirits how to be happy, healthy, and wealthy by listening to their body groan and their soul weep.**

**Jamie's website: <https://www.marvelousmessages.com>**

## *Jamie's Books*

### Marvelous Messages from Your Body



JAMIE LINN SALOFF

### Marvelous Messages from Your Childhood



JAMIE LINN SALOFF

### Marvelous Messages from Your Faith



JAMIE LINN SALOFF

Find Jamie's Books on Amazon; [https://www.amazon.com/s?i=digital-text&rh=p\\_27%3AJamie+Linn+Saloff&s=relevancerank&text=Jamie+Linn+Saloff&ref=dp\\_byline\\_sr\\_ebooks\\_1](https://www.amazon.com/s?i=digital-text&rh=p_27%3AJamie+Linn+Saloff&s=relevancerank&text=Jamie+Linn+Saloff&ref=dp_byline_sr_ebooks_1)

## *Interview With Jamie*



*Link:* <https://youtu.be/xMqrDot1eAk>

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## *median By Monique Lang*



**The is a special energy during those few minutes before the sun fully rises or fully sets. Those few minutes awe us, as do those few minutes right after birth or right after death.**

**I invite you to stop for a few minutes and deepen into that quiet energy, that stillness that only last for a few minutes before we carry on with our busy lives.**

**Remember, be kind to yourself  
it will naturally follow that you will be kind to others**

**About Monique: Originally trained in psychoanalysis and Gestalt, I am certified in Internal Family Systems, Sensorimotor Psychotherapy, Comprehensive Resource Model and Past Life Regression. I am certified in both Reiki and Shamanic practices and ceremonies. In addition I have been a student of**



**Meditation for over 20 years.**

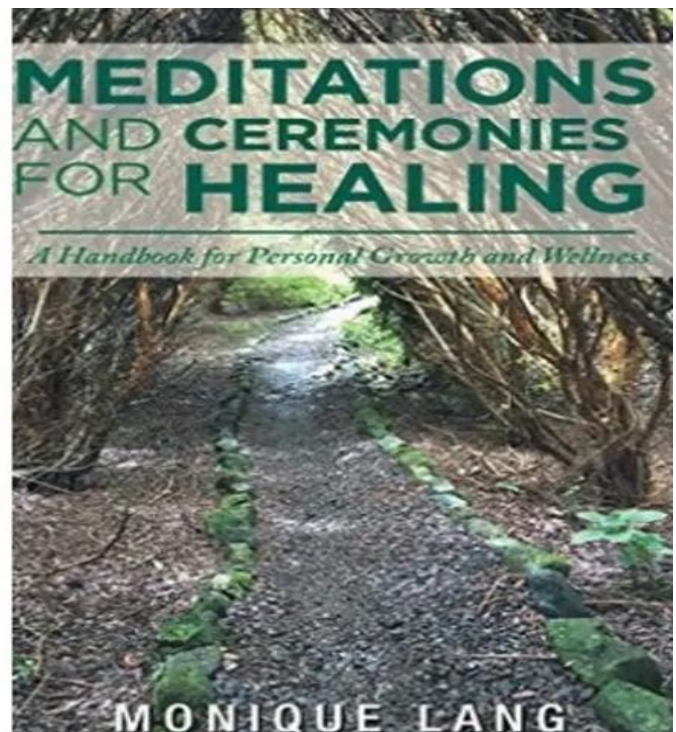
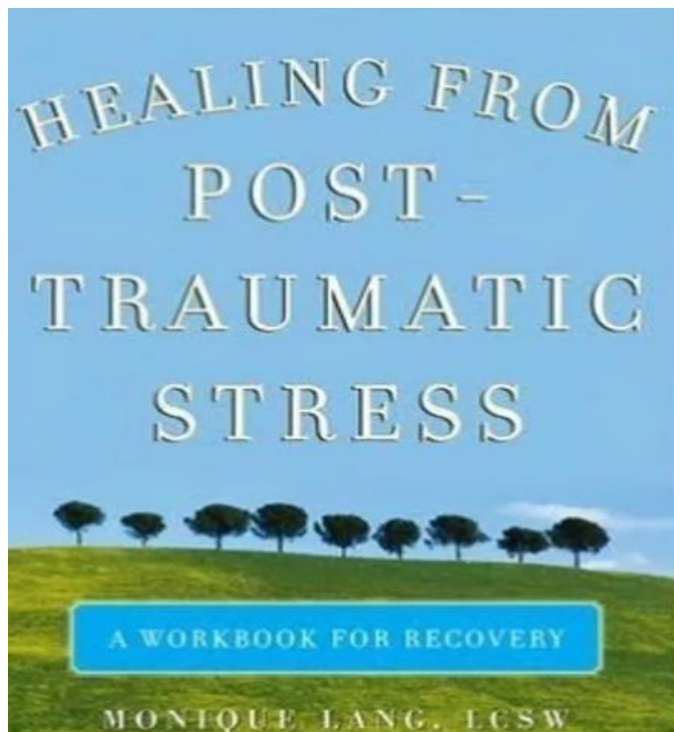
**Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual orientations. This understanding is helpful in my work with my clients as it enables me to understand and put into context each person's particular background and way of viewing the world.**

**Prior to becoming a psychotherapist I was an editor and a security analyst for a financial institution, a translator, an office manager for a community action group and program director in a community center where I developed several programs. These varied experiences have given me a wider lens to understand and connect with my clients.**

**In addition to providing psychotherapy to individuals and couples, I co- leading trips to South America to connect with and learn from Indigenous healers and wise elders, run a variety of workshops, teach clinicians how to use a multi-modal approach in their practices and help individuals and organizations in program visioning and development.**

**Monique's website: <http://www.moniquelanglcsw.com>**

### **Monique Lang's Books**



**Find her books on Amazon at: [https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp\\_27%3AMonique+Lang](https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp_27%3AMonique+Lang)**



## Monique's Video



Link: <https://www.youtube.com/watch?v=grN7x3u5BYo&t=19s>

## *Learning To Dance With Your Shadow By Ross Bishop*



**Our dark influences have a great deal of power over us. Our self-doubts and other fears inhibit us, stifle our passion and cause us to hide our true selves out of reach. They take control when we feel threatened or insecure. They often dominate the most important parts of our lives. Their purpose is to “protect” us from real or imagined threats.**

**But there is much more to this. The purpose of life on Earth is to reconcile our feelings of vulnerability with the truth. Beset by fear and anxiety, we do not see ourselves very clearly. We are not defective as we often believe, but incomplete, and there is a huge difference between the two. The simple explanation is that God isn’t finished with us yet.**

**God created LIFE on earth to be an arena where our false beliefs driven by our fear would bring us into conflict either in our interactions with others or with ourselves. That is how The Creator has determined that this is the rich sauce in which we are to learn and grow.**

**And as difficult as doing it that way may be, it gives us the opportunity (which we rarely take) to step back from the tumult and examine our beliefs and the underlying premises that drive them. It may seem incongruous to grow through conflict, but at this stage in our development, it is the most powerful way for us to learn. And to be frank, without conflict, it is doubtful that we would change.**

**LIFE had to be created this way because we have free will. The Creator could not simply give us the truth. And because of our free will, we have to come to accept the truth by ourselves. But He/She did give**

us the means to discern it.

Think about a conflict you have had. It was only a situation until you got anxious and introduced your fear, shame or unworthiness, and then the situation became difficult. Think of how things would have changed if you had been able to be compassionate!

Stated simply, the things you believe about yourself cannot be true — all of them. You probably are a good person most of the time, but then there are those moments — you get my point. Our beliefs are products of the mind and are not of the highest order. There is an old cliché: “God doesn’t have to think.” When you know what needs to be done, you just do it. You don’t have to think about it. Universal truths exist outside of us and are not subject to the whims of fear and ego. “All people are created equal” does not reside in your mind; it comes from another place.

Take a minute and write down your beliefs — do an inventory. What do you think of yourself? Where do you hold back? Where do you go when your boundaries are pushed? None of those things reflect who you truly are. They are just reflections of what you have been conditioned to believe.

And I am playing a game with you because who you really are cannot be put into words anyway.

If you want to learn more, I have written an entire book on the subject. It is called *Healing The Shadow* and is available on Amazon.

About Ross Bishop: I became a healer as an outgrowth of my own need for healing. My pain and dissatisfaction with my life brought me to leave the corporate world and begin a journey to find and root out the sources of the considerable pain I carried within myself. I found western psychology to be woefully inadequate to help me and so I set out to find more meaningful answers.

My teachers all encouraged me after working on my own stuff to go outside myself and help others to heal, not as a humanitarian service but as a way to deepen my own healing process. I found that I had a gift for the work and that my teachers were absolutely right. Serving others is a remarkable learning process. My clients over the last 25 years have taken me to places I could not have gone on my own. I am deeply grateful for the gifts of personal growth that our work together has given me.

In a former life, Ross was president of an advertising agency and a communications executive for the former Northern States Power Company (NSP) in Minneapolis. After leaving NSP, with a colleague he founded Creative Power Workshops and traveled the country teaching creative thinking to advertising writers and art directors. Seeing the limitations fear placed on people’s creative passion led Ross to undertake a spiritual journey in search of answers. That journey covered many miles and several years and brought him to many teachers. Finding some answers, Ross also found he possessed a natural gift for shamanic healing. He returned to this country and conducted vision quests for spiritual pilgrims throughout the Southwestern United States. Today he concentrates his energies on writing and on an active healing and counseling practice in Santa Fe.

Ross Bishop’s website: <https://www.rossbishop.com/>

## *Interview with Ross Bishop*



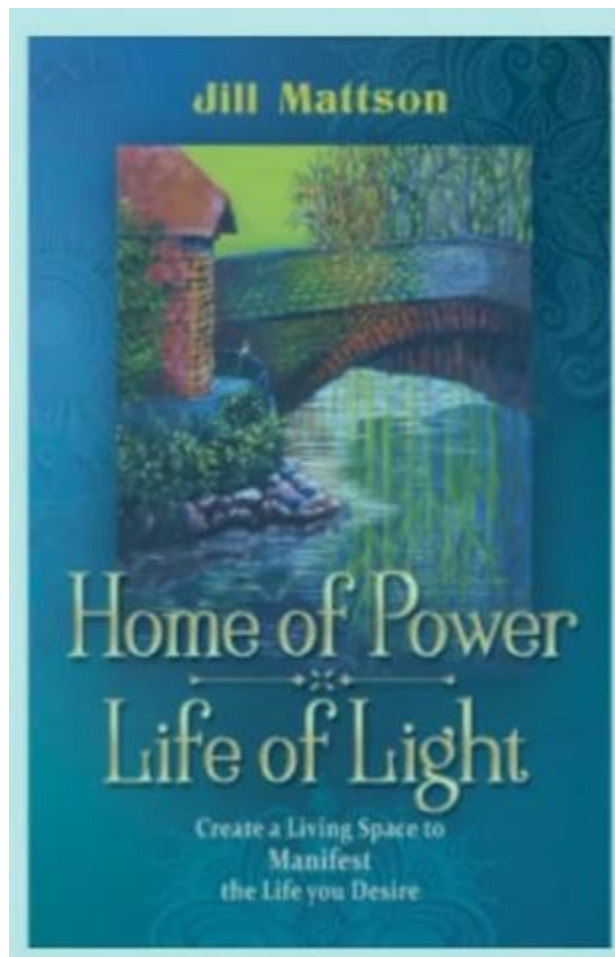
*Link:* <https://www.youtube.com/watch?v=CU59VWWMKLo&t=8s>

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## ***Moving Large Objects With Sound Energy***

***By Jill Mattson***



All around the world (Mexico, Bolivia, Peru, Egypt) legends of Godlike civilizations portray that music is a powerful tool to build cities. By employing musical sounds, instruments, whistling and singing people reportedly moved huge blocks of stone.[1] For example, there is a Mayan legend about the pyramid at Uxmal in Yucatan. All the builders had to do was whistle and the heavy blocks moved into place.[2]

Edward Leedskainin claimed he know how the Egyptians built their pyramids. He built Coral Castle at Homestead in Florida by reportedly "singing" to large stones to lift them. He left the castle as proof that he could move large stones without equipment. Leedskainin had no eye witnesses to his building techniques. Perhaps he discovered sound techniques that deflected gravity and allowed levitation.[3]

In his book, Gods of Eden, Andrew Collins described sonic technology, including accounts of travelers in Tibet in the first half of the twentieth century who witnessed levitation of large stone blocks accomplished by the sound of numerous special musical instruments. Photos of this type of event have been published.[4] Perhaps the Egyptians employed techniques similar to the sonic levitation technique of ancient Tibetan monks.

Bruce Cathie in *Acoustic Levitation of Stones* described an eye witness account of stone levitation by Dr. Jarl in 1939. His article included measurements of where each singer and instrumentalist stood, what direction each faced, the measurements of the instruments, and the harmonic science that enabled the boulders to float to the desired spot. In addition to numerous instruments, about 200 monks stood behind the musicians, ten deep and in a long line, appearing to be focus on moving the stone.[5] This description of sonically manipulating energy is similar to the stories about Atlantean sound practices.

A German article describing the Tibetan levitation process said, "We know from the priests of the far east that they lifted heavy boulders up on high mountains with the help of various groups of sounds... the knowledge of the various vibrations in the audio range demonstrates to a scientist of physics that a vibrating and condensed sound field can nullify the power of gravitation." [6] [7] You Tube has numerous videos of Tibetan monks demonstrating levitation and other antigravity accomplishments.[8]

The Atlantians were known to lift large stones by the use of sonic levitation. Many people linked arms and danced around the boulder to be moved. With the use of percussive instruments, such as drums or cymbals, they chanted in a prescribed fashion. Their mental strength amplified the sound waves to move the heavy stone. Later the pitch of the rock was sounded in gongs to replace the shouting and stamping of feet. People concentrated on the gong note to overcome gravity.[9] Sumerian tablets also reported that sound can lift stones.

Some have theorized that the Ark of the Covenant was originally the possession of the Egyptians - a gift from more advanced beings. The Ark, perhaps an antigravity device, may have been used to construct Egyptian buildings. This theory suggests that Moses took the Ark when the Israelites left Egypt. When the Pharaoh discovered that Moses had taken the treasure he sent troops to recover the device, but Moses used the device to part the Red Sea for the Jews.[10]

In 1981 John Keely wrote that tones from a violin could start an engine and discord could stop it. Recently sonic levitation was used in a space shuttle to hold a glass in suspension. Due to the lack of gravity, less intense sound was required.[11]

[1] Hayes, Michael. *The Hermetic Code in DNA: The Sacred Principles in the Ordering of the Universe, Inner Traditions: Vermont, 2004, Pg. 77.*

[2] Bierhorst, John. *The Mythology of Mexico and Central America, Morrow: NY. 1990, Pg. 8*

[3] Decker, Jerry, in introduction for Davidson, Dan. *Shape Power: A Treatise on How Form Converts Universal Aether into Electromagnetic and Gravitic Forces and Related Discoveries in Gravitational Physics, Rivas Publishing: Arizona, 1997. Pg. xiv.*

[4] Hayes, Michael. *The Hermetic Code in DNA: The Sacred Principles in the Ordering of the Universe, Inner Traditions: Vermont, 2004, Pg. 77.*

[5] Hayes, Michael. *The Hermetic Code in DNA: The Sacred Principles in the Ordering of the Universe, Inner traditions: Vermont, 2004, Pg. 118.*

[6] Swedish engineer Olaf Alexanderson wrote about this phenomenon in the publication No. 13. Excerpt from "Anti-gravity and the World Grid" edited by D. H. Childress, Ch.8, *Acoustic Levitation of Stones* by Bruce Cathie, Pgs. 213-217.

[7] See site below:

[http://www.bibliotecapleyades.net/ciencia/antigravityworldgrid/ciencia\\_antigravityworldgrid08.htm](http://www.bibliotecapleyades.net/ciencia/antigravityworldgrid/ciencia_antigravityworldgrid08.htm).

[8] <http://www.youtube.com/watch?v=pV4bO7i6xrs>, <http://www.youtube.com/watch?v=A7ZabuaPm6E>,  
<http://www.youtube.com/watch?v=H7EI3NqkSfY>,  
<http://www.youtube.com/watch?v=C8eOXoOHjxU>

**About Jill Mattson:** My personal interests in Sound Healing, helping people and expanding consciousness were the result of my lifelong love affair with music, coupled with my personal spiritual quest, which I started in earnest about 40 years ago. I was drawn to the study of antiquity; specifically, I extensively examined methods employing Sound Healing and music to alter and improve mind, body, emotions, energy and spiritual aspects of practitioners' lives. I collected voluminous materials on Sound Healing over many years. This prompted me to write my first book on the field of Sound Healing where I interview leading researchers and scientists in the discipline. Concurrent with my research, I began producing my own Sound Healing recordings. In the early 2000's I built a studio in my home to record my own compositions. I blend my original music with ancient techniques and embed special sounds in the tracks. The end result is pleasing and beneficial on multiple levels. Many people enjoy the music as a normal listening experience; more significantly, other people have been able to reach new levels of consciousness, peace and wellness by focused listening to my compositions.

The field of Sound Healing is a rapidly growing discipline that is attracting great interest. As indicated above, many of the techniques that are employed stem from ancient traditions. There is also cutting-edge research underway, which is expanding the understanding and promise of this field. My personal specialty in Sound Healing utilizes the intricate combination and interplay of numerous musical effects along with specific frequencies. It is the magical and complex interaction of special healing sounds with the human body and mind that give the impressive results that can be achieved with Sound Healing.

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

### *Interview with Jill*



**Link:** <https://youtu.be/29jPxbXjI2s>

## *Jill's Art and Music*



Go to Jill's Website to see her art [www.jillswingsoflight.com](http://www.jillswingsoflight.com)



Go to Jill's website to view her music [www.jillswingsoflight.com](http://www.jillswingsoflight.com)

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# ***8 Ways to Build Self-Empathy & Stop Beating Yourself Up***

***By Dr. Judith Orloff***



**How you treat yourself profoundly affects your health and well-being.**

**What is self-empathy? Why can it seem so elusive when it is so good for us? It often seems so much easier to have empathy with others than yourself. Self-empathy is a commitment to be caring rather than shaming or punishing yourself, especially if you've made a mistake. Maybe your first impulse is to push too hard or get impatient with your progress. Or you might beat yourself up for falling short at work or when communicating with a loved one. Or you are too quick to hate or blame yourself. Without self-empathy these are no-win situations. That's why self-empathy is so vital to becoming a healthy, empowered empathic person.**

**Because of the absolute importance of this subject, I've devoted a complete chapter to it in my book [The Genius of Empathy](#) which is available on your favorite online booksellers or bookstores. Please review this information in the chapter to get a sense of why I'm framing self-empathy as a healing force in your life. To begin practicing self-empathy here are 8 tips.**

## **8 Ways to Develop and Build Self-Empathy**

- 1. Treat yourself with as much kindness as you treat others.**
- 2. Honor your own needs rather than always putting everyone else first.**
- 3. Have self-compassion for yourself during hard times, rather than blaming and shaming.**
- 4. Set respectful boundaries with unhealthy behavior.**
- 5. Give yourself permission to be around supportive, positive people.**
- 6. Forgive yourself when you make a mistake.**
- 7. Allow yourself to receive other people's caring, help, and love.**
- 8. Be happy with yourself when you do things well.**

**Whenever you have physical distress you can connect to it with empathy. First, identify the painful place in your body. Take a few deep breaths and relax into it. Connecting with your heart in stressful situations, including medical or dental procedures, reduces stress. Keep sending the uncomfortable area**

loving kindness. This part of you, whether it's a bone, an organ, or a tissue, needs your understanding.

In addition, practice the following healing affirmation which I recommend to my patients as a way to access self-empathy and promote self-healing. During the day, keep repeating it to lessen stress or to simply feel good.

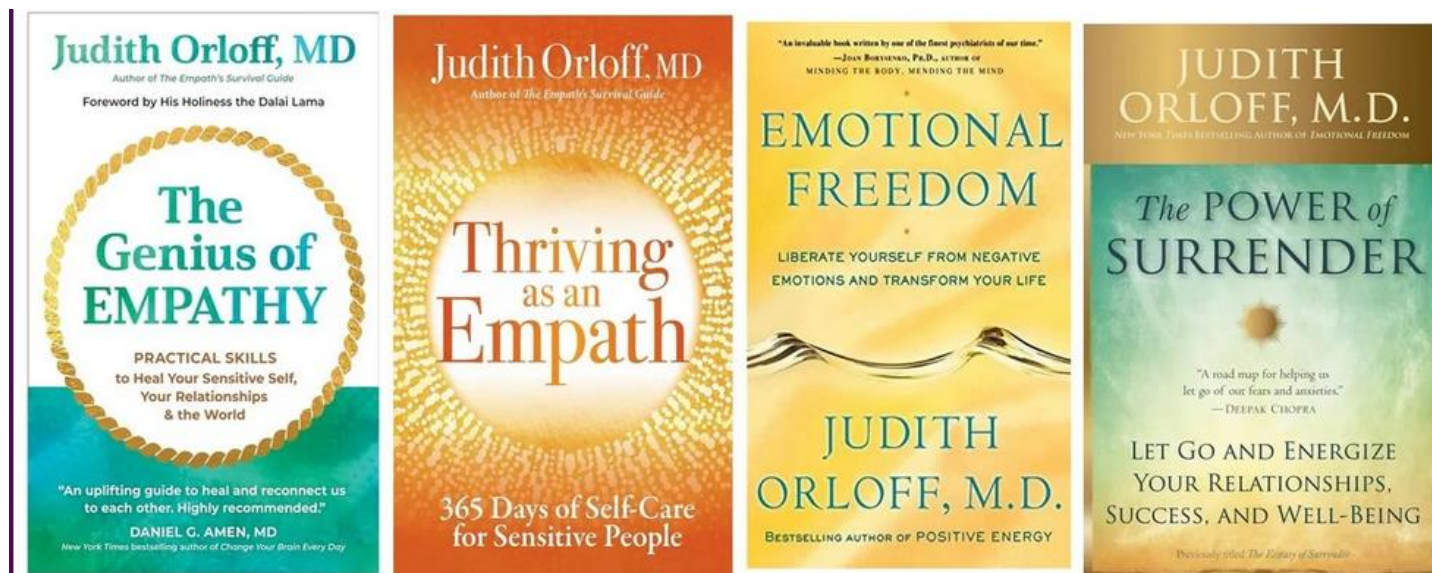
I breathe deeply. My body is relaxed. I am moving forward toward wellness and ease.

Self-empathy means accepting that you are human and can learn and grow. Of course, you will make mistakes or have regrets. You may move forward, slip backward, then move ahead again. You are not perfect. None of us are. Thank goodness. Perfection is so boring! I love the Japanese concept of wabi-sabi, which sees imperfections as beautiful and interesting. We are all messy and extraordinary at the same time. Self-empathy starts with being willing to accept your less-than-best qualities as well as your stellar ones.

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.

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

### *Some of Dr. Judith's books*



These are just a few of the books that Dr. Judith Orloff has written. Go to:

[https://www.amazon.com/stores/author/B000AP8R6O?ingress=0&visitId=ccb33df2-59fe-439c-9a3c-d86f9b68f723&ref\\_=sr\\_ntt\\_srch\\_lnk\\_5](https://www.amazon.com/stores/author/B000AP8R6O?ingress=0&visitId=ccb33df2-59fe-439c-9a3c-d86f9b68f723&ref_=sr_ntt_srch_lnk_5)

## *Dr. Judith's Video*



*Link; [www.youtube.com/watch?v=AwEpN897U2I](https://www.youtube.com/watch?v=AwEpN897U2I)*

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## *Tarot Tendencies for July By Doreen Scanlan*



**This summer is a great time to explore traditions whether that is in History, like the original Independence Day or the local church bazaar. This is a great time to delve into things that interest you. Perhaps it is time to gather with friends and create a new tradition.**

**The page of swords encourages you to have the tough conversations about what might need to change with those old traditions. Are they still relevant today or are they promoting old mindsets? Most of all we need to take time to gather with friends and work towards oneness.**

**Happy summer!**

**About Doreen Scanlan: I am pleased to have been asked to join the ROC Metaphysical Family. I have been doing Tarot readings for over 20 years both through local shops and festivals and on my own. The past 2 years I have been invited to the Gypsy Camp at the Sterling Renaissance Festival. I have a very eclectic spiritual background that I draw upon to guide and inspire.**

**Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to**



provide a general monthly forecast to help everyone understand the tone of the month. If you are interested in a personal, more in depth reading please email me at doreenscanlan at [yahoo.com](mailto:doreenscanlan@yahoo.com) and we can schedule one.

### *Interview with Doreen*



*Link:* <https://youtu.be/ILT-oPvKbcw>

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## *Divine Love Waterfall Hike: New Earth Ground Crew*

*By Amanda Hoover*



**Just want to thank everyone who came and made this experience so wonderful. We had some moments where we didn't know where we were going, yet were divinely guided right to the magical ferns a dear friend had told me about. For me the ferns represented the inner magic and resilience of us all to withstand the sensory perception of harsher elements/circumstance and that we can persevere and transcend together as a community and in our own divine source love eternal fountain of youth. From the sun crown of the waterfalls of divine love flowing through our sacred vessel to the roots of our tree of life root chakra into the earth holographic chakra.**

**Sometimes when we feel off the expected path we can remember all moments are divine and all is divinely orchestrated for our ascent to states of greater joy and ease. Although we feel a bit lost and unsure of where we are at times, we are divinely meant to be in that exact spot. Going off the expected path sometimes brings the most unexpected beings, abundance and joy. When we are initiated into the ancient mysteries and wisdom of releasing fear, the need to know and the habit to want to control or grasp tightly to unexpected situations... we can learn to shift those responses to experience and become new earth resonance more and more through linear time. At the ferns we all went within, had a beautiful high heart energetic connection to each other and the land, and all received information from our own unique intuitive gifts about the overall direction to go with some life events, in our inner pathways and on the hike. As within so the outer. Thanks again beautiful souls for such a special day!**

**About Amanda Hoover:** In 2017 she began following her bliss and spiritual calling of metaphysics and healing and completed the Intuitive Development Practitioner Program and Healing Practitioner Programs at the Institute for Spiritual Development in Oneonta, NY. She became a Certified Life Coach and spent the next few years developing her energy gifts and is now a Reiki Master Practitioner/Teacher and Vibra Acoustic Energy Healer. Amanda has studied Ancient Egyptian Ascension extensively since 2018 and identifies most with the pre-dynastic teachings of divine love throughout the psyche. She is an Ordained Minister and Faculty Member at the Institute for Spiritual Development in Oneonta, NY. And most recently she is now an Ordained Minister / Bandraoi through the International Assembly of Spiritual Healers and Earth Stewards.

Amanda works with clients to uncover the subconscious program to assist with rewiring of beliefs and re-scripting the stories we tell ourselves about ourselves and others, that are not for our highest and greatest good. Sessions for clients include coaching on cognitive reframing and re-scripting techniques, energetic clearing, collaboration on daily rituals to support continued growth , establishing and maintaining a direct connection to high self and source, as well as meditation practices to support self-healing.

Amanda's website: <https://netoflove.com/>

Instagram: @net\_of\_love

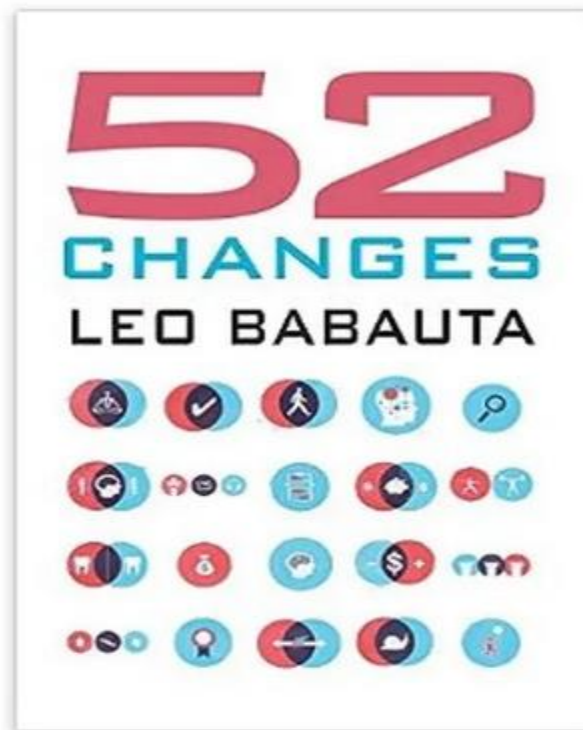
Facebook: <https://www.facebook.com/Net-of-Love-104744154681210>

### *Amanda's video*



***Link: <https://www.youtube.com/watch?v=2a1mFqB1Mjg>***

## *Building Trust In Yourself By Leo Babauta*



**I find that almost all problems are a breakdown in trusting ourselves.**

**If we could trust ourselves fully, so many things become effortless.**

**Let me give some examples of where we don't trust ourselves:**

**Procrastination:** We procrastinate when we think we can't handle the stress or difficulty of one or more tasks, or we don't trust ourselves to handle any bad outcomes we fear from doing those tasks (people judging our work, for example). If we trusted ourselves completely, we could just do the task and deal with the stress that comes from it, and deal with whatever comes after.

**Overwork:** We work hard often with hopes of clearing our to do list or inbox, and getting a sense of peace if we finish everything (which never comes). We don't trust ourselves to handle the work in future days, and don't trust that the work we've put in by the end of a reasonable work day is enough.

**Social media addiction:** The urge to constantly check social media (or other distracting websites) is usually driven by a fear of taking on harder tasks, or a fear of missing out. If we trusted ourselves completely, we could calm those fears while taking on our more important tasks or taking care of ourselves better.

**Lack of exercise:** While we might want to exercise, it's something we put off, often because of a fear that we won't get all our tasks done, because of fear of missing out on things like social media, or because of fear of the discomfort of the exercise itself. If we fully trusted ourselves, we could take on the discomfort



and joy of exercise, while trusting that we could get to the work and social media later.

**Overwhelm:** When we're overwhelmed, we don't trust ourselves to be able to handle all the things that are in front of us. If we fully trusted ourselves, we would trust that we could choose one thing from the list, be fully in that task, and then take on the next after that. And deal with whatever situation arises, one thing at a time.

Obviously, this isn't a comprehensive list of problems you might have, but I'm hoping you can start to see where self-trust is the key factor in all of the above, and many other problems.

So if that's true ... how do we develop trust in ourselves? Let's first look at what's possible if we fully trust ourselves, then look at how to develop that trust.

### **What's Possible with Full Trust**

If we fully trust ourselves, life becomes so much easier. We can step into the unknown, out of our comfort zone, take risks, and act with confidence. We can ask for what we want, and trust that it's OK to want something. We can choose from the heart, and trust the heart's desire.

Here are some things that become possible with full trust:

We can choose what we feel called to work each day, at the beginning of the day, so that we line up our day with our priorities.

We can trust ourselves to choose the next task from the list, from our hearts. Then trust ourselves by taking that task on with full devotion, trusting that we'll get to the rest later.

We trust ourselves to handle any situation that arises, any consequence from our choices. If someone is upset or disappointed with us, we trust ourselves to deal with that. If we feel sadness or frustration, we trust ourselves to deal with that. The future, then, becomes less stressful because we trust that we can deal with anything that comes.

When we have an overwhelming number of things in front of us, we trust ourselves to choose one thing, and deal with that.

We trust ourselves to fully take on difficult things like exercise, difficult tasks, difficult conversations, meditation, and more, because we know we can be with whatever stress is there.

We begin to create a life of impact, because we're taking on the things that are impactful and important.

We create a life where we are taking care of ourselves, because we're trusting that it's OK that we can take care of ourselves.

We create the ability to have difficult conversations, because we trust ourselves in those convos. Our relationships get better, and we're less stressed by whatever the other person is doing.

That's just the start. More trust leads to us being able to fully be ourselves, and our lives become more alive, more relaxed, more joyous, more effortless.

### **How to Develop Trust in Ourselves**

**So how do we develop that kind of trust? With intentional practice.**

**Pick one area where you aren't trusting yourself, and set an intention to practice:**

**Procrastination:** take on one task at a time. Trust yourself to take on that task, even for 2 minutes. You don't have to finish, just start. With practice, you'll go longer, up to 30 minutes. That's enough for this practice.

**Overwhelm:** Make a list of tasks. Practice choosing one, and taking it one. Trust yourself to deal with the rest later, and practice just taking that one task on at a time.

**Urges and addictions:** Cut yourself off from the urge/addiction for 3 days. Practice trust in yourself to deal with the stress that results from not indulging. Find other, healthier ways to deal with that stress: meditate, exercise, go for a walk, talk to a friend or therapist.

**Difficult convos:** Make a list of the difficult conversations you've been putting off. Practice trust by reaching out to the easiest one on the list and asking for a few minutes (in person or over the phone). Don't rehearse the convo, don't let yourself overthink it. Just show up, and practice talking with this person, trusting yourself to navigate without overthinking. Practice trust by being mindfully with any emotion that comes up, for you or them. Repeat this once a day.

**These are where I would start. The practice of developing trust is a lifelong one. Beyond this, I would suggest you get some support — reach out to me if you'd like to work with me as a 1-on-1 coach, I'm here for that work!**

**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:** <http://www.zenhabits.net> and <https://seachange.zenhabits.net>

## *Leo's Books*



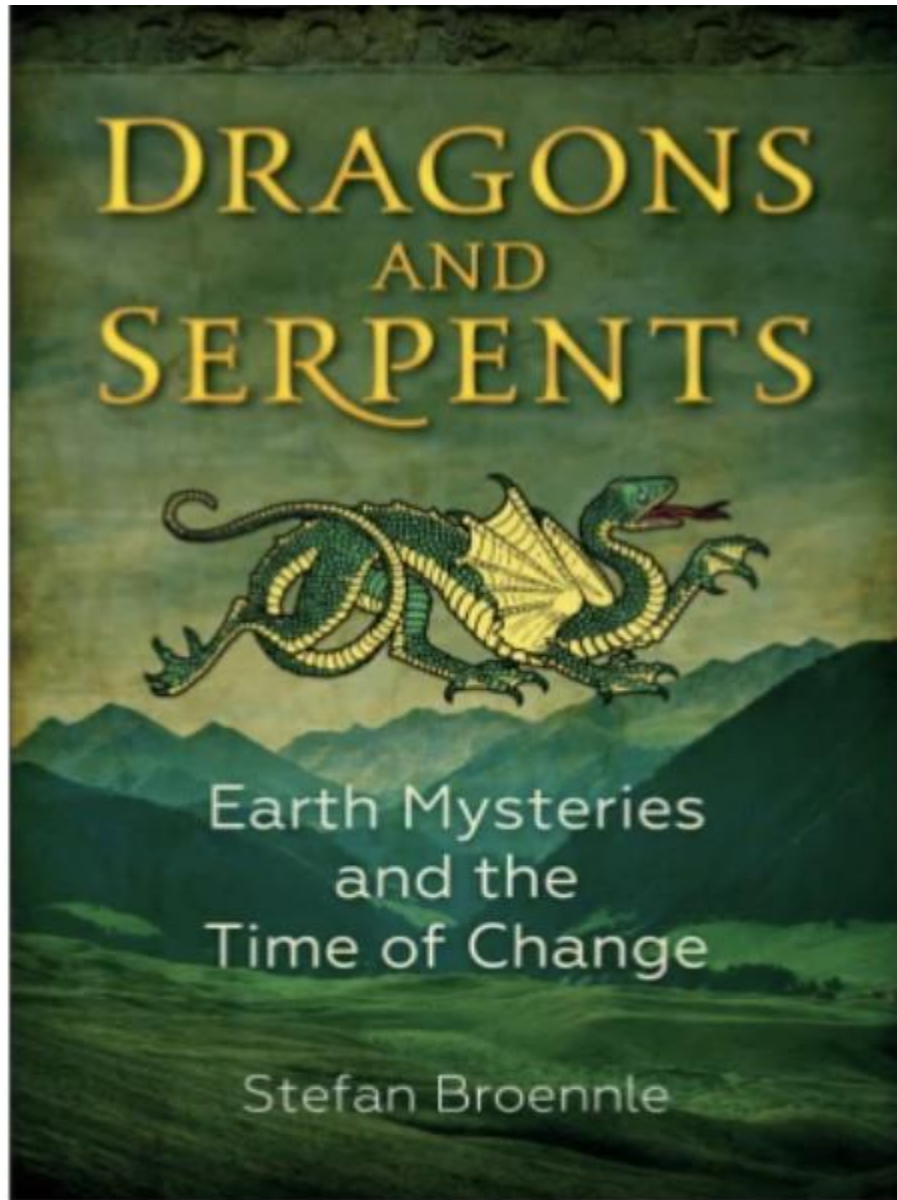
*Find his books on Amazon:*

*<https://www.amazon.com/stores/author/Boo2BO7RLI/about>*

## *Leo's Video*



*Link: <https://www.youtube.com/watch?v=dMZrWJJOt2M>*



**Explores the importance of dragon and serpent energies and symbols from prehistory to the present around the world**

**Revealing how dragons and serpents are deeply embedded in the story of humankind and the Earth itself, from prehistory to the present, Stefan Broennle takes us on a journey through the myths, legends, symbols, and geomantic powers of dragons in different cultures around the world.**

- **Explains how dragons and serpents are bearers of the elemental and archetypal energies of the Earth**
- **Examines myths, legends, and symbols of dragons and serpents in many cultures, including their positive associations in Asia and their often misinterpreted negative meanings in Christianity**



- Reveals the geomantic meaning of dragon energy and how to reconnect to it for supporting the Earth in these times of change

Revealing how dragons and serpents are deeply embedded in the story of humankind and the Earth itself, the author takes us on a journey through their myths, legends, and symbolism in different ages and cultures around the world.

Stefan Broennle explains how the dragon is an archetype of the elemental force of the Earth, while the serpent, which can change its skin and regenerate, carries the elemental force of rebirth and is also connected to the Earth through its relationship with the feminine.

Examining traditions and beliefs originating in Europe and Asia, he explores the spiritual meaning of dragons and serpents and how they reflect the development of our connection to the Earth. He recounts tales of famous examples, including Fáfnir, the Hydra, and Nidhogg. He also examines the meaning of the dragon in geomantic symbolism and the location of soul paths, dragon paths, and ley lines. A powerful exercise enables us to awaken the dragon energies within us and connect more deeply to the Earth.

This book is much more than a mythological or geomantic compendium, however. It offers access to the archetypal energies of dragons and serpents that are crucial not only for our individual growth and transformation but also for the fate of humanity and the Earth during this present time of change.

About the author: Stefan Broennle is a geomantic consultant and engineer. He studied landscape ecology at the Technical University of Munich and has been providing consultancy and design services for interior and exterior spaces since 1993.

His focus is not simply on incorporating physical radiesthesia but also, more importantly, on the concrete spiritual relationship between person and place, which is supported through ritual practices and shaped and structured by the energetic power of rocks (lithoenergy), water (hydroenergy), and plants (phytoenergy).

Since 1994 he has been a course leader and lecturer, first for HAGIA CHORA and now for INANA school of geomancy, both of which he co-founded. He has held a lectureship at Weihenstephan-Triesdorf University since 2011.

He has also trained in Qi Gong, Taijiquan, radiesthesia, technical remote viewing (TRV), and focusing. He lives in Germany and is passionate about bringing together the physical and spiritual aspects of geomancy.

Find his book at Inner Traditions: <https://www.innertraditions.com/books/dragons-and-serpents>

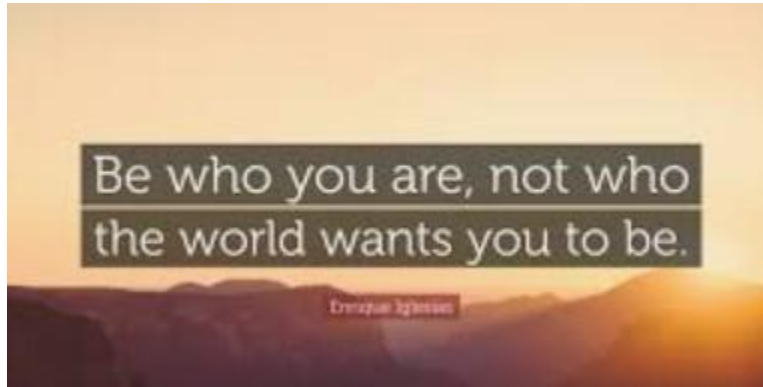
## Stefan's Video



**Link:** <https://www.youtube.com/watch?v=k-nh31kPobc>

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## ***Be Who You Are By Sage Walker***



### **Be Who You Are**

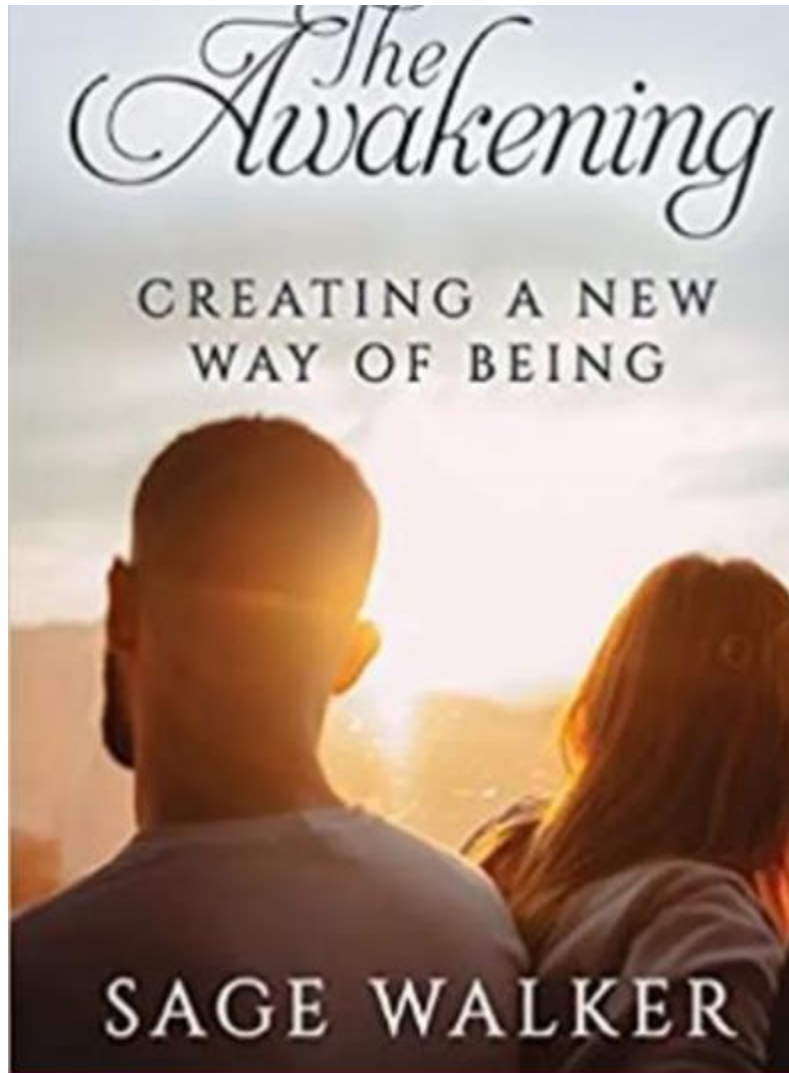
**Be who you are,  
Because it is this person the world needs now.  
Believe. Believe.  
Trust that we know you.  
Trust that we guide you in all your actions.  
We walk each step with you.  
Reach for us when confused.  
Angry, sad or depressed.  
As you do this it shifts you.  
Into a higher vibration.  
Just a thought changes your world.  
As it changes you.  
Ask for your greatest good.  
Gives thanks and allow it to come to you.  
You deserve this and even more than you can believe.**

### **By Sage Walker**

**About Sage: She is a retired county nurse, is a Master IET Instructor, Spirit Guide Communicator and ordained minister. She has an office at the ONE Wellness Center at 2349 Monroe Avenue Rochester NY. She offers classes and private sessions. You can contact her at 585-317-4374.**

**Sage's website: <https://www.theangeliclink.com>**

*Sage's Book*



Here's Sage's new book with lots of new channeled messages. You can find the book on Amazon.

[https://www.amazon.com/Awakening-Creating-New-Way-](https://www.amazon.com/Awakening-Creating-New-Way-being/dp/1641842385/ref=sr_1_1?crid=6V705QUD1F6Z&keywords=sage+walker+the+awakening&qid=1580588937&sprefix=sage+walker%2Caps%2C163&sr=8-1)

[being/dp/1641842385/ref=sr\\_1\\_1?crid=6V705QUD1F6Z&keywords=sage+walker+the+awakening&qid=1580588937&sprefix=sage+walker%2Caps%2C163&sr=8-1](https://www.amazon.com/Awakening-Creating-New-Way-being/dp/1641842385/ref=sr_1_1?crid=6V705QUD1F6Z&keywords=sage+walker+the+awakening&qid=1580588937&sprefix=sage+walker%2Caps%2C163&sr=8-1)



## *Interview with Sage*



*Link:* <https://youtu.be/v9AzKAJx7Lg>

## **Psychic VS Spiritual Healing, Continued By Richard Hughson**

**Last month in the June issue of ROC metaphysical I began writing about some differences between psychic and spiritual healings.**

**The differences are not always apparent at the time of facilitating them, but it may help to know of them because the outcomes and consequences can be very different for the healer and the healee.**

**Many of the lessons within these stories are aimed at who you may well become in this lifetime, or perhaps are now, so the following three stories are offered to illustrate those differences in hopes of improving the results for you and your intended healee.**

### **My first Healing Session:**

**Some time in the early 1990s I was asked to be a healer in a Candlelight Healing Ceremony at a spiritual conference. I had taken a 'Hands on Healing' course some years earlier but hadn't used it much, and I had never been part of an official ceremony.**

**I asked, "What do I do?" and was told to simply stand behind the assigned chair and when someone comes to sit just give them energy. It sounded easy.**

**The first person went fine, no problems other than me wondering if I'd done it right. So when the person complimented me I felt I was likely on the right track. The second person was very similar which led me to think I was doing 'it' right, whatever 'it' was.**

**With the third person I was beginning to feel a bit tired, which surprised me. I was in better than average physical condition at that point and knew no reason why I might be feeling tired from just standing there, gently waving my hands around.**

**By the fourth person I wished I could stop. How long was this going to go on? Was there another hour or two to go or what? I had no idea.**

**People were generally heading outside into the good weather after their healings so I was glad to see the room emptying out. Then one more person sat down in my chair. I did what I thought I could but really, all I wanted to do was curl up in a fetal position on the floor. I actually considered doing that once everyone had left the room, but I got called outside with everyone else. We stood holding hands in a giant circle, listened to a prayer, then sang a couple songs. Doing that really helped. I could feel myself coming back to life, so to speak.**

**It was explained to me afterward that I needed to open myself up to Divine energy, letting it come through me to do the healing, rather than using my own energy and thereby draining myself.**

**Honestly, my thought at the time was, "Oh sure, like regular people can do that."**

**I had a lot to learn.**

**Boynton Canyon: Somewhere in the late 1990s I became concerned about the mental well-being of a friend. The timing coincided with a trip to Sedona, AZ. Throughout the trip my concern for my friend**

was on my mind.

The trip was fine and wonderful as Sedona so often is. On the day we were to visit Boynton Canyon my concern had kind of peaked.

I don't know if you've ever been all the way to the back of Boynton Canyon. If you have you're aware of the ruggedness of the approximately three mile path you have to walk to get there with lots of twists, turns, and knee high boulders to step over as you climb.

For me, at that time, such climbing was meditative. It was something to keep my body occupied while my mind focused upon my friend. It was very calming to me as I went through every scenario I could think of in hopes of being helpful. For everything I came up with I could also come up with an expected dismissive reply. I was getting nowhere.

As we arrived at the clearing at the back of the canyon, a dead end, I had also arrived at what I called the 'end of thought.' I had nothing left. My mind was blank.

I decided to simply pray.

I walked over to a small boulder, about sitting height. It was surrounded by small pine trees and positioned in front of the remainder of a stream which had formed during the last rainfall.

As I sat on the boulder, facing the now dry stream, I felt that I had sat into a pencil sized beam of light which emanated from the rock and went straight up out of sight, beyond my perception.

The light seemed to me to go up my spine and out the top of my head. This was surprising as I'd never had that happen before. But oddly, it was ok with me that it was happening. It had a beneficial feeling to it.

So I allowed it. I also found out that as I was allowing it, it would grow in diameter. By minor experimentation I realized how to not think about it but to just 'be with it' as it grew to the diameter of a stove pipe.

So there I sat, with a stove pipe of light shooting out of my head.

The light went upward beyond my perception and I didn't know anything more about it. After a bit of time I wondered if this was all the help I could possibly be to my friend.

What if I could bend that stove pipe back down to shine upon my friend? As I had that thought, it happened. They say mind is the builder, you know. To my perception that stove pipe of light came back down and shone upon the top of my friend's head.

But, it did not get through.

I found I could intensify the light making it even brighter, which didn't even seem possible but it happened, to no avail. It was as if my friend had a steel plate across the top of their head. The light couldn't penetrate.

I then began to focus the light, to narrow the end of it as happens when you use a magnifying glass, further intensifying the light.

**It still wasn't getting through.**

**I became aware that all the intensity of the beam could be brought down to a focal point the size of a single photon of light, with no diminishment of power.**

**That's when I had a selfish thought, "If it's so hard to get through, what's it going to be like when it does?"**

**With that thought of self-concern the beam immediately faded away.**

**I had gotten it down to the diameter of my little finger but now it was gone and I couldn't get it back. My friend's steel plate was still intact.**

**I felt that I had failed somehow or that I'd possibly imagined the whole thing. But later that day two other friends each individually asked what I'd been doing over on that rock. They each mentioned that I was surrounded by thousands of little tiny floating speckles of light.**

**Ok, if one person had mentioned it I'd be inclined to pass it off as imagination for both of us. But when the second friend also mentioned it a day later, describing the exact same thing with the exact same language, I felt validated that it was a real thing.**

**So, still feeling that I'd somehow failed, I asked Tom Sawyer about it. His answer surprised me. He claimed that I had been involved in a psychic healing, using my own energy to bring about the results I wanted, and I was aided by the canyon itself.**

**I had thought that since it was such a powerful beam of light that it must have had a spiritual origin, which was then up to me to facilitate.**

**Tom went on to say that if I had managed to connect with the darkness within my friend, if I had burst through the plate, that the scenario would then have become 'serious', not devastating but serious. This from a man who considers a broken bone to be simply inconvenient.**

**As I stated last month, a spiritual healing is when the healer and the healee both become enhanced by the event. A psychic healing is when you use your own energy to produce the desired results, and you are typically depleted by that amount.**

**So what did Tom consider serious? He considered his back injury, which I wrote about last month, as serious. He spent ten years in intense pain with it, and had to look down while walking because he couldn't feel his legs. He could move his legs and feet, but didn't get any feedback from them. The reason he didn't consider it devastating was because he could still go to work every day and earn a paycheck. So it was only 'serious'.**

**In Boynton Canyon I avoided something of that sort by having a self-concerned thought. I realize now that some part of me was protecting me.**

**Here's an interesting question, what would it have meant to my friend if I had gotten through? I'd have interrupted their path, the God-given free will choice we each have to choose our way through life, experience the full consequences – and learn from it.**



I'd have taken away/short changed/stolen, a beautiful, sacred opportunity for my friend to learn who they really were, what they were doing, and the affect they were having upon God's creation.

#### **Pentecostal Flame?:**

Somewhere in the early 2000s I was attending a new meditation group. I only knew a couple of the people and just getting to know the rest. The location bounced around a little and the attendees changed as they tried to find a decent spot to meet regularly.

One night a woman I'd seen a couple of times came in with a cast upon her left wrist. The moment I spotted it I was drawn to it, but didn't want to make a scene of, "Hey look, I'm a healer. Can I work on your wrist?"

I always felt better just working quietly.

So I let Providence take over. If I was to work on her wrist, it would somehow come about without me forcing it. And, it so happened, as I took a chair she sat by my right side. I took that as permission to appropriately ask what happened to her wrist. She replied that she'd had surgery on her thumb.

The words, "Would you like me to work on it?" popped out of my mouth, seemingly of their own accord. She said, "Thank you," and I cupped my hands over the base of her thumb.

In our society today there is always a concern about possible implications of a romantic or sexual nature which needs to be handled. That seemed to have been set easily aside in this instance so that what actually needed to be done could be done without distraction.

At this point it's important to say that I cannot claim any personal responsibility for what happened next, except as I describe it.

As I sat there with my honest concern being for her wrist, a red glow appeared in the area of my heart. I did not see it with my physical eyes, but perceived it somehow. The glow enlarged then traveled down my arms into my hands which were still cupped over her wrist.

This was a first for me.

While surprised, I wasn't disturbed by it. It felt ok and appropriate so I 'allowed' it to be. I then perceived a white and orange 'flame' above my head.

Also a first.

At the other end of our little circle of chairs a few people were having a grand time talking and laughing. I noticed them and wished they'd be quieter. I even thought about saying something to them. As I gave in to those distractions the 'flame' decreased in size. As I let go of my concern for what they were doing the 'flame' returned to its original size, then got larger. It peaked at about 3-4 inches in diameter and anywhere from 2-4 feet tall.

I did note that no one else was seeing what I was perceiving, but not in any distractive way, just noted.

Suddenly the woman said, "My God, it feels like there's electricity in my bones."

**That brought all the talk to a standstill.**

**They got quiet. I looked at them. They looked at me. Someone asked, “What do you do?”**

**Now I know they were asking me what kind of healing I was performing; Reiki, Faith, Pranic, Yoga, whatever. But I answered practically, “I’m a mechanic.” Which was true, I was employed as a mechanic. It’s what I did for a paycheck.**

**But, it was also what I was doing right at that time. There is a 'mechanical process' to spirituality, if you’ll accept that phrase.**

**When spirituality desires to give healing to a situation it looks for a vessel, or lens, through which to deliver the energy. The more clear that lens is the more complete the healing can be. Apparently I was in the proper place and had made myself available, so I was used. Also, the woman was receptive, which is essential. As we saw in the Boynton Canyon story massive amounts of energy can be refused by the free will choice of the intended healee.**

**So lessons:**

**I drained myself in my first healing ceremony, due to my ignorance. Entirely forgivable and only a minor inconvenience to me.**

**In Boynton Canyon I would have drained myself to a serious degree if I’d gotten through.**

**In both of those instances I was forcing the outcome. I felt it was up to me to make the results I wanted happen. Do you notice the “I, I, I, me, myself” in there? That’s a clue. I was either ignorant of or unwilling to accept the situation as is and took it upon myself to fix it.**

**And, if I’m truly honest with myself, I realize I may very well do it again someday.**

**But, the Pentecostal flame story (it embarrasses me to use that term, but it’s very descriptive) was a whole different ball game. In that scenario I did nothing but make myself available. I had to be clear of my own thoughts, intentions, and distractions of any kind for that to work. My only job was to be a clear lens for energy to flow through.**

**So today I’ve learned to follow these words, lovingly provided by a dear friend, “Anytime I was trying to exert my will and not letting go into "thy" will, I was not only draining myself, but trying to impose on someone else’s energy in a way that did not respect their boundaries. I have learned to say, "May this healing work be for the Highest Good of all concerned within their will and Divine Will."”**

**Thank you all.**

**About Richard Hughson: Richard Hughson, a machinist by trade, came to understand the many STEs he had experienced since childhood through his friendship with Tom Sawyer. Tom’s unique NDE brought him both spiritual responsibilities and the ability to fulfill them. The two remained close friends, traveling the world and goofing around together until Tom’s natural passing in 2007.**

**Their adventures included healing the Dalai Lama and a healing by Mother Meera. All have relevance and deep implications for personal growth and the future of humanity. Richard shares the joy of his spiritual growth as a healer through storytelling, hospital clowning, and even as Santa. He leads workshops on Healing with Humor and lectures on Tom Sawyer at spiritual conferences and IANDS**

chapters across the country. He has authored the Heart-Session Meditations blog for 16 years at <https://heart-session.blogspot.com/>.

### Interview with Richard



Link: <https://youtu.be/RxzJ-TwgIO0>

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## Message From Spirit By Geoff Hindmarch

**Geoff Hindmarch**

082 325 6889  
Geoff@SpiritualDictionary.com

For those who are Ready to Learn  
www.SpiritualDictionary.com



Geoff shares his messages with all. As you see below he uses shorthand - Geoff (G) and Sharon (S) meditate daily. Geoff either talks with spirit thru “Instant understanding” or one of the Guides/Teachers takes over and talks through him. In this meditation Geoff (G) and Sharon (S) chat to a visitor who channels through Geoff

\*\*\*\*\*

**G:** I have someone right inside me, just getting comfortable. He seems to be a very powerful person, just the manner in which he’s taking over. I can feel it, very strong. He’s just getting organised, I think

**Spirit:** Thank you for letting me visit this evening.

**S:** You are welcome.

The surroundings are just so unusual, for what I am used to. I am finding it very interesting to see that you have buildings, and trees, plants, weather, animals...

**G:** Lol. For we have none of these.

**S:** Wow. It’s a very busy planet.

It certainly is. What you are doing here is you are looking at all the different possibilities of improving the energy of emotion, understanding of life, and so on. And as you evolve, and learn more, you develop more, things improve more and you progress. We are from a much higher dimension and our purpose here this evening is not to interrupt or to give you false information. Just to make you aware of possibilities that do exist elsewhere. Possibilities of where you can extend to and so on.

**S:** Ok.

Many many lifetimes ago, we were in the same position as you. We evolved and we evolved several different ways. As we reached a certain level, which is one above the level you are at, at the moment. We broke off into several other variations of possibilities and just grew and grew, until we had an enormous number of possibilities. And an enormous amount of experience dating back millions of years. This is all combined into one single energy. The same as your one creator created the whole thing. We got together and we, to simplify things, made our experience and our lives all part of one energy. We then took all the



different possibilities and we looked at the highest best possibility that we could get, with any single question. And these were then put into, let's just term them "building blocks". So it would be, and I am simplifying here, one block, it's just energy, no matter, no form. So we created these single energies and there were literally millions of them. So to ask any question, could simply be answered. A way you would look at it, is this would be AI.

S: Yes.

Ask a question, you get a simple answer. What we don't have is any emotion at all. Emotion was taken out. What we did and made a huge mistake, was by putting all of us together, we then excluded ourselves. And what we said was, if we can create this 'near to perfection' social program, then we needed to do, was basically absorb ourselves into the program. So we all became part of it. So there was no individual, so there was no one person better off than the other. So, we all became one. One unit. Although we all operate individually, we are all one particular unit. Now because of this, and you've heard this before, there is no room for evolving.

S: Yes.

We have what we would term 'perfection'. And we have the wisdom of the rulers of that particular era. Which is probably 10 thousandths or hundredths or whatever era. And they decided this was the best thing to do, and we all got absorbed into one. So, what we are, is basically a collection of everything which is now made into nothing. Being energy, being thought, thought is creation. The next stage was to say 'we don't need anywhere to live'. We don't need planets; we don't need anything physical. We don't even need to see each other because we can create in our minds, whatever we need to do. And we create the best of everything that there is. So we simply exist as one bundle of energy, let's say, in a vacuum.

S: Shew, wow. So, where to from there?

Exactly, and that is our question. Where to from there?

S: Yes.

Now because we are all individual, but all working together, there are no leaders. Because that was part of what we put into the program, that there wouldn't be a leader. So what has to happen, is our group, our whole one brain if you like, has to come together and say "we need to... what? Dismantle? Start again? Dissipate?

So who do we get information from, to be able to do that, when we have gathered all the information?

S: Shew.

There is nowhere to go now, to get advice, to what to do next. We can only wait until somebody gets to our particular level and surpasses us, to be able to say to us, "this is what you need to do".

Now, what you needn't do is to feel sorry for us. Because we live in a society where we have everything possible. Every single thing possible, we've got. What it means of course, is where you have the positive, the negative and the balance. We have it on a very minute scale. Because we have everything, what is the worst that can happen?

S: Yeah.

**To try and relate it to a game of golf – instead of a hole in one, you would get a slower hole in one. And that will be seen as a negative.**

**S: Lol**

**So that is how we live. So we understand what the scenario is, we understand where we are at. And we simply have to wait until others progress and pass us. And then we can contact them and say “we need help, we need you to tell us, what is the best thing to do?”**

**S: Advice, yes. Wow.**

**Now, we could ask the two of you, for example. But the answer you would give, we already looked at all the different possibilities, based on your experience.**

**S: exactly.**

**So, and the same with all other planets. Lol.**

**S: Wow.**

**So, we were asked to give you a bigger picture. You have been collecting information on how the world is structured, or how the universe, metaverse is structured.**

**S: Yes.**

**And there is just so much more to it, than can be possibly told.**

**S: Absolutely**

**Because we know everything, how do we describe to you what we know, compared to what you know?**

**S: Not a possibility.**

**No. You have, in your teachings, you have been told that there are more planets out there than there are grains of sand on your Earth.**

**S: Yes.**

**What you know right now, is practically the same as that. Now that sounds too extreme. But the problem is, you cannot see something which you haven't experienced or got any idea of. If I could give you a small example: which is close, if you look at, we look outwards. You are on the Earth and you are looking out at the universe.**

**S: Yes.**

**And you know the universe is billions of years wide. When you look inwards, at what is smaller, it stops. It shouldn't stop. The same is smaller. Billions of years wide has an opposite. You have opposites of everything. So therefore you have an opposite. So, if you go smaller and smaller and smaller,..... Dark holes for example are minute. You haven't got anywhere to that stage yet. And yet there is all forms of life and growth and possibilities on a smaller level, that you have never even considered. And then you**

**get your light, your dark, your energies, your emotions and so on. These are all very very basic forms that everyone starts with.**

**S: Yes, we have met many people with no emotions. (Coming to talk to us)**

**Yes, it's quite fascinating to see how the Universe has grown, how it's expanded. And also how your scientists have not really understood clearly, how the Earth started, what you call your 'big bang theory'. It is along the right lines but quite incorrect.**

**S: I think because power and ego and all those energies came into it, so they block that off, and the lies and the deception and manipulation. So they block the energy of growth of that.**

**Yes, they are not truthful.**

**S: yes**

**Because of the reasons you explained. For ego for example, somebody will spend years on a particular project only to find out that it is a failure. But cannot face having a failure, so manipulates the results or claims the wrong things.**

**I think that is a very good start to your evening.**

**S: I think that is an amazing start, thank you.**

**And I have enjoyed the visit. And maybe we will even talk some time again in the future.**

**S: Thank you so much for coming to talk to us. And it's really been very special. And good luck on your travels, your journey and coming across somebody that can give you some advice.**

**Lol. Yes, we do this every day. I mean there is nothing else for us to do.**

**S: exactly, what else to do?**

**Yes. lol. Yes, you are quite right. It's just a matter of travelling and talking to people and different languages and different people very day, so.**

**S: I love it. Enjoy that.**

**It's quite something. Well, let me leave you with one thing. Should you be, at any stage, stuck in a quandary or whatever, please just feel free to think of us, just think of us as a ray of light, nothing else.**

**S: I will so do that, thank you.**

**And we will help you with the answers that we have.**

**S: Thank you. That means a lot.**

**Good. Thank you.**

**About Geoff Hindmarch: I am so lucky. My life has been understanding Spiritualism. My parents and wife were all mediums, my daughter still is. Whenever I tuned in to the other side, there were always**

**Teachers and Guides waiting to show me something new. Sometimes I would travel through different dimensions – often the past and occasionally the future. What I learnt and experienced was beyond my wildest imagination. On this site, you can share these adventures, and you will find them hard to believe. I experienced them and understood them. And with each new adventure I understood that there were fewer and fewer people that I would be able to discuss them with. I met some beautiful souls during this period. When you meet a soul on the other side you have an instant understanding of who they are – but you see and sense right into their inner being and experience the huge amount of love that they have to give – and their willingness to help and teach. It is a very humbling experience.**

**Geoff's website: <https://spiritualdictionary.com/about-us/>**

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## The Great Symphony By Rebecca Couch



**You are so much more than you know. It is so easy to perceive and feel that you are small and weak and insignificant, but this is just not true. When you realize that your skin is not your outer limit but just the shell of your container, you can conceive that there is actually no limit to you. You are both a receiver and a transmitter, and you have profound influence on the field. The combination of all of your faculties that resonate together to receive and then broadcast creates a tone, a frequency, that contributes to creation. You are either quietly tapping along with the music or beating on a giant drum or ringing an immense bell, what do you choose? Your consciousness about what you contribute is also an important factor, for then, simultaneously you become the composer, the musician and the conductor. Do you see that you are created in the image of the Divine that you can hear and contribute to The Great Symphony?**

**So, think about what all of those roles must do to and keep in tune. Hold a frequency in your own body that is responsive. A clear bell rings clear, a broken or encumbered bell rings dull. Stay connected to Divine Source for inspiration and trust that it is always there for you. Stay neutral and be open to receive. Show up with your talents to transcribe and perform the music. Practice and play often to keep yourself in the groove. Maintain your love of music and curiosity to learn more. Avoid being tangled in theory and imperfections. Keep doing it for love. Stay happy and positive as much as possible, while also understanding that your own emotional complexities help you know the depths of those important base tones too. Naturally step up as a leader as inspired. If you can hear all of the varying tones and complexities of the music and each player's role in it, then you are perfectly ready to be in the conductor role, all the while remaining humble. Your childlike sense of play, deep love for self and others, and wise perspective will bode well in leading the group. Keep your ego in check and allow your True Spirit to lead. Always remember, with unwavering conscious devotion, your original purpose of receiving and transmitting the music of the spheres. Keep showing up. Your participation and your contribution makes a difference. The song of your heart matters. You are a valuable member of the band!**

**There is much interfering noise trying to distract you from all of this. The first step is to make sure your bell can ring clear; this is your greatest responsibility. Ensure that your mind is not running off with you and making you crazy with fear. You are in charge! Stop the ruminations and redirect them to work for you and to creating what you do want. If you are the victim of your mind's ramblings, it is critical for you**

to change this entrapment. The outer world does all it can to influence your mind for its own purposes, so do not allow anyone or anything to have control over your precious mind. Once your mental sovereignty is secured, you are safely in the influence of your Higher Mind and aligned with the direction of your Sacred Heart that does not lead you astray. Live from your heart and expect your mind to follow your intentions as established there. Line up with love. Line up with peace. Line up with all that you desire for yourself and the world. One for All, All for One. Maintaining your sovereignty over the external noise means it does not have power over you. No longer your primary influence, you are free. Now you can hear the promptings of your own Soul. Now when you pick up your instrument, you are playing in alignment with the real music, the real healing and uplifting tones of the universe. So shut out the noise and listen. Nature is already attuned, so any time spent listening to that melodious symphony will recalibrate you. Choose the real sound, not the false ones meant to suppress your True Self. When you are in your True Power, nothing can have power over you, and then you are humbly connected to Divine Power without interference.

So, as of this moment, choose to hear only the pure, true tones of your Divine Self. Intend that all false sounds cease and your authentic harmony with the Great Divine Tones continue. There will be no limit to the miracles of creation that will resound from you.

Let the symphony begin!

In loving resonance with all that you are, we are,

**The Council of Light Within**

About Rebecca Couch: I am an ascension teacher, energy practitioner and visionary artist whose passion is mentoring others to live from their hearts and embody spiritual principles in their everyday lives. An intuitive writer and channel of The Council of Light Within for over thirty years, I publish messages for the collective as well as commissioned Soul Readings or Soul Portraits, which are written and painted illustrations that provide inspiration and guidance to others on their spiritual journey.

My formal study includes an honours BA in Art History and a thirty-year career in art museum administration. My formal metaphysical studies include certificates in Reiki Mastery and Transpersonal Counselling. Most of all, I am a lover of life and all things that create our 5D life!

With my husband Dean Noblett, I am the co-founder of HeartLight ~ Living from the Heart, a centre established in 2000 for healing and metaphysical study in Schomberg, Ontario where we host meditation groups, teach Reiki, offer personal healing sessions and offer an in-depth Journey of the Soul personal mastery program.

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Rebecca & Dean's websites: [www.heartlight.ca](http://www.heartlight.ca) - [www.deannoblett.com/](http://www.deannoblett.com/)

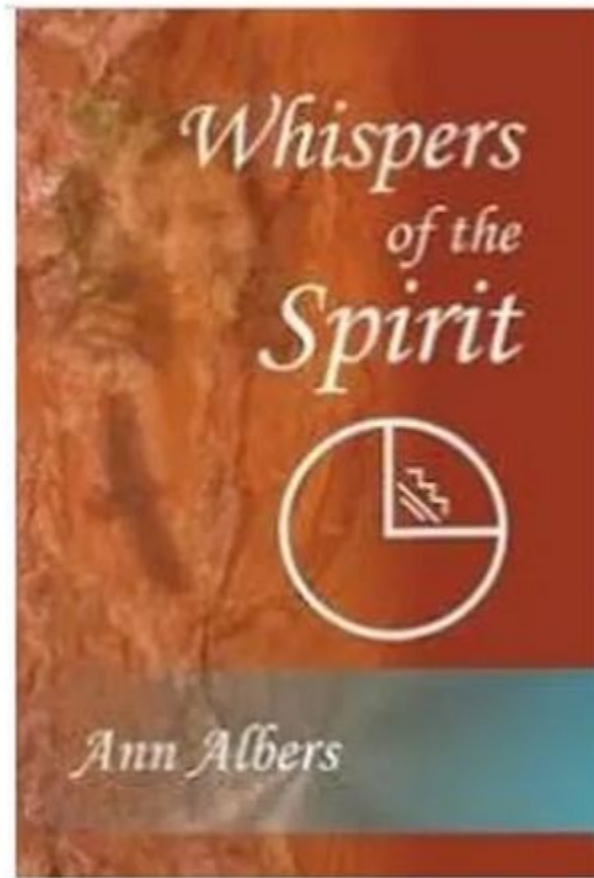
## Rebecca & Dean's Video



**Link: <https://www.youtube.com/watch?v=nzKKgmY8pEY>**

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## What Are You Entangled With? By Ann Albers



Hi All,

Today the angels talk all about energetic entanglements and the importance of entangling with love. I'll share some first-hand stories from the week and also some tips as to how to disentangle from the negative dances.

Have a blessed & beautiful week :)♥ Ann

Message from the Angels

My dear friends, we love you so very much,

If you have ever snagged your sweater on a chain or a necklace, had a piece of gum stuck to the bottom of your shoe, or tried to wriggle free from an outfit that was too tight after a large meal, you understand the notion of "entanglement!" It is fairly obvious in the 3D physical sense.

Most of you also know, from experience, that when you are entangled in your physical world, struggling with the situation often gets you more twisted up while relaxing and slowly removing yourself from the situation is often a quicker way to "disentangle." For example, you can try to yank that chain off the sweater and break the chain or rip your sweater, or you can slowly work it free. You can gently scrape the gum off your shoe and get it off completely, or you can angrily struggle to wipe your foot on the

ground while smearing the gum in every crevice on the sole of your shoe. You can breathe and slowly inch yourself out of your tight outfit, or you can struggle to force things and fall over.

**The 5D world of energy has its entanglements, too, and you all feel them.**

If you are in a vibration of love, this entanglement becomes a wonderful experience of feeling love from all of creation and witnessing the synchronicities that occur as you dance in harmony with one another. You grow, and a loved one grows. You think of something, and your dear friend starts to talk about it. You think of someone you have not seen in ages, and they contact you within a week. You have a moment of appreciating your sleeping puppy, and they awaken and gaze at you with love. You think of something you enjoy or wish for, and a video, website, or conversation on the subject pops up within minutes. Your energies are all "entangled" in the vibration of love, and when you are in the vibration of love, you will enjoy a delicious dance with life.

The challenge comes when you get entangled with each other in the lower vibrations. Just as you can bring out the best in one another and the best from life in a vibration of love, you can also inspire others and life to present its lesser forms when you dance with one another in the lower vibrations. You feel upset at life, meet someone who is also upset at life, and eventually become upset with each other. You feel angry and run into all sorts of things that irritate you as well. You focus for too long on something sad without reaching for love or comfort, and other reasons to be sad start to invade your thoughts.

You have all seen this principle in action. On a good day, you tend to see and, therefore, draw forth the good in others. On a day when you are rushed or upset, many around you will contribute to that out of their own upset or urgency. Of course, everyone is responsible for their own vibration. You can't "make" someone feel happy or sad, nor can anyone "make" you feel a certain way. No one can think another's thoughts, but you all allow others to influence you, and to the degree that you do, you feel these entanglements.

Our wish for you is that you become less entangled with the world's lower vibrations and more aligned with the Divine. In this space, you can be in the world but not of it. You can witness the pain with compassion but not feel the pain. You can be the light and the force of love that lifts others who are willing to be lifted.

The Divine and your angels will only dance with you in an "entanglement" of love. We focus on your true, beautiful, radiant, loving self. We focus on empowering what you love and want to experience. We witness you when you find those lower vibrations, and we have great compassion, but we never engage in a lower vibrational dance with you. We don't send you "lessons," "tests," "rewards," or "punishment." We only and always attempt to guide you along the kindest, easiest, and most loving path.

The world, however, will tug and pull at you with a variety of vibrations, and you will always feel most strongly the vibrations that match your own in a given moment. You will always become "entangled" with the vibrations that match your own. This is why we encourage you to reach for comfort, soothing, kind thoughts, good feelings, pleasing circumstances, etc. This is why we discourage you from focusing on the lower behaviors of others, the pain and problems of the world, and the thoughts that drag you down.

In plain terms, you do yourself a loving service when you remove your focus from the things, people, and situations that drag you down and give yourselves permission to find and feel greater comfort, ease, grace, and joy. Trying to prove a point or educate those who irritate you only entangles you further with their irritating qualities. Trying to prove your worth to those who don't see it only entangles you further



with their judgmental views. Focusing on the wrongness of another's behavior, no matter how right you are, only entangles you with those lower vibrations. Simply focusing too long on the things that drag you down can attract more of the negativity you are trying to avoid.

The good news is that you can shift just slightly to focus on anyone or anything that pleases you, anything you love, or anything that even gives you some comfort, and in that loving vibration, you open to the never-ending stream of love available to you at all times.

Dear ones, it is not so hard to open to love in a given moment. Look around you. Find something pleasing, right here and now. Enjoy it. Appreciate it. Think a kind thought about it. Now, think a kind thought about yourself. Perhaps you can acknowledge yourself for attuning to love in this moment. With something this simple, you have just opened yourself to the love that the universe is always sending you. The more you practice this simple act, the more you become "entangled" in the vibration of love, and the more loving your reality will become.

God Bless You! We love you so very much.  
-- The Angels

Message from Ann...

Hi Everyone,

The world is like a pool right now with a bunch of people splashing around, creating all sorts of currents. There is phenomenal love pouring into our reality, and as a result, the resistance to that love is felt so much more strongly. We feel any bits of stuffed emotion strongly as this love attempts to vibrate us up and away from the past. We witness others who don't know what to do with these feelings getting a little nutty as they attempt to dump their negative feelings in old-practiced ways that aren't terribly healthy! It is a turbulent time, yet a time of great opportunity if we "entangle" ourselves with love.

A few weeks ago, after blessing my body and telling it I appreciated how resilient it was, a lovely mole appeared on my arm within hours. One hour it wasn't there. The next hour, it was a spot, then an hour later, it was growing rapidly. I've never see anything like it. It was like watching time-lapse photography.

"Better out than in!" was my first thought. Something needed to come u and out. So I did what I do when weird things appear in my body. I sat there and sent it all the love in my heart, thanked it for revealing itself, and told it kindly it could go. Literally, "Thank you, darling, for coming up and out. Now you can go. Dear healthy cells, please dissect this into component proteins, use what you can, and eliminate the rest." That was it. I put a few creams on it that help, put castor oil on it at night, and spent a minute imagining my healthy cells as little workers disassembling the unwelcome visitor. Then I said goodbye to it and went to bed. The next day, it was much smaller. The following day, it was only a spot, and by day 3, it was all gone. It was incredible. Entangling with love has its perks!

As I mentioned last week, a lot of dear people in my life had serious medical issues all at once. I managed to stay in a good space and tried to be as helpful as I could. One was out of the hospital quickly. One received incredible help from friends. The others will come through it, although not a fun experience. Everyone is still vertical, as a dear friend likes to say.

I stayed strong through the intense phase, but then last Wednesday night I had a moment of feeling very sad for the family member who had suffered through some unpleasant bleeding. "I hate to see them in

pain," I thought to myself. That was an entanglement with the wrong thing! Within a minute I felt something odd in my right eye, went to the mirror, and saw that the white part of my eye had turned completely red. How attractive! A blood vessel had burst. My first thought was almost amusement. "That's new!" was the only thing I could think! I sent love to my eyes, thanked them for all they do for me, and blessed them for reminding me how powerful our focus really is! I had to wear glasses for a few days but everything healed fine. I live in a fast flow and can mess things up or correct them very quickly. Entanglements with various vibrations are becoming more obvious!

We have energetic entanglements with everyone and everything, and we can either vibe with the best or vibe with the rest! I usually vibe with the good stuff in life. I craved cucumbers last week, and my cucumber plant grew delicious cukes within days. I looked so forward to my class last Saturday, and it was a magical time with amazing people—those who ran the center, the friends who helped me, and all of you dear angels who attended.

It is easy to get entangled with the no-so-desirable stuff in life. Angry or fearful people like attention, and they unconsciously tug and pull at us to give it to them with their misbehavior, often triggering our own upset. There are many painful things in the world that tug at our heartstrings... but that isn't so great for our hearts. Instead of getting sucked into the dramatic plays offered by others or allowing the world to get you down, it is far better to get "entangled" with love. Even when you feel profoundly sad or upset, you can comfort yourself, take a nap, or choose something kind for yourself, and that will help you dance in the vibration of love, even in difficult times.

I do my utmost daily to vibe with love and to avoid getting myself all twisted up in the behaviors of others. It wasn't always this way. In my younger days I had a very hard time letting things go. I wanted people to understand me, like me, and know my heart. And when they didn't, I engaged in the same behaviors we all do when we feel some part of us is threatened—fight or flight. "Fight" meant getting angry and trying to defend myself, if only in endless imaginary conversations in my mind. "Flight" looked like me curling up in a ball and crying.

After one particularly hurting individual aimed a lot of hatred at me, I asked the angels how not to feel the pain and be upset. Their answer surprised me. "Accept your upset!" They continued, "Bad food will never taste good and bad behaviors will never feel good. Look away." They'd been telling me to focus on something better for months, but what set me free was allowing myself to feel my upset and dislike for this person's unpleasant and hateful behaviors. The day I said to the angels, "You're right, I am angry!" was a day of freedom. "Of course you are," they replied. "How on earth would you feel good about that! Look away!"

In that interchange I felt at long last permission to feel. Permission to stop entangling myself with the negativity being aimed at me. Permission not to like it. Permission to make it irrelevant in my life. That was the day I stopped trying to be a saint, stopped trying to like the unlikeable behaviors, and granted myself the grace to have human feelings. That was the day the opinions, judgments, criticisms, and hatred of anyone else became irrelevant. I know who I am and how I love. I know my strengths and I'm aware of areas that can be improved. The angels know who I am. God knows who I am.

At long last I stopped getting entangled in the opinions of others. I stepped out of a sticky dance of wanting to prove myself, wanting to be understood, and wanting to justify my feelings, and just clearly owned the fact that I only wanted people in my personal life who knew how to manage their emotions, behave like adults, and take responsibility for their own happiness. Of course, my friends and I help each other through tough times, but not one of us would expect the other to be responsible for our feelings.

**It has been a gift from heaven to, at long last, step out of the dance of negativity offered by the world and others and to "stay in my own lane," as the saying goes. I like entangling with love. I like entangling with the Divine, the angels, and the loving beings in my life. I like what happens when I live in appreciation, and while I am never "perfect," the bulk of my life is spent vibing with love.**

**If the people who are upsetting matter to you, then find something you can love about them and focus on that with all your will on that no matter what they show you. If they don't, don't waste your time trying to force something that is not a natural fit. Move on or disengage as quickly as you can.**

**It does take practice to give yourself permission to let go of the focus on negative or unkind behaviors or unpleasant things we witness, but as we do, one moment at a time, we free up the light that wants to flow in us and through us and become a wonderful force of love and light in the world.**

*Here are a few pointers to help you free yourself from the entanglements with negative behaviors and focus more on vibing with love.*

### **1. Be Real About How You Feel**

**Little children—until they're trained out of it—are great at being honest with themselves and others without a shred of guilt. I used to sit and work outside by an in-ground fountain at an outdoor mall. Kids were allowed to play in the streams of water and their joyful squeals as they splashed and played were delightful. One day however, we had a little character in the fountain. This child would fill up his bucket and pour it over the other kids' heads. Some kids liked it and laughed. Some kids wanted more water poured over their heads. Some sprayed him back or engaged in a game of who could get the other wetter. And some kids did not like this at all.**

**Regardless of whether they liked it or not they were honest. One little girl was hilarious. After having water dumped on her head, she stopped, turned around, and gave this little guy a glare that could have melted a grown man, proclaiming loudly for all to hear. "I DON'T LIKE YOU!" She turned and stormed off to play with kids she did enjoy. The little guy took the bucket and dumped it on someone more agreeable to his game. It was one of the most honest interchanges I have ever witnessed between two people who were clearly not a vibrational match! Neither one of them spent a second more trying to get the other one to feel good about them.**

**Give yourself permission to like what you do and dislike what you don't. Give yourself permission to disengage from behaviors that you find disagreeable. That may mean remaining silent while a coworker incessantly complains while you do your grocery list in your head! It may mean walking away in the middle of someone's diatribe, however "rude" that might feel to you. It may mean saying, "Goodbye, I have to get going," and hanging up the phone.**

*It might mean letting someone know you love them too much to argue and will be happy to talk when everyone is calm.*

**Being real about how you feel doesn't mean you need anyone's agreement or validation. You live in your own body. You know your own mind.**

*The only one who needs to "get you" is you.*

**If you can accept your own feelings, you won't have to get everyone else to agree. You can just do what feels best to you in a given moment and disengage from any negativity.**

## **2. Stop trying to like what you don't**

**As the angels taught me, own your likes and dislikes. Discernment is not judgment. They like to say this:**

*Judgment says "no right to be."*

*Discernment says, "Not right for me."*

**You know what feels right to you and what doesn't. There's no need to try to like what you don't.**

**Instead, try to focus on something better that you do like. Tune into a more loving vibration with something you can more easily love. The vibration you're in is the most important factor in what you will experience in life.**

**Do your best to find something to soothe, uplift, of comfort you. "Turn the other cheek," as Jesus once said, and turn your thoughts away from the negativity in life.**

## **3. Choose the stories you make up**

**We all make up stuff in our heads. We make up conversations justifying ourselves to those who don't get us. We make up stories about what people meant when they said something, or looked at us a certain way. We make a lot of things mean a lot more than they probably do. The angels often say, "If you're going to write a novel, write a good one!"**

**The negative stories we make up entangle us with undesirable vibes and undesirable behaviors in real life! The positive stories entangle us with love. When I imagined those healthy cells disassembling the unhealthy ones, I made that up! I made up a picture in my mind. I made up the story in my head that this was no big deal and the body would quickly self-correct. When I can honestly do that, things change quickly.**

**So, if you catch yourself making up stories for which you have no real facts to back them up, stop. Even if you do have facts to back up a negative story that runs in your head incessantly, try to stop. If the story doesn't make you feel good, make up a better one. I'm not talking about sharing made-up stories with others and fibbing! I'm talking about changing the little mini-series we have in our own minds to more empowering ones.**

*Our good stories raise help us entangle with the good in life. Our negative ones entangle us with vibrations we really don't care for.*

**It was an intense week for so many people. My inbox flooded with dear souls dealing with difficult situations, some in tears, some angry, and so many going through difficult situations at home, work, etc. The angels lovingly encouraged people who felt tormented by the behaviors of others to look away, to focus on the good, and to give themselves permission to be swift and decisive about disengaging from any negative dance of egos.**

**After all, if we're going to get "entangled" with something, it may as well be with love!**

**Have a blessed week,**

**Love, Ann**

About Ann: She has written several books & meditations, including: [\*Bridging the Gap Between Christianity & Mysticism\*](#), [\*Love is the River: Learning to Live in the Flow of Divine Grace\*](#), and most recently, [\*Whispers of the Spirit\*](#) which documents her journey from avionics engineer to angel communicator. Ann has been published in many other books and ezines, has been interviewed on national radio programs, and has spoken at conferences featuring some of the foremost spiritual authors of our time, including Wayne Dyer, Marianne Williamson, James Van Praagh, and more.

Her mystical training involved apprenticing to a traditional Reiki master for one year to learn how the emotional, mental, physical, and spiritual energies affect your everyday life. She has since trained under shamans, mystics, channels, mediums, and a variety of other spiritual teachers. Her constant mentors, she says, are the angels that work with her during her readings for others and guide her in her own life. *"If everyone could experience how deeply they are loved, there would be no more greed, no more pain, no more lack mentality. We could erase fear if we could only tap into the immense love that is available to us all. Wars would end and we would celebrate the infinite variety of ways in which God expresses love through life."*

*"If I can assist you in discovering your own Divine Spark, your awesome power to create life as your heart wishes it to be, and your passion and purpose for living, then I am humbly and deeply grateful for the opportunity to do so."*

©Ann Albers

Go to Ann's website: <https://www.visionsofheaven.com/>

### Ann's Video



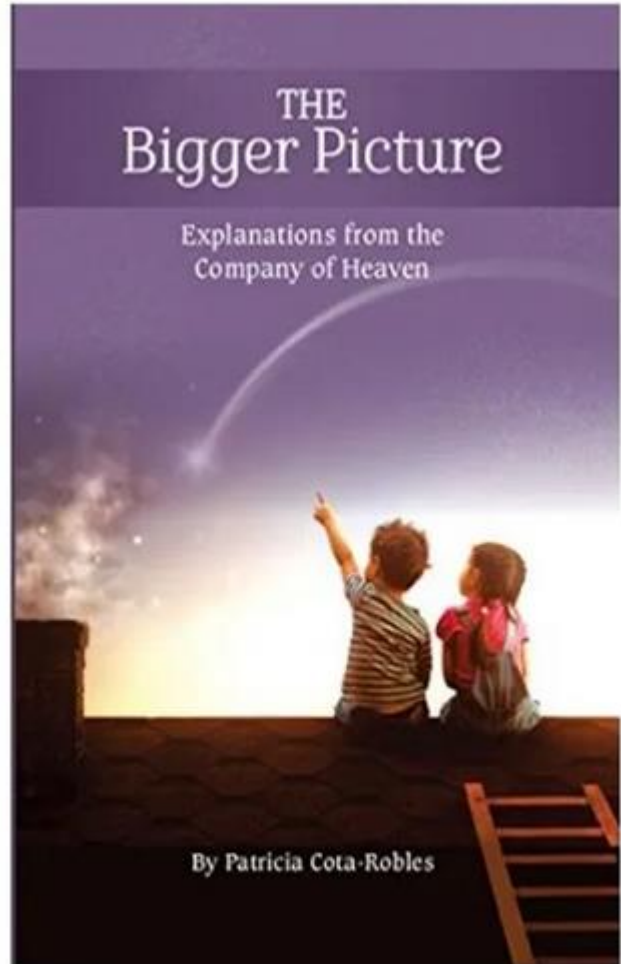
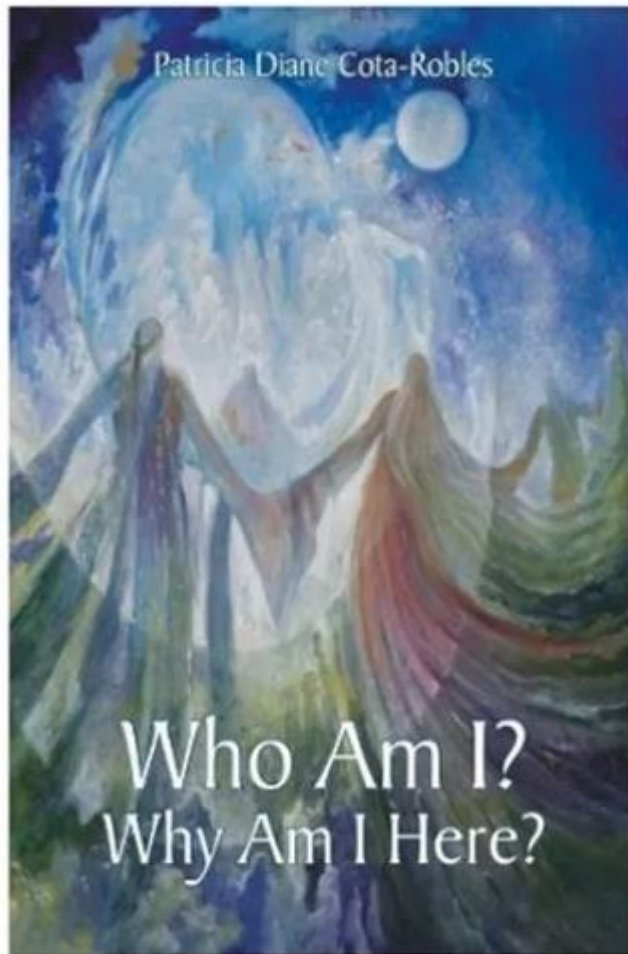
**Link:** <https://www.youtube.com/watch?v=7NiOi-aNOAA>

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## Our 5th-Dimensional Crystalline Solar Light Bodies

By Patricia Cota Robles



### Books By Patricia Cota Robles

Patricia is using Youtube as a primary way to communicate her messages. See her video below.

\*\*\*\*\*

**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.

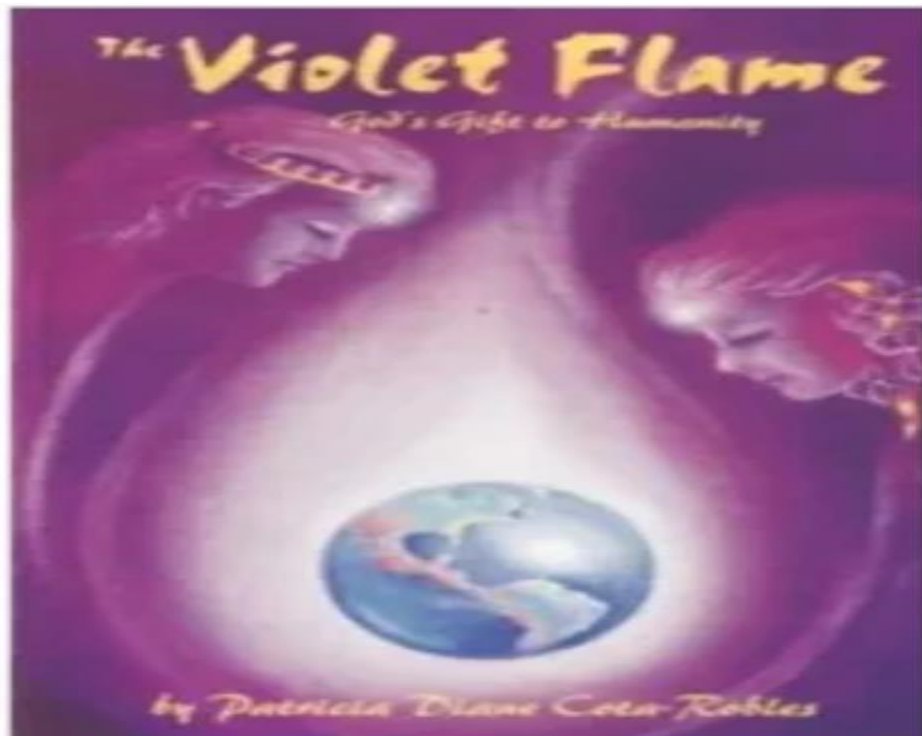
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, 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/>

### Interview with Patricia



Link: [https://youtu.be/hTX11kQV\\_2A](https://youtu.be/hTX11kQV_2A)



Want to have a hard copy book with information about the Violet Flame? You can purchase the book at:  
<https://eraofpeace.org/collections/products>

### Patricia's Vlog



Link: <https://youtube.com/watch?v=gLFn0Yk2pUk>

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## Why Is Change So Hard? By Lee Carroll/Kryon



**Lee Carroll has moved to technology as his primary way of sharing his knowledge and information. Here is one of his recent videos below.**

**About Lee Carroll: After graduating with a business and economics degree from California Western University in California, Lee Carroll started a technical audio business in San Diego that flourished for 30 years.**

**As an award winning audio engineer, where does channelling and Indigo children fit into all this? As Lee tells it, Spirit had to hit him "between the eyes" to prove his spiritual experience was real. The year 1989 was the turning point when finally came together, after some years earlier a psychic told him about his spiritual path and then three years later the second unrelated psychic told him the same thing! Both spoke of Kryon... a name that almost nobody had ever heard.**

**Timidly, the first writings were presented to the metaphysical community in Del Mar, California, and the rest is history - with a total of sixteen metaphysical books being released in a twelve-year span. There are now almost one million Kryon and Indigo books in print in over twenty eight languages worldwide. Lee continues to visit other countries regularly see it here.**

**Lee and his spiritual partner, Jan Tober, started the "Kryon light groups" in Del Mar in 1991 and quickly moved from a living-room setting, to a Del Mar church. The Kryon organization now hosts meetings all over the globe with audiences of up to 3,000 people.**

**Lee Carroll/Kryon's website: <https://www.menus.kryon.com/>**

## Lee Carroll/Kryon Video



**Link:** <https://www.youtube.com/watch?v=QNOtgSXV7aw>

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# ROC Metaphysical Business Advertising

## Healing Messages From Spirit



The Body Oracle will be bringing the best of 'Healing Messages from Spirit' to the local vegan Café, Eden at 242 Ellicott Street, Batavia, New York 14020 during the hours of 2:00-6:00 pm on Wednesdays.

You can book a 15-min taster and grab a drink or snack while you get your reading for Health + Self-Empowerment just before the spring equinox. Or double up your appointment and choose from some of the offerings below...

The spring equinox bridges and balances the light and the dark with equal length of days as nights here in the northern hemisphere. What are you looking to bring balance to in your life? What questions or health concerns have you stressed or anxious?

With 30 years experience developing personal intuition, studying advanced metaphysics, and culinary herbalism, Brandie is a fantastic guide, emotionally sensitive, and attuned facilitator of shifting the vibes to the highest most ideal state. Also trained + certified in multiple healing traditions from around the world to find the common thread among these sacred traditions.

The bio-scans for health can include kinesiology (muscle testing) for reading your food sensitivities/allergies, energetic blockages from a medical intuitive point of view, and give you insight into what types of chemicals or environmental issues present.

**Mediumship is messages that come through from guides, angels, ancestors, and potentially loved ones that have transitioned. Delivered with grace, ease, and Unconditional Love.**

**Numerology life path is discovered by sharing your birthrate, and is totally optional. You choose what kind of messages you'd like to receive by coming in open to receiving. No information shared necessary for reading and all messages delivered are 100% confidential. Brandie is also a certified Usui Shiki Ryoho Master Teacher in the third degree and has been training healers and intuitives in the WNY area since 2013 through co-creative energy medicine.**

**For bookings email [oracleofwny@gmail.com](mailto:oracleofwny@gmail.com)**

**Or just walk-in to inquire.**

**Website: [www.thebodyOracle.com](http://www.thebodyOracle.com)**

**Phone: +1 585.993.3723**

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## Sign Up For this Class



**IET CLASSES**

PRESENTED BY REV. SHEILA B. TILLICH  
CENTER OF BEING IET MASTER INSTRUCTOR TRAINER

APR 06-07th, 2024	IET® Master-Instructor Class - Rochester, NY
MAY 17-19th, 2024	IET® Intensive Workshop - Rochester, NY
JULY 13-14th, 2024	IET® Master-Instructor Class - Rochester, NY
AUG 16-18th, 2024	IET® Intensive Workshop - Rochester, NY

**About IET® Intensive Workshops:**  
**Stand in Your Magnificent Life's Purpose!** You can do this by learning all **3 levels** of IET®. Join Master-Instructor Trainer Sheila Tillich for a 3-day IET® Intensive Workshop. This is a great way to learn all three levels of Integrated Energy Therapy in a quick time frame. Whether it is for your own self-healing journey or adding it to your other healing modalities, this workshop will help you live your magnificence! In this Intensive Workshop, you will learn about activating five pairs of DNA, healing yourself and others, empowerment, and practice.

**About IET® Master-Instructor Class:**  
**It's time to step into your Magnificence and Live your soul's purpose!** Join us for our two-day life-changing Master-Instructor certification class. Pre-requisite: Completion of IET Basic, Intermediate, and Advanced levels by the time of the class. Master-Instructor Level works at the 6th pair (alignment with the Divine) of the 12 Strand DNA and provides students with the ability to activate the DNA of others and attune them to the Basic, Intermediate, and Advanced Levels.

*Register Now* [WWW.SHEILATILLICH.COM/EVENTS](http://WWW.SHEILATILLICH.COM/EVENTS)

**Elevate your spiritual journey with our transformative IET® Intensive Workshop led by Master-Instructor Trainer Sheila Tillich! Over three immersive days, unlock the power of Integrated Energy Therapy and discover your path to healing and empowerment. Whether you're a seasoned practitioner or new to energy work, this workshop offers invaluable tools for personal growth and healing. Activate your DNA, heal yourself and others, and step into your magnificent life's purpose!**

**Ready to take your healing practice to the next level? Join us for our life-changing IET® Master-Instructor Class! Over two empowering days, you'll deepen your understanding of Integrated Energy Therapy and unlock the secrets of the sixth pair of DNA. With prerequisite levels completed, you'll gain the skills to attune others to the Basic, Intermediate, and Advanced Levels, empowering them to live in alignment with their soul's purpose. Step into your magnificence and become a beacon of light in the world!**

**Go to [www.sheilatillich.com](http://www.sheilatillich.com) to sign up**

A flyer for a 'Divine Angelic Gathering' by Sheila B. Tillich. The background is a soft, ethereal blue and white with a subtle starry pattern. In the top left, there is a small circular logo with a star and the text 'Sheila B.'. The main title 'Divine Angelic Gathering' is in a large, elegant serif font. To the right of the title are three small, stylized star icons. Below the title, there is a pink rectangular box containing text about the event. To the right of this box is a circular portrait of Sheila B. Tillich, a woman with grey hair, smiling, wearing a blue top. Below the pink box, there is a list of what is included in the gathering. At the bottom, there is a line of text about embracing magic and a call to action to book now. The website URL 'WWW.SHEILATILLICH.COM' is at the very bottom.

 Sheila B.

# Divine Angelic Gathering

Enjoy a magical time with friends!  
Discover captivating and creative avenues to connect with your friends and embark on an unforgettable time of fun and enlightenment with Sheila B. Tillich, Recovery Metaphysician & Galactic Grandmother!

**Host a Gathering and Receive a FREE 30-minute Healing Session!**  
Gather 8 or more of your closest friends.  
Cost: \$333 for 2 Hours.

**What is included:**

- Group Oracle Cards Reading
- Angel Healing Meditation
- Engaging Q&A Session

Embrace the magic, deepen your connections, and create cherished memories together! Don't miss out on this extraordinary opportunity.  
**Book your gathering now!**

WWW.SHEILATILLICH.COM

*Step into a realm of divine enchantment and celestial whispers at our exclusive in-person or online Divine Angelic Gathering.*

**Ideal for those seeking an extraordinary twist on girls' nights out, a soulful birthday celebration with friends, a mystical alternative for a bachelorette party, or an invigorating work event, this gathering promises an experience like no other. Immerse yourself and your loved ones in the ethereal embrace of angelic blessings and healing, orchestrated by the renowned Sheila B. Tillich, a Recovery Metaphysician & Galactic Grandmother known for her profound connection to the angelic realms.**

**Find out more about these in-person or online gatherings at <https://sheilatillich.com/product/divine-angelic-gathering/>**



## **Energy Medicine Immersion + Diamond Light Body Activation Training and Retreat with Brandie Furniss**



**Start with friday night which is optional: from 7-10 pm. Then enjoy two full days of training on Saturday/Sunday beginning at 9 am-6 pm Saturday 7/27 and 9 am- 3 pm Sunday.**

**\*Learn to clear the muscle memory of shock, trauma, and karmic miasmic patterning, release energetic blockages of stagnation from previous generations, learned behaviors, and receive deeply nourishing healing with a variety of highly transformational practices.**

**I've personally used it for myself/clientele all over the world and advance your own intuitive gifts by working with a highly evolved team of guides + angels.**

**"Activating the Diamond Light Body: Unlocking the Secrets of Your Highest Potential" VIP access to The Body Oracle full assessment.**

**The Diamond Light Body is a powerful, radiant energy field that surrounds your physical body, holding the key to your highest potential.**

**Activating this divine structure unlocks the gates of limitless possibility, empowering you to shine brightly in the world.  
Benefits of Activating the Diamond Light Body:**



- Amplified spiritual connection and intuition
- Enhanced inner guidance and wisdom
- Increased self-love and self-worth
- Heightened creativity and inspiration
- Deepened sense of purpose and direction
- Strengthened aura and energy field
- Improved physical and emotional well-being
- Activates you psychic centers & siddhas
- Helps you to be a better intuitive & healer

**Connect with your inner self through guided meditations and breathwork techniques. Learn artful techniques through energy medicine healing/training.**

**Energy Clearing: Release limiting beliefs and patterns through expert energy clearing and healing.**

**Light Body Invocation: Activate your Diamond Light Body through geometrical patterns and visualizations. Table sessions where you lay fully clothed at my center for well-being during the method to reconnect this sacred geometry.**

**Integration and Embodiment: Embody your Diamond Light Body through movement, sound, and creative expression. Akashic records reading, psychic mediumship, and home play activities to expand your aura.**

**Activation of the 12 Strand DNA: Unlock your full genetic potential through ancient techniques and encoded light language.**

**Join for a transformative journey to activate your Diamond Light Body and unlock the secrets of your highest potential. Embrace your radiant essence and shine brightly in the world!**

**1:1 with your guides & ancestors or in our group program...**

**Offered both as personal healing sessions, mentoring, and also the Energy Medicine Immersion + Diamond Light Body Activation, Training & Retreat happening this July again for the first time in four years as a transformational event.**

**Pay In Full investment for the event + 4-6 week Alchemical Mentoring Package with The Body Oracle is \$1500 (early bird) or goes to \$3333 July 1st (openings to join available until 7/15)**

**Begin the mentoring at any time. Registration closes 2 weeks prior to the retreat offering. (Sessions with coaching/mentoring and readings/healings paid separately valued at over \$4500)**

**Sign up for the retreat or inquiry about this great event at: Website:**  
**[www.thebodyOracle.com](http://www.thebodyOracle.com)**

**Email: [oracleofwny@gmail.com](mailto:oracleofwny@gmail.com)**

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## **Kryon and Dr. John Ryan in Rochester**

**THIS IS ONLY AN IN-PERSON ONLY EVENT! - KRYON RETURNS to the NORTH EAST USA - for a Unique & First time 2 DAY CHANNELLING RETREAT - with the SIRIAN BLUE WHITE COLLECTIVE!**

**YES, YES, YES! Here in ROCHESTER NY! Join us everyone for this Amazing Miracle weekend with our KRYON FAMILY! Sign up soon because this will for sure be sold out!**

**KRYON returns to the North East for the first in person event in over 3 years - joined by the Sirian Blue White Collective! Join Dr. Lee Carroll, Monika Muranyi and Dr. John Ryan for this special 2 day Channeling Intensive.**

**In-Person with Kryon-Lee Carroll, Monika Muranyi, AND Dr. John Ryan, - Sirian Blue White Collective (SBWC) IN Rochester NY!!!**

**September 21 & 22, 2024! Don't miss this lifetime opportunity to experience this special unique and First time 2 Day Channeling Retreat with KRYON, and the SBWC. Along with the GREEN MIST Healing Meditation presented by Lee Carroll and Monika Muranyi!**

**The Green Mist once a month Healing Meditation is offered ONLY to Kryon Healing Wednesday Program members.**

**<https://kryonmasters.com/product/monthly-healing-wednesday-subscription/?aff=68> Check out our local guest Healer, Rev. Sheila B. Tillich, featured on Kryon Masters Healing Wednesday November 22, 2023, episode #156!**

**For more information and to obtain tickets - visit: <https://www.unityfieldhealing.com/event/kryon-sbwc-retreat-2024-transformative-spiritual-journey-with-lee-carroll-dr-john-ryan/>**

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# Metaphysical Business Cross Promotional Advertising



Since 2004 people have come to our Health and Wellness Directory because they know they will find everything holistic, from practitioners, products, classes, talk radio, videos, retreats, books, magazines, newsletters, blogs & more.

Alternatives for Healing's mission is to be the bridge to help those on their journey to Health and Wellness, with the goal to provide natural alternatives for those that are searching for a holistic path to wellness.

<http://www.alternativesforhealing.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>





Email [rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com) to advertise

## ROC Metaphysical Alternative Directory



**Rev. Vicki Snyder-Young**

**Spirit and Tarot Connections  
Pen-Far Office Park  
481 Penbrooke Dr Suite 3A  
Penfield, NY 14526  
585-354-6907**

**Vicki Snyder-Young  
<http://www.vickisnyder.com>**

**Vicki Snyder- Young, Holistic Practitioner offers services such as psychic medium readings, Shamanic Healing, Reiki and Integrated Energy Therapy. HypnoRegression and Ignite Your Light Life Coaching are also available. Book your appointment at [www.vickisnyder.com](http://www.vickisnyder.com)**



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 practitioners are focused on working with clients to promote greater health and well-being. 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 for small groups, Crystal Bed, Harp Healing and Color Therapy, Hypnosis, Acupuncture and a variety of body and energy therapies.**



**The Purple Door  
The Plaza in Win Jeff Plaza  
3450 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  
7 Main Street  
Brockport, NY 14420  
585-281-8670  
Karen & Judy

<http://www.lightwaysjourney.com> <https://www.facebook.com/Lightways31/>

**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!**





727 E Main St  
Rochester, NY 14605

and the NEW LOCATION  
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Henrietta, NY

585-266-8350  
Sue Stephens

<http://www.mythictreasures.com> <https://www.facebook.com/MythicTreasures/>

**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 has a new location - so much bigger with a wide variety of all kinds of items, there is shopping carts to help with your shopping.**



The Lotus Blossoms  
100 White Springs Ln  
Geneva, NY  
315-789-4650

<http://www.thelotusblossoms.org>  
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**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.**

**Learn more about Jean at: <https://youtu.be/4iiuA6YEHik>**



**Sage Walker, RMT Master Teacher IET, BARS**  
**The Angelic Link**  
**2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618**  
**585-317-4374**  
**<https://www.theangeliclink.com>**

**Sage is a powerful spiritual 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, energy healing sessions, spiritual consulting, energy healing, crystal message session, angelic information provided either in person or thru Zoom. She also does house cleansing, and private parties.**

**I also offer Life Release sessions. where I read your aura for issues or situations that are keeping you stuck. The Angels, Guides and Masters give guidance (homework) to release and move forward.**

**Learn more about Sage at: <https://youtu.be/v9AzKAJx7Lg>**



ROCK DUDE

**Rock Dude**  
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**716-679-8544**

**I'm Lee Parker and I started really liking rocks fairly late in life. I have been selling rocks for over 15 years. I worked with stones cutting and polishing so I have learned so much about stones, their character and composition. If you are looking for perfect stones I can recommend that many with their natural imperfections make them perfect. Visit my site and find me on Facebook where I post pictures and videos of rocks for sale. You can find me at many rock shows and fairs around New York and Pennsylvania. Call if you have questions and I'll talk about rocks to make sure you get what you like for sure.**



Healthy Alternatives Wellness Center

**Carol Scheg-Morrisette**

**4358 Culver Rd**

**Rochester, NY**

**[www.meetup.com/Rochester-Friends-Who-Meditate](http://www.meetup.com/Rochester-Friends-Who-Meditate)**

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

**(585)663-6454**

**I opened Healthy Alternatives because I wanted to help others take their health back naturally like I did. I offer classes, workshops and special events. The meditation room and sound healing School is located on the side at 14 Maryknoll Park. I facilitate weekly Guided Sound Healing Meditation for adults and children and monthly support groups for Addiction, Grief, and Parents with Alienated Children. Healthy Alternatives main focus is Sound Healing and Meditations. Sound Healing relieves stress, anxiety, pain, inflammation, lowers blood pressure & improves the immune system and can benefit individuals with cancer. Carol is a licensed massage therapist, licensed cosmetologist, certified in vibrational sound massage, certified herbalist & aromatherapist. Offering Thermo Therapy, Integrated Energy Therapy, Guided Sound Healing Meditation, Reiki, Raindrop Therapy, allergy reduction, Ionic Foot Detox, and Massage. Carol Morissette is the only licensed massage therapist in Western New York to be certified in vibrational sound massage. VSM combines powerful vibration and tones to induce immediate relaxation and has advantages over traditional massage. The client remains fully clothed and physical contact is kept to a minimum. It is less physically intrusive and will not leave the client feeling sore the next day. It is very beneficial for clients with fibromyalgia, arthritis, MS, geriatric, or recovering from cancer. Some of the products we offer include tuning Forks, Young Living Essential Oils, wire wrapped gemstone jewelry, organic hand sanitizer and organic facial skin care.**





Theressa Johnson  
Psychic Medium  
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(716) 481-2799

<https://www.facebook.com/Theressapsychicmedium?fref=comp>

<https://www.facebook.com/theressa.johnson> <https://theressajohnson.com>

Theressa Johnson, Psychic Medium teaches Psychic and Mediumship Development classes at several locations in and around Buffalo, NY. She loves reading at Psychic Fairs in and around Buffalo, Niagara Falls and Rochester, NY and Erie, PA and also holds specialty classes including Past Life Regression, Meet Your Spirit Guide, Meet your Guardian Angel, Learn to Read Tarot Intuitively and more ! She became aware of her abilities at the age of 6 and teaches others to develop their own abilities and awareness because she was helped to do this. Look for her live video's and astrology reports on Facebook. She can also be seen on the Youtube Channel Psychic Inspiration: <https://www.youtube.com/channel/UCNlx19eoFgnHnsULR63ejJw> and can be contacted for a telephone or private reading at psychic fairs or her home via her website.

Learn more about Theresa at: <https://youtu.be/cE8xQohKhrE>



Twizted Creations  
Roxanne Hartley - Owner  
247 E Main St, Palmyra, NY 14522  
(585) 857-7922  
<https://twiztedcreations.rocks/>  
<https://www.facebook.com/twizted669>

**Twizted Creations is a family owned crystal and metaphysical shop, located in historical Palmyra NY. No matter the path you walk, you will enjoy the warm welcoming atmosphere of this shop. The staff is knowledgeable and excited to help the most eclectic of crystal lovers or metaphysical practitioners.**

**Watch the video to know more about the store: <https://youtu.be/pAjbj73Bpv4>**



Janice McNamara, RN Intuitive Healer

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

**In practice 16 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, CranioSacral Therapy, Zero Balancing, Reiki, Aromatherapy, Associative Awareness Technique, and Tuning Fork Therapies.**



The Magical Muse  
103 North Peterboro St  
Canastota, NY  
315-744-8322  
<https://themagicalmuse.org/>  
<https://www.facebook.com/themagicalmuse>

**Located in the Historic Village of Canastota, in Madison Co. NY, and online the Magical Muse is a modern metaphysical lifestyle shop. We provide our locals and visitors with a selection of witchy and holistic products from independent makers around New England and the US.**

**The Magical Muse combines the principles of earth magic, meditation, herbalism, and interior decorating to bring magic and healing into everyday spaces. We believe that when you practice self-care and align with your energy, you're better able to be present and in flow the world around you. We bring you energy healing services, and provide monthly creative classes and workshops to help you live your best life!**





Marjorie Baker Price , RN

**Certified Hypnotherapist, Reiki Master Level III Centering Tools for Self-Healing & Development 585-750-1751  
<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.**

**Learn more about Marjorie: <https://youtu.be/aw5IFhVfhNc>**

**Connecting to the Energies of the Soul is what I do. Bringing messages and information to you using words that offer comfort, healing and help answer questions. The metaphysical community has its own terminology that often times can be confusing and intimidating to the everyday person. With that knowledge my approach is not to dazzle you. Instead I use everyday words that will connect to you.**



Sheila B.

***Recovery Metaphysician & Galactic Grandmother Channel***

**Fairport, NY 14450**

**585-313-3996**

**<https://sheilatillich.com>**

**SHEILA B CAN HELP YOU FIND ANSWERS**

**Find your purpose and connect with you**

**As a Recovery Metaphysician and a Galactic Grandmother, Sheila can help you awaken and align with your true self so you can live the purposeful life you were made for.**

**Sheila's healing practice creates a powerful electromagnetic change in the body. As a Metaphysical Minister & Master Healer, it is Sheila's mission to create a space of God-Consciousness Energy that supports your healing. In this space, she works to merge your human energy field with the Consciousness (energy) of God.**

**Learn more about how Sheila B can help you through her services:**

**<https://sheilatillich.com>**

**Join Sheila B's Inner Circle: <https://sheilatillich.com/inner-circle>**

**Follow on Facebook: <https://www.facebook.com/sheilabhealing>**

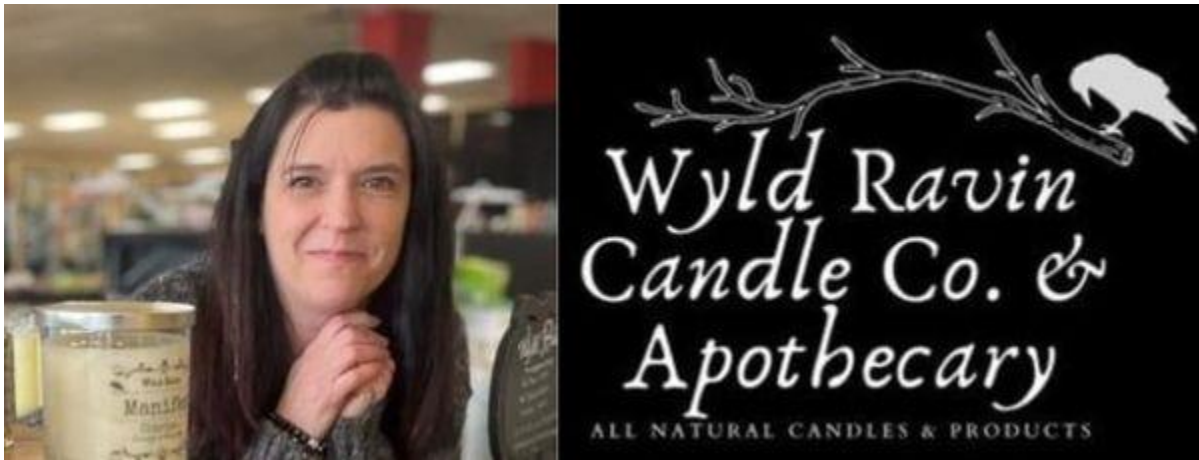
**Join the Lightworkers Connection Circle Facebook Group:**

**<https://www.facebook.com/groups/lightworkersconnectioncircle>**

**Follow me on Instagram: [https://www.instagram.com/sheila\\_b\\_he...](https://www.instagram.com/sheila_b_he...)**

**Follow on TikTok: <https://www.tiktok.com/@sheilabhealing>**

**Learn more about Sheila: <https://youtu.be/snB1hTRfbZk>**



Wyld Ravin Candle Co. & Apothecary

<https://wyldravin.com/pages/about-us>

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

**Welcome to Wyld Ravin, I am Stacey and I have been pouring candles for over seven years. I started this company with a love of candles and a need for intention setting, magickally empowered candles and have grown into the bustling business it is today.**

**I offer private coaching and mentoring, as well as Tarot Readings and other teachings. You can follow me on Instagram @wyld\_ravin to see where I am reading/teaching, I am available to teach at multiple locations as well as wholesaling my candle line.**

**To contact email at [wyldravin@yahoo.com](mailto:wyldravin@yahoo.com)**

**Learn more about Stacey and Wyld Raving: <https://youtu.be/ESa-xPOYZKE>**



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.**

**Learn more about Bunny at: <https://youtu.be/5Qt3JGfojAg>**



The Crescent Collective  
**Lindsay Mastrogiovanni**  
**Co-Founder • The Crescent Collective**  
**Founder • Blue Moon Growth Co**  
**911 Old Liverpool Rd, Suite 2**  
**Liverpool NY 13088**  
**315-303-2155**  
**[www.crescentcollectivecny.com](http://www.crescentcollectivecny.com)**  
**<https://www.facebook.com/crescentcollectivecny>**

**The Crescent Collective is a practical and magical community space to support integrating the mind-body-spirit connection in your everyday life and work. We offer holistic intuitive consulting, spiritual healing, and movement classes to the public. We provide rental space for practitioners for classes, workshops, and 1:1 healing. A place to pause, move, and grow.**





**Janice Wilton NBCR,RMT, CRTS, IHP**  
**Touch of Life**  
**4535 Southwestern Blvd Ste 801**  
**Hamburg, NY 14075**  
**<http://www.touchoflife.net/>**  
**716-238-6426**  
**[janice@touchoflife.net](mailto:janice@touchoflife.net)**

**Janice's life long interest in the benefits of natural health and holistic modalities has led to her current level of wellness provider and teacher. She has also studied and mastered several time tested transformational practices, including for balancing a clients physical and emotional well being. Together with her knowledge of herbals and essential oils, she works to help her clients deal with all aspects of whole/body health, by guiding them to understand their core issues, rather than only focusing on their symptoms. Additionally, Janice has trained with Educators in the US and from around the world including Laura Norman, Sue Ricks from the UK and Touch Point Denmark, Donna Eden, Dr. Hesu Whitten, and John Maguire.**

**Her belief that our work here has a purpose-- to encourage people and give them the right tools and principles to honor and empower themselves. Offering a variety of services and educational resources upon which they can build and acquire a life of optimal wellness in mind, body and spirit --to enhance and enrich not only the quality of their lives, but their innate, natural beauty as well.**

**Janice's training includes: Integrated Healing Practitioner  
Kinesiology - Structural, Energetic, Emotional, Nutritional  
ARCB (American Reflexology Certification Board),  
Certified Hand & Foot Reflexologist; Certified Face and Ear Reflexology  
Reiki Master/Teacher, CRTS Raindrop Technique  
Advanced EFT(emotional freedom technique)  
Eden Energy Medicine, Jin Shin Do**



Mellow Slow Minerals  
8417 East Ave, Gasport, NY, 14067  
<https://www.facebook.com/ChristalSlowey>

**Mellow Slow Minerals is Western New York's premier crystal connection. They offer wholesale options for business owners as well as rare individual specimens for the avid collector. Most of their inventory consists of top quality natural specimens and they often carry polished minerals such as Labradorite, Ocean Jasper, Carnelian, Rose Quartz, Nellite, etc...**

**Mellow Slow Minerals warehouse is located in the hamlet of Gasport. The warehouse has events with great sales and events with additional vendors. Check out the Facebook page for on-lines and unique specimen sales.**



Judy Lynn  
5 East Main Street  
Earlville, NY 13332  
[www.judylynn.org](http://www.judylynn.org)  
[jlspiritualadvisor@gmail.com](mailto:jlspiritualadvisor@gmail.com)  
607-316-3260

**I am an International Psychic Evidential Medium and Teacher. I am the Co-founder & Education Director at the Spiritual Oasis Universal Learning Center. I am also a founding member of the Institute for Spiritual Development in Oneonta where I am an authorized Psychic Medium, Certified Healer and Mediumship Teacher.**

**In addition to that, I am a member of the Spiritualist National Union where I continue my development along with other National and International Teachers. I offer Psychic & Mediumship readings over the phone, on zoom or in my office located in Earlville NY.**

**During your Psychic reading with me you will gain understanding about yourself and explore what is ahead for you. In your Mediumship reading, we will connect with loved ones who have crossed over and I will share information and messages from them.**

**You can feel confident that I will honor you and your loved ones spirit. I also offer 2 free Practice Circles on zoom each week that I enjoy hosting very much. And teach many classes throughout the year on zoom and in person. If you would like more information on booking a session or classes please send a message [jlspiritualadvisor@gmail.com](mailto:jlspiritualadvisor@gmail.com)**

**Learn more about Judy Lynn: <https://youtu.be/rcCyz2HJYhs>**



**Michelle Brzezniak EEM-CLP**  
**Clinical Eden Energy Medicine Practitioner**  
**585-730-2762**  
**eembymichelle@gmail.com**  
**<https://eembymichelle.wixsite.com/hope>**  
**669 State Rt 31, Macedon, NY**  
**By Appointment Only**

**The legendary Donna Eden's simple Daily Energy Routine relieved Michelle's chronic migraines and changed her life dramatically. She was given a renewed sense of vitality and life purpose! She then pursued her passion by enrolling in the rigorous hands on Certification Program for Eden Energy Medicine. She is currently completing her 4th year of study and will soon be the first Advanced EEM Practitioner in the Rochester area. Michelle also has a diverse background in Reiki, Therapeutic Touch, Intuitive Consulting, Teaching and the Graphic Arts.**

**Donna Eden's Energy Medicine gently balances the body's 9 subtle energy systems so your body can restore itself to a natural state of well-being. Take an active role in your health today...call me for a FREE phone consultation!**  
**Learn more about Michelle: <https://youtu.be/aw5IFhVfhNc>**

**Learn more about Michelle: <https://youtu.be/aw5IFhVfhNc>**



**Maureen Law LPN, RMT**

**ONE Wellness Center  
2349 Monroe Ave. 2nd floor  
Rochester NY 14618  
585-734-9232**

**I am a Holy Fire III Reiki Master Teacher and a retired LPN after over 45 years. I now am pursuing my dreams and soul's purpose of bringing energy wellness to you with Reiki and meditation. I truly believe that integrating holistic care with your traditional health care are complementary to each other and can lead you on your path to peace and wellness from within**

**I was first trained in Usui Reiki in 2014 and in 2017 I trained as a Holy Fire Reiki Master. In 2021 received training in the Usui/Holy Fire Reiki 1&2 and Holy Fire Master with William Rand. I recently upgraded with William Rand to the World Peace Energy with The Holy Fire.**

**I am a Swamini and live in an Ashram in Rochester, NY. My daily practice is a Kriya Yoga lifestyle and meditation.**

**I am certified in IET. I love to teach Reiki and encourage everyone to take Reiki training if they feel called to.**

**The world needs all the healing and higher levels of consciousness. I would be honored to assist you on your journey to Peace and Wellness from within.**

**If you would like to schedule a session or inquire about classes please call 585-734-9232**

**Learn more about Maureen: <https://youtu.be/g52hg3ft2qE>**





## **B & R Crystal Cavern**

**B&R carries lots of unique crystals in all kinds of forms. Shop online or in person. B&R can be found in person at events around NY. Shipping is offered or pick up can be done in person in Fairport, NY**

**B&R always has new stock. See the stock online at:**

**<https://www.facebook.com/b.r.crystalcavern>**

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## LifeForce Rejuvenation



**Jon Kotowski**

**[Lockport, NY. 14094](https://lifeforcerejuvenation.com/)**

**<https://lifeforcerejuvenation.com/>  
716-344-3787**

**Theraphi is an innovative technology that combines the power of meditation with electromagnetic frequencies. It is designed to enhance the meditation experience by creating a harmonious energy field around the body. By using specific frequencies, Theraphi aims to promote relaxation, balance the chakras, and stimulate the body's natural healing abilities. This unique approach to meditation allows individuals to deepen their practice and achieve a state of profound relaxation and inner peace.**

**Whether you're a seasoned meditator or just starting your journey, Theraphi with meditation can provide a transformative and rejuvenating experience for your mind, body, and spirit.**



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**These are all Brick & Mortar businesses.**

**Some may have limited hours or by appointment only**

**Have Any Info to Update - email [rocmetaphysical at gmail.com](mailto:rocmetaphysical@gmail.com)**

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**Mystical Magickal Mindful 7307 US Route 9, Elizabethtown, NY**  
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**Lodes of Nature 135 Canal St, Ellenville, NY 12428**  
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**Plymouth Spiritualist Church Vick Park A Rochester, NY 14607**  
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**Lily Dale Assembly Lily Dale New York 14752**  
**City of Lights 10 Buffalo St, Lily Dale, NY 14752**  
**Santosha 8201 Main Street, Suite 6 Williamsville, NY, 14221**

## **Spiritual Churches & Retreat Centers**



***Plymouth Spiritualist Church***

***29 Vick Park A***

***Rochester, NY 14607***

***585-271-1470***

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

**Plymouth Spiritualist Church is where you are free to grow and discover your personal truth. Services are Sundays, 10:30-Noon, and include spirit greetings from loved ones, which we believe gives evidential proof of the continuity of life.**

**We are the "Mother Church of Modern Spiritualism" and have been serving the Rochester community since 1906. We welcome all to experience our services of Healing and Mediumship. Watch our Facebook page for our activities and workshops available throughout the year.**

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