

ROC *Metaphysical*

Our Mission is to Enlighten and Inform

December 2024

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for the month:

Realize The One Great Lesson At The Heart Of Self-Liberation

By Guy Finley

8 Ways to Support Your Healing By Melissa Watkins

Music Of Power By Jill Mattson

Walking The Spiritual Path: Simple Steps To Enlightenment

By Rev. Colleen Irwin

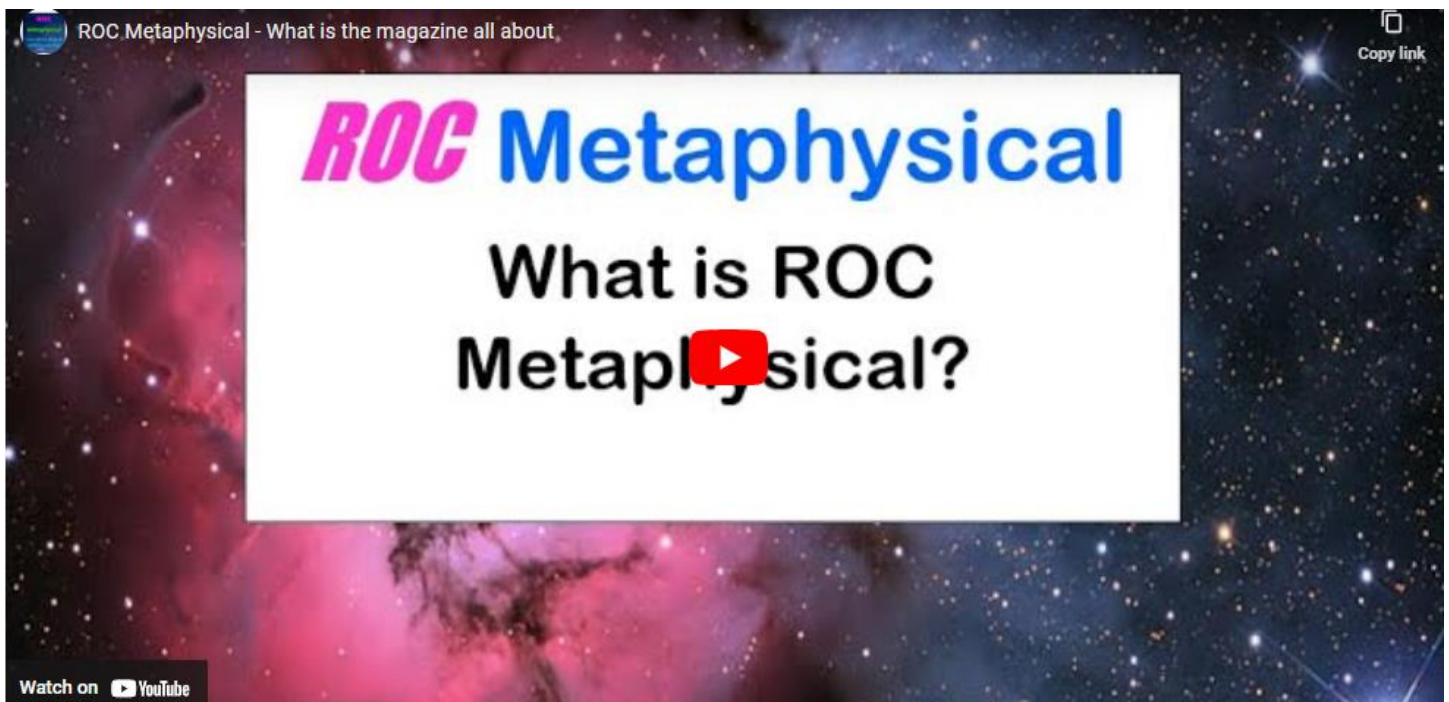
We Can Learn To Tend To Our Inner Energies

By Christianne Asper-Contant

Metaphysics Is Changing! By Lee Carroll/Kryon



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 somehow 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

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://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>

ROC METAPHYSICAL LIST OF ARTICLES NUMBER	PAGE
Highlights of the Magazine	7
We Have a Youtube Page	8
List of Metaphysical Articles	9
Channeling	11
Channeling Articles	12
Realize The One Great Lesson At The Heart Of Self-Liberation	
By Guy Finley	14
8 Ways to Support Your Healing By Melissa Watkins	17
Learning The Runes - A Few Tips For Those Starting Out	
By Galina Krasskova	20
The Enigma Of The Anunnaki Starseeds: Earthbound Aliens On	
A Mission? By Judy Lynn	25
Music Of Power By Jill Mattson	28
What Can Sound Healing Do For You?	31
Most Benevolent Outcomes or MBO's By Tom T. Moore	33
Walking The Spiritual Path: Simple Steps To Enlightenment	
By Rev. Colleen Irwin	38
A Month Of Reflection By Leo Babauta	41
The Road To Forgiveness By Ellie Blair	44
Are Empaths On The Autistic Spectrum? Empathizing With Our	
Differences By Dr. Judith Orloff	46
Change By Monique Lang	49
ROC Metaphysical Book Review = Nobody Asked Me If I Wanted	
To Be Psychic! By Dean Fraser	51
We Can Learn To Tend To Our Inner Energies	
By Christianne Asper-Contant	52

ROC Metaphysical Book Review - Flower Magic Of The Druids	
By Jon G. Hughes	56
Tarot Tendencies For December By Doreen Scanlan	58
Honoring Differences: Let Them Enrich Your Life	
By Barry & Joyce Vissell	60
Seeing From The Heart – On Relationships By Melinda Johnston	63
The Resolve Of Love By Jamye Price	67
The Divine Consecration Timeline Has Been Activated	
By Patricia Cota Robles	69
Metaphysics Is Changing! By Lee Carroll/Kryon	72
Impacted By Geo/Political Events By Brenda J. Hoffman	74
ROC Metaphysical Business Advertising	76
ROC Metaphysical Alternative Directory	84
Shops All Around New York	112
Spiritual Churches & Retreat Centers	117
Discernment/Disclaimer	118
Contact Us	121

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 December 2024

Guy Finley



Realize The One Great Lesson At The Heart Of
Self-Liberation
By Guy Finley

Melisa Watkins



8 Ways to Support Your Healing
By Melissa Watkins

Galina Krasskova



Learning The Runes - A Few Tips For Those
Starting Out
By Galina Krasskova

Judy Lynn



The Enigma Of The Anunnaki Starseeds:
Earthbound Aliens On A Mission?
By Judy Lynn

Jill Mattson



Music Of Power
By Jill Mattson

Sound Healing



What Can Sound Healing Do For You?

Tom T. Moore



Most Benevolent Outcomes or MBO's
By Tom T. Moore

Rev. Colleen Irwin



Walking The Spiritual Path: Simple Steps To
Enlightenment
By Rev. Colleen Irwin

Leo Babauta



A Month Of Reflection
By Leo Babauta

Ellie Blair



The Road To Forgiveness
By Ellie Blair

Dr. Judith Orloff



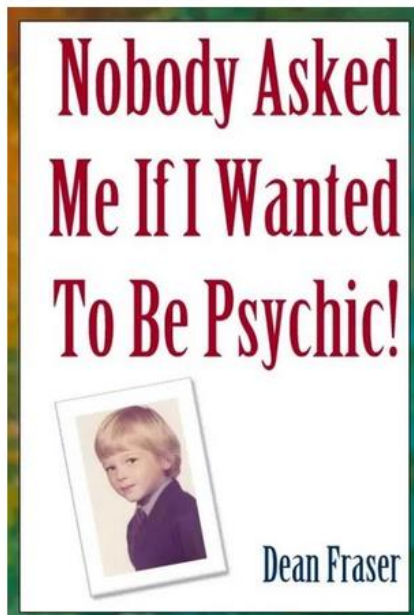
Are Empaths On The Autistic Spectrum?
Empathizing With Our Differences
By Dr. Judith Orloff

Monique Lang



Change By Monique Lang

ROC Metaphysical Book Review



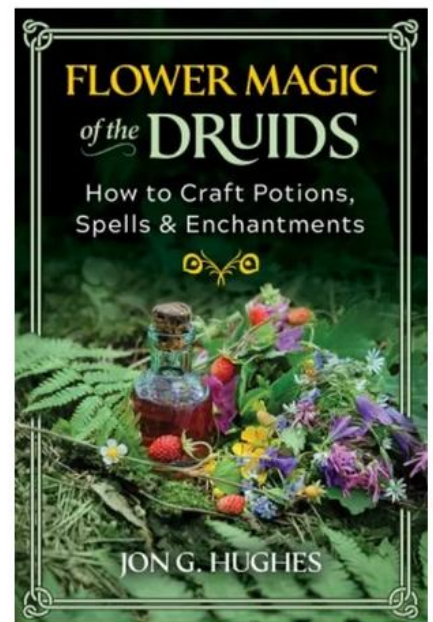
Nobody Asked Me If I Wanted To Be Psychic!
By Dean Fraser

Christianne Asper-Contant



We Can Learn To Tend To Our Inner Energies
By Christianne Asper-Contant

ROC Metaphysical Book Review



Flower Magic Of The Druids
By Jon G. Hughes

Tarot Tendencies For December



Tarot Tendencies For December
By Doreen Scanlan

Barry & Joyce Vissell



Honoring Differences: Let Them Enrich Your
Life
By Barry & Joyce Vissell

Melinda Johnston



Seeing From The Heart – On Relationships
By Melinda Johnston



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



The Resolve Of Love
By Jamye Price



The Divine Consecration Timeline Has Been
Activated
By Patricia Cota Robles



Metaphysics Is Changing!
By Lee Carroll/Kryon

Brenda J. Hoffman

THE SMALLEST ACT
OF KINDNESS IS WORTH
MORE THAN THE
GRANDEST INTENTION,

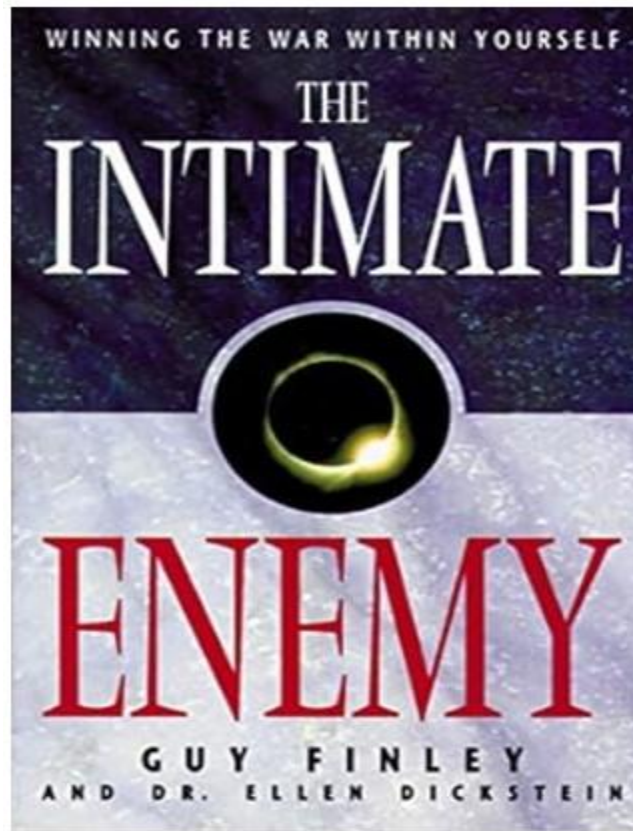


Impacted By Geo/Political Events
By Brenda J. Hoffman



Realize The One Great Lesson At The Heart of

Self-Liberation By Guy Finley



First Key Lesson: United we see, and are free; divided we struggle... and fall.

Second Key Lesson: Only complete action on our part has the power to teach us – completely – the one great lesson at the heart of what real Life would have us learn.

FOR FURTHER STUDY

The real underlying limitation in our relationships is rooted in how we look at and think about others who are in our life. But, perhaps more accurately stated: *the real problem we have with others is what we don't yet see and understand about ourselves!*

All of our relationships are a kind of mirror; they serve us somewhat in the same way as does the bedroom mirror before which we dress when getting ready to leave the house. Its reflection lets us see how we look, and decide if we like how we feel about what we've put on that day.

Standing before the mirror of our relationships – a ceaseless reflection of that relationship as it unfolds – we are given to see something about *who we are* in that same moment. In this way each relationship serves to reveal to us something we may have not yet realized as being true about our present nature. In other words, whenever I'm around "you" there's the prospect of being introduced to a "me" – parts of

myself – *that I may have not yet met!* Here’s an example of this powerful idea, and how it works its magic in us.

Maybe we’re on a nature hike where we round a bend, suddenly finding ourselves standing at the foot of a towering waterfall. It’s majestic. A delicate mist covers everything, catching the sunlight, creating a million tiny prisms of colored light.

There’s never been such a moment for us because *we have never been who we are in that same instant*. In such moments we are filled with an incomparable sensation that is one and the same as meeting a whole new level of our own being.

Or, perhaps we look up to see an unending night sky, and in our relationship with that dark expanse we experience the feeling of something deep and vast within us; we sense the presence of something eternal. In that moment, we are given a glimpse of something we would never see otherwise: the timelessness we feel stirring in us... has *always* lived in us.

Much as in the fairy tale, Sleeping Beauty is awakened from her deep sleep by the “kiss” of Prince Charming, so can all of our relationships – with everyone, *with anyone* – serve to stir us awake, not only that we might experience some deeper, truer, sense of self, but so that through that same awakening we may touch and be touched by a higher order of love that can be realized in no other way.

About Guy Finley: For over 40 years Guy Finley has helped individuals around the world find inner freedom and a deeper, more satisfying way to live. His in-depth and down-to-earth teachings cut straight to the heart of today’s most important personal and social issues –stress, fear, relationships, addiction, meditation, and peace. His work is widely endorsed by doctors, business professionals, celebrities, and spiritual leaders of all denominations.

Guy is the author of 45 books and video/audio programs including his international bestseller “The Secret of Letting Go” which has been translated into 30 languages and sold millions of copies worldwide.

He is the founder and director of Life of Learning Foundation, a nonprofit Center for Spiritual Discovery located in Southern Oregon, with over 40,000 online newsletter subscribers. <https://www.guyfinley.org>

Through Life of Learning, Guy has presented over 5,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 30 years and has been a guest on over 700 television and radio shows, including national appearances on ABC, NBC, CBS, CNN, and NPR. Guy is a faculty member at the Omega Institute in Rhinebeck, New York and 1440 Multiversity in Scotts Valley, California. He is a regular expert contributor to Beliefnet, Insight Timer, Simple Habit, and many other popular spiritual sites.

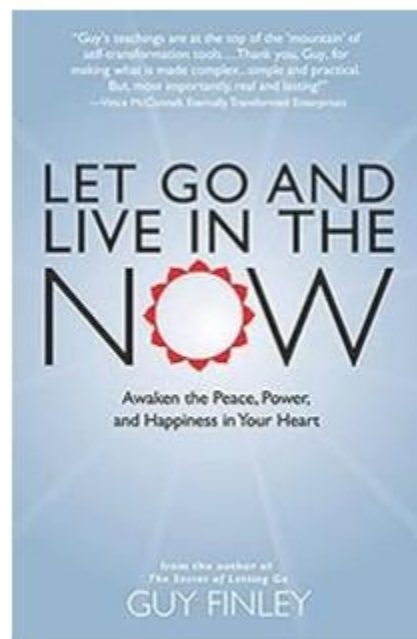
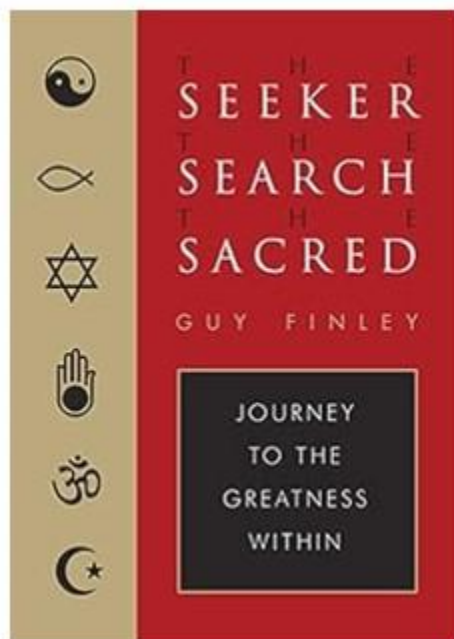
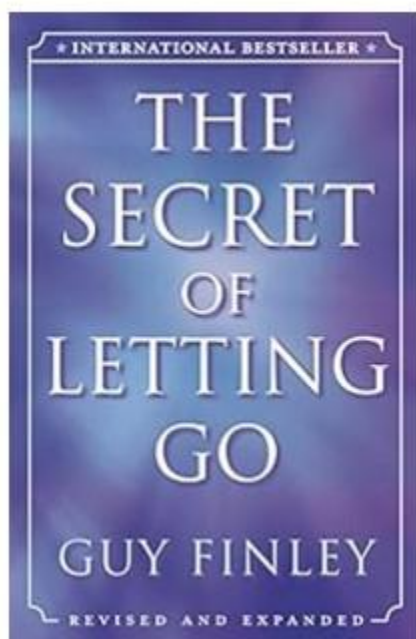
Finley holds regular classes at Life of Learning including two free talks each week that are live-streamed <https://www.guyfinley.org/lettinggo> These classes are open to all. For more information about Guy Finley and Life of Learning Foundation visit www.guyfinley.org

Guy's Video



<https://www.youtube.com/watch?v=iI1bzVFcG7A>

Guy's Books



Find these books and more at: <https://www.guyfinley.org/store>

8 Ways to Support Your Healing By Melissa Watkins



You're only reading this because you resonate with being on a healing journey, wanting to be on a healing journey, or you are diving into a healing journey. You are tired of being traumatized. You are ready to release the emotions, thoughts, and negative energies that have been holding you hostage.

- 1. Celebrate the small victories. When you are ready to heal, you begin: consciously or unconsciously. Allow yourself to be proud of and celebrate any achievement to your moving past the old paradigms. So often, we think if we haven't moved the needle hugely then we haven't healed. Spoiler Alert! All the movement will happen in small increments, keep going.**
- 2. Reflection, reflection, reflection...so many feel like they are not making any progress because they have not experienced any relief...the truth is the relief comes in waves and sometimes we miss experiencing the wave because it is subtle, and we integrate it before we have even recognized it. By using a journal consistently, we can see the progression of our journey and how the healing process has slipped into our life, relationships, situations, responses, and attitudes.**
- 3. Using positive affirmations and Hertz frequency music. Our programming is in our subconscious and to change our thoughts and emotional responses to stimuli, then we have to change the program on which we are running...using positive affirmations at night as we are falling asleep to hertz frequency music, we get the new program in the brain wave state that will produce the changes and have the desired results that we are looking for in our daily lives.**
- 4. Meditation and Prayer. We are never alone. This thing called human experience is happening at the quantum level and with our God and guides. Taking a few minutes each day to connect in and give thanks and also receive the messages, peace, love, and hope that fills up our cup here in the physical to keep processing and evolving.**
- 5. Higher Power: whatever your belief system, building a relationship with your guides: angels, ascended masters, and your soul tribe will allow you to receive the unique guidance that you need for your life purpose/mission.**

- 6. Forgiveness.** This frequency allows you to release denser, negative energy that is holding you back. Not letting anyone off the hook, but letting you move onto new, more beneficial relationships and situations in your own life.
- 7. Gratitude.** This frequency amplifies the vibrational frequency of the universe to bring to you that which you desire. This bypasses the middleman, which is any old negative patterns that you are currently working through and those you may not consciously realize you are holding in your vibration and allow you to elevate your experience.
- 8. Allowing Grace and Love in all relationships.** This is turning the other cheek. You see what others are doing that is destructive to themselves, you or others, and you allow them to be where they are as you love them. Setting boundaries is the way to stay in this practice and still allow yourself to grow and evolve in the way that is right for you.

Sometimes in embracing all these practices you still feel stuck. And this is where I would like to encourage you to seek help in whatever form you are drawn to and maybe many at once. I would also like to caution you to stick with a program as it can take time to see results. I am not a medical professional and I am not giving medical advice. Please see [disclaimer](#).

Integrated Energy Therapy® (IET®) is one of the next generation – hands on – power energy therapy systems that get the “issues out of your tissues” for good! Developed at the Center of Being, by Stevan J. Thayer, IET uses the violet angelic energy ray, as brought to us through the nine Healing Angels of the Energy Field, to work directly with your 12 Strand Spiritual DNA.

About Melissa Watkins: Melissa L Watkins is the founder of melissaLwatkins.com website that features her blog and services. Since 2017, she specializes in teaching you how to connect to your own spiritual gifts, doing Shadow Work. Also, her Facebook following at Melissa L Watkins: Guidance 311, where she provides inspiration and methods to help develop skills to utilize the Law of Attraction and heal traumas, inner child wounding, and connecting to your higher self. She is a Master Instructor-Teacher with Integrated Energy Therapy® and has become Reiki certified Level 2. Her passions are teaching her Evidential Medium Course and Integrated Energy Therapy® certifications: Basic, Intermediate, and Advanced levels.

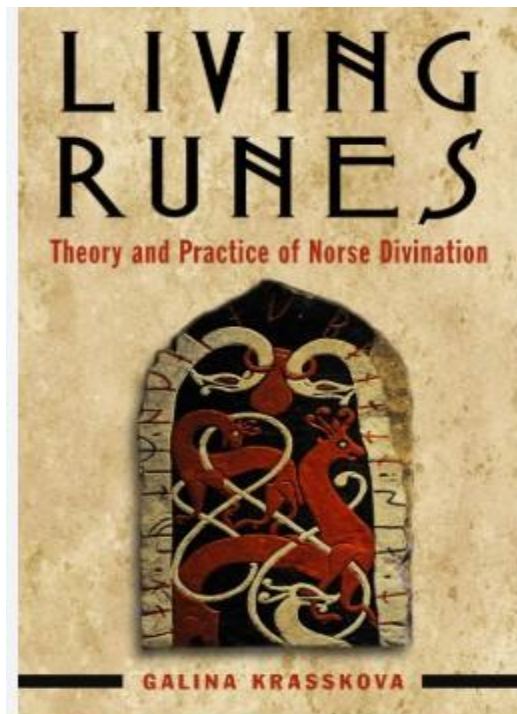
Melissa's website: <https://www.melissalwatkins.com/>

Interview with Melissa



<https://www.youtube.com/watch?v=EJABbxSkB6o&t=1s>

Learning The Runes – A Few Tips For Those Starting Out



One of the key mysteries of our tradition is that of the runes. The word itself, *rún*, *rúnar* (1) means just that: ‘secret’ or ‘mystery.’ Our high God Odin (Oðinn) hung on Yggdrasil for nine nights and nine days in agony, pierced by His own spear, a sacrifice to Himself. The result of this ordeal was acquisition of the runes and the knowledge and ability to wield them. There is much the story doesn’t tell us, starting with where the runes originate, what they are, and what their connection to the fabric of creation might be.

I talk about all of these things in my book [*Living Runes*](#), so I won’t focus on that too much in this post. In short, I think they originate in the Ginnungagap, are a family of living, sentient spirits, and are worked into the architecture of existence in numerous ways, creating loopholes through which the holy can seep (or work) again and again. When I think about this, they’re so often in motion, coursing through creation the way platelets, plasma, and blood cells course through our veins. They may rivet the more liminal parts of creation in place, or they may whirl and dance through the world working His will and their own. I think it varies and it’s something I’m still exploring in my own practice.

What I wanted to discuss today is one of the techniques that I employed when I was first learning how to really engage with the runes. This is also something that I give to my apprentices when they are learning the runes for themselves. Usually, this is done after one has initially met the runes through offerings and *galdr* – a round 1 of ‘getting to know you,’ shall we say. Once a student has passing familiarity with the runes, knows what they are, has maybe *galdred* a bit, or meditated with them, once he or she has his or her own devotional relationships to Gods and ancestors securely established (2), when that student is ready for the second round of in-depth engagement, this is what I have each of my apprentices do (and no, this isn’t in my book). I do this myself every now and again myself. One never stop learning after all!

Before I describe this, I want to offer one caveat. If you are going to do this, begin with Odin. He is Master of the Runes (Rúnatýr – God of the runes) and they are first and foremost His mysteries.

Afterwards, next approach the Deity or Deities in turn to whom you are dedicated, Whom you would consider your *fulltrui*, Who hold the most significant place in your personal devotions. This is simply a matter of both protocol, and courtesy and respect.

Now, onto the exercise.

A). Make a list of the various Deities that you venerate or Whose insight you might be interested in gaining with respect to the runes. For instance, Odin, Frigga, Freya, Loki, Sigyn, Thor, Sif, Heimdall, Mani, Sunna, Sinthgunt, Eir. (Make your own list, starting with Odin. This is just an example, though it's close to the list one of my apprentices recently employed).

B). Each night, meditate upon and galdr the same rune, first making offerings to one of these Deities, and then to the rune itself. So, start with Fehu. Set up a working altar or shrine, some place where you can make offerings to the rune of the night and to whatever Deity you're approaching. If you have a personal household shrine (and if you're doing this, you should (3)), you can go ahead and use that. The first night, make an offering to Odin. Offer prayers to Him and ask Him if He would be willing to teach you something about fehu. Make an offering to fehu itself, asking it if it would work with Odin and teach you something about itself. Then galdr the rune, meditate on it, write down your insights. Thank the two powers, Deity and rune invoked, and you are done for the night. Work through your list of Deities meditating on the **same** rune. When you're done, move on to the next rune and go through the list again in the same order.

What you're essentially doing is building your own book of correspondences as you engage in this process. I would also repeat this, either approaching the same Deities or perhaps with a new list (though always begin with Odin. He is the doorway to the runes in many respects), every few months. Be polite when you approach both Powers. You are not after all, entitled to Their wisdom. As with anything, the more polite you are, the more productive this is likely to be. Even having worked with the runes for close to thirty years, I still keep this in mind every time I approach them. At the end of your list, or even somewhere in the middle of it, do one night where you do NOT approach a Deity, but work only through the rune itself.

I stumbled on this process of approaching various Deities like this accidentally. I was having a bit of trouble with something and struggling to figure out how to work the rune I had decided to call upon. Completely unexpectedly, Sigyn sorted it out giving me an unexpected bit of insight. I thought, 'wait. You know runes?' Now, I shouldn't have been surprised – She is a Deity after all –but when we have deeply personal devotional relationships with our individual Gods, it can be easy to forget that They are well, Gods. It can be easy to think that we know Them as we might know a friend down the way. We may indeed know a little given that relationships are mutual processes, but no matter how much experience we have in devotion to a Deity, THEY are always so much more.

One of the things that I really like about this particular exercise also, is that it allows the one doing it the opportunity to approach Deities he or she may not have previously considered approaching. It allows for a potential devotional relationship to bloom. It gets one out of one's comfort zone, away from the regular way of doing things and allows room for unexpected insights to occur.

There are things to consider when you are engaging in this process: how does the rune feel? When you galdr, do you get any images running through your mind, any words popping up wanting to be worked into the galdr, any other sensory expressions of its presence (and that may include taste and smell too)? How do you feel before, during, and after? Has your impression of the rune changed at all? Do your best to keep a good record of this. It is helpful when you're going back to check your progress. Be sure to stay hydrated and maybe eat a little protein after your nightly sessions. I would also be sure to center and

ground well afterwards.

Finally, the futhark tells a story. Each Aett (4) contains its own mysteries. It is normal that some runes will prove harder and more difficult to access than others. That's ok, and the reverse is also true. Most will have one or two runes stepping forward as a guide through the futhark and through one's work therein. When you encounter a rune that just won't open, that's ok. Be respectful, do your best, make your offerings and come back to it later. There are runes (for me, mostly in the third aett) that have taken years before they allowed me to so much as dip a toe into their mysteries. Again, as with so much spirit-work, you're building a relationship. Part of the process of learning to work with runes is that they are learning your mental patterns, internal language, internal symbol set and you are learning something of theirs and the two of you are building this pidgin (is that the correct linguistic term?) by which you can communicate. You're learning each other's language and building a shared syllabary through which you can productively communicate. That's going to take time. Some things cannot be rushed.

Before I close, I want to take a moment's focus on the first *aett*. As with our sacred texts, there are numerous ways that one can approach and interpret the narratives that we're given. Since there are numerous patterns in the way the runes relate to each other, one can tell many stories. While these stories are not direct engagement with the runic powers, they are a means of conceptualizing and learning from them. They are doorways into each rune's power. Here is a very brief way of reading through the first aett connectively. *Fehu* is the luck that flows through our blood (ancestral luck, *hamingja*), vitality, wealth, abundance, power. Like a sap through a tree or chlorophyll through a leaf, it flows through our veins and the veins of our soul body giving it life – just like Loður gave us sense-awareness and color, and the roaring pulse of our heart's blood when the Gods created humanity. *Uruz* is raw power, *maegen*, the ability to tap into, access, and use one's luck. It is initiation that awakens us to the Powers, challenge by which we earn the right to use what we have been given. *Thurisaz* is a challenge to focus, to discipline, to hone and temper our power. It's the hard work we do to strengthen our spiritual and ethical muscles. It is the force that shatters our illusions, clears us out, devours what no longer serves, frees one – sometimes violently – from constraints, burns like napalm in the soul until we order ourselves rightly and leave our bullshit behind. (Edited 3/7 to include ansuz, as I was writing with a migraine and accidentally left one of my favorite runes out). Ansuz is divine inspiration, ecstasy (in the classical religious sense), surety and confidence in the Work. It is the touch of the Gods, grace that allows us to persevere in our spiritual becoming even when it is hard. It is the opener of the way, that, if we are working to become rightly ordered, will show us the way forward. Raido is movement, momentum, overcoming of obstacles, the progress made when we accomplish the first three runic lessons and are rightly ordered with the Powers, and the power by which we may find our way through any obstacles in the way of that. *Kenaz* is the torch, the hearth fire, the offering fire, a candle on a shrine, the light of knowledge, piety, and devotion. It is that which we have been given to tend, to keep fed and bright and warm (our devotion, our traditions). *Gebo* is the process of exchange between us and the Holy powers, the law by which we are called to live our lives, the pious sensibility underlying every positively ordered engagement with the Powers, and with each other. *Wunjo* is the fulfillment of *fehu*, pleasure and ecstatic awareness of the powers, perfection and glory, joy and transformative power. It is the sum total of the other seven runes in this aett. One cannot access the fullness of *wunjo*, without first accessing and understanding these preceding runes. *Wunjo* is also the mead of inspiration, of frenzy, of magic, of inspiration on every possible level. How will you drink of it, how will it shape itself to your mind and talents? It will enliven you for the work to come with the next aett, which takes us down immediately into the place of the dead. This is the foundational work one must do in order to access the Mysteries, in order to be of use to our Gods, in order to become functionally realized human beings. It is ongoing work, and the runes can reflect that, though they are also so much more (5). I would also stress that this is only one way of lightly tapping into their insights.

I'll wrap this up for now. As all rune work begins with Odin, so too should it end with praises to this God Who had the will to win them.

Hail to the God of the gallows, Terrible and unrelenting.

Hail to the Wyrd-riven Wonder-worker, Who leaves ecstasy in His wake.

Hail to the Bale-eyed Beguiler, with His whispered charms and savage conjurings.

Hail to the Lord of Asgard, Architect of the Worlds Who breathed us into Being,

Eternally let us praise Him.

Notes:

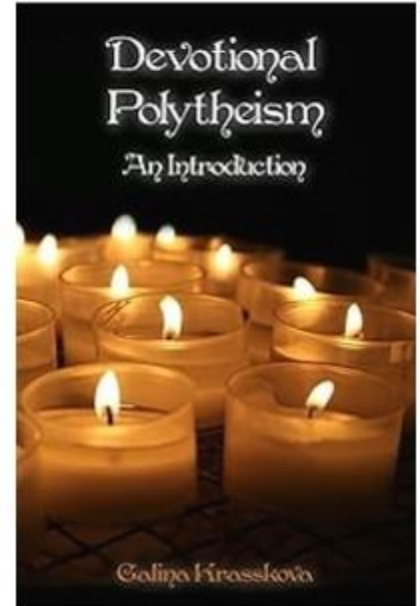
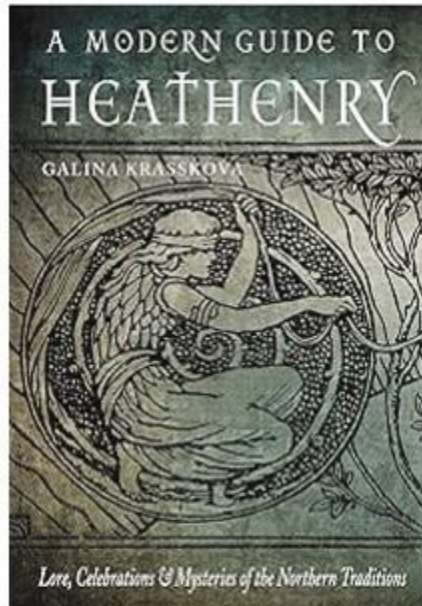
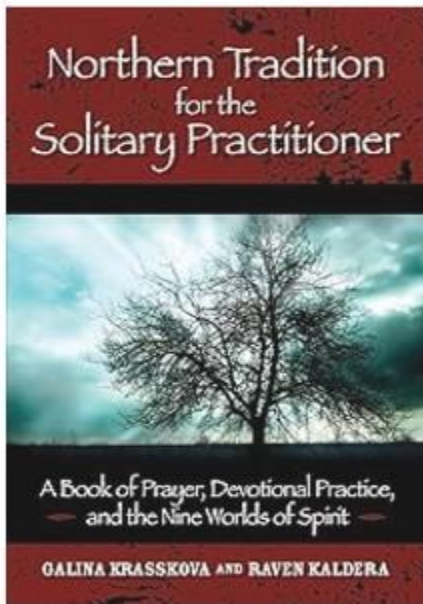
- 1. These are the nominative and genitive singular forms respectively.**
- 2. It goes without saying that the runes are a specialty, as well as being a Mystery all their own, and not only does one not have to work with the runes to be a good Heathen, but those who don't already have their spiritual houses, i.e. their devotional world, in some semblance of order, should not work with them. They are tools of magic and divination and it becomes very complicated, very quickly.**
- 3. Really, if you don't have the most basic devotional space set up and active in your home, you're not ready to work with the runes no matter how far along you think you are.**
- 4. This word just refers to a set of eight. There are three sets of eight that make up the elder futhark.**
- 5. They are sentient, amoral, non-human spirits. They have their own agendas and are allied to the All-Father Who also has His agenda. It's healthy to never forget that.**

About Galina Krasskova: Galina Krasskova has been a priest of Odin and Loki since the early nineties. Originally ordained in the Fellowship of Isis in 1995, Ms. Krasskova also attended the oldest interfaith seminary in the U.S.- the New Seminary where she was ordained in 2000 and where she later worked as Dean of Second Year Students for the Academic year of 2011-2012. Beyond this, she took vows as a Heathen gythia in 1996 and again in 2004. She is the head of Comitatus pilae cruentae and a member of the Starry Bull tradition.

Ms. Krasskova holds diplomas from The New Seminary (2000), a B.A. in Cultural Studies with a concentration in Religious Studies from Empire State College (2007), and an M.A. in Religious Studies from New York University (2009). She has completed extensive graduate coursework in Classics (2010-2016), received a Masters in Medieval Studies at Fordham University (2019) and is currently pursuing a PhD in theology. from Fordham University. As part of her academic career Ms. Krasskova has written a number of academic articles, and also presented at various academic conferences including Harvard University, Claremont University, Fordham University, Ohio State University, Villanova University, Western Michigan University, and the City University of New York.

Galina's website: <https://krasskova.wordpress.com/>

Galina's Books



Find all her books on Amazon: https://www.amazon.com/stores/Galina-Krasskova/author/B001JP4KUQ?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

Interview with Galina



<https://www.youtube.com/watch?v=m4QweXeuBUo>

The Enigma Of The Anunnaki Starseeds: Earthbound Aliens

On A Mission? By Judy Lynn



The name Anunnaki is derived from An, the Sumerian god of the sky, meaning "princely offspring" or "offspring of An". The Anunnaki were believed to be the offspring of An and his consort, the earth goddess Ki. The concept of Anunnaki Starseeds blends ancient Mesopotamian mythology, which depicts the Anunnaki as powerful beings associated with creation, rulership, and knowledge, with the New Age idea of starseeds - souls originating from other planets. While not mainstream, it holds a particular fascination for some.

Origins and Arrival:

The timeframe for the Anunnaki's arrival on Earth varies. Some proponents link it to Sumerian texts referencing Nibiru, a supposed wandering planet with visitations every few thousand years, while others propose a one-time event in our distant past. Mesopotamian texts depict the Anunnaki as powerful deities who descended from the heavens. Anunnaki Starseed theory often identifies these deities with extraterrestrials who visited Earth.

Traits:

Physically, Anunnaki Starseeds may possess heightened senses, unusual markings, or a predisposition towards certain body types. Emotionally, they are described as feeling a sense of detachment or longing for a forgotten home world, often exhibiting natural leadership, a thirst for knowledge, or a rebellious streak against societal norms. Some believe they have a fascination with flying and tingles where wings would be.

Anunnaki starseeds are seen as bridges between humanity and the cosmos, possessing a deep connection to celestial phenomena and a yearning for the unknown. They may exhibit a natural aptitude for esoteric knowledge, a heightened intuition, and a persistent feeling of being 'out of place' on Earth. This sense of detachment can fuel a strong pull towards activism or humanitarian pursuits.

Mission Earth:

The reasons behind the Anunnaki Starseeds' presence on Earth are diverse. Some believe they came to help humanity develop civilization, influencing advancements in agriculture, technology, or social structures. Others propose a more manipulative motive, portraying them as extractors of resources or rulers who kept humanity subservient. There are also theories suggesting they are here to guide humanity's spiritual evolution or rectify past mistakes

A Note on Evidence:

It's important to acknowledge the lack of scientific evidence for the Anunnaki Starseeds' existence. The connection between the Mesopotamian deities and extraterrestrials is based on interpretations of ancient myths, not on archaeological or historical findings. The physical and emotional traits ascribed to them are subjective and could be attributed to a variety of factors.

The Anunnaki Starseed theory, while captivating, falls under the realm of belief rather than established fact. However, it does tap into a human desire for connection to something greater and a yearning to understand our origins.

The Future of the Anunnaki Starseeds

As long as humanity looks to the stars and ponders its origins, the idea of starseeds, including the Anunnaki Starseeds, will likely persist. Whether it's a literal interpretation or a metaphorical exploration, the concept allows individuals to connect with a sense of purpose and a deeper understanding of themselves. The Anunnaki Starseed concept is a fascinating belief system, but it lacks scientific evidence. It's important to distinguish between mythology and the real world.

Whether viewed as a literal belief or a potent metaphor, the Anunnaki starseed concept invites us to contemplate our place in the universe. It encourages us to seek knowledge, embrace our yearning for something beyond the ordinary, and strive to elevate ourselves and the world around us. In this sense, the whispers from Nibiru, real or imagined, serve as a potent reminder of the potential for transformation and the ever-present allure of the unknown.

As Carl Sagan once said, "Somewhere, something incredible is waiting to be known." Perhaps the Anunnaki starseeds represent that very "something," a testament to the enduring human fascination with the unknown.

About Judy Lynn: Judy Lynn is an internationally renowned psychic medium and teacher with a profound ability to connect individuals with their loved ones in the spirit world. With a career spanning decades, she has honed her craft through extensive training in Lily Dale, NY, and under the guidance of esteemed teachers worldwide. As a founding member and accredited psychic medium at the Institute for Spiritual Development in Oneonta, NY, Judy is dedicated to sharing her knowledge and compassion with others.

Experience the power of connection through Judy's insightful and evidential readings. Whether you seek guidance on love, career, or life's purpose, or long to reconnect with departed loved ones, Judy's compassionate approach offers solace and clarity. Choose from in-person sessions at her Earlville, NY office, convenient phone or Zoom consultations, or create an unforgettable experience with a psychic home party.

Beyond her private practice, Judy is a certified healer and teacher, sharing her wisdom through the Spirit Compass Academy. Explore a world of spiritual growth and development with online classes designed to empower your journey.

Judy has been delving into the fascinating world of Starseeds and is excited to share her discoveries with you. Get ready to embark on a journey through the diverse universe of Starseed archetypes as she introduces them to you over the coming months.

Judy's website: <https://www.judylynn.org/>

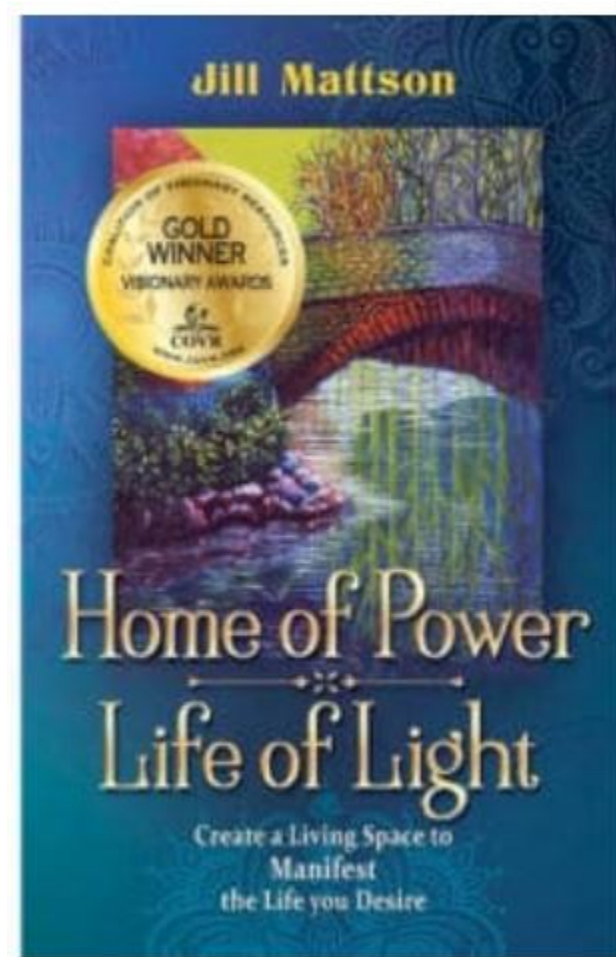
Facebook: <https://www.facebook.com/judylynnpsychicmedium>

Interview with Judy



<https://www.youtube.com/watch?v=rcCyz2HJYhs>

Music Of Power By Jill Mattson



The priorities of the Roman civilization were not the same as the Greeks. Definitely NOT! The Romans were practical people. They were farmers and warriors - not lovers of art as the Greeks were. Their first temples were to Mars, the War God. Music was never a part of education for the young.

They had a desire for colossal effects as we see in the Roman games. Seneca says that in Nero's time the chorus was larger than the spectators. At the games there were also flanks of trumpeters and flutists, much like today's sports games with the band sitting on the bleachers.

One can understand the role of music in the Roman society by observing the Roman victory parades for warriors. Trumpeters and singers chanted triumphal songs. Members of the Senate and Magistrates followed. Animals (usually oxen) for sacrifice, with garlands in their horns and accompanying priests, plodded behind. The musicians and flute players followed this group to assist with the sacrifice.

Wagons with spoils from the captives were included. Tribute from foreign countries followed next. The captives' kings, leaders and their wives were chained and followed, awaiting their death. Musicians dressed as satyrs, crowned in gold, danced and added cruel jesting. Mimics, men dressed as women, made fun of the captors with gestures and insults.

People in the parade spread perfume on the crowd. Four white horses or sometimes elephants pulled a flamboyant chariot carrying the general. He dressed in purple, wore a garland on his head and his face was painted orange. His friends and family followed, dressed in white. A slave, carrying a richly gemmed crown, followed the general; it was his duty to admonish the general by whispering in his ear that he was only a man.

The entire army wearing laurels followed this and sporting captured booty. The army sang and praised the general; sometimes they sang coarse and vulgar jokes aimed at their general. Buildings along the route were decorated. Banquets awaited the spectators. When they arrived at the Temple of Jupiter, the captives and oxen were killed, entertaining of the crowd. After the parade musicians escorted the general home, still singing his praises.

Rome was cruel even in her rejoicing. This coarse use of music included loud trumpets, a vile musical pantomime encouraging the crowd to jeer at captors before their death, sacrificial music for the killing of animals and opposing warriors. The rude songs of the army illustrated how music was used to glorify victory, power and brutality.

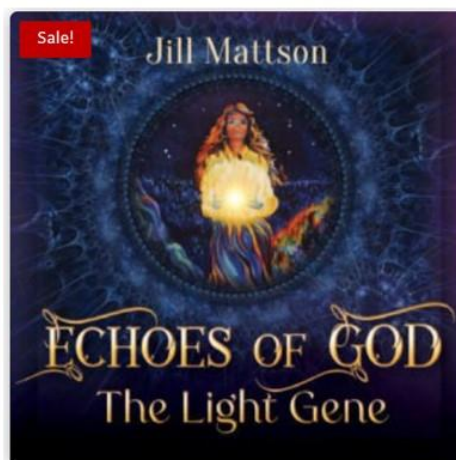
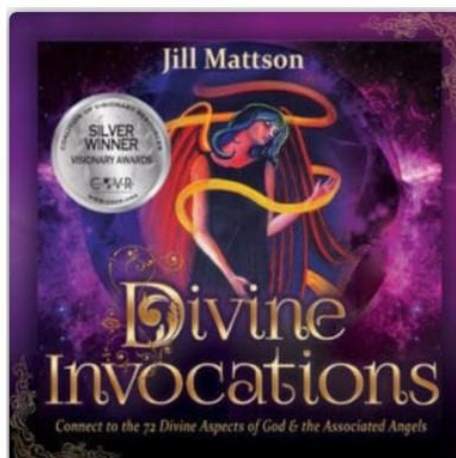
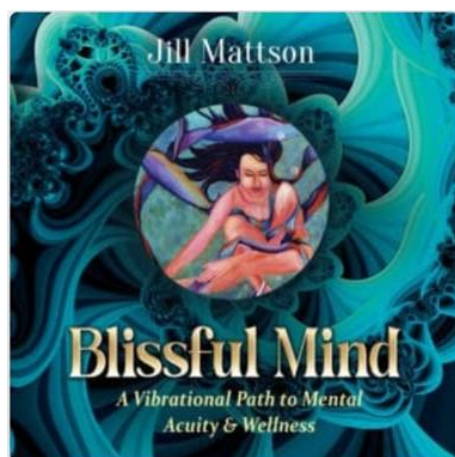
The primary use of music in Rome was to instill courage and fortitude in battle. Brass instruments such as the tuba, buccina and some double pipes were among their battle instruments.

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/>

Jill's Music



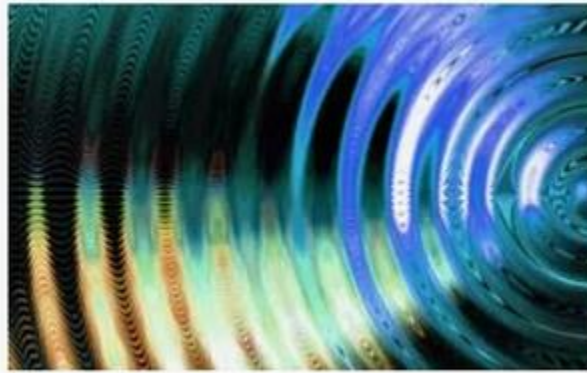
Learn about how sound can help you heal and more. Check out her page for her CDs. Go to <https://www.jillswingsoflight.com/product-category/books-cds/music/>

Interview With Jill



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

What Can Sound Healing Do For You?



Take a break, listen to the video, relax and allow the music to take you into a relaxing state.

And although sound healing has grown in popularity in recent years, it is a healing modality that dates way back. From vocal chanting to instruments such as Tibetan singing bowls, shamanic drums, and more, you will find some form of sound healing in every culture on Earth. According to historical records sound healing can be traced back 40,000 years to when indigenous Australians used ancient didgeridoos for healing. Did you know that there is healing sound chambers in the Egyptian pyramids?

4 benefits of sound healing

1. It's super-relaxing

Deep relaxation is one of the most significant and universal benefits of sound therapy. "The sounds permeate our system returning it back into harmony. So if you take nothing else away from a sound healing session, relaxation on its own is worth it. With our busy schedules and so much going on in the world, we can all use some chill vibes.

2. It helps clear energetic blockages

Some people experience deep healing during sound therapy as the sound vibrations open, clear, and balance their chakras and release stuck energy. It can be described as an "energetic deep tissue massage" that leaves you feeling balanced and replenished.

3. It boosts your health

That's right—it's not completely woo-woo. Research has already demonstrated that sound healing can be incredibly beneficial in many aspects of the physical body and beyond.

Benefits can include improved sleep, reduction of chronic pain and blood pressure, lowered cholesterol, and a decreased risk of heart disease.

4. It supports mental, emotional, and spiritual well-being

It also heals on the mental and emotional levels. Sound healing helps reduce stress, anxiety, and depression. It balances and clears the mind, and leads to a renewed sense of purpose, well-being, calm, and happiness.

There's all kinds of sound healing on the internet and loads of people who offer sound healing or sound baths where you live. Try it, you'll love it.

Take some me time and listen to the video.

Video



<https://www.youtube.com/watch?v=FukS4sOLyT4>

Most Benevolent Outcomes Or 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 DRIVE TO WORK

Luis writes: Ever since you shared with us the phrase "I wish the most benevolent outcome," I've been saying it every morning before I leave for work: "I wish the most benevolent outcome for my drive to work this morning. So, help me, God." I've almost always arrived on time, and sometimes even several minutes earlier than anticipated.

MBO TO FIND LOST WALLET

Sherry writes: I lost my wallet recently. I said MBOs a couple of times and found it in a very odd place not long after, but I found it!

MBO FOR PROTECTION OF THEIR HOUSE

Leslie writes: I requested an MBO for hurricane Milton. We had a very large tree that hung over our roof for years. I said an MBO to protect our house and everyone in it. The next morning we went out to survey the damage and a long with some flooding the tree had fallen across the driveway. There is no way that tree should not have fallen on the roof. It had actually twisted in such a way that it fell across the

driveway. Even the tree people that cleared it don't know how that happened! I use MBOs every day.

MBOs FOR WORK

Aletheia writes: Hi Tom, I always say MBOs before work and recently I have been including an MBO to cover any situation I should have said an MBO for and would have if I had known I needed it. I phrase it something like this: "I'm requesting an MBO for all the things I should have said an MBO for and would have if I had known it was needed. Thank You!" Seems to cover all the unknown situations that might happen that day leading to a very enjoyable work day.

MBO TO FIND LOST WEDDING RING

Barbara writes: My husband and I have been married for sixty years, and about three years ago he lost his wedding band. I bought him a new one, two weeks ago he told me he lost his ring. I asked him had he looked everywhere he had been. We live on seventeen acres and along with our dog Brandy he walks every day. I said a Most Benevolent Request that it would be found and forgot about it. A week ago he found it in the garage. I told him I had asked for a most benevolent request and he found it.

MBOs FOR 1200 MILE TRIP

Lee writes: Just returned from our 1200 mile trip. MBOs said beforehand for good weather, easy traffic, safe rest stops, nice hotel for overnight in a good location. All boxes checked! Cannot say thank you enough for what MBOs and you have done to make life so much easier! Thank you Tom!

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. 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

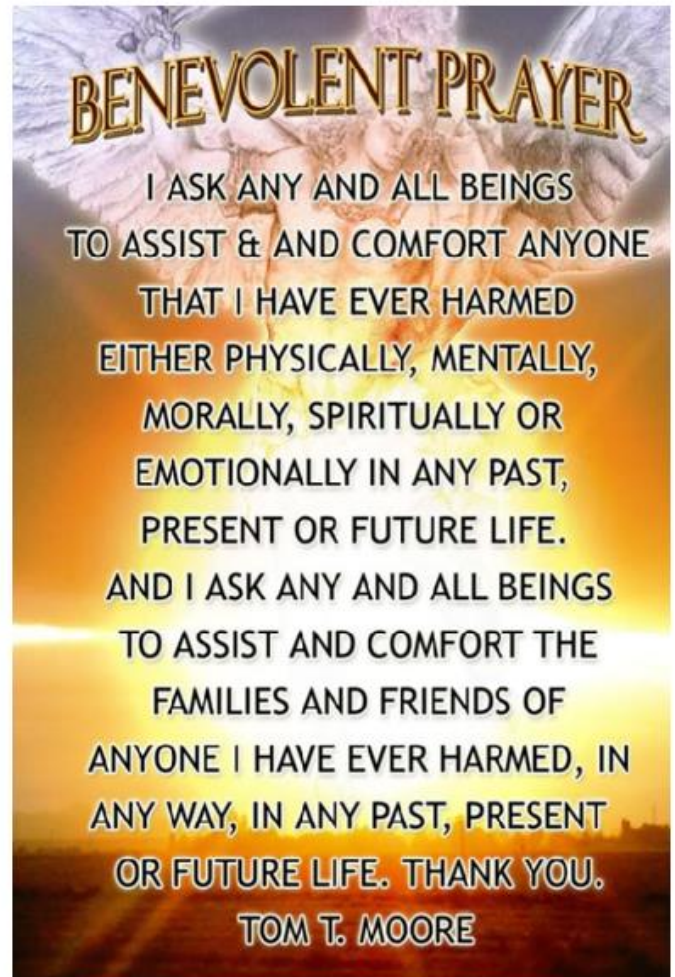
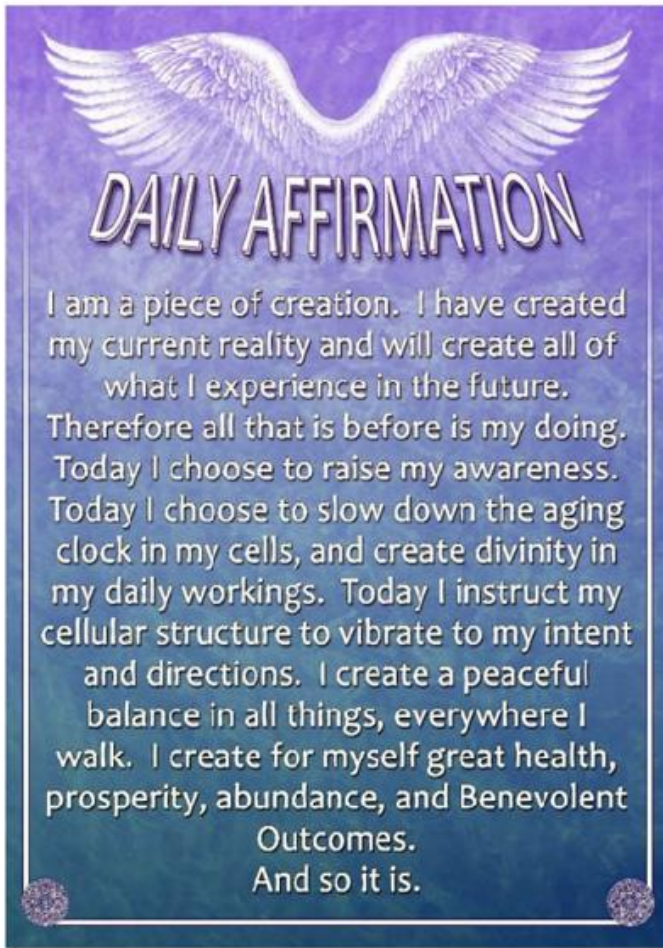


Link: <https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s>

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.thegentlewaybook.com/PDF/1.pdf>

Find other signs on Tom's website

Walking The Spiritual Path: Simple Steps To

Enlightenment By Rev. Colleen Irwin



Spirituality can often seem like a complex and daunting journey, especially if you're just starting out. The idea of enlightenment might feel distant, reserved for sages and mystics. But the truth is, spirituality is accessible to everyone, and the path to enlightenment is often simpler than it seems. This article will guide you through practical steps that can help you begin or deepen your spiritual journey, making it a part of your everyday life.

Starting with Small Commitments:

The first step on any spiritual journey is commitment. But this doesn't mean diving into hours of meditation or attending every spiritual workshop you can find. Instead, start small. Make a simple commitment to incorporate spiritual practices into your daily routine. This could be as straightforward as reading a spiritual book, setting aside a few minutes each day for quiet reflection, or subscribing to a blog that inspires you. The key is consistency. By making spirituality a regular part of your life, you build a foundation that supports your growth and opens the door to deeper exploration.

Cultivating Curiosity:

Curiosity is one of the most powerful tools on your spiritual journey. It encourages you to ask questions, explore new ideas, and seek answers that resonate with your inner truth. As you begin your journey, allow yourself to be curious about everything—why you believe what you do, what other spiritual paths offer, and how different practices make you feel. This open-minded exploration will lead you to a richer understanding of yourself and the world around you. Remember, spirituality is not about finding the right answers but about asking the right questions.

Practicing Mindfulness and Meditation:

Mindfulness and meditation are essential practices for anyone on a spiritual path. These practices help you stay present, connect with your inner self, and cultivate a sense of peace amidst life's challenges. Start with just a few minutes each day. Find a quiet place, close your eyes, and focus on your breath. If meditation feels daunting, try mindfulness—simply pay attention to the present moment, whether you're

walking, eating, or sitting quietly. Over time, these practices will become a natural part of your routine, grounding you and helping you navigate your spiritual journey with clarity and calm.

Building a Supportive Community:

While spirituality is deeply personal, having a supportive community can make your journey more enriching. Surround yourself with like-minded individuals who share your interest in spirituality. This doesn't mean you need to join a formal group; it could be as simple as having a friend to discuss spiritual topics with or participating in an online community. Sharing your experiences and learning from others creates a sense of belonging and provides encouragement and guidance as you explore new spiritual practices.

Staying Open to Guidance:

As you walk your spiritual path, be open to the guidance that comes your way. This might manifest as signs from the universe, intuitive nudges, or synchronicities that lead you in a certain direction. Trust these moments and follow where they take you. Often, they are the universe's way of guiding you toward the lessons you need to learn or the experiences that will help you grow. By staying open and receptive, you allow your spiritual journey to unfold naturally, leading you to enlightenment in its own time.

Walking the spiritual path doesn't have to be complicated. By starting with small commitments, cultivating curiosity, practicing mindfulness, building a supportive community, and staying open to guidance, you can make significant progress on your journey to enlightenment. Spirituality is not about perfection or grand gestures; it's about taking simple, consistent steps that bring you closer to your true self. Embrace the journey with patience and an open heart, and you'll find that enlightenment is not as distant as it seems. It's a path that unfolds with each step you take, bringing you closer to the peace and fulfillment you seek.

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>

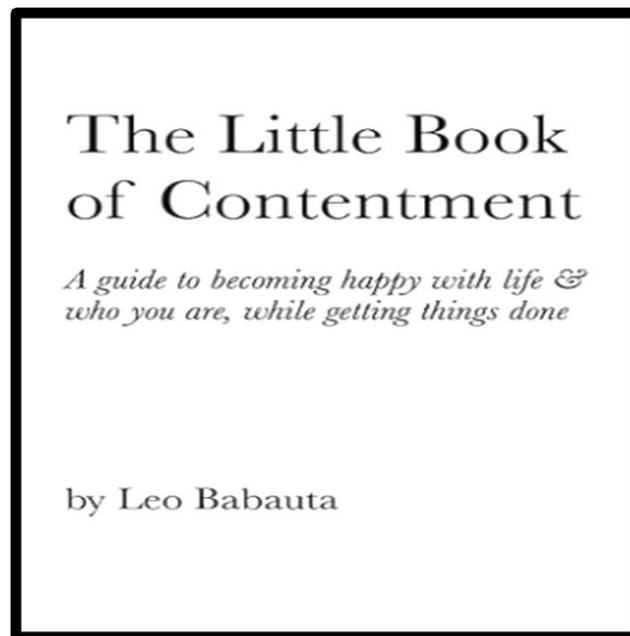
Pinterest: <https://www.pinterest.com/talkwithcolleen/>

Interview with Colleen



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

A Month of Reflection By Leo Babauta



We're entering the last month of the year, and for many of us, it's a darker and quieter season.

It's the perfect time for reflection.

I like to use December to deepen into reflection, and in my Fearless Living Academy, we do a yearly ritual that I call "Sacred Bow" (as in "bow in reverence to your past year"). In this ritual, we:

Spend some time reflecting on what we accomplished, went through, and learned for the past year
Get clear on what goals and projects we fell short on, and what we can learn from that
Envision our coming year, with goals and intentions
Create structure to make those intentions a reality

I invite you to join us in Fearless Living Academy and be a part of this Sacred Bow process!

In this article, I'll share some additional ways I like to deepen into reflection in December ...

Reflect on Life & Meaning

Life rushes by so fast. Day by day, it feels like a rushing river and I barely have time to notice the water passing by before it's gone.

Taking some time in quiet and stillness means that I can slow down and reflect on life. On my life, on human life. On what it means, or what I want it to mean.

What have I learned in recent years that adds to the meaning of life for me?

What I've been finding here lately is a sense of sacredness and depth to each moment that I often don't notice, because I'm so focused on getting stuff done or dealing with the situation in front of me or letting

myself be distracted. When I slow down into stillness, that depth and sacredness becomes more accessible to me.

Reflect on My Practice & Growth

I find the end of the year an important time to reflect on what I've been practicing with in my life. Have I been deepening into mindfulness, practicing with uncertainty and fear, learning to become more aware of my patterns as they show up?

This is an ongoing journey of growth, and it's immensely important that I take time to reflect on it on a regular basis.

What have you been practicing lately? What are you learning from that practice? What growth have you been noticing?

Reflect on Darkness, Stillness & Death

December is a beautiful month to slow down and reflect on three things:

Darkness: Where I live now (northern California), December is the darkest month of the year. I found that depressing when we moved here from Guam, and that continued for years after we moved ... until recent years, when I decided to start to examine my relationship to darkness. It's a profound reflection for me, and I am starting to open to the beauty and wonder of darkness, both outside of me and within.

Stillness: It's also a month when things feel frozen and still, and I'm learning to embrace that as well. I'm someone who likes to move quickly, but there's so much wisdom in stillness. I have to practice against my default tendency. Sitting outside in stillness, and noticing what shows up in that stillness, is a practice I resist and love.

Death: As a society, we tend to fear death. That's understandable. But winter is a death that opens space for new life, and I embrace it as an affirmation of life. I reflect on the loved ones I've lost, and how much they still mean to me. I reflect on my own death, and find some degree of acceptance of that. Do any of these topics resonate with you?

I encourage you to carve out some time for reflection as the year comes to a close.

And once again, if you'd like to be a part of the Sacred Bow ritual, I invite you to join us in Fearless Living Academy!

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/B002BO7RLI/about>

Leo's Video



<https://www.youtube.com/watch?v=kMn89PLbZL4&t=3s>

The Road To Forgiveness By Ellie Blair



I lost my mother when I was 10 years old. No she didn't pass away or run away leaving me behind. She fell into the arms of alcoholism. My beautiful loving caring mother lost herself thinking she had found a friend, something that could help her to forget the pain she was suffering and help her deal with the guilt she was carrying. She had an inability to face problems without the help of the thing that she felt made the same problems go away. I came to hate her-a word I never use in my vocabulary for the sheer nature of its ugliness and negativity. At ten years old, I had no other way to describe how seeing my mother incapacitated seemingly having a great time affected me. I became engulfed in guilt myself, shame, loneliness, confusion, lying about her and covering up for her became the norm. Back then there was no counseling, talking therapy, support, or recognition that she was ill. What I saw was my source of love, security, laughter, nurturing, comfort, and safety disappearing into a place that I didn't know, a place where she wasn't able to recognise me as her child. As her eldest, she became dependent on me to hold things together. You can only imagine what that looked and felt like to a ten year old girl. I resented her, I loathed her, I loved her with all of my heart and wanted her back.

At the age of 16, I allowed myself to walk away. To leave a place that caused me so much pain. I know that my Mother would cry often and ask people where I was. I was too deeply embedded in the negativity of it all to even consider that she did actually love and miss me. The last time I saw her alive was two years later. She was in an alcohol unit in a small hospital and obviously quite ill at this stage and close to dying. I recall her looking at me and calling me someone else's name-my Mother didn't recognise me. In the depth of the sadness that I was already feeling before I saw her, I walked away and never went back. I didn't go to her funeral. I now realise that I was also too far gone in my own ideas, perceptions, disappointments, and frustrations to grieve for the Mother I had already lost before she passed.

I completely agree with the concept that time heals. It truly does. I bring this forward to a couple of extraordinary situations I found myself in that were the beginnings of my new relationship with my Mother-yes she was long gone but my faith was restored. I was (and still am) very much on my path of Spirituality and Learning. I was reading a plethora of different literature about self-growth/empowerment/walking the path/opening my heart. I was particularly interested at this time in Goddess related literature and philosophy. A powerful and beautiful way to look at ourselves as women through the eyes of these fascinating symbols of strength. I was book shopping one day and came across something that jumped out at me. A title that caught my eye-Goddesses For Every Season. A book I can work with on a daily basis to further my learning and growth. Upon picking it up, I froze on the spot as the name of the Author is Nancy Blair !!!!! Yes, Nancy Blair was my mother's name. The author is an American woman, a well-respected writer and artist-absolutely no connection to my Mother. Something

shifted in me. There were no words to describe how I felt. I read this as being my Mother's way of telling me she loved me and that she was around me. I felt as though a heavy weight had been lifted from my shoulders. I was in a much better position myself having worked on my past and allowing myself to let it go. Working in mental health at that time allowed me the opportunity to better understand addictions and the importance of respecting my own mental health and that of others. I didn't care if people thought I was a bit crazy, maybe reading too much into this. It didn't matter. I knew in my own heart that I was being given an opportunity to finally release anything negative that still remained in my psyche associated with my Mother. Life looked and felt different. I found that having compassion is actually a healthy way forward in this precious life that we have.

One year later, all is well in my world. I continue to have nothing but admiration for the woman who brought me into this world. I decided to travel to Australia to stay with friends in Sydney. I do silent meditation in the Blue Mountains. I know my life is blessed. I have always had an interest in Aboriginal Dreamtime Art. I was advised to visit the Aboriginal History Museum and shop in Sydney before I left to return home to London. I did. I was very drawn to a beautiful small Aboriginal Art painting for sale, picked it up and turned it over to see the name of the Artist. The name Nancy Campbell was before me. Yes, Campbell was my Mother's maiden name. The art was done by a woman from the Anmatyerre Tribe in the Northern Territory. Skeptics/Cynics would find reasoning for dismissing these events, I felt no need to question what had happened. I was reassured that indeed my Mother loved me and that forgiveness is the beginning and not the end.

Since my childhood I have believed that our soul carries on eternally after physical death and these experiences do nothing but strengthen my feelings about the subject of life after death. Forgiveness is a very difficult subject to bring to the table. Everybody who has felt the need to say "I will never forgive" for bad things that have happened to them has a right to do so. Being released from these emotions through having an open heart and if necessary, finding appropriate help is the pathway to living life in peace, to being free of pain, and to being happy. Forgiveness can come in many forms, everybody has their own story to tell about their experiences relating to this subject. Forgiveness does not change the past, but it can change the future if we allow ourselves to feel the positive shift that forgiving can create.

About Ellie Blair: Ellie Blair has been walking the path of spirituality for over 35 years both in her personal and working life. She is a Reiki Healer, Massage Therapist, Writer, Life Coach, and Published Author. She studied Social Psychology before entering the world of Alternative Medicine/Holistic Healing and Wellbeing. This opened the doors to what she regards as her "Life's Journey". She lived in Taos, New Mexico for 12 years where part of that life changing time was spent working at the World Heritage Native American Taos Pueblo with the Red Willow Tribal People. She aspires to use her healing gifts and writing skills at every opportunity for the Spiritual Growth and Wellbeing of others. She continues on her path of learning and personal growth, working always from a place of gratitude and integrity.

Ellie's Facebook: <https://www.facebook.com/ellie.blair.94/>

Are Empaths On The Autistic Spectrum? Empathizing

With Our Differences By Dr. Judith Orloff



I often get asked the question “Are empaths on the autistic spectrum” because of their similar tendencies to experience sensory overload from noise, light, smells, sounds, certain kinds of touch, and crowds. They also both need quiet alone time perhaps more than other people. In my clinical practice, I have found that while some empaths have autism, those on the spectrum aren’t typically empaths. People with autism often have developmental and cognitive challenges that empaths who are not on the spectrum don’t face. Plus the spectrum includes many variations including the genius traits often associated with what was previously known as Asperger’s Syndrome (but now labeled as ASD). There are various gifts and challenges for both empaths and for those on the autistic spectrum.

While researching for my book [The Genius of Empathy](#) I had the honor of speaking with Dr. Temple Grandin, a professor of animal science at Colorado State University, who openly shared her own experiences being on the autism spectrum (ASD). She told me that when she witnesses animals or people getting hurt her empathy immediately clicks into action to help someone. She sees her emotions as more of a passing thunderstorm, and focuses on living in the present. This can be an advantage to stay emotionally centered in charged situations. In the past, it was believed that those on the spectrum may lack empathy. Dr. Grandin brought up an important point when she said that those on the spectrum do have empathy but may express it much differently. It will be interesting to find out what future scientific research discovers about the relationship between empathy and ASD.

Empathizing with Our Differences

Perceived or real differences can present obstacles to empathy. Studies have shown that it may be harder to empathize with experiences that are different than our own. We also tend to take comfort in similarities since we generally know what to expect, rather than in areas where we may differ. However, just as it may be challenging for people who are not on the spectrum to understand those who are—it may be equally challenging for those on the spectrum to understand those who are not. To enhance your empathy be mindful of this conditioning so you can begin to open your heart to others whom you may not initially understand. You can also learn to have empathy for your own uniqueness, needs, and differences.

For instance, not everyone sees the world in the same way. There is a creative variety of cognitive styles such as autism spectrum disorder and attention deficit hyperactivity disorder (ADHD) Each style has its own pluses and challenges.

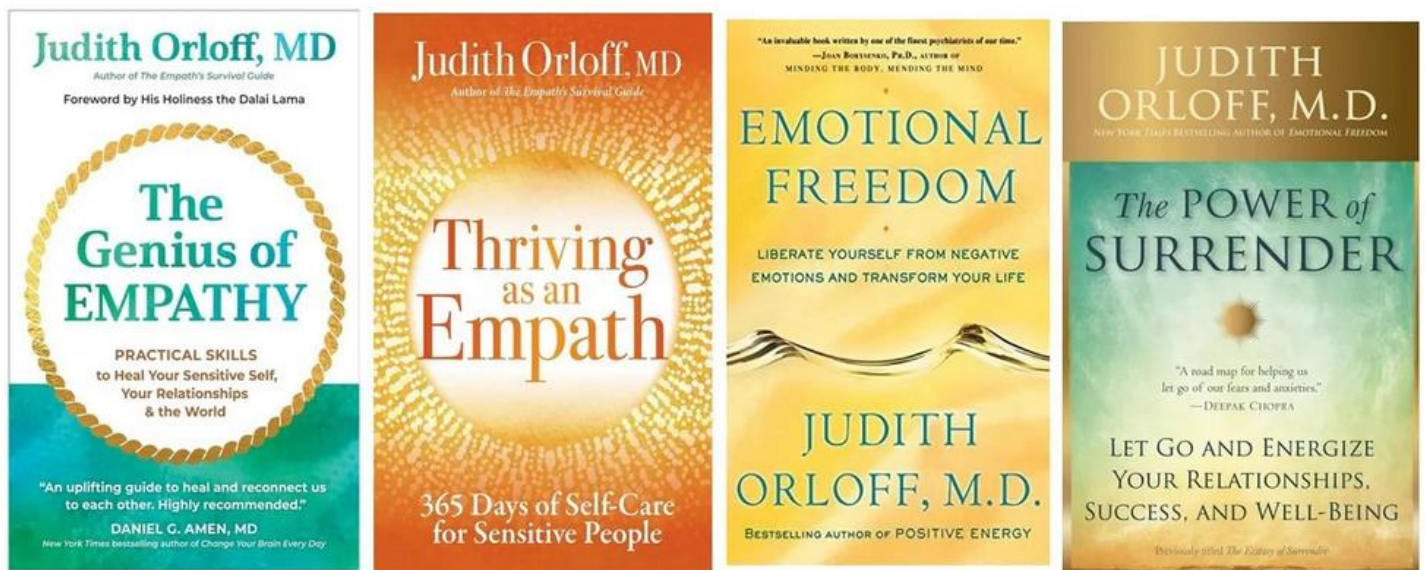
It's important to see loved ones, friends, and coworkers who have these differences with empathic eyes. It is equally important for them to see your differences (from them) with empathy as well. Do not judge others as inferior, though some cognitive styles can be more emotionally problematic than others. The goal is always to remove obstacles that keep our hearts closed or foster misunderstanding. You're learning about each other. It is an ongoing dance of connection, respect, tolerance, and love

Surely, we all need as much empathy as possible in our lives. Empathy is a basic life-affirming quality to nurture. I hope you can prioritize it and your own healing. When you encounter obstacles to empathy, pause and be gentle and patient with yourself. Don't force anything. Always show yourself loving kindness. Love just keeps growing when you hold it close and care for it well.

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 Orloff 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

Dr. Judith's Video



<https://www.youtube.com/watch?v=AwEpN897U2I>

Change By Monique Lang



**Nature doesn't resist change.
The inevitable transition from one state of being to another.
There is even a gloriousness to the change.**

**How do you relate to change?
Do you welcome it? or fight it?
Does it excite you or scare you?**

***Kindness is my religion. HH the Dalai Lama
Be kind to yourself and others.***

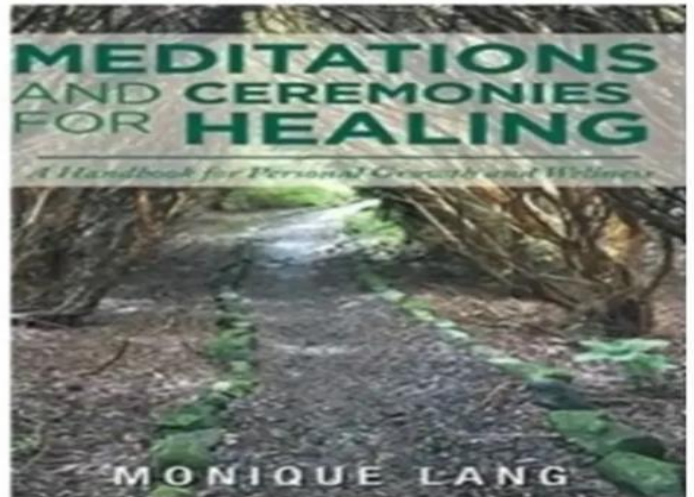
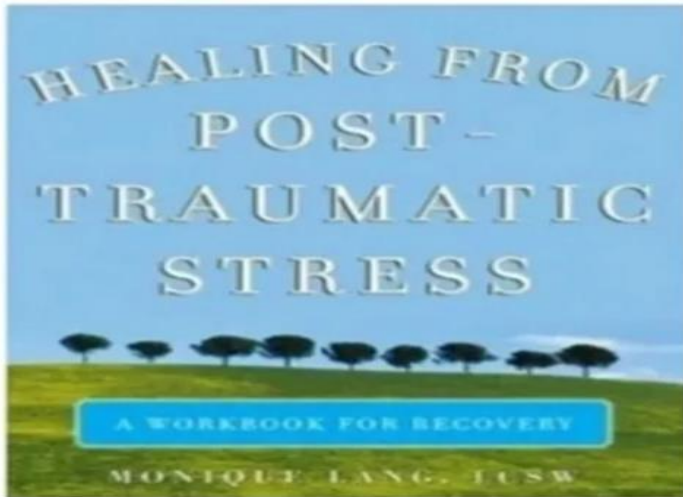
About Monique: Originally trained in psychoanalysis and Gestalt, I am certified in Internal Family Systems, Sensorimotor Psychotherapy, Comprehensive Resource Model and Past Life Regression. I am certified in both Reiki and Shamanic practices and ceremonies. In addition I have been a student of Meditation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

Monque's Books

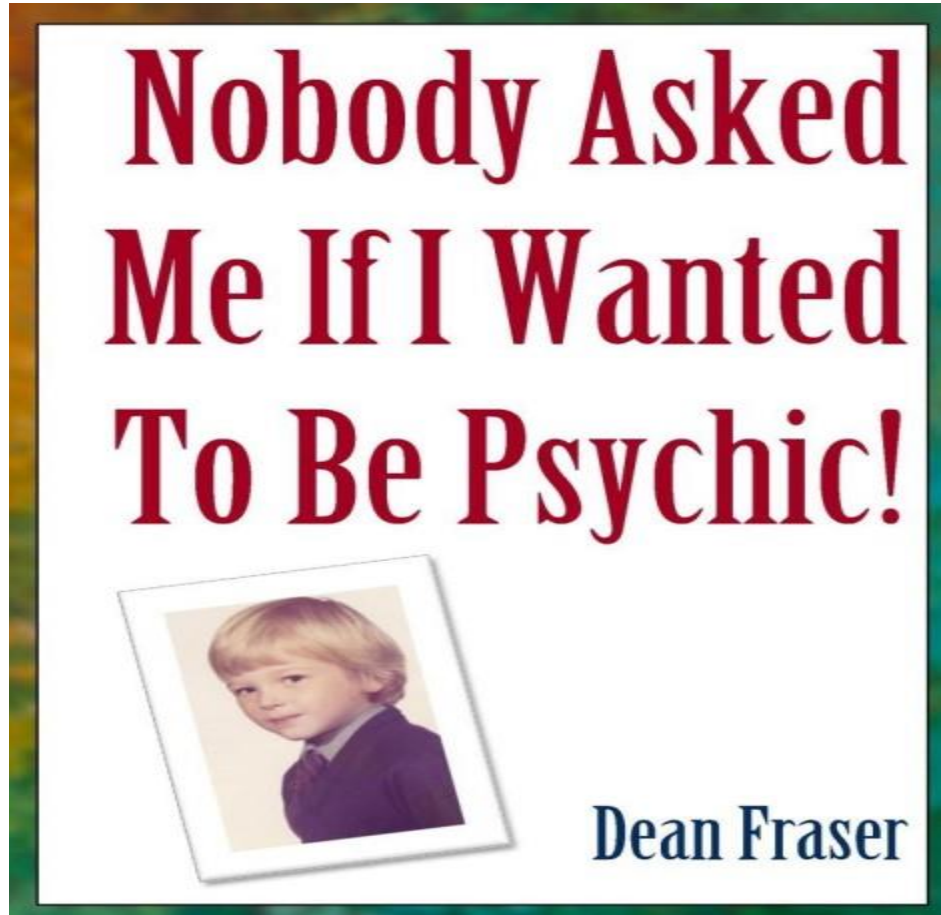


Find her books on Amazon at: https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp_27%3AMonique+Lang

Monique's Video



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



I never dreamt of being a paranormal investigator or psychic healer. When I was little and well-meaning adults would ask me what I wanted to be when I grew up I would reply that I was going to be an actor. I read about it for many hours every week. When reaching my teens it became too obvious I was something of a natural writer and performer. My dream of acting for a living got replaced with a love of writing and public speaking instead. These days I write for around thirty magazines each year and devote many days to sharing my story with others at live events.

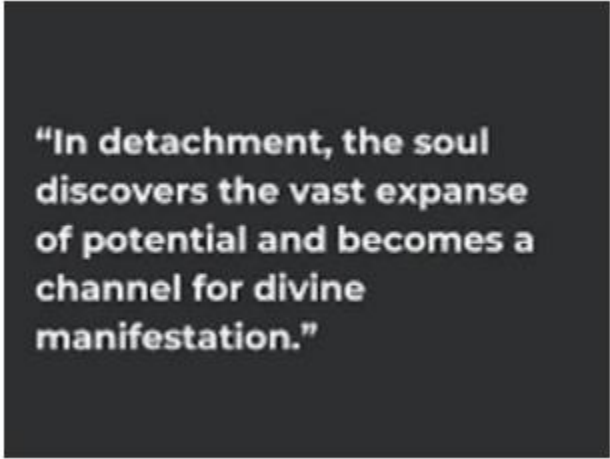
With inevitability investigating hauntings and offering psychic healing also became my reality. After all this has been practically a part of who I am since was a toddler. This book is your personal invite to enter alongside me into my world, where the weird and downright bizarre is commonplace. You may find that you never view your own safe world in quite the same way again!

Learn more about Dean at his website: <https://www.deanfrasercentral.com/>

Find Dean's Book at: https://www.amazon.com/stores/Dean-Fraser/author/B00MF8YSAS?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

We Can Learn To Tend To Our Inner Energies

By Christianne Asper-Contant



**"In detachment, the soul
discovers the vast expanse
of potential and becomes a
channel for divine
manifestation."**

Lessons on bringing to this world my true present self

When I reflect on the state of the world, I notice a stark contrast between the values and priorities of some people and others.

So much of a recurring theme in the challenges we face is this contrast, that all I can conclude is this: The universe is teaching us some hard lessons!

So, what do I need to learn?

The answer, as clear as my voice:

I must volunteer to be the kind of student who is willing to bring to this world the one gift I have to offer — My True Present Self.

This past Monday, the day before the election, and the first day leading a collective cleanse, meditation was particularly challenging.

As I sat, I felt the strong flame of my ravenous hunger demanded my attention. My thoughts tried to soothe the inner turmoil by pointing out that I'd eaten a warm, succulent, and completely satisfying meal the night before, but my feelings persisted.

**Then, to grace me, came the wise reminder that: 'I am not the feeling'.
So, I practiced observing the physical experience without judgment, as if from the outside.**

Underneath the skin of my serene-looking posture, was an "inquieta" (un-quite) child.

Discouraged I thought, “After all these years of meditation, this is where I end up?” Again, reasoning came to the rescue, reminding me that this was a heavily charged time. To add to the intensity, I was holding a container for a group of people who were also on the first day of their cleanse. Naturally, a heightened sensitivity was to be expected.

And just as I came to accept the distracted mind preventing my interior from experiencing the serenity exteriorly displayed, again I received wise guidance. The kind that allowed me to observe my mental chatter without judgment, as if from a distance.

Did this eradicate my hunger or agitation? No!

Yet, this student was paying enough attention to get what lesson needed practice: ‘I’m not the feeling I’m experiencing’.

A lesson that would carry me beyond the momentary reprieve from hunger and agitation. This practice of observing that my physical or mental experiences and I are not the same accompanied me more closely along the week. It provided me with a more solid ground to stand on when receiving the heartbreaking results of the election two days later, for example.

Knowing that my desires and other distractions will continue to tug at me, my aim is to appreciate, not ignore, this tool here available to help me become the kind of student who can bring to this world—My True Present Self.

How do you go about making more mindful choices that align with your true self?
Might observing your thoughts, emotions, and physical experiences without judgment, be of help?

Now, for those who are curious about how Ayurveda can take these understandings to the next level, please keep reading.....

In Ayurveda, our physical, mental, and emotional experiences are influenced by three fundamental energies or ‘Doshas’: Vata, Pitta, and Kapha. Each of us has a unique combination of these doshas, which determines our tendencies and characteristics. When our doshas go ‘out of sync,’ physical or emotional discomfort results. By recognizing and understanding our doshic tendencies, we can achieve the ultimate goal of Ayurveda — To restore balance within ourselves.

There is no better place to catch our Doshic tendencies than from a ‘free from judgment mode,’ however brief this moment of observing more objectively may be. And so, any challenge becomes an opening into which of these three fundamental energies needs to be tended to.

Now, revisiting the example I gave earlier—the roaring flame of “I’m famished” was informing me that the Pitta Dosha in me needed to be fine-tuned. So, after that meditation, I gave myself the specific task of calmly consuming the Kitcheri (nourishing meal, in this case with cooling spices) which I’d earlier prepared. Then my ‘Pitta gone wild’ happily settled.

Although less immediate, I knew that ‘Vata Dosha’ would also have to be tended to. After all, there was a reason why the “inquieta” (fidgety) child in me, had strongly signaled for my attention earlier.

So, when I was finally able to turn the office sign from “Open” to “Closed” off into the woods, I went. This time, I found a new path that took me down deep into the gorge of Seneca Park. There I stood and

chanted AOUM more deeply than ever before. And this is how I experienced both my ‘excess Vata’ and the sun going down together as one.

In other words, once I recognize that the feeling being experienced is a result of a particular Dosha gone wild (in this case two of them), I can more effectively and gracefully redirect these energies back to their optimal equilibrium, and equanimity.

Through the practice of Ayurveda, one that I’ve been a student of for twenty-five years now, I can more easily spot the compass inside here.

As dynamic as the balanced states of the three Doshas may be, it is here that I see my compass point in the direction of my ‘North Star.’ The generous angle from which I can more effortlessly serve as my true present self.

Volunteering to bring our true present selves to this world does call for courage and endurance. There is no doubt that sometimes I just don’t feel like putting in the effort.

But then I ask, what greater contribution can I make than to share my unique gifts? What could be more rewarding than this? For me, this is the only answer that comes.

May we all find balance amidst life’s challenges and continue to illuminate our paths toward personal and collective transformation.

If you have any questions or areas of curiosity specific to Ayurveda, please don’t hesitate to reach out. Thank you for joining me on this journey, and I hope that these reflections can serve as a springboard for your exploration.

About Christianne: Christianne is a Holistic Wellness Coach with over two decades of expertise in Ayurveda and Yoga. Her comprehensive approach to optimal health emphasizes the importance of harmony within oneself, especially when facing life’s challenges. Based in Rochester, NY, Christianne serves as the Yoga Director at The Assisi Institute and the driving force behind Well-being Compass.

Christianne’s unique approach empowers individuals to navigate life with lightness, grace, and resilience by addressing their overall well-being, including physical, emotional, mental, and spiritual aspects. Her credentials include being a Clinical Ayurveda Specialist since 2003, certified by The California College of Ayurveda. She has studied under renowned teachers like Dr. Vasant Lad and Dr. David Frawley (Pandit Vamadeva Shastri).

Additionally, Christianne is a certified Yoga Teacher with specializations in Ayurvedic Yoga Therapy, Yoga Nidra, Relax and Renew®, and Advanced Teacher Training. Before transitioning into the wisdom sciences, Ayurveda and Yoga, she spent over a decade as an ACE-certified Health Coach after completing a Psychology degree at CSULB

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

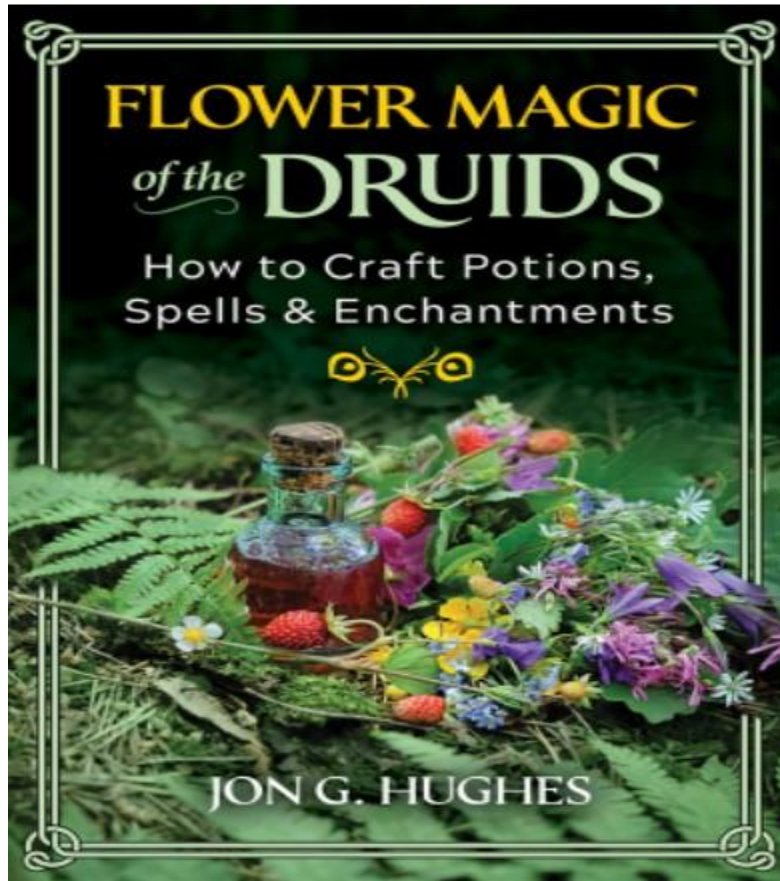
Contact Info: <https://linktr.ee/wellbeingcompass>

Christianne Asper-Contant's Video



<https://youtu.be/hZDx4eOTbCk>

ROC Metaphysical Book Review



A practical guide to using flowers in magical practice

As fifth-generation Druid Jon G. Hughes explains, flowers hold a preeminent position in Druidic folk magic. He discusses what type of flower is best for specific enchantments and rituals and provides detailed instruction on crafting and working with flower magic potions, including a comprehensive herbarium of all the flowers that may be used.

Provides detailed instruction on every stage of the harvesting, crafting, and practical use of flower magic potions, including a comprehensive herbarium of all the flowers that may be used

- **Discusses what type of flower and form of flower magic is best for specific enchantments and rituals in the areas of love and sex magic, healing and focusing, and protection**
- **Looks at the physical and spiritual gifts of bees and the importance of bee culture in Druidic flower magic**

Flowers are found in magic traditions around the world, from those in ancient Egypt, China, and India to the traditions of the Norse and Native Americans. Yet many of today's well-established flower traditions—like bridal bouquets—originated in the Druidic magical lore of Wales, Ireland, and Scotland. As fifth-generation Druid Jon G. Hughes explains, flowers hold a preeminent position in Druidic folk magic with their own special branch of magical workings. In this practical guide, Hughes details how to use flowers in magical practice, focusing on flowering plants with a long history of magical use going

back to Druidic times yet many of which are commonly found throughout the world, such as buttercup, blackberry, and dog rose. He discusses what type of flower and form of flower magic is best for specific enchantments and rituals in the areas of love and sex magic, well-being and good fortune, and protection. He looks at the magical use of fresh flowers and provides detailed instruction on every stage of the harvesting, crafting, and practical use of flower magic potions, including a comprehensive herbarium of all the flowers that may be used.

Examining the complex relationship between flowers and bees, the author looks at the physical and spiritual gifts of bees, such as honey, propolis, and beeswax, and the importance of bee culture in Druidic flower magic, including the tradition of the honeymoon, the significance of the hexagon, and medieval beekeeper lore. Inviting you into the gentle yet powerful realm of Druidic flower magic, the author also details how to plan, plant, and take care of your own magical flower garden with all the botanicals you will need to pursue the path of flower magic.

Find the book at: <https://www.innertraditions.com/books/flower-magic-of-the-druids>

Tarot Tendencies for December By Doreen Scanlan



As we bring this year to a close on the calendar, we are about to come to a spiritual crossroad.

You have been working hard to get through stressful situations in November but you aren't quite where you want to be yet. Don't take your armor off just yet. There is more work to be done. If you quit too soon you stand to be repeating the stress down the line.

Gather your thoughts and stand up for what is yours. The holidays that are coming are supposed to be joyous occasions though. Don't let anyone or anything steal your joy. Bring all your strength and courage as we close out this year and prepare for what is to come in 2025.

Looking forward to the next adventures we will share in the New Year!

Doreen

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.

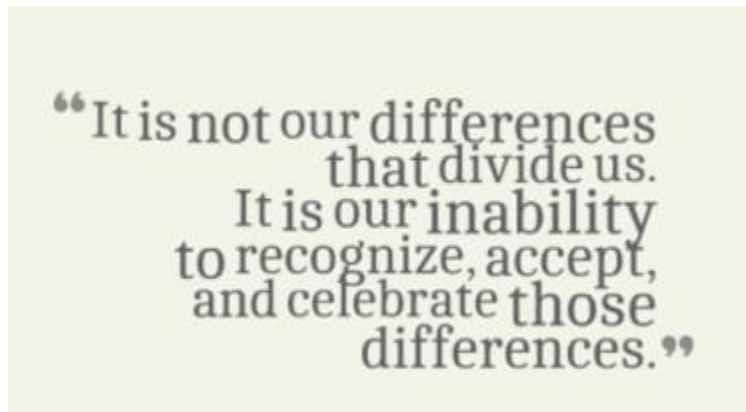
Interview with Doreen



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

Honoring Differences: Let Them Enrich Your Life

By Barry & Joyce Vissell



It is important in life to honor differences, whether these be friends, coworkers or family members. So much can be learned from this practice.

When Barry and I wanted to get married, not one person thought we could make it as a couple. Yes, the love was there in abundance, but we were different religions. Barry was raised in a traditional Jewish family and attended the temple with his family. I was raised in a Christian family and attended church twice a week. At that time in 1968 on the east coast, people with this difference in religion did not get married. It was unheard of. Everyone thought we should break up and find someone else. We tried but it did not work. We came back together and decided to get married, but no one would marry us, especially not Barry's childhood rabbi.

Finally, my mother set up an appointment with her minister at her church near the University of Buffalo. This man, the Reverend Davis was a Godsend. He told us he could see that we loved each other very much, but he would marry us on one condition: we must promise not to try to change the other. He told us that the differences within us can complement and strengthen our union. If we honor these differences, they will bless our lives. And true to our promise to him, we have honored our differences, and they have indeed blessed us. We now have a shared spirituality that is perhaps our deepest strength as a couple. I swim every day at a club near our home. I often go at the same time and so does another woman. We have gotten to be friends. I really like this woman. She is the friendliest person at the club, treating all people with love and respect. She also has very interesting tales of growing up in Europe after the war ended. While we are getting dressed after our swim she shares these stories. We both know that we have very different political views, and we both know that we will vote very differently. Many months before the election, we promised each other that we would not talk about politics. And we honored this commitment. She was very happy on the day after the election. I was not. But we never talked about it. We maintained our commitment. I believe that if we would have talked about politics, we might have lost our friendship. I saw that happen to someone else at the club. But we did not, so our relationship is still strong and I am still enjoying her stories. I feel blessed to know her.

My older brother is very different than me both in politics and religious views. He has very strong opinions. We are the only children with the same great parents and yet we turned out very different. And

yet I love him very much and we have a similar commitment to never talk about politics or religion. If he forgets, and he sometimes does, one of his four children reminds him right away. We have been able to maintain a good relationship regardless of these differences.

Barry's mother grew up in a Jewish neighborhood in Brooklyn. Her first language was Yiddish. She took Judaism very seriously. It was a shock to her when Barry started dating me and an even greater shock when our relationship became more serious, and we became engaged. Barry's mother lived in a Jewish world, and she was surrounded by Jewish family, neighbors and friends. For her oldest son to be marrying a non-Jewish woman (a shiksa!) was almost too much to bear. Even after we were married, there was a slight distance that she kept from me, and I could tell that she hoped our relationship would not make it.

Then we had our first child and she asked, "What side of the family does she resemble?" Barry answered wisely, "She looks just like Joyce." And that comment blew open her world. Barry's mother opened wide and fully accepted our daughter, and her world opened up as well. She began having close non-Jewish friends and she and my mother developed a close and deep relationship all the rest of their lives. And she grew close to me as well. She enjoyed lighting the Hanukkah candles, and at the same time enjoyed our Christmas tree and my manger scene on the mantle. She and I grew so close that she truly became a second mother to me. She had learned to honor our differences.

Perhaps there is someone in your life where differences keep you separated. Perhaps you also could honor these differences and find the commonality between the two of you, the place where you can meet in the heart. And though you will never change that person, you can find ways in which you can connect deeply.

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. Visit their web site at [SharedHeart.org](https://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.

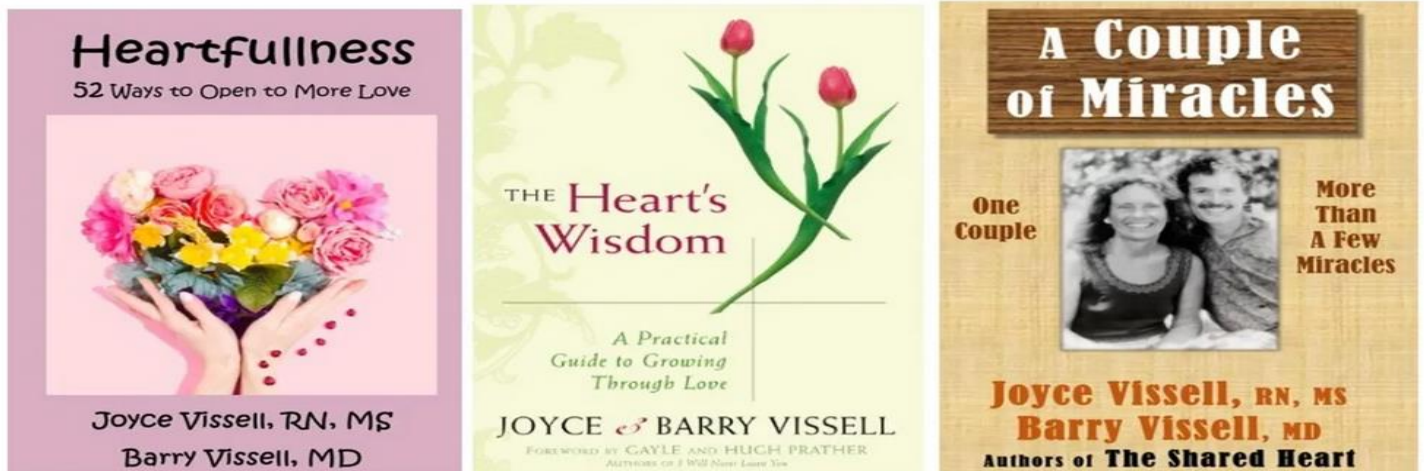
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce's Video



https://www.youtube.com/watch?v=0cPRRn_e_t8

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

Seeing from the Heart – On Relationships By Melinda Johnston



Self-Examination is an important element of Spiritual Development. The practice leads to a renewed Awareness in which we feel “expanded” or awake. In higher Awareness we notice the presence of Inner Peace more often, which prompts us to become more consistent with our practice. We learn through experience that we feel better when we start our day in meditation or with Scripture.

But then we go out into the world, and it is full of other people! Rude people, bossy people, un-awakened people, and we try our best to “keep our cool” and stay centered!

We also have family members to contend with on a regular basis, or at least during holiday celebrations. How is our relationship with them?? One of my favorite spiritual quotes is from Ram Das on this very subject. It came to mind every year when I had to head home to Texas for the holidays:

If you think you are enlightened, spend a week with your family. – Ram Dass

What is it about family members and their “power” to activate our inner triggers??? Overall, the question is, “How can we gently guide ourselves into the art of maintaining the “Mind of Christ” when in relationship with others??

The easy answer is found in the book, *The Four Agreements*...Don’t take any personally. This is a wise idea, but how do we learn to apply this Wisdom in day to day living? How do we shape-shift ourselves to not experience anxiety, irritation, anger, or frustration when our deeply seated triggers are activated by the actions of others?

The Egoic Operating System vs. Unity Consciousness

We are at a place in our spiritual practices that we now know our human responses to the daily stresses of life are simply fear-based habits contained within our Egoic Operating System...aka: the Human Design. This default system, the Ghost in the Machine, will always automatically go into Self-Protection mode anytime we feel threatened.

Ego, often associated with our sense of self, is the part of our consciousness that gives us a distinct identity. It is the voice in our heads that constantly evaluates, judges, and compares ourselves to others. While the Ego serves a purpose in helping us navigate through life, it can also be a source of suffering

and limitation.

The Ego tends to separate us from others and create a sense of division. IT feeds on fear, desires, and attachments, leading to a constant cycle of wanting, striving, and dissatisfaction. By identifying too strongly with our Ego, we lose sight of our inter-connectedness and the bigger picture of life.

In relationship with others, we have become conditioned to feel threatened by silly things such as:

Long lines at check out in any store

Slow traffic / cut off in traffic

Feeling unheard, or being talked over

Being disagreed with, or shouted at

Struggle of any kind with strangers, co-workers, or on hold for 20 minutes with a customer service department of any business

Rising into Unity Consciousness will always require a ‘forgetting of oneself,’ by which we allow above mentioned situations to ACT as tools of Awareness so we can immediately notice the frustration Ego is experiencing, not respond to it, and instead attempt to engage in selfless service.

Let us remember that Unity Consciousness is a higher awareness that perceives everything in terms of Harmony.

The concepts of separation and oneness represent contrasting perspectives on the nature of reality, which includes the experience of our own existence and our relationship with others.

Oneness is the philosophical or spiritual concept that emphasizes the inter-connectedness of all things. It suggests that, at a fundamental level, everything is interconnected, sharing a universal essence or Source.

Because Life is an expression of LOVE, each act of Love is a participation and gift to the whole.

Love reaches across boundaries, expressing what is most essential and human: what unites rather than divides. “Small things with great love,” are more potent and powerful than we realize, because they reconnect us with the spiritual roots of life and its transformative and healing energies.

Love is the most powerful force in the universe. Love draws us back to love, love uncovers love, love makes us whole, and love takes us Home.

In the depths of the Soul, we are loved by God. This is the deepest secret of being human, the bond of love that is at the core of our being and belongs to all that exists. And the more we live this love, the more we give ourselves to this mystery that is both human and divine. The more fully we participate in life as it really is, in its wonder and moment by moment revelation, we become renewed daily.

In short, to rise above the limitations of the Egoic Operating System. We are to re-wire our identity to God or LOVE first, then engage with the demands of being a human on this planet.

Growing and evolving into Unity Consciousness is an invitation to say, “Yes,” to this mysterious LOVE within our own hearts. We are to expand beyond the confinement of the Egoic Operating System and learn to trust a LOVE that unites us all, realizing that LOVE is the fabric of ALL LIFE.

When we are actively loving others, we are with God.

About Melinda Johnston: Melinda Johnston, M.Msc. Spiritual Philosopher and Coach, Intuitive Healer, Wellness Consultant, International Speaker, Author, and Peace Activist.

Melinda resides in upstate New York, yet services clients and students all over the world as a Soul / Consciousness Coach, Meditation Instructor, Wisdom Teacher, Retreat Leader, International Author, and Ordained Minister.

Melinda's website: <https://buddhiinstitute.wordpress.com/>

Interview With Melinda



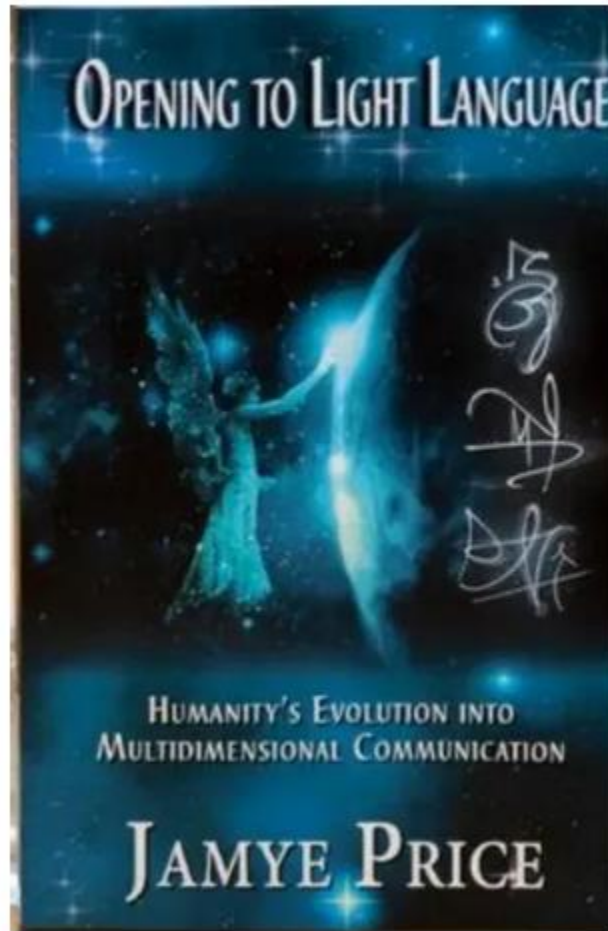
<https://www.youtube.com/watch?v=gMHojmChdMQ>

Melinda's Books



***This is just a sample of her books. Find her books at:
<https://buddhiinstitute.com/guidebooks>***

The Resolve Of Love By Jamye Price



Hello Powerful Light,

The energies are so palpable today as Pluto moves into Aquarius.

I felt the glorious pull to write and I'm a little surprised at what came through. I thought the topic would be different, but this was appropriate.

I am fascinated by the mix of energies we're in that have such different currents to them.

It feels like being deep in the ocean where the water is rather smooth while there are choppy currents above.

The collective energies feel volatile, which is not surprising with all that is happening on the world stage.

Are you surfing that tube of the waves, the water propelling you even as the wave is crashing resolving into the natural ebbs and flows that shape the shore?

We're navigating the changing tides - finding momentum, then steering against the current, then surrendering to the flow, then enjoying the peaceful float, then diving under to circumnavigate, then spinning like a dolphin through the glorious waters...

Thank you, Lightworker.

Have a powerful Pluto in Aquarius!

**Much Love,
Jamye**

About Jamye Price: Jamye Price is an energy healer, channel, teacher and student of life. She channels healing energies in the form of Light Language, which are ancient and universal languages that your heart and infinite mind speak fluently. When she is running healing frequencies, she speaks and signs Light Language, tones, emotes, and physically clears energies for clients through Divine Grace. Jamye's work assists with transmuting physical, emotional, mental and spiritual blocks into wisdom, compassion and empowerment. She teaches self-love, forgiveness and finding a perspective of Love in any situation to provide people with practical tools for Soul Progression and creating a joyful life.

Jamye's website: <https://jamyeprice.com/about-jamye-price/>

Copyright: © 2005-2024

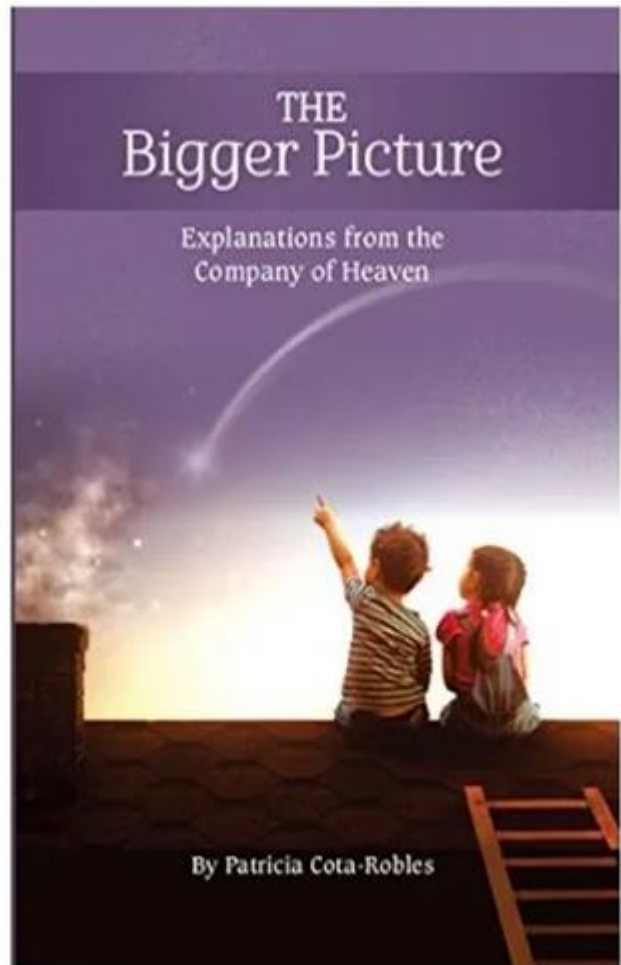
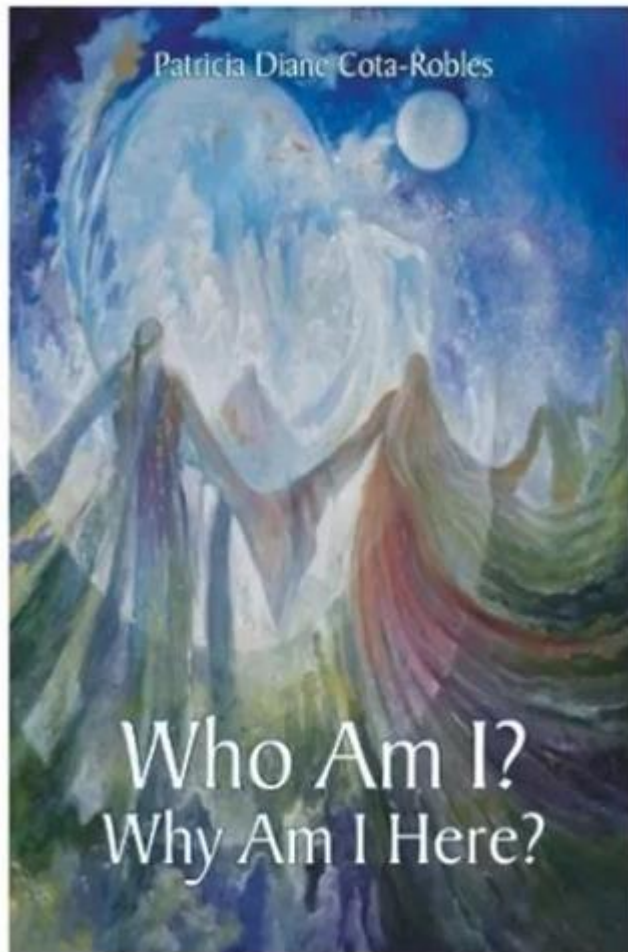
Jamye's Video



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

The Divine Consecration Timeline Has Been Activated

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

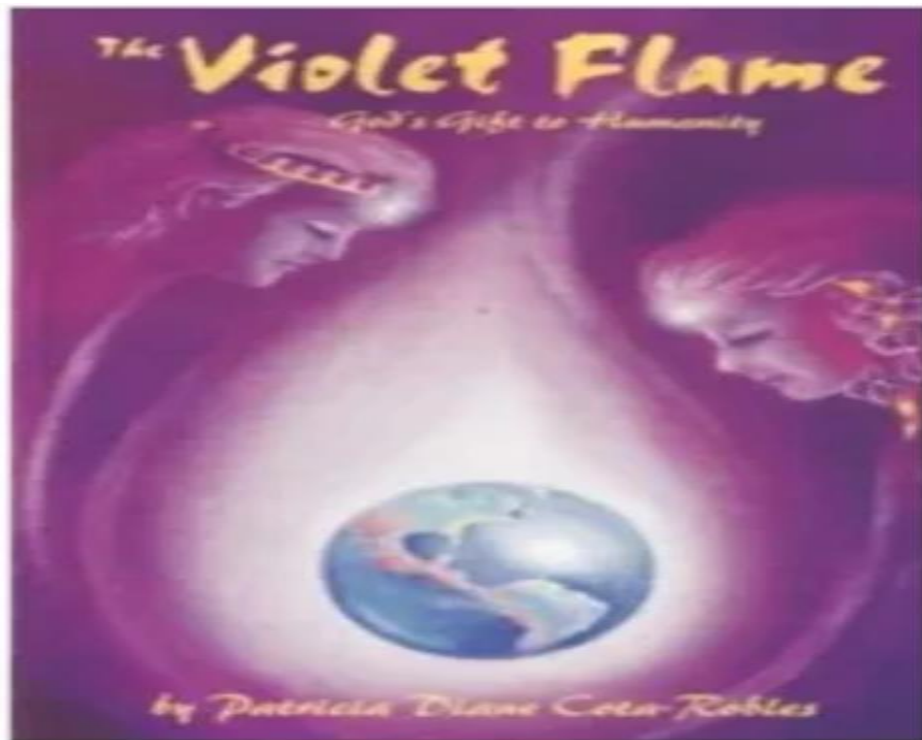
are designed to help Humanity add to the Light of the world.

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

Interview with Patricia

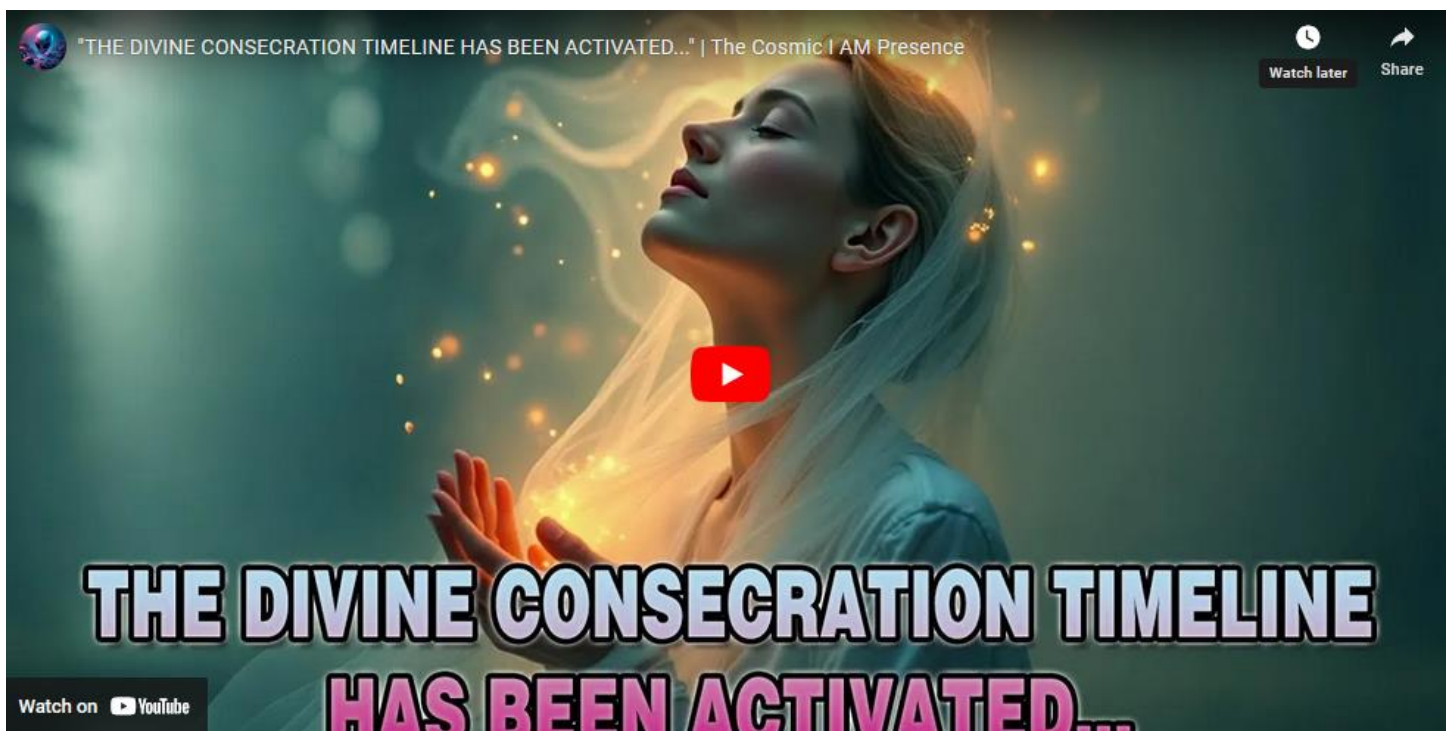


Link: https://youtu.be/hTX11kQV_2A



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=Y_c8iXXWtRU

Metaphysics Is Changing!

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/>



<https://www.youtube.com/watch?v=3RfaRKImFcc>

Impacted by Geo/Political Events By Brenda J. Hoffman



Dear Ones,

Some of you are disheartened because it feels like you and your world have taken twenty paces back, with no options for a forward moment. You will only understand such is not true once you step back from your present circumstances.

In your 3D past, everything seemed obvious and logical. It was bad or good, light or heavy, and on and on. A dichotomy of possibilities that most often tipped into the negative realms. It often felt that you took one step forward and one and a half steps back. Never steps that created enough chaos, so you refused to play the 3D game but always steps that reduced your joy.

Those of you paying attention to geo/political happenings are certain they will impact your personal life more dramatically than the reality. Because now, the division of industry, actions, and reactions will become readily apparent. Many of you feel stymied, thwarted, or stopped in your forward movement. And so you are in your 3D world. But instead of living in your 3D world as you are accustomed to, your 3D angst will push you into another level of action – one you have never before experienced while of the Earth. New ideas and actions will propel you forward bit by bit.

Some of you expected these new ideas and actions to appear the moment you realized your geo/political difficulties were shifting your life into areas you never hoped to experience in this or any Earth life. You woke up and went to bed frightened, waiting for someone or something to make it better. Such will never be again. Only you can make it better. It is time to pull up your big girl and boy pants and realize your creation skills far outweigh your fears.

Even though your new creations may be delayed for a few hours or days, you will soon notice that everything is not as dreadful as you imagined. Positive bits and pieces will happen within hours. And within days, larger elements will appear that point your life in a new direction that feels fulfilling or fun.

Your geo/political fears are based on previous 3D events. Your new directions are never-before-attempted reactions to events that now have little to do with you. ThreeD no longer presents itself in your world.

Many of you clamor that such is not the case. That the geo/political elements are already impacting your actions and reactions. We of the Universes beg to differ. Provide one element that is impacting you directly. And if you can do so, what are you doing about it? If not, why are you worried or fearful?

This is a new world; you are a new being with new responses to old habits. Your fear habit is raising its head now. For you believe that even though it has not yet happened to you, all is lost; there is nothing you can do to stop the flow of pain, or you have to do something even though you are too tired to contemplate

doing anything.

ThreeD is no more. So stop trying to put your finger in the 3D dike permeated with millions of holes – none of which pertain directly to you.

Will the geo/political world become more negative? Yes. Is that an area of concern for you because you can do something about it? Or is it an area of concern because you think you SHOULD do something about it? Messiah and caretaker roles are no longer part of your interest or expertise. If caretaking or being a messiah are no longer comfortable parts of your being, how can you adequately perform those roles?

Should you allow the world to implode, meaning many innocent beings will die or suffer? We of the Universe cannot answer that question because it is your life. What gives you joy? What makes you frightened? What makes you angry? What gives you peace?

Peace and joy are your new go-to elements. Fear and anger indicate that you continue to move in your 3D world despite no longer being part of it.

The obvious question becomes, “How can you stand idly by as others suffer?” And we of the Universes respond that others will only suffer if they remain of 3D. Those who wish to move beyond 3D will create those elements they need to transition from fear to comfort – not with angry words or physical altercations, but with an understanding that they are the role models, the teachers of this new world. A world in which pain and fear are no longer dominant or required. So be it. Amen.

About Brenda J. Hoffman: An intuitive since birth, Brenda formalized her channeling skills with her internationally noted book, [*A Glimpse of Your Future*](#). This prophetic classic describes your role in this transition, as well as answers questions such as why baby boomers were instrumental in introducing the New Age and what earth will be like in the year 4000.

Before she and her husband retired from the work-a-day world to South Carolina, USA, Brenda held positions in corporate marketing, business management and social services. She has a Master of Science degree in sociology. It is her great joy to share her insights through Brenda’s Blog - her weekly, channeled blog and Creation Energies – the 15-minute, channeled show for [BlogTalkRadio.com](#). Both free weekly channels are at her website: [www.LifeTapestryCreations.com](#).

Brenda has been the special guest of numerous radio and television network talk shows; a New Age columnist for the Twin Cities Reader; the featured subject of the Minneapolis Star Tribune Sunday Magazine; and is a public speaker/channeler. Brenda’s role in this wondrous transition is to help you suspend those beliefs that limit us as we download our Lightworker/new earth creation tool kit.

Brenda's website: <https://www.LifeTapestryCreations.com>

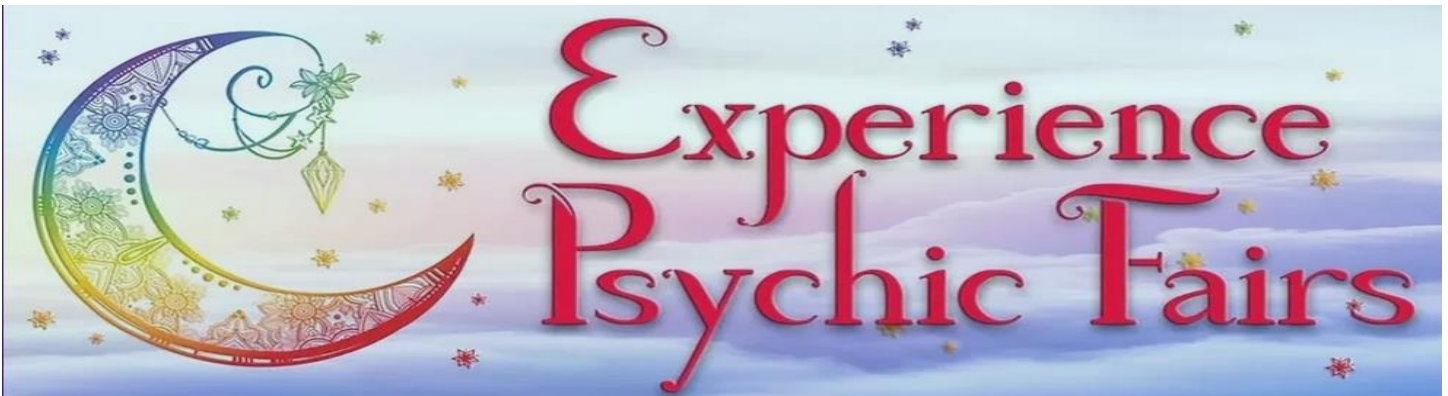
Copyright 2009-2024

ROC Metaphysical Business Advertising

Our calendar is updated frequently and we use ROC Metaphysical's Facebook page to also promote events. Go to https://www.facebook.com/ROCMetaphysical/events/?ref=page_internal

If your event is free there is no charge to list it. Pricing is different if you're advertising one event or more. If you'd like to have your event listed please email us at rocmetaphysical@gmail.com.

Include the Event Name, a description of the event, date, time, cost, payment options for attending, in person or on technology, link to technology, contact info. Must have the event info at least 5 days before the event.



Come To The Fair

Come to the Fair with so many interesting vendors, readers, psychic mediums, tarot card readers and energy workers. Go to the website for more inf: <https://www.experiencepsychicfair.com/copy-of-upcoming-fairs-3>

January 12, 13 & 14

**Batavia Downs Gaming and Hotel
8315 Park Road
Batavia, NY 14020**

January 20 & 21

**Embassy Suites
6646 Old Collamer Rd. South
East Syracuse, NY 13057**

January 27 & 28

**Finger Lakes Gaming & Racetrack
5857 NY Rt. 96
Farmington, NY 14425**

February 2, 3 & 4
Hamburg Fairgrounds- Grange Building
5820 South Park Avenue
Hamburg, NY 14075

Mythic Treasures Faire



Come to the Henrietta Store on Jefferson Road for second Saturday

Come to the store from 1 pm to 7 pm, at our Jefferson Road Store for the MYTHIC MARKET FAIRE.

We celebrate our local metaphysical community every Second Saturday of each month by providing them with a venue to sell their services and products. This gives you the opportunity to talk with and support local practitioners and have some fun!

Free Admission! And as always Mythic Treasures will have sale items that day to further entice you!

Sign Up For this Class



IET CLASSES

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

OCT 18-20th, 2024	IET® Intensive Workshop - Rochester, NY
NOV 9-10th, 2024	IET® Master-Instructor Class - Rochester, NY
JAN 17-19th, 2025	IET® Intensive Workshop - Rochester, NY
MAR 28-30th, 2025	IET® Intensive Workshop - Rochester, NY
MAY 17-18th, 2025	IET® Master-Instructor Class - 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

The Cosmic Gateway opening in 2025 will align you with where you need to be!

If you're interested in expanding your abilities, now is the time!

(if you didn't know yet, Angels are Our Galactic Ancestors)

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 to sign up

A flyer for 'Divine Angelic Gathering' by Sheila B. Tillich. The background is a soft, ethereal blue and white gradient with light rays. At the top left is a circular logo with a sun-like pattern and the text 'Sheila B.'. The title 'Divine Angelic Gathering' is in a large, elegant serif font, followed by three small, stylized star icons. Below the title, a pink rectangular box contains promotional text. To the right of this box is a circular portrait of Sheila B. Tillich, a woman with grey hair wearing a blue top. Below the pink box, a list of included activities is provided, followed by a closing statement and a call to action. The website URL is at the 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/>



The graphic features a light blue and purple background with a subtle starburst effect. On the left, there are three circular icons: the top one shows a figure with wings inside a DNA helix; the middle one shows a glowing blue sphere with a DNA helix; the bottom one is a circular photo of a woman with her eyes closed and hands on her head. The text is centered and reads: 'HEALING SESSIONS' in large purple letters, followed by 'Rejuvenate with Reiki, IET, and UFH' in smaller blue letters. Below that, it says 'IN-PERSON OR ONLINE 60 MINUTES SESSION' and 'All Three Modalities for \$122' in purple. At the bottom, the contact information 'Contact: sheila@sheilatillich.com' is displayed. A purple diagonal banner in the top right corner says 'SPECIAL OFFER' in white.

Are you in need of Stress Relief and a little Pampering? Have you ever had an energy session with Galactic Master Energy Healer - Teacher/Trainer, Rev. Sheila B. Tillich?

Choose your modality for One Hour (60 minutes) Energy Healing Session. ~ REIKI

~ Integrated Energy Therapy® (IET®)

~ Unity Field Healing (UFH)

All three Modalities for \$122! Such a Deal!

REIKI -Reiki healing is a Japanese therapy that uses gentle touch to balance and change the energy fields around and within the body.

(IET®) - Integrated Energy Therapy® will help you understand the "issues in your tissues" and how they affect your everyday life. IET® works to release negative blocks on the cellular level.


UFH—Unity Field Healing is a new energy-based modality that supports healing and "bio-spiritual" transformation through the axis of your spiritual Quantum DNA.

Cost for 60 Minute Session: 1 Modality - \$80 2 Modalities - \$100 3 Modalities - \$122

Remote appointments are available, too.

Email sheila@sheilatillich.com to save your day and time.

Book Group At ONE Wellness Center




ONE

WELLNESS CENTER


Find a likeminded community to learn and grow with! Join us at ONE Wellness Center for our monthly Book Circle, where we'll read books to assist us on our own personal and spiritual journeys.

All are welcome! Free of charge!
Share at your comfort level—no pressure to speak.



Book Circle
Growing Together

When: 2nd Saturday, Each Month
Starting: January 11, 2025
Time: 1:00 p.m. – 2:30 p.m.
Where: ONE Wellness Center
Institute for Spiritual Integration
2349 Monroe Avenue, Rochester



<https://onewellnesscntr.com> Follow us on Facebook

Find a like-minded community to learn and grow. The book group is about assisting us in our personal and spiritual journey.

In "Change Your Paradigm, Change Your Life," Bob Proctor emphasizes that our ingrained mental habits, or paradigms, significantly influence our

behavior and outcomes. These paradigms often develop unconsciously through our upbringing and experiences.

Proctor advocates for the deliberate transformation of these paradigms to enhance confidence, creativity, and productivity. He suggests actively challenging our existing beliefs and habits through practices like daily affirmations, visualization, and mindful responses to foster empowering new paradigms that align with our goals.

The book review will be facilitated by Trica Peterson, Ph.D., Psychospiritual Wellness Facilitator. Trica L. Peterson is a licensed psychologist in New York and Pennsylvania, and the owner of Peterson Psychological Services, PLLC.

She is board certified in forensic psychology through the American Board of Professional Psychology. Dr. Peterson has been repeatedly recognized in local, county, and state courts as an expert in the field of psychology.

This is a free event. For more info go to <https://onewellnesscntr.com>

ROC Metaphysical Alternative Directory



Rev. Vicki Snyder-Young

**Spirit and Tarot Connections
The Park at Allens Creek
100 Allens Creek Rd.
Suite 216
Rochester, NY 14618
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



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
1225 Jefferson Rd
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>
<https://www.facebook.com/TheLotusBlossoms5/>

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
Lee Parker - OWNER
795 Waterman Rd
Forestville, NY 14062
<https://www.rockdudestore.com/store/about/>
<https://www.facebook.com/rockdude68>
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

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
Buffalo, NY
(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...

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

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



Rev. Bunny DuPuis
716-241-1414
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
<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

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
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

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>

and on <https://www.instagram.com/b.r.crystalcavern/>

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.

Alternatives For Healing

An Alternative Medicine & Holistic Directory



Find Alternative Medicine Practitioners,
Products, Books, Newsletters, Schools,
Workshops and More!

[Click Here to see more!](https://www.alternativesforhealing.com/)

Alternatives for Healing is a leading holistic and alternative medicine directory for finding practitioners, natural products, books, downloads, audio programs, classes, schools, stores, events, retreats, videos, newsletters, blogs, talk radio, podcasts, magazines, and articles.

<https://www.alternativesforhealing.com/>



Advertise Here



Your Business Here

Shops All Around New York



Metaphysical Shops / Mystical /Magickal / Occult Shops/Gift Shops/Crystal/Rock Shops / Spiritual Churches

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)

Majestic Hudson Lifestye Boutique 223 Katonah Ave Katonash, NY 10536

Demure Lyfe 27 Main St Chester, NY 10918

Moonstone Melody 24 N. Main Street Florida, NY 10921

Sunshine Studios 563 E Main St Middletown, NY 10940

ARC Crystals Shop Emporium Square Artisan Market 128 Dolson Ave Middletown, NY 10940

The Open Spirit 55 Burd St Nyack NY 10960

Crystals On The Rocks 11 S Broadway Nyack, NY 10960

Modern Druid 60 S Broadway, Nyack, NY 10960

Light Club Curiosity Shop 1379 Kingshighway Sugar Loaf, NY 10981

The Holistic Healing Studio 1371 Sings Hwy Sugar Loaf, NY 10981

Light Club Curiosity Shop 40 Main Street Warwick, NY 10990

The Glowing Candle 2841 Palisades Center Dr W Nyack, NY 10994

Magical Vibes 215 Main St New Paltz, NY 12561

A Time for Karma 14 S Village Ave Rockville Centre, NY 11570

Botanica La Luz & Gift Shop 146 Post Ave Westbury, NY 11590

The Emerald Lotus 82 Broadway Ste 222 Greenlawn, NY 11740

The Mindful Rabbit 146 Main St Northport NY 11768

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

Crystal Reiki Holistic Healing Arts Ctr & Gift Shop 135 State Hwy 67, Amsterdam, NY 12010

Saratoga Metaphysical Boutique @ Living Well Ctr 18 Low St Ste 2, Ballston Spa, NY 12020

Among Angels 1675 Route 9, Ste 106 Clifton Park, NY 12065

Heaven & Earth Gift Shoppe 1505 US Route 9 Clifton Park, NY 12065

The East Witchery 661 Lansing Rd, Glen, NY 12072

Crystal Crossing 586 Columbia Tpke Ste 9 Rennselaer, NY 12180
Hippies, Witches & Gypsies 33 2nd St, Troy, NY 12180
Star and Splendor 96 Congress St, Troy, NY 12180
Golden Leaf Books 30 Saratoga Ave, Waterford, NY 12188
Reiki Rocks! Crystal Shoppe 1817 Western Ave Albany NY 12203
Nerdy By Nature 1 Crossgates Mall Road Albany, NY 12203
Sour Girlz Wellness Boutique 443 Saratoga Rd Glenville, NY 12302
The Sages Circle Point Plaza, 443 Saratoga Rd, East Glenville, NY 12302
Crossroads Gallery 131 & 133 Jay St, Schenectady, NY 12304
Healing Lily 34 Jay St Suite 1st Floor, Schenectady, NY 12304

Sassafras Mercantile 37 Broadway Kingston, NY 12401
Traders of the Lost Art 332 Wall St, Kingston, NY 12401
Salem's Moon 408 Main St Catskill, NY 12414
Mirabai 23 Mill Hill Rd, Woodstock, NY 12498
Violet Moon Apothecary & Mercantile 21 Reed St, Coxsackie, NY 12051
Other Worldly Waxes Kube Art Center At Old Beacon HS 211 Fishkill Ave Rm 309 Beacon, NY 12508
Luna Enchanted 461 Rte 9W, Marlboro, NY 12542
The Awareness Shop 180 Main St, New Paltz, NY 12561
Nutz 1708 U.S. 9, Wappingers Falls, NY 12590

Witchcraft District Bazar 8 Mt Carmel Pl, Poughkeepsie, NY 12601
The Dreaming Goddess 44 Raymond Ave, Poughkeepsie, NY 12603
The Pointed Hat 43 Front St, Port Jervis, NY 12771
Gifts Of Nyx 71 Lawrence St #201C, Glens Falls, NY 12801
Thushita Heaven 324 Quaker Road Suite 6 Queensbury, NY 12804
Mystick World 423 Broadway Saratoga Springs NY 12866
The Magic Moon 15 Phila St., Saratoga Springs, NY 12886

Gem Goddess Emporium 72 Margaret St Plattsburgh, NY 12901
Mhistry Coven Tree Not set up yet Peru, NY 12901
The Hidden Gem 66 Margaret St Plattsburgh NY 12901
Solstice LLC Mystical Magickal Mindful 7307 US-9, Elizabethtown, NY 12932
Mystical Magickal Mindful 7307 US Route 9, Elizabethtown, NY
Crystal Caboose 4 Academy St, West Chazy, NY 12992
Incantation 1224 Stevenson Rd Suite 1 Westport, NY 12993
Unicorn Square 5722 NY-86, Wilmington, NY 12997

Serenity Wellness 214 Seymour St Auburn, NY 13021
Soul Sisters Whispering Holistic Healing Center 286 Genesee St Auburn, NY 13021
Crystal Moon Health & Wellness 246 Loop St Auburn NY 13021
The Magical Muse 103 N Peterboro St Canastota NY 13032
Crow City Curiosities 75 East Court St First Floor Cortland NY 13045
Déjà Vu 143 Main St, Cortland, NY 13045
Resonate Trading Company 130 W Main St, Mohawk, NY 13407
Foundation for Elevation / Heathen's Touch 732 West Broadway Fulton, NY 13069
Peace Love and a Fuller Experience 3 Village Square, Hannibal, NY 13074
Julie's Cauldron 6749 N Manlius Rd Kirkville, NY 13082
Healing Inspirations 215 First St Liverpool, NY 13088
Blue Moon Apothecary 105 1st St, Liverpool, NY 13088

3 Sisters Gifts 116 W 2nd St Oswego, NY 13126
The Cat and The Kettle 6 County Rte 24, Oswego, NY 13126
Earthly Emporium 2211 NY-31, Port Byron, NY 13140
The Crystal Jelly 7 South Jefferson St Pulaski, NY 13142
Cozmic Cauldron 357 S Warren St Suite 10, Syracuse, NY 13202
Earthbound Trading Co 9090 Destiny USA Dr Syracuse NY 13204
Earthbound Metaphysical 434 S Main Str N Syracuse, NY 13210
Mystic Side Gift & Book Store 404 N Main St Rt 11, North Syracuse, NY 13212
Souls Expressions 9090 Destiny USA Dr, Syracuse, NY 13290

Ash, Oak & Thorn 414 Broad St, Oneida, NY 13421
Alabaster & Ash 10169 Fuller Rd Remsen NY 13438
The Crescent Moon Crystal Shop 7321 NY-12, Sherburne, NY 13460
Sticks n Stones 126 E Main St, Waterville, NY 13480
Clearly Connected 327 Oriskany Blvd Whitesboro NY 13492
Practical Magic 173 Oriskany Blvd Whitesboro, NY 13492
The Jade Fox 706 Court St Utica, NY 13501
Ezra's Energy 51 Franklin Square Utica, NY 13502

Moontide Arts 45 Public Square Watertown NY 13601
The Magic Apothecary 21182 Salmon Run Mall Loop W. Watertown, NY 13601
The Wellness Cottage Crystals 608 Pearl St, Watertown, NY 13601
Hedgewitch Botanicals 111 Esselstyne St, Cape Vincent, NY 13618
Beyond The Tarot 71 Main St, Massena, NY 13662
Handmaiden's Garden 117 W Main St, Sackets Harbor, NY 13685

Seven Stones 2582 State Hwy 7 Bainbridge NY 13733
Shops of 607 4416 Watson Blvd, Johnson City, NY 13790
Bewitch Me Joyful 1398 East Side Rd, Morris, NY 13808
Serenity Hobbies 152 154 Main St Oneonta, NY 13820
The Magic Box 160 Main St Oneonta, NY 13820
Willows Enchanted Grove 3 Elm St Oneonta, NY 13820
Sun Moon & Earth 385 Main St, Otego, NY 13825
Imagicka 39 Court St Binghamton, NY 13901
Tom's Coffee Cards & Gifts 184 Main St, Binghamton, NY 13905

Ascension Outpost 12 Center St Batavia, NY 14020
Paranormal Oddities 5283 Transit Rd, Depew, NY 14043
Reflections Mind Body Soul 620 Main St E Aurora, NY 14052
Lady of the Lake 2 52 W Main St, Fredonia, NY 14063
Circle of Light Spiritual Center 40 E. Main St, Fredonia, NY 14063
Flicker Gifts 141 Buffalo St Suite 18, Hamburg, NY 14075
Mystic Dragon's Lair 339 N Main St, Medina, NY 14103
Spiritually Rooted 90 Webster St N. Tonawanda, NY 14120
Rising Goddess 225 Highland Parkway, Tonawanda, NY 14150

Green Apotha 1507 Hertel Ave, Buffalo NY 14216
Strange Brew 2703 Elmwood Ave Buffalo, NY 14217
Spiritual Landing Store 3672 Delaware Ave Tonawanda, NY 14217
Awaken & Psychic Expression McKinley Mall 3701 McKinley Parkway Buffalo, NY 14219

Soul Vibes 682 Abbott Rd Buffalo, NY 14220
Dragonfly Art & Soul 8290 Main St Williamsville, NY 14221
The Psychic Shop 2822 Elmwood Ave Buffalo NY 14217

Lightways Journey 7 Main St Brockport, NY 14420
A Mae Zing Mind Body Soul Center 142 Mill St #2023 Canandaigua, NY 14424
The Enchanted Butterfly 360 Macedon Center Rd Rochester, NY 14450
Scent and Stone 4550 Millennium Dr, Geneseo, NY 14454
Mystic Moon Crystals 74 Main St Mt. Morris, NY 14510
Twisted Creations 247 E Main St Palmyra, NY 14522
Angelic Love and Light 488 Plank Rd Webster, NY 14580
The Spell Jar 9018 Route 5 & 20 West Bloomfield, NY 14585

Mythic Treasures 727 E Main St, Rochester, NY 14605 & 1225 Jefferson Rd Henrietta NY 14623
Mystic Moon 1726 Long Pond Rd #4, Rochester, NY 14626
Obatala Shango 412 State St., Rochester, NY 14608
Healthy Alternatives Wellness Center 4358 Culver Rd, Rochester, NY 14622
The Purple Door Soul Source 3450 Winton Rd S, Rochester, NY 14623
The Tempermental Goddess Shops on the Ridge 3200 West Ridge Rd Rochester, NY 14626
Crystal Bodhi Tree 16 E 3rd St, Jamestown, NY 14701
Tree of Life Studio 1771 Foote Ave Jamestown, NY 14701
Good For The Spirit Gifts 11-15 Martha St, Ellicottville, NY 14731

Mindful Inspirations 4032 Lake Ave, Burdett, NY 14818
Behind The Willows Store 40 Catherwood Rd Ste E-04 Ithaca, NY 14850
Moonlight Treasures 4268 Main St, Millport, NY 14864
Griffin's Aerie 1 E Lamoka Ave Savona, NY 14879
Mystick Rose Magick 31 Main St., Apt 201, Addison, NY 14801
Cookie's Creations 231 W Water St Elmira, NY 14901
Okultik 5 W Market St Corning, NY 14830
Kokoro Ancient Healing & Sacred Ritual 2078 College Ave, Elmira Heights, NY 14903

Cat & Monkey 4548 Queen St Niagara Falls, On Cananda L2E2LS

Rocks/Crystal Stores

Rock Star Crystals 146 W 26th St, New York, NY 10001
Crystals of Quartz 61 Windemere Ave Greenwood Lake, NY 10925
Fortune Crystals 2116 Merrick Ave Merrick NY 11566
Crystal Crossing 568 Columbia Tnpk E Greenbush NY 12061
Reiki Rocks and Crystal Shop 1811 Western Ave, Albany, NY 12203
Tincture of Time 296 Delaware Ave Albany, NY 12209 At Kate's 60 Broadway Tivoli NY 12583
Stone Corner Minerals 5 Main St Chatham, NY 12307
Lodes of Nature 135 Canal St, Ellenville, NY 12428
Crystal Connections 116 Sullivan St, Wurtsboro NY 12790
Natural Stone Bridge & Caves 535 Stone Bridge Rd Pottersville NY 12860
Twin Crystal Rock Shop 36 Broadway Saranac Lake NY 12983
Two Hawks 6930 Cold Brook Rd Homer, NY 13077
The Finders Keepers Mining Co Syracuse, NY
Crystal Cove 104 North Main St N. Syracuse NY 13212
The Rose Quartz Stand 107 Mohawk St Herkimer NY 13350

Fall Hill Bead and Gem 411 Canal Place Little Falls, NY 13365
Resonate Trading Company 130 W Main St, Mohawk, NY 13407
The Crystal Spell 73 Glenwood Ave Binghamton NY 13905
Past & Present 3767 South Park Ave Blasdell NY 14219
Malachite & Gems Of Africa 1339 Long Pond Rd Rochester NY 14826
Sunshine Creative Designs Dewitt Mall 213 Cascadilla Park Rd Ithaca NY 14850
Multifaceted Minerals 218 E State St Ithaca NY 14850

Spiritualist Churches

Temple of Truth Church 2 Cook St Freeville, NY 13068
Attunement Spiritualist Church Southtowns Salt Cave, 140 Pine Street, Hamburg, NY 14075
1st Spiritual Temple 29 Temple St E. Aurora, NY 14052
Plymouth Spiritualist Church Vick Park A Rochester, NY 14607
Fellowship of The Spirit 282 Dale Dr Cassadaga, NY 14718
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.

Discernment/Disclaimer

All ROC Metaphysical readers are encouraged to use their Discernment, their Inner Guidance for all the content on the site. We invite readers to take only what resonates within. Our mission is to provide information for thought and discussion.

ROC Metaphysical offers spiritual articles, blogs, videos and channelings. However, with information coming from so many sources, it is important for everyone to use discernment at all times especially in the case of channeled materials. The channeling may be coming from Spirit, but it passes through the human who acts as a filter with the potential to add their own views and opinions to the message. Channelled information should be positive, uplifting and useful to all. You are given free choice and must choose what rings true in your heart.

The writer and the reader is on their own path. You may agree or disagree with the perceptions and opinions provided on the site. We ask that you give thoughtful consideration and make your own choices.

All of the advertisers have paid to be on the site. We recommend that when choosing a business from the site, that you must use due diligence to verify the business uses the highest ethical policies, procedures and is qualified in their field of expertise. The old adage is "Buyer Beware."

DISCLAIMER

These Terms of Use, along with policies and guidelines located throughout the ROCMetaphysical.com Web site identify what users of the ROCMetaphysical.com Web site can expect from ROCMetaphysical.com, and what we expect from users. By accessing any areas of the ROCMetaphysical.com Web site, users are deemed to have accepted these Terms of Use and other policies and guidelines identified throughout the ROCMetaphysical.com Web site.

Privacy Policy

ROCMetaphysical.com respects the privacy of its Users. The terms and conditions of the ROCMetaphysical.com's Privacy Policy, are incorporated herein by reference.

Content

Proprietary Rights

User acknowledges that the ROCMetaphysical.com Web site contains Content that are protected by copyrights, trademarks, trade secrets, or other proprietary rights, and that

these rights are valid and protected in all forms, media and technologies existing now or hereinafter developed. All Content is copyrighted as a collective work by individual authors under the U.S. copyright laws, and User may not modify, remove, delete, augment, add to, publish, transmit, participate in the transfer or sale of, create derivative works from, or in any way exploit any of the Content, in whole or in part. If no specific restrictions are displayed, Users may make copies of select portions of the Content, provided that the copies are made only for User's personal use and that User maintains any notices contained in the Content, such as all copyright notices, trademark legends, or other proprietary rights notices. Except as provided in the preceding sentence or as permitted by the fair use privilege under the U.S. copyright laws (see, e.g., 17 U.S.C. Section 107), User may not upload, post, reproduce, or distribute in any way Content protected by copyright, or other proprietary right, without obtaining permission of the owner of the copyright or other propriety right. In addition to the foregoing, use of any software Content shall be governed by the software license agreement accompanying such software.

Third-Party Content

In some instances, the Content available through the ROCMetaphysical.com Web site represents the opinions and judgments of the respective third party providing such Content. ROCMetaphysical.com neither endorses nor is responsible for the accuracy or reliability of any opinion, advice, or statement made on the ROCMetaphysical.com Web site by anyone other than ROCMetaphysical.com. Under no circumstances shall ROCMetaphysical.com, or its affiliates, or any of their officers, directors, employees, or agents be liable for any loss, damage or harm caused by a User's reliance on information obtained through the ROCMetaphysical.com Web site. It is the responsibility of User to evaluate the information, opinion, advice, or other Content available through the ROCMetaphysical.com Web site.

Disclaimers and Limitations of Liability

THE ROCMETAPHYSICAL.COM Web site is provided on an "As Is" and "As Available" basis. To the fullest extent permissible by applicable law, ROC Metaphysical disclaims all implied warranties.

WITHOUT LIMITING THE FOREGOING, ROC METAPHYSICAL NO REPRESENTATION OR WARRANTY OF ANY KIND, EXPRESS OR IMPLIED: (I) AS TO THE OPERATION OF THE ROCMETAPHYSICAL.COM Web site, OR THE INFORMATION, CONTENT, MATERIALS OR PRODUCTS INCLUDED THEREON; (II) THAT THE ROCMETAPHYSICAL.COM Web site WILL BE UNINTERRUPTED OR ERROR-FREE; (III) AS TO THE ACCURACY, RELIABILITY, OR CURRENCY OF ANY INFORMATION, CONTENT, SERVICE, OR MERCHANDISE PROVIDED THROUGH THE ROCMETAPHYSICAL.COM Web site; OR (IV) THAT THE ROCMETAPHYSICAL.COM Web site, ITS SERVERS, OR E-MAIL SENT FROM OR

ON BEHALF OF ROCMETAPHYSICAL.COM ARE FREE OF VIRUSES OR OTHER HARMFUL COMPONENTS.

ROC Metaphysical DOES NOT GUARANTEE THE CONTINUOUS, UNINTERRUPTED OR SECURE ACCESS TO THE ROCMETAPHYSICAL.COM Web site OR ANY RELATED SERVICES. THE OPERATION OF THE ROCMETAPHYSICAL.COM Web site MAY BE INTERFERED WITH BY NUMEROUS FACTORS OUTSIDE THE CONTROL OF ROC Metaphysical.

UNDER NO CIRCUMSTANCES SHALL ROC METAPHYSICAL BE LIABLE FOR ANY DAMAGES THAT RESULT FROM THE USE OF OR INABILITY TO USE THE ROCMETAPHYSICAL.COM Web site, INCLUDING BUT NOT LIMITED TO RELIANCE BY A USER ON ANY INFORMATION OBTAINED FROM THE ROCMETAPHYSICAL.COM Web site OR THAT RESULT FROM MISTAKES, OMISSIONS, INTERRUPTIONS, DELETION OF FILES OR EMAIL, ERRORS, DEFECTS, VIRUSES, DELAYS IN OPERATION OR TRANSMISSION, OR ANY FAILURE OF PERFORMANCE, WHETHER OR NOT RESULTING FROM ACTS OF GOD, COMMUNICATIONS FAILURE, THEFT, DESTRUCTION, OR UNAUTHORIZED ACCESS TO ROCMETAPHYSICAL.COM RECORDS, PROGRAMS, OR SERVICES. USER HEREBY ACKNOWLEDGES THAT THIS PARAGRAPH SHALL APPLY TO ALL CONTENT, MERCHANDISE, AND SERVICES AVAILABLE THROUGH THE ROCMETAPHYSICAL.COM Web site.

CERTAIN STATE LAWS DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF CERTAIN DAMAGES. IF THESE LAWS APPLY TO A USER, SOME OR ALL OF THE ABOVE DISCLAIMERS, EXCLUSIONS, OR LIMITATIONS MAY NOT APPLY TO SUCH USER, AND SUCH USER MAY HAVE ADDITIONAL RIGHTS.

Acknowledgement

The Terms of Use, including all documents referenced herein, represents the entire understanding between User and ROCMetaphysical.com regarding User's relationship with ROCMetaphysical.com and supersedes any prior statements or representations. When using the ROCMetaphysical.com Web site or making a purchase there from, USER AGREES TO BE BOUND BY THESE TERMS OF USE.

Modification

ROC METAPHYSICAL reserves the right to make changes to the ROCMetaphysical.com Web site, posted policies and these Terms of Use at any time without notice. These Terms of Use were established on 5/16/2018.

Contact Us

Have questions?

Our home location right now is Rochester, NY. Have questions? We always respond.

Reach out to us by email at - rocmetaphysical@gmail.com



We're Always Looking for Contributing Writers



Have a story idea for us, want to share your article? Your article should fall under metaphysical/spiritual/alternative health topics. The article can be up to 2000 words, provide a head shot, bio and web link. Inquire and or send your article in a word format to rocmetaphysical@gmail.com

We Offer Advertising

Have a metaphysical, spiritual or alternative health business or event? We can advertise. Be sure to email the details, a jpeg and/or poster.

If the event doesn't have an admission fee or only asks for donations, we post it for FREE.

If there is a cost for the event, we will send you a Paypal bill. After payment, the event gets posted on the magazine, Facebook and Instagram.

Email us at rocmetaphysical@gmail.com

