



ROC **Metaphysical**

July 2025

**Our Mission Is To Enlighten And Inform
Free To Read**

www.rocmetaphysical.com

Here's a Sampling of Articles for the month:

Beyond The Break: Re-Imagining Spiritual Community By Rev. Colleen Irwin

Channeled Message From Our Friends In The Pleiades Star Cluster

By Jessica Bryan

Tarot Tendencies for July By Doreen Scanlan

Mozart Magic By Jill Mattson

Unity Field Healing®: Activate Your Spiritual DNA & Transform Your Life By Sheila Tillich

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

Why Does Summer Sometimes Feel So... Aggressive? Your Guide To Setting The Intensity Aside So You Can Embrace Summer More Freely By Christianne Asper-Contant



ROC Metaphysical

What is ROC Metaphysical?

Watch on YouTube

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.

Question? Contact [ROC Metaphysical](#)

Have questions?

Need more info or have questions? We always respond.

[ROC Metaphysical](#)
rocmetaphysical@gmail.com

[SEND A NOTE](#)



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

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roc_metaphysical

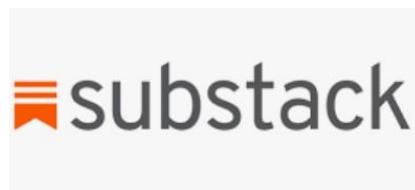


Now that Google+ is gone the next generation

is MeWe. Find us at:

<https://mewe.com/profile/5caba69765a0815f4>

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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.

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Highlights of The Magazine



Read Interesting and Informative Articles

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

[LEARN MORE](#)



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 MORE](#)



Learn About Incredible Alternative Businesses

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

[LEARN MORE](#)



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.

[LEARN MORE](#)



We have a wide variety of Spiritual, Metaphysical and Alternative Health interviews. Many articles will have a video attached to the page or you can just go to the Youtube page. See some samples to entice you.

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

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 nothern 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

ROC Metaphysical Online Magazine Articles for July 2025

Rev. Colleen Irwin



Beyond The Break: Re-Imagining
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By Rev. Colleen Irwin

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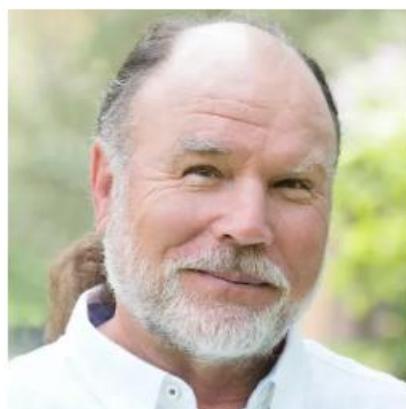
24 Months To Live
By Steven Boyd

Melinda Johnston



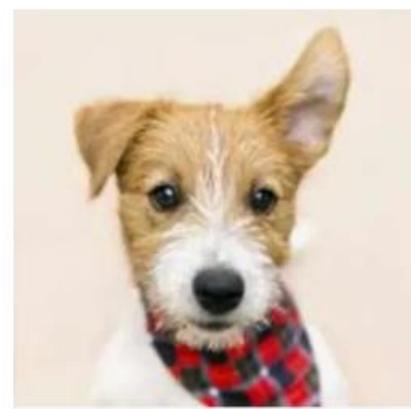
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The Narrow Gate That Opens Into A World Of
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Sound Healing



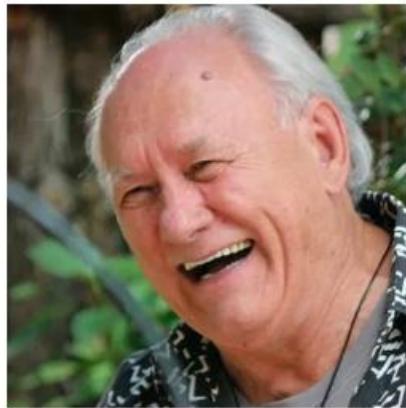
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Why Does Summer Sometimes Feel
So... Aggressive?
Your Guide To Setting The Intensity Aside So
You Can Embrace Summer More Freely
By Christianne Asper-Contant

Summer Reading Recommendations

Tom T. Moore



Conversations With Gaia
The Soul Of The Earth
By Tom T. Moore

Christi Clemons Hoffman



Real-Life Angel Encounters
Real People Share Real Stories of
Miraculous Encounters
By Christi Clemons Hoffman

Steve Burgess



The Adventures of A Hypnotherapist
Was I Under?
By Steve Burgess

**"He who does not
understand your silence
will probably not
understand your words."**
—Elbert Hubbard

Brad Burkholder



“

Sit in solitude every day. Be
quiet and be still. Calm your
thoughts and get to know
your inner voice.

Paranormal Perspectives
Where The Spirit Led
By Brad Burkholder

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.

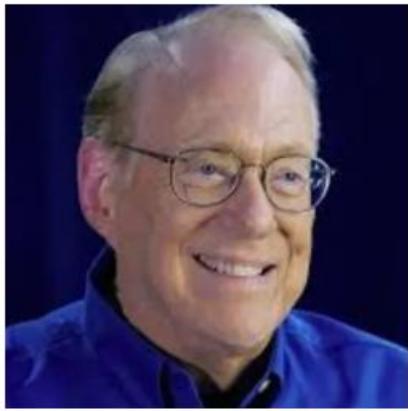
Channeling Articles

Ann Albers



Holy Shift! Composting for Light!
By Ann Albers

Lee Carroll/Kryon



Are You Anxious About the Future?
By Kryon/Lee Carroll

Gerrit Gielen



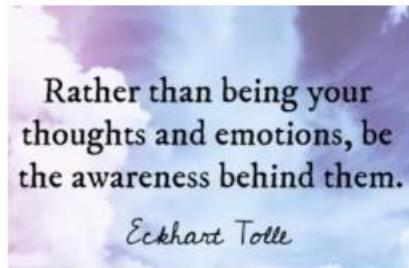
On Forgiving Others and Yourself
By Gerrit Gielen

Kate Spreckley



Healing Isn't About the Destination, It's About
The Journey
By Kate Spreckley

Patricia Cota-Robles



Downloading Higher Patterns For The
New Earth
By Patricia Cota-Robles

Beyond The Break: Re-Imagining Spiritual Community

By Rev. Colleen Irwin

Disappointment is the pain of **losing connection** with someone or something. It is really the pain of **acknowledging separation**.

There's a particular ache that lingers after stepping away from a spiritual community you once felt called to. The question of why often catches in the throat—not because the answer is unknown, but because it still carries the sting of what was lost.

The fractures within the spiritual community mirror those in the wider world. Just as our nation feels deeply divided, with fear and mistrust building walls between neighbors, so too do our spiritual circles splinter into isolated silos. This isn't just a personal pain; it's a collective crisis of connection and compassion touching every part of our lives. Indeed, disconnection has become highly profitable, a mechanism for those who benefit from division.

My departure from a church wasn't due to a loss of faith or calling. It came from the exhaustion of fighting for a vision that could evolve—one more inclusive, more fluid. Instead, I met silence, resistance, and control. Some clung to tradition, dismissing new perspectives as threats, not growth. Seeing the toll it took on others who also tried to mend these fractures, I realized the futility of continuing the struggle. So, I chose to leave quietly prioritizing peace over being right. Yet, I still mourn what was lost.

The Lingering Emptiness

I miss the sacred rhythm of circle. I miss watching someone find their voice, connect to Spirit, and trust their gift. I miss teaching—not for ego, but for the joy of helping others grow. That sense of shared purpose and unfolding spiritual discovery is what I truly grieve. The loss of this vital connection is palpable, leaving me with a restlessness now, like a candle wick smoldering, waiting for flame.

But here's the truth: we are not alone. Many others have stepped back, shut down, or been shut out. Promising spiritual communities have splintered into factions — each wary of the other, each carrying wounds that never fully healed. People who once worked together now avoid each other in grocery aisles or sit on opposite sides of the room. This, too, reflects broader societal disconnect, where fear of difference often trumps shared humanity — fueled by systems profiting from our isolation.

This is not Spirit's way. Spirit calls us to radical truth, expansive wholeness, and genuine reconciliation — not to hardened hearts or walls between seekers. But we grow bone-weary trying to pull people together who choose to stay apart, whether within a congregation or a country.

And we feel angry. Angry that egos silence voices. Angry that fear masquerades as discernment. Angry that the deep wisdom elders hold is buried beneath bitterness and suffocating bureaucracy. This isn't just a church problem; it's a human problem, stifling progress and understanding everywhere — often because disconnection serves a clear agenda.

Finding Clarity Amidst the Fracture

Still, beneath anger and fatigue, there is clarity. We begin to see what we could not fully name before. The fragmentation isn't just about personalities or power. It's about unhealed pain and a deep fear of irrelevance. We've been so busy protecting our place that we've forgotten our purpose—within small groups and society at large.

In quiet moments, we hear it — a gentle nudge from Spirit. The reminder that our gifts haven't vanished. That service can take new shapes. That healing doesn't always happen in circles but sometimes begins in solitude. This quiet wisdom is essential, not just for personal recovery but for rebuilding connections on a grand scale — challenging forces that benefit from our separation.

I still believe in what's possible. I believe deeply in the sacred potential of spiritual community. But more than ever, I believe it must be built on collaboration, not control; transparency, not secrecy; love, not fear. These foundations are vital not only for healthy spiritual groups but for a truly connected world — where the call to reconnect triumphs over the profit of disconnection.

The Continued Call

So where does this leave us? For me, the answer lies in continued listening and attentive waiting for Spirit's next invitation. I don't have a blueprint, but I carry a prayer: that those of us who feel disillusioned will not give up; that those silenced will find their voice again; that bridges we couldn't build before might still rest on a better, more authentic foundation.

Though the fracture feels undeniable, so too does the persistent call of Spirit. I am still listening, still believing—in healing, unity, and hope. I hold space for the day when divisions within our spiritual communities and society give way to deeper connection, understanding, and love.

I invite each of us to lean into the discomfort of connection, to be brave in reaching out, and to trust that healing begins with a single step.

About Rev. Colleen Irwin: Rev. Colleen Irwin is a powerhouse of intuition, insight, and inspiration. A natural Medium, she turns whispers from Spirit into wisdom that empowers others. She is the author of *Discovering Your Stream* and the upcoming *Guided by Spirit*, a must-read for those developing their spiritual gifts.

As a business consultant, Colleen blends intuition with strategy to help others succeed. She also teaches, writes, and leads development circles. In addition, she volunteers at the Susan B. Anthony Museum, sharing stories of resilience. A Previvor since 2019, Colleen knows the power of healing and transformation. She inspires others to trust their gifts, embrace their path, and live their truth.

Colleen's Media Links:

Bluesky: <https://bsky.app/profile/talkwithcolleen.bsky.social>

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

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

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

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

YouTube: <https://www.youtube.com/@talkwithcolleen>

Website: <http://talkwithcolleen.com/>

Interview With Colleen



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

Channeled Message From Our Friends In The Pleiades Star Cluster

By Jessica Bryan



A great shift is coming, the shift is upon you

A time of cataclysmic change

Are you ready?

Are you willing to make the effort to be ready?

We stand here, just outside of your conscious awareness, ready to help you, to show you what you can do to make the way clear...

for you to see where you're going...where the earth is going

Take each other by the hand...

Brother and sister, sister and mother, father and son

Go forth together in peace

All races, all colors,

You must do this now.

If you look into the night sky with your eyes closed

Just behind the moon you will see it waiting for you

It's there

The pathway is cleared

This is where you will go...just behind the moon...just out of sight

We will be there waiting for you...to help you get accustomed to your new life in your new place on your new Earth.

Take with you not money

Take with you not food

Take with you not any of your earthly possessions

All of these will be provided for you, provided to those whose hearts are pure...whose direction is clear in the path of love and human kindness, and supporting each other

Listen for the Voice of the One God who will guide you as you stumble.

You will not fall, because He will be there...we will be there...to hold you up and make certain you reach the goal.

Just behind the moon....

You can't see it yet, but you're going to see it soon.

The time of change is upon you, people of Earth

Harken unto the One God who will guide you...and we will guide you

We will help you...we will hold your hand as you hold the hands of one another

So make your heart pure

Prepare yourself

The Great Shift is coming

Just behind the moon...look for us there in the shadow

When the moon is only part full

Look for us there

We are waiting for you.

GOODBYE.

End of message except for the following, which was directed to Jessica, the person who received it:

And goodbye to the one who is holding the Light for us and helping.

Received on June 6, 2024

About Jessica Bryan: Jessica Bryan is a Spiritual Medium who does energy healing and clairvoyant readings. Jessica lives in Ashland, Oregon and can be reached by e-mail: medium at mind.net for more information and to read interesting metaphysical articles.

Jessica's website: <https://theflowofgrace.net/>

Tarot Tendencies For July By Doreen Scanlan



Summer Solstice has come and gone and we are smack into summer. July starts out with us both questioning and re-evaluating our beliefs and if they still align with our higher selves.

You may find yourself going back to some of the more traditional beliefs in favor of the more progressive ones. This may be due to the fact that you shared those beliefs with someone near and dear to you and aren't ready to let go of those memories.

Keep in mind, while those beliefs were your foundation it is okay to hold on to the memory but remodel what was built on them. One of the greatest gifts we have been given is discernment. Therefore, use that gift to discern what works best for you.

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

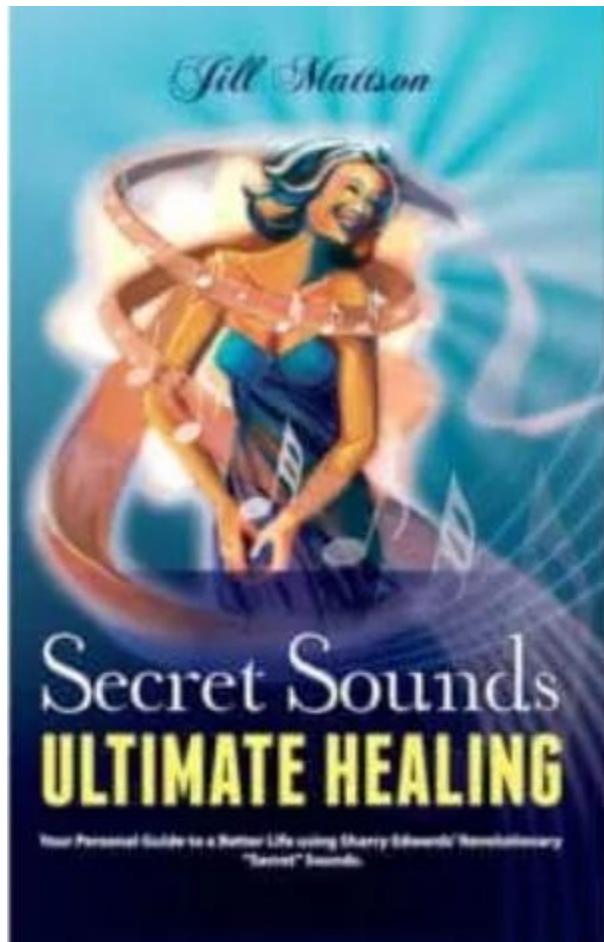
interested in a personal, more in depth reading please email me at doreenscanlan at yahoo.com and we can schedule one.

Interview with Doreen



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

Mozart Magic By Jill Mattson



The Germans and the Austrians received musical nourishment from Mozart. Fabien Maman wrote that the music of Mozart [1] assisted people to integrate higher realms of subtlety. Later his musical popularity spread these gifts. "His music is perfection. It can enter us, go through us and free us. This transparency is its magnificence. We can write or read while listening to Mozart because his music does not disturb the physical body; it resonates only with the higher subtle bodies." [2]

Mozart tipped his hat regarding his involvement in esoteric circles that were rediscovering ancient secrets of music. When Mozart produced the opera, "The Magic Flute, he concealed emblematic messages of the Masonic (Hermetic) ideology beneath an innocent fable so that the messages would endure and be rediscovered in better times." [3]

Mozart's piano sonatas show the imprint of the golden ratio (found so abundantly in nature). For example, in the Sonata No. 1 in C Major, there are 62 measures in the Development and Recapitulation and 38 in the Exposition, all within the first movement. The ratio of 62/38 is 1.63, close to the golden ratio. He used the golden ratio formed from intervals, but also from segments of time.

In the Baroque period music had sharply defined loud and soft sections. One verse was loud and the second verse echoed with a soft reply. There were no gradual changes in volume. During the Classical

period the practice of a steady volume for one musical section was abandoned. Crescendos, the gradual increase in volume became popular, producing a gentler way to change volume and emotional levels.

Singers and instrumentalists created minute frequency sweeps around a note using the technique called vibrato. Pitches correspond to the elements in the periodic chart according to some scientists and sound healers. Sometimes our body needs a nutrient that not only equates to a note, but it requires a tiny modification of it. Tiny pitch variations are comparable to isotopes. (An isotope is one of two or more forms of a chemical element with the same atomic number but different numbers of neutrons, creating a slightly different atomic mass.) Sharry Edwards helped a person who was not able to ingest standard calcium and therefore deposited calcium (arthritis) in his body, but he could ingest an isotope of calcium. Vibrato and musical glissandos create frequencies corresponding to an element with various isotopes, allowing us to ingest minute frequency variations.

[1] Wolfgang Amadeus Mozart, a German composer, lived from 1756 to 1791. He was an influential composer of the Classical era. He composed over 600 works.

[2] Maman, Fabien. *The Role of Music in the Twenty-First Century*, Tamo-Do Press: Boulder, Colorado, 1997, Pg. 41.

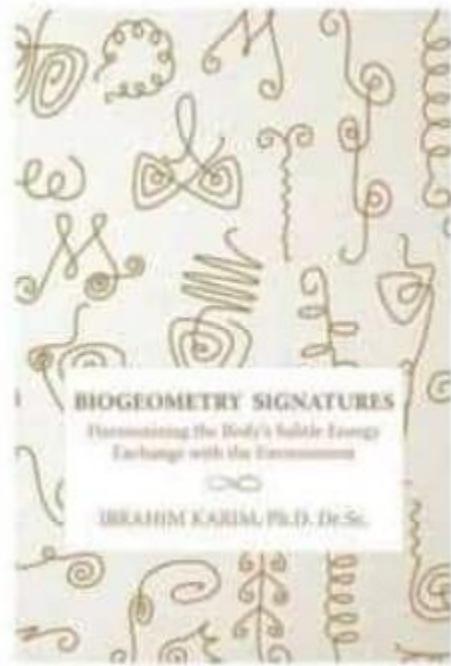
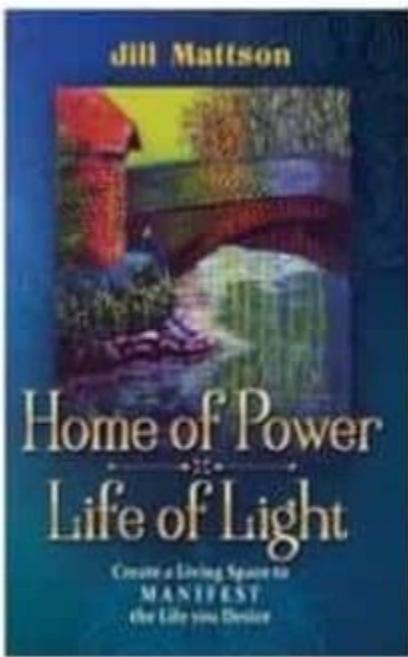
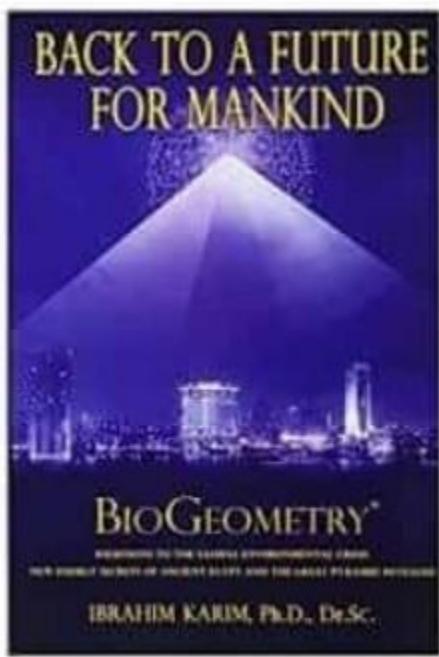
[3] Frers, Ernesto. *Secret Societies and the Hermetic Code*, Destiny Books/ Inner Traditions: Vermont, 2005, Pg.160.

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.

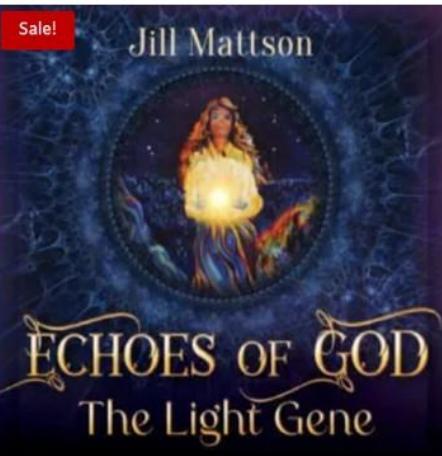
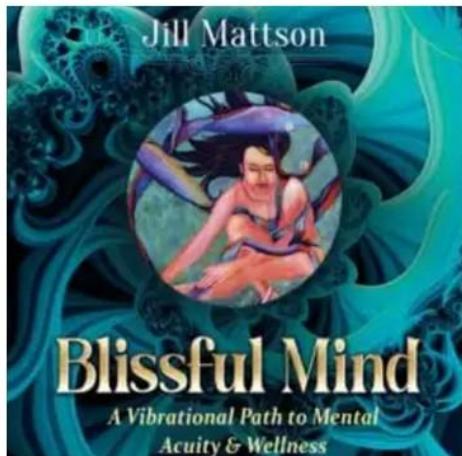
Jill's website: <https://www.jillswingsoflight.com/>

Jill's Books



Find her books on her website: <https://www.jillswingsoflight.com/product/create-healing-with-subtle-energy-bundle-three-hard-copy-books/>

Jill's Music



This is just a sample of Jill's music. Find out more at: <https://www.jillswingsoflight.com/product-category/books-cds/music/digital-download-music>

Interview with Jill



Link: <https://www.youtube.com/watch?v=29jPxbXjI2s>

elegance By Monique Lang



Someone dressed up this sign post for the season. Whoever does it, changes it to recognize seasons, events, holidays etc.

Do you dress up?

When? Why?

Is it something that brings you pleasure, or something that needs to be done for convention's sake?

Do you prefer to have your own style, or do you chose your clothes to fit in?

Do you want to be noticed, or would rather be invisible?

How? When? Why did you chose your style?

**Remember there is no right or wrong - just an opportunity to reflect...
do it gently!**

Kindness is my religion. HH the Dalai Lama

Be kind to yourself and others.

About Monique Lang: And remember, be kind to yourself: it will naturally follow that you will be kind to others. **About Monique:** Originally trained in psychoanalysis and Gestalt, I am certified in Internal Family Systems, Sensorimotor Psychotherapy, Comprehensive Resource Model and Past Life Regression. I am certified in both Reiki and Shamanic practices and ceremonies. In addition I have been a student of Meditation for over 20 years.

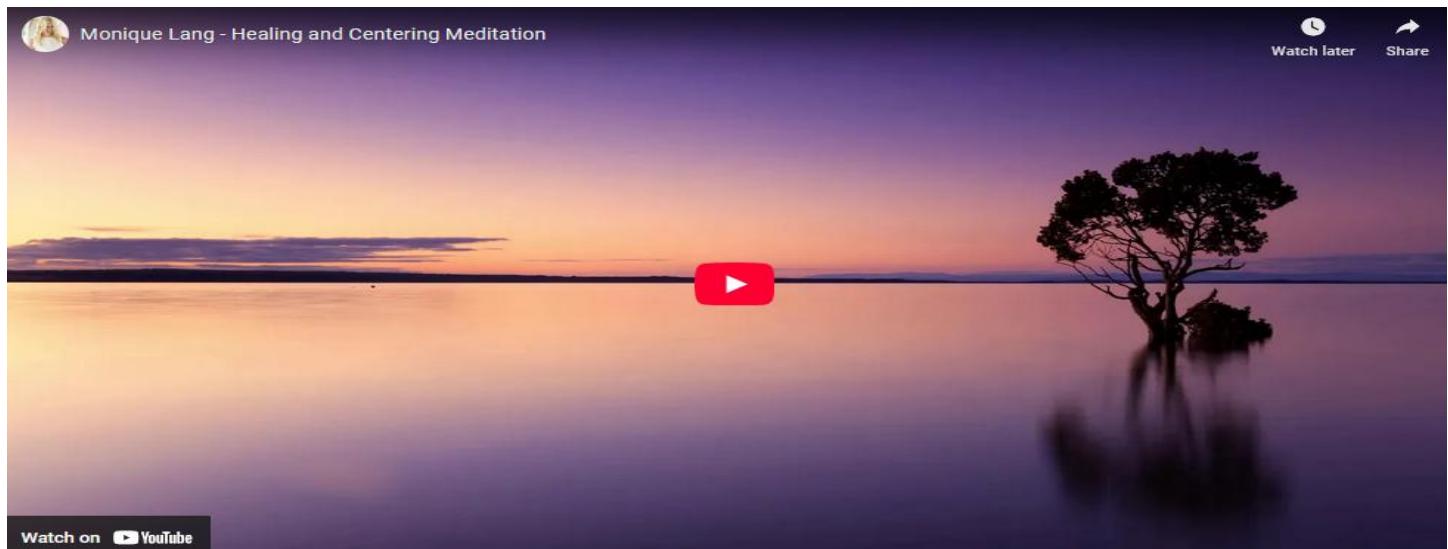
Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual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

Prior to becoming a psychotherapist I was an editor and a security analyst for a financial institution, a translator, an office manager for a community action group and program director in a community center where I developed several programs. These varied experiences have given me a wider lens to understand and connect with my clients. In addition to providing psychotherapy to individuals and couples, I co-leading trips to South America to connect with and learn from Indigenous healers and wise elders, run a

variety of workshops, teach clinicians how to use a multi-modal approach in their practices and help individuals and organizations in program visioning and development.

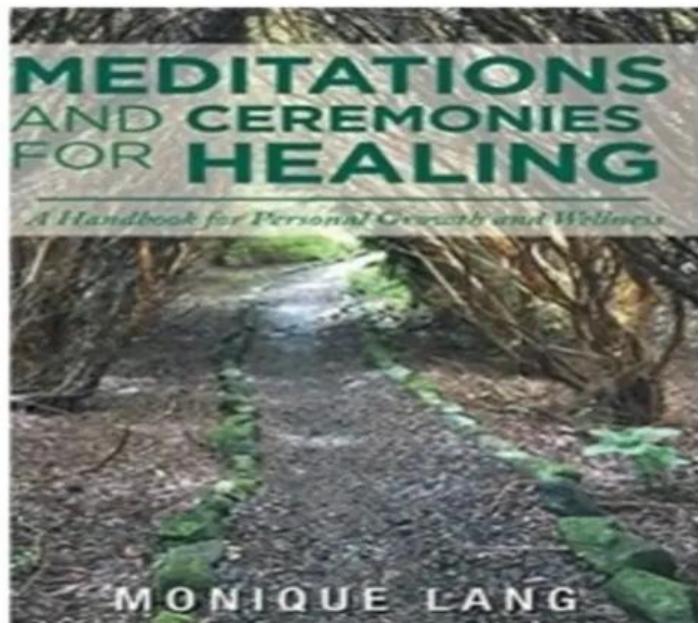
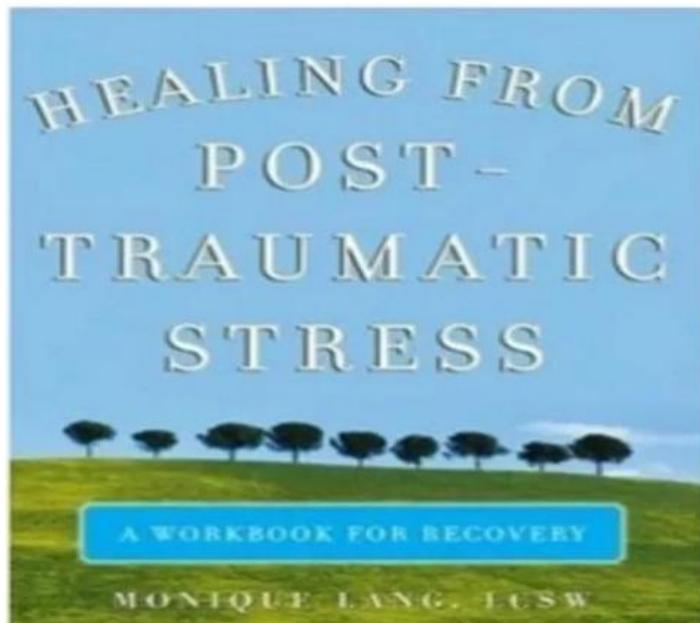
Monique's website: <http://www.moniquelanglcsw.com>

Monique's Video



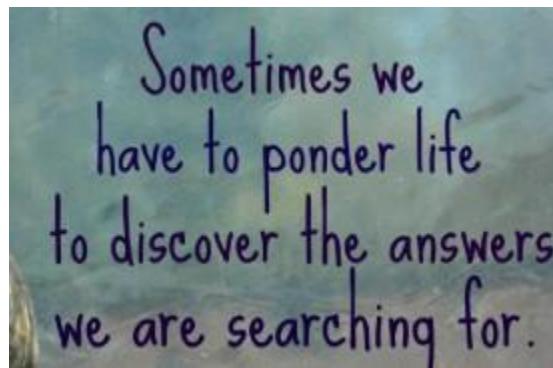
Link: <https://www.youtube.com/watch?v=EdRPn5gW7eo&t=27s>

Monique's Books



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

24 Months To Live By Steven Boyd



Have you ever noticed how life has a lot of “what if” moments? As eternal beings living in temporary human bodies, we tend to over analyze things and the “what if” tends to be at the top of our mental list as we deal with everyday challenges of human existence. For today’s topic, let’s consider that a doctor had given you the hard to digest fact that you only had 24 months to live. In this decree, there was nothing that could be done to extend the time; the clock just started its final countdown to leave this body and world that we have become so accustomed to. After wrestling with the ego and all of its fears, worries, anger and rationalizations, we would eventually come to the acceptance that this is a fact. Also, we would probably want to make some changes so to make the most of our time left on this earth.

Now, this may seem like a harsh thing to consider for some of us as it bruises the ego and causes chaos of the mind and emotions, but quite a few people get news like this every day from their doctors. Of course, the times may vary depending on the disease. Some are young, some are old. The fact is most of us don’t want to ponder this fact of life and keep ourselves so busy so we don’t have to consider such things. This is called denial and it seems to be common thread running throughout American culture. Some other countries with differing beliefs raise their young to understand that life and health is fleeting and that death is not something to be feared, but is a change from one form to another on the grand path of evolution.

Running away into the distractions of life can be a big mistake as pondering such things can bring blessed windows of growth and opportunity for change. Many years ago, a dear friend gave me a book from a Buddhist Rinpoche. It had daily reflections on living and dying. At first, some of the reflections caused my mind and heart grief as it struck cords of fear and the “what if” about the unknown. After reading it daily for years along with prayer & meditation, it expanded my mind beyond those emotions to the vastness of eternal existence as souls who come to live & learn for a period of time, die or as I like to say “transition” into another form and world made entirely of light and eventually come back to do it again on earth. Billions of people share such a belief.

The benefit of pondering such a thing is that for most of us, we get too comfortable in these bodies, our families, houses, friends, pets, jobs and we forget that each day is an amazing gift from our heavenly creator with no guarantees about a tomorrow. In reality, we only have one day at a time to learn and live. It’s by God’s grace alone that we and creation exist. Do you really want to take such a precious thing like this for granted?

So my fellow readers, what if starting today you were told that you only had just 24 months to live, what would you do differently? I dare say a lot of us would make serious changes to our lives in quick order. We would reconsider what’s really important and let go of the things that were not. This may include leaving toxic relationships, quitting jobs that we can’t stand, making amends to those we’ve hurt, taking

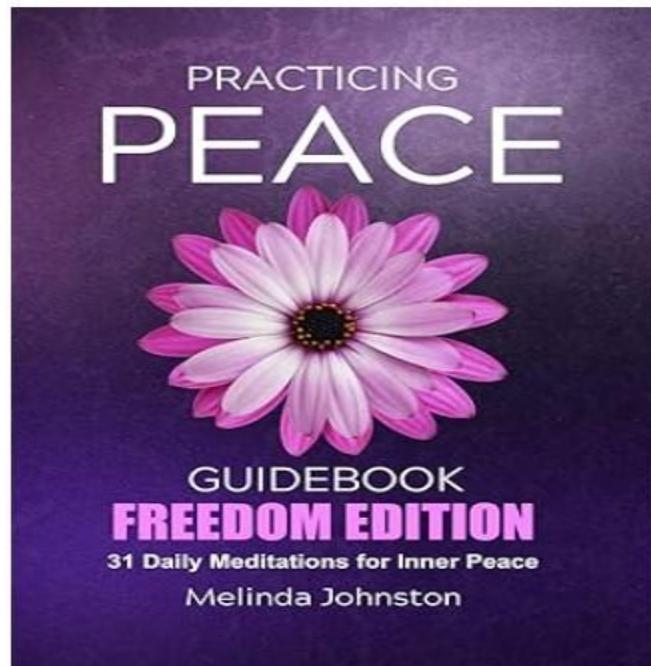
more risks as we wouldn't let fear hold us back from doing and saying what needed to be done.

As our minds became hyper focused on the real value of time, we would deeply appreciate life on a whole different level. I recall last year one of my friends and neighbors bragging how he was still working with one of the big auto manufactures. For him, it had been over 50s years with the company and counting. His wife was in poor health. He kept waiting for the next union raise and was going to retire but kept pushing it back year after year, wanting more money, like he needed it, which he didn't. As he was speaking, I felt sorry for him as he was trading his most valuable asset, which is time for another paycheck. Another one of my dearest friends did the same, kept pushing back and holding on to the paycheck and the next union raise, which he didn't need. He didn't really like his job, the company or the people he worked with. All he really did was work, sleep and eat for many years, not enjoying the money he was making. Sadly, both died recently and weren't able to spend any of that money to travel or enjoy life with family or friend. I see it all the time in my professional life. My father was fortunate that he retired at 49 years old. He worked for a large auto manufacturer. He didn't hold a big job, he isn't rich, but he and my mother are comfortable as they lead a simple and fulfilling life.

Time is the one thing we can't buy back and so many people trade the world's most valuable asset for money. Not even the richest and most powerful can buy back time. So, my friends, if starting today you only had 24 months to live, would you be doing things differently? If the answer is yes, you may want to begin now. Don't fool yourself and wait for tomorrow as it may never come. You may want to recommit to seeking a relationship with God, which is the best investment a person can make, making amends to those whom you've mistreated, improving health, being more kind and generous to all and sharing your blessings with others. Remember, time is of the essence, so make the most of it and live this life fully so that when your time to transition from this world to the next is upon you, you can leave with a smile on your face, knowing you lived a good life and have happy memories to take with you to the great beyond.

About Steven Boyd: Steven Boyd is a writer and an aspiring yogi. During the work week, he plays the part of global director of talent management for an engineering company. Steven has been practicing yoga and meditation daily for over 30 years. He follows the spiritual path of the Self Realization Fellowship that was founded in 1920 by the Great Yogi-Guru Paramahansa Yogananda. His book 'Autobiography of a Yogi' has sold millions of copies. Steven Jobs of Apple computer was a big fan of this book.

The Untapped Power Of Peace By Melinda Johnston



Why Stillness Is the Strongest Force in Leadership and Life

In a world that worships speed and urgency, patience is often dismissed as weakness. We are taught to act quickly, respond instantly, and push forward at all costs. But what if the real strength—the most commanding presence—comes not from action, but from stillness?

 **Neuroscience confirms that patience rewires the brain**

Studies show that impulse-driven reactions flood the body with stress hormones, locking us into cycles of fight-or-flight thinking.

Patience, on the other hand, engages the prefrontal cortex—the part of the brain responsible for clarity, foresight, and high-level decision-making.

When leaders cultivate patience, they tap into:

- ✓ Enhanced emotional intelligence—responding wisely instead of reacting impulsively
- ✓ Greater strategic awareness—seeing long-term outcomes instead of short-term distractions
- ✓ Stronger influence—leading with steady presence instead of reactive energy

Patience isn't passive. It's a weapon.

We often mistake patience for inaction, but in reality, it's an active force—a choice to withhold energy until the right moment, the right decision, the right move emerges.

But in a world driven by urgency, deadlines, and the pressure of “time is money,” patience feels counterintuitive. We are conditioned to believe that faster is better, that waiting equates to failure, that stillness means falling behind. Yet, true peace cannot rise in a race against time—it emerges only when we detach from the fear that time controls us.

To practice peace, we must confront the deep-seated belief that productivity is our worth, that rushing through life equals success. Peace is not found in beating the clock—it is discovered in trusting divine timing, energetic flow, and the wisdom of pausing before action.

This is where the 40-Day Peace Practice begins—a conscious commitment to releasing urgency, surrendering control, and embodying patience as a sacred tool for transformation.

How to Build a 40-Day Practice for Unshakable Inner Peace

Instead of simply engaging in mindful patience, we transform the experience into a higher evolution of self-awareness, where each day serves as a gateway to deeper insight.

◆ Week 1: Awareness of Conditioning (Days 1-7)

Lesson: We operate on autopilot—reacting from subconscious conditioning rather than true presence.

Practice: Observe patterns. Where do you default into reaction instead of conscious choice?

Action: Pause when you feel triggered and ask: Is this response truly mine, or is it an inherited pattern?

◆ Week 2: Emotional Alchemy (Days 8-14)

Lesson: Emotions are not obstacles; they are tools for transformation.

Practice: When discomfort arises, welcome it—instead of suppressing, ask: What is this emotion trying to teach me?

Action: Redirect energy toward higher consciousness rather than staying stuck in old emotional loops.

◆ Week 3: Embodying Inner Leadership (Days 15-21)

Lesson: You influence the external world by mastering your inner world.

Practice: Lead with frequency rather than force—how does your energy shape interactions?

Action: Test presence-based leadership: How does non-reactivity change the way others respond to you?

◆ Week 4: Integrating Peace & Purpose (Days 22-31)

Lesson: True peace is not passive—it is conscious engagement without attachment.

Practice: Engage in conversations, challenges, and decisions without emotional entanglement.

Action: Choose where to invest your energy. Are you fueling distractions, or focusing on conscious action?

◆ Final Integration: Mastery & Embodiment (Days 32-40)

By this point, you have witnessed your conditioned responses, transformed emotional energy, strengthened your leadership presence, and deepened engagement with peace. Now, we step into true mastery—where conscious evolution becomes your natural state.

◆ **Lesson:** Peace is no longer something you “practice”—it is now the essence of how you engage with life.

◆ **Practice:** Observe your interactions. Are you leading conversations, decisions, and energy with presence?

- ◆ Action: Test your ability to hold peace even in challenging moments. Let triggers become proof of your mastery.

This practice isn't about simply "being patient" or "staying peaceful"—it's about retraining your consciousness to operate from intentional mastery instead of conditioned reaction.

Peace isn't just something we practice—it is something we embody.

Your Inner Journey of practicing peace isn't about perfection; it's about integration, about learning to choose patience and conscious awareness even in the most ordinary, unexpected moments.

Through deepened mastery, you step beyond individual transformation and become a living frequency of peace—one that ripples outward, influencing everything you touch.

The world needs more conscious leaders, more embodied examples. You are now part of that movement.

Ready to step fully into the practice of peace?

The Practicing Peace Guidebook offers 31 daily meditations designed to deepen your awareness, integrate peace into daily life, and transform the way you engage with the world.

About Melinda Johnson: 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.com/>

Interview with Melinda



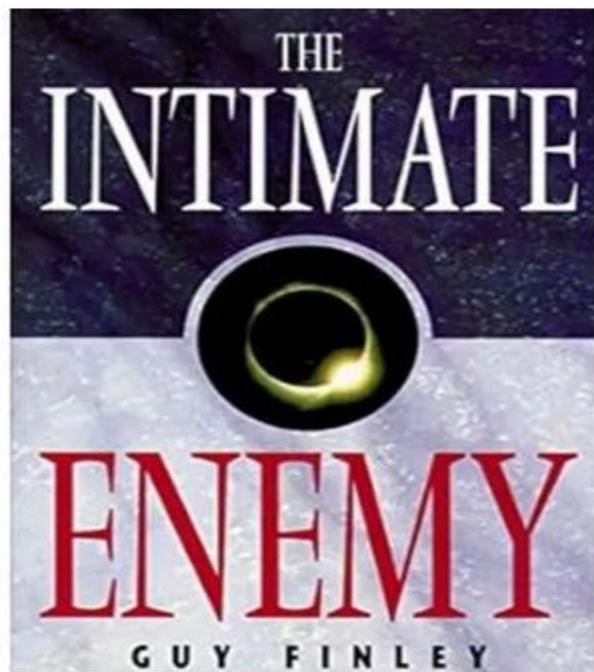
Link: <https://www.youtube.com/watch?v=gMHojmChdMQ>

Melinda's Books



Find her books: <https://buddhiinstitute.com/guidebooks>

The Narrow Gate That Opens Into A World Of Living Light
By Guy Finley



Key Lesson: Everyone wants to be illuminated, but few will dare to stand in the light of higher self-awareness, and what it reveals (about them).

For Further Study

As we're about to discover, the little phrase, "I see myself," describes a single action that has the power to change the heart of whoever is willing to embrace its practice. But, before we examine the exercise, let's take a closer look at what it means to "see ourselves" – as we are –especially when someone else has failed to please us.

To begin with, it's impossible to see ourselves – as we are – when all we can see before us is someone else who's to blame for a feeling that we don't want. The truth is, at least for now, we can't see anything at all about ourselves when we're in the heat of a disagreement with anyone, even if it is with someone we love.

We can't see our own flashing eyes, because all they're capable of looking at is who to blame for the heat rising up behind them.

We don't hear the defiant tone in our voice because it's being drowned out by the voices in our head, justifying our right to be angry, disappointed, resentful, or otherwise upset.

And we've almost no sense at all of these mounting pressures in us, because we've been rendered numb by the drumming of these unconscious forces as they seek, and always seem to find – in another person – a reason for being so disturbed.

To see the truth of the above is to understand how important it is for us to be as fully mindful as possible in the midst of a disagreement with someone else. We need to be completely present to whatever is coming up and out of us – not only aware of the kind of thoughts and feelings coursing through us, but equally sensitive to the kind of energy we can intuit is accountable for their appearance.

Now, let's see why our willingness to enter into this healing space called I see myself empowers us – on the spot – to realize the possibility of a whole new and higher relationship with others, starting with this: “Seeing myself as I am “allows me to see what you're looking at, at the same time!

When was the last time, in the middle of a fight with anyone, you came to a stop and silently, deliberately asked yourself this question: “I wonder what it's like for you to be experiencing me, as I am, right now?” The conscious choice to see ourselves as we are in the midst of any struggle with another human being changes us and, in turn, everything about that moment.

We must not wait to start our practice; the truth is that every moment is the right moment to see ourselves as we are... regardless of whoever may be our “partner” of the moment.

Maybe it's the person in that long line with us, complaining about how slowly things are moving. There's no better time to practice seeing yourself as you are than when some part of you can't wait to “pounce” on the impatience of someone else. How about being stuck behind a driver on the freeway who won't speed up or get out of the way? Practice seeing yourself as you are and “arrest” that part of yourself that's always rushing somewhere, resisting everyone and anything in its way!

The more places we'll employ this interior practice, the sooner we will find ourselves living from a higher level of Self that cannot be made to turn against anyone, let alone the ones we love. You've heard the expression “Practice makes perfect.” Seeing ourselves as we are is love in action because it's the same as consciously illuminating those lower, unconscious levels of self that stand in the way of all that is kind, caring, and compassionate.

Now the upward path ahead, which was closed off to us by our blindness only a moment before, opens wide its narrow gate as we open ourselves to the endless resources of a Living Truth. The darkness that once dominated our relationships is literally dismissed because we have chosen the Living Light itself to be our advocate.

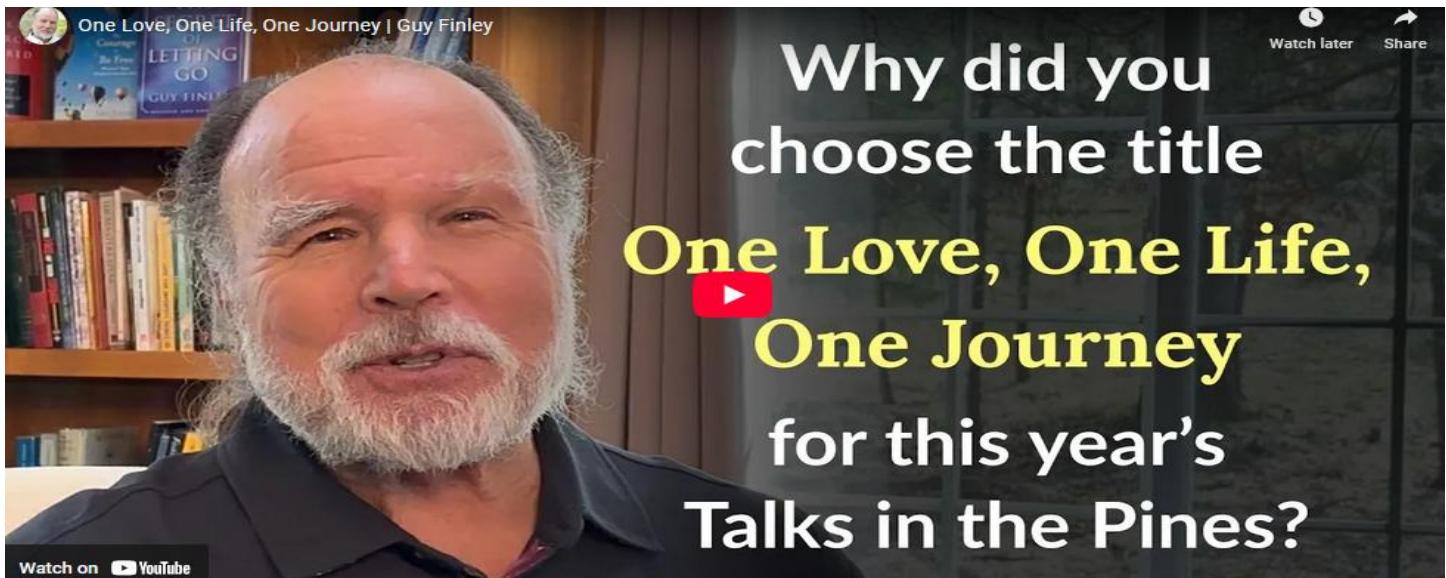
About Guy Finley: Guy is the author of 45 books and video/audio programs including his international bestseller “The Secret of Letting Go” which has been translated into 30 languages and sold millions of copies worldwide.

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/light>. These classes are open to all. For more information about Guy Finley and Life of Learning Foundation visit www.guyfinley.org

Guy Finley's Video



One Love, One Life, One Journey | Guy Finley

Watch later Share

Why did you choose the title **One Love, One Life, One Journey** for this year's Talks in the Pines?

Watch on YouTube

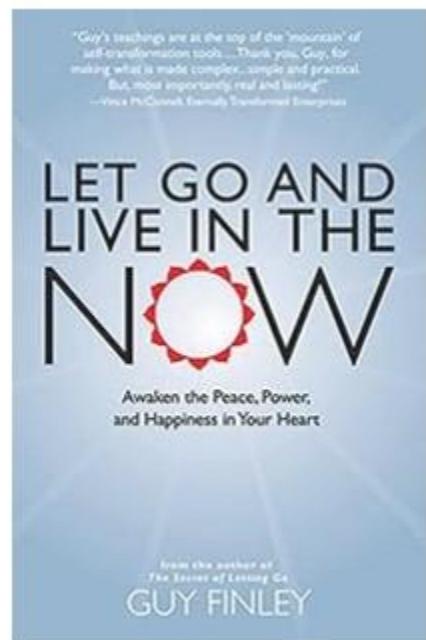
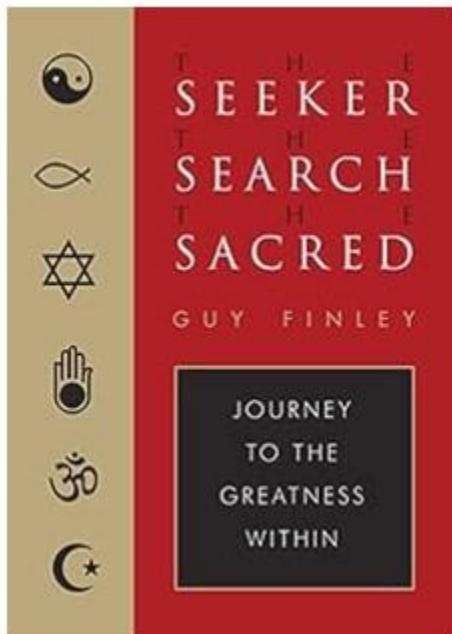
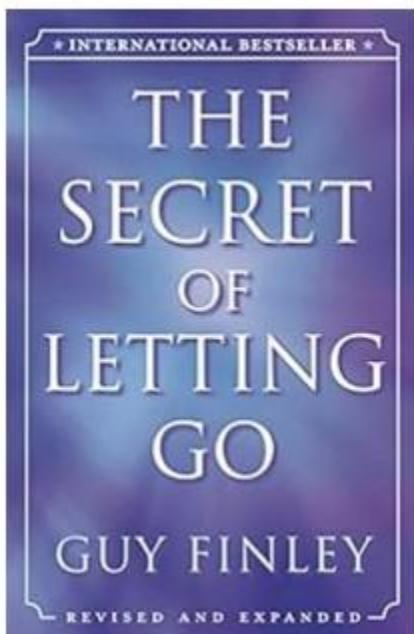
One Love, One Life, One Journey

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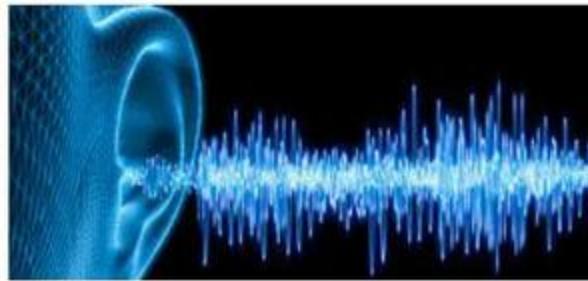
Link: https://www.youtube.com/watch?v=UQ_iqRg8CwI

Guy's Books



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

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.

Learn about 432 hertz.

The history of the 432 Hz frequency goes back far into antiquity. Even in ancient cultures such as the Egyptians, Sumerians and Greeks, special vibration frequencies were considered sacred. The number 432 has a special meaning in many of these cultures. It stands for the natural cycles of the earth and the cosmos.

The famous Greek philosopher and mathematician Pythagoras played a crucial role in the discovery of the 432 Hz frequency. He recognized the harmonious relationships between numbers and tones and developed the Pythagorean tuning, which used 432 Hz as the fundamental frequency. Pythagoras believed that this frequency had a profound effect on the human psyche and contributed to spiritual development.

The symbolism of the 432 Hz frequency extends to the present day. The number 432 is closely linked to the number 9, as $4 + 3 + 2 = 9$. The number nine is considered a symbol of completion and spiritual awakening in many spiritual traditions. The 432 Hz frequency is believed to create a harmonious balance with the natural rhythms of the universe and thus has profound spiritual significance.

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.

Listen to the Video



Link: https://www.youtube.com/watch?v=yQjHSIHPJfw&list=RDyQjHSIHPJfw&start_radio=1&t=485s

A Candle To Peace By Sage Walker



Light A Candle To Peace

Light a candle to Peace in this world that you
And all others may live in peace.

Light a candle to peace to in your heart,
That you may forgive all who have hurt you.

Light a candle to peace
And ask that a loving nature guide your life.

Light a candle to peace
And may it be inside yourself each day of your life.

Light a candle to peace with yourself.
Light a candle to peace that we may live

Our lives in freedom.

Peace be with you and me.

Thank you.

~Sage Walker

Sage's Book

About Sage: I am an ordained minister, spiritual counselor, intuitive guide and energy worker. I have a deep commitment to health and healing personally and professionally and have been a passionate healing professional for almost my adult life. In addition, I am a Master-Instructor in Integrated Energy Therapy® (IET), which is a high-vibration angelic healing therapy, and I have trained with Metaphysical teacher Shad Diamond.

I am highly connected to Guides, Angels, Ascended Masters and other light beings who assist me in my work. They guide me in each session as I allow the energy and information to flow through me. In this process Spirit has sent me many Spiritual Messages that I then share with you.

Sage's book: The deeper soul connection, caring, and support can bring peace to the reader. Within these words of spiritual wisdom are ways to see life differently and improve the quality of relationships. Creating a new way of being is the power within these verses. Support and faith in all of you radiate from within Spirit's words. These words are pathways to guide you in this change. It indicates a belief in yourselves and that you can move forward releasing old beliefs. These passages show you are cared for and help you see that you are important in ways you never thought about. They give you hope as they open you up to live a new life. The Awakening shows the darker places you have been and the way out of those spaces. The messages communicate caring and faith that you are able to improve your lives. These verses are about growth, learning to love and accept all aspects of yourselves as you are guided to a happier life. They ask you to find the best in yourselves and others as you create a better life. Some of the messages talk about others in your life. Messages about nurses and other caregivers honor them and their

service. Various people whose names are not mentioned have also taught lessons as Spirit shows in those messages. The Angel's words remind you to call on them and that they are always there for you. You are blessed, guided and loved by them as shown by the passages. They wish to enhance your life as you go toward joy. All Spirits messages are gifts given to assist you to improve your life.

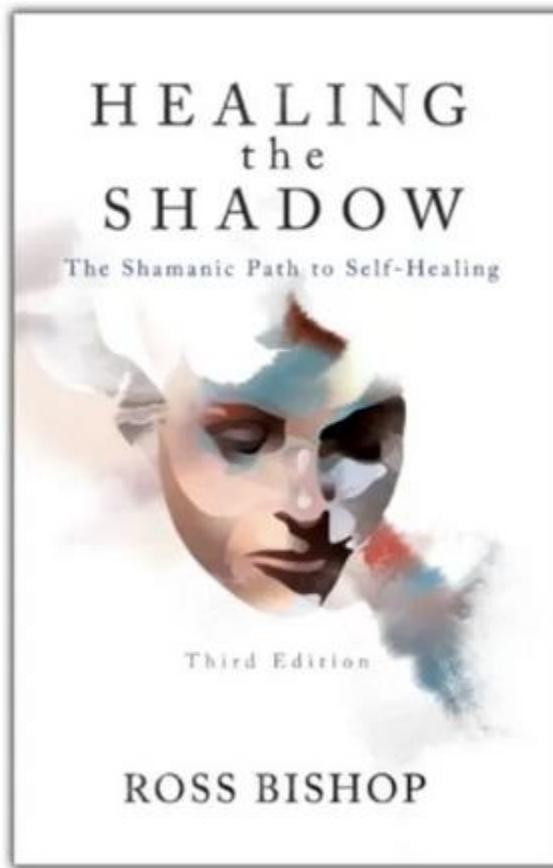
Find her book on Amazon: https://www.amazon.com/Awakening-Creating-New-Way-Being-ebook/dp/B0821SK1M6?ref_=ast_author_mpb

Interview With Sage



Link: <https://www.youtube.com/watch?v=v9AzKAJx7Lg>

Nobody's Perfect By Ross Bishop



Sure, you have heard that before. But what does it really mean? We humans are a fallible lot, but there is a good deal more to it than that.

When we make a mistake, it is because we either don't know or choose not to know, what to do. Either we are ignorant or fearful, and both create opportunities for learning (if we are willing to accept them). That is how we mature and grow! We develop ourselves (learn) through our mistakes if we can get past the shame of screwing up!

Screw up, and you'll feel that something is wrong. Either that or you'll get unpleasant feedback from others. Remember when you learned to walk or ride a two-wheeled bicycle? You learned mostly from your mistakes, especially at first. As a baby learning to walk, you were down more than you were up! We didn't have training wheels when I was a kid, and I still remember my skinned knees! When we had those experiences, we were dealing with the unforgiving law of gravity.

There are laws for human behavior too, but those are far more forgiving, and for good reason. Flexible "laws" give us a great deal of space to make mistakes, change and learn. Besides, as I said, your "screw-ups" mostly come from your fear anyway, so they present perfect learning opportunities (if we are willing to take advantage of them).

For example, we are asked to bring compassion into every interaction. When we do not, we experience discomfort, perhaps even pain, not as punishment but because The Universe is trying to awaken us to what we have been doing (or not doing) and encourage us to change. If we continue to refuse, then The Universe ratchets up the consequences. We know this as karma.

The simple truth is that we don't want to accept responsibility for our own happiness, because that would mean having to face the fears and beliefs we hold about ourselves. Brianna Wiest said:

"Nobody wants to believe happiness is a choice, because that puts responsibility in their hands. It's the same reason people self-pity: to delay action, to make an outcry to the universe, as though the more they state how bad things are, the more likely it is that someone else will change them."

Because we have free will, The Creator couldn't simply give us self-love or worthiness. We have to decide that we are lovable and worthy for ourselves. You can say it is a clumsy system, but it works!

And, it is not that we don't have good guidance! We have plenty of living examples of how to live. We have Jesus, Moses, Vishnu, Brahma and Kami. Muslims go straight to Allah while Buddhists and Taoists use the laws of The Universe for guidance. Regarding teaching, we have the *Bible*, *The Ten Commandments*, *The Torah*, *The Bhagavad Gita*, *the Kojiki*, *Bhudda's Sutras* and *The Noble Truths*, *The Koran* and the Daoist philosophies. In addition, there are thousands of other books interpreting and expounding on spiritual topics.

Of all of these, one of the most intriguing to me is the Sufi text, *Physicians of The Heart, The 99 Names of Allah*, which is an incredible work of spiritual awakening. In illuminating the qualities of Allah, such as infinite compassion, endless love, mercy, peace, trust, purity, wisdom, generosity and forgiveness, the Sufis provide exceptional guideposts for our behavior. My point is that we have plenty of examples regarding how to live.

But one must ask, "How much have we really gained from these teachings?" The point is arguable. We have learned to fly above the clouds and have explored the depths of the oceans. Man has walked on the moon. Our species has come a long way since emerging from caves, but we remain unwilling to deal with our beliefs of unworthiness and unlovability. Our compassion for others continues to elude us. We slaughter each other with an almost predictable regularity. And then there is the issue of compassion for ourselves.

And while the West enjoys an enviable abundance, much of Africa, the Far East, and India suffer from want, while we spend an enormous amount of our hard-earned wealth on weapons of mass destruction, to what foolhardy end?

So, the challenge is to learn and grow from our "mistakes" and not simply punish ourselves for doing something "wrong." Every teacher, regardless of their faith, admonishes us to love ourselves and each other. But at present, that kind of vulnerability presents too great a risk. What if they reject us? What if they confirm that we are unworthy or unlovable? It is through dealing with these issues that our species will evolve.

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

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

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

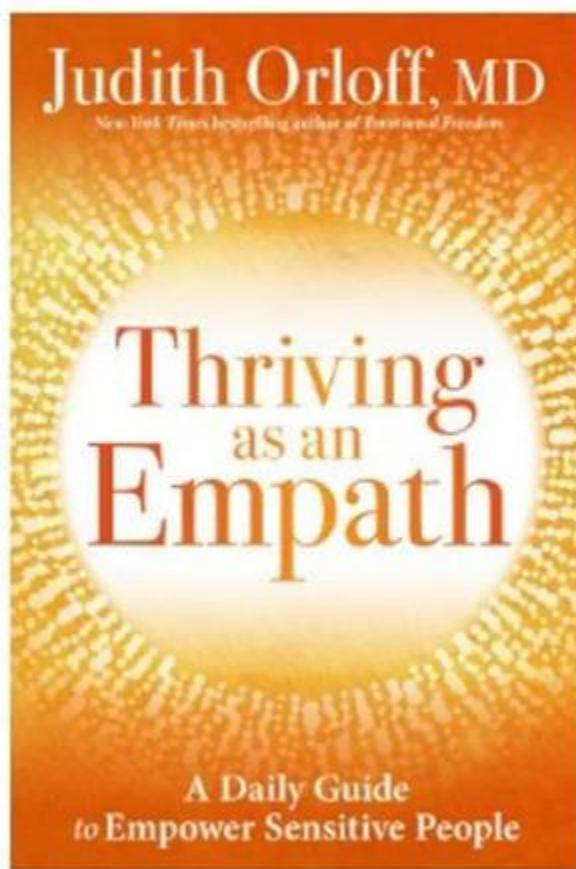
Ross Bishop's website: <https://www.rossbishop.com/>

Interview with Ross



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

How To Deal With Overwhelm By Dr. Judith Orloff



Learning to deal with feeling overwhelmed is an essential part of an empath's tool kit.

The secret to reducing overwhelm is to notice it quickly. Many empathic patients have come to me saying, "I've felt overwhelmed for years." They live in the persistent, uncomfortable state of sensory overload or else have become exhausted, burned out, or sick. Happily, you don't have to let this experience get the best of you.

Each day, treat yourself with kindness. If too much is coming at you too fast, make time to decrease stimulation. Notice when you first start feeling overwhelmed. Did a colleague or family member ask too much of you? Did you over-commit yourself? Most importantly, catch the feeling as fast as you can before it gathers momentum. Then take at least a few minutes to unplug from stimulation. I often retreat to a room without sound or bright light. I rest or meditate to re-calibrate myself to a more balanced state. You can use these strategies too.

When you are feeling overwhelmed or if your thoughts are scattered, practice this visualization from my book *Thriving as an Empath: 365 Days of Self-Care for Sensitive People* to center yourself:

Red Rock Canyon Visualization

Take a few deep breaths. Relax your body. If thoughts intrude, keep breathing deeply and let them float by like clouds in the sky. Do not attach to them. Let the rhythm of your breathing help you completely settle into

your body.

Picture yourself walking in a huge, majestic, red rock canyon filled with all shapes and sizes of noble stones and boulders. Some are thousands of years old, strong, wise, and omnipresent. It's a beautiful day with the perfect temperature, just right for you to wander around this enchanted place. Notice which rock formations you are drawn to.

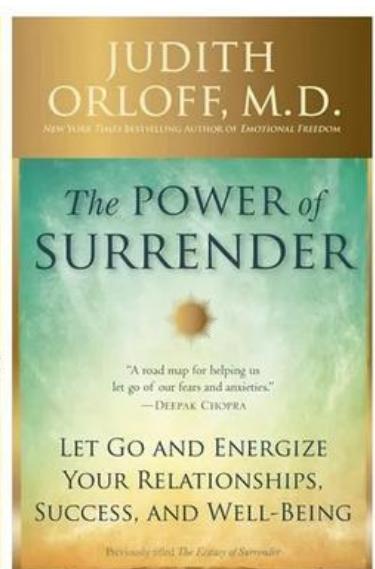
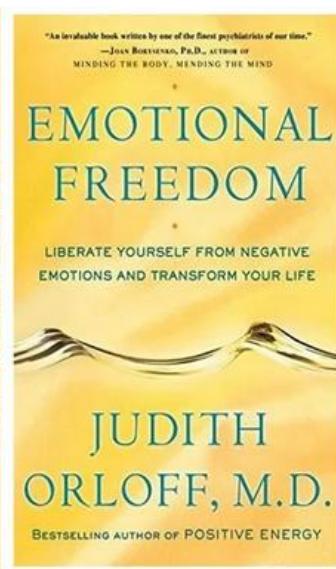
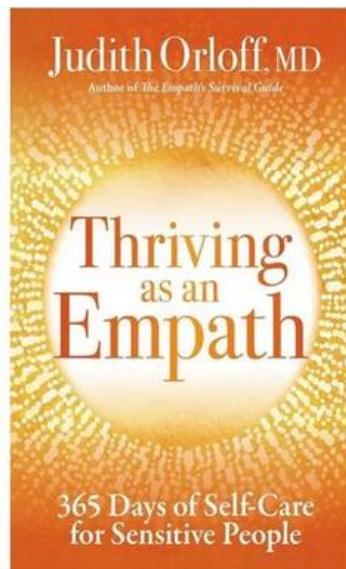
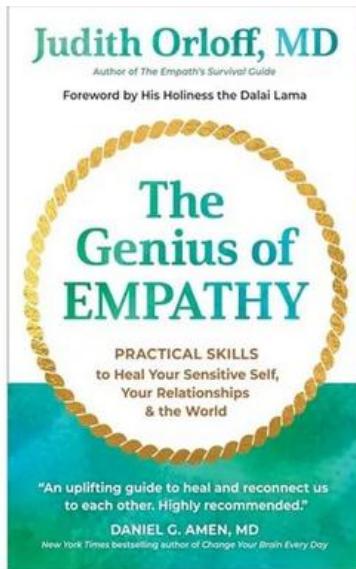
Then, place your palms or your entire body on them. Feel their strength and let them ground you. You can sit on a boulder, too, to feel its stability, warmth, and sustenance. Let the grounding life force of this canyon and all its natural stone formations bring you back to center and in touch with your highest, clearest self.

Set your intention. To prevent or decrease overwhelm, I will plan short or longer periods to reduce external stimulation. I will visualize the red rock canyon of wonder when I want to ground myself. I can go there whenever I like. It is always welcoming my return.

About Judith: Judith Orloff, MD is author of *The Empath's Survival Guide: Life Strategies for Sensitive People*, upon which her articles are based. Dr. Orloff is a psychiatrist, an empath, and is on the UCLA Psychiatric Clinical Faculty. She synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. Dr. Orloff also specializes in treating empaths and highly sensitive people in her private practice.

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

Judith's Books



https://www.amazon.com/stores/author/BooooAP8R6O?ccs_id=ec36849d-2bd5-4ef7-9d33-e5e3271c7be9

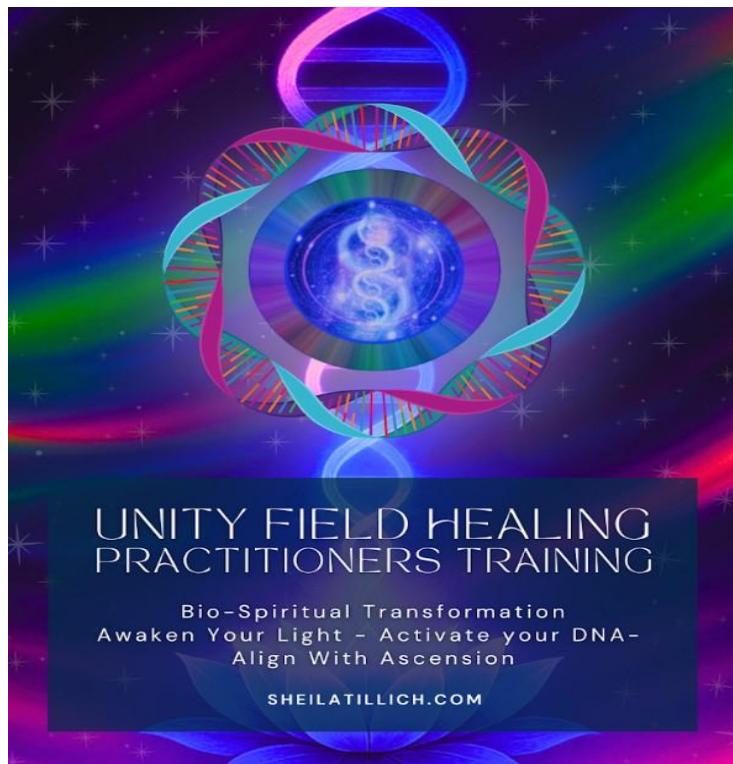
Dr. Judith Orloff's Video



Link: <https://www.youtube.com/watch?v=5J8vYb9IaXk>

Unity Field Healing®: Activate Your Spiritual DNA & Transform Your Life

By Sheila Tillich



In a world awakening to higher consciousness, more people are turning to energy healing for relief and true transformation. One of the most advanced methods emerging today is Unity Field Healing® (UFH). This revolutionary quantum energy modality works directly with the spiritual layer of your DNA, including a unique, higher-dimensional energetic structure known as the 24th Chromosome. This is not just healing—it's soul evolution.

UFH is based on the understanding that your DNA is far more than biology. It's a living, quantum interface that stores memory, emotion, and your unique spiritual coding. Through gentle but powerful energetic transmissions, UFH helps you reconnect to your divine blueprint, access your soul's purpose, and experience emotional, physical, mental, and spiritual healing.

Whether you're new to energy work or have been on your path for years, UFH offers a next- level experience rooted in science, soul, and ancestral wisdom.

What Happens During a UFH Session?

During an in-person or remote session, you'll rest in a relaxed meditative state while a trained practitioner facilitates energy transmission through your quantum field. There is no manipulation or pressure; UFH meets you in your soul's timing, creating space for:

- Emotional release and mental clarity
- Energetic detox and inner realignment
- Spiritual awakening and intuitive activation
- Reconnection with your soul's mission

- Liberation from ancestral and karmic imprints

Think of it as a cosmic software update for your energetic system, supporting your healing and awakening in today's rapidly evolving world.

The Science (and Magic) of Quantum DNA Healing

Modern breakthroughs in quantum physics and epigenetics show that DNA is responsive to intention, vibration, and consciousness. UFH works precisely at this energetic level, activating the 24th Chromosome, a higher-dimensional structure that acts as a gateway to expanded awareness and multidimensional healing.

By tapping into this layer, UFH clears inherited blocks and activates dormant healing codes—freeing you from old patterns and aligning you with your soul's highest timeline.

Meet Sheila B. Tillich – USA Host & Master Trainer of UFH

A gifted energy healer and beloved teacher, Sheila B. Tillich is one of the few certified Unity Field Healing Trainers and Practitioners in the U.S. Known as the Galactic Grandmother and Recovery Metaphysician, Sheila is also the official USA Host for Unity Field Healing. She collaborates closely with UFH founder Dr. John Ryan to bring this extraordinary work to lightworkers, practitioners, and seekers nationwide.

Sheila offers:

- ◆ 1-on-1 Healing Sessions (online or in person)
- ◆ UFH Practitioner Training Weekends
- ◆ Spiritual mentorship and ascension guidance

With her compassionate presence and deeply intuitive gift, Sheila holds a sacred space for quantum healing and personal transformation. She supports clients in awakening their DNA potential and embracing the New Human experience.

Ready to Heal, Align, and Activate?

Whether seeking personal healing or feeling called to train as a practitioner, Unity Field Healing opens a profound doorway into soul-aligned living. Explore sessions, upcoming trainings, or contact Sheila today at: www.sheilatillich.com and her email sheila@sheilatillich.com

Unity Field Healing is not just an energy technique—it's a sacred technology for the New Earth. The time to activate your spiritual DNA is now.

About Rev. Sheila B. Tillich: Sheila Tillich is a Visionary Healer, Galactic Channel, and Recovery Metaphysician with over 40 years of experience in bio-spiritual transformation and energy mastery. As a Metaphysician, Sheila practices energy-based and consciousness-based medicine.

Since 1985, she has been an awakened soul deeply committed to helping individuals activate their ascension pathway to Divine Human Essence—and live as sovereign light beings.

Her connection to angelic angels from childhood, Sheila's soul, led her to her life's purpose: self-healing and helping others align their sovereign divine human essence. In 1985, her personal and professional recovery path began through Co-dependency, and in 1993, from Alcoholism. Her education includes many pathways: 12 step Spiritual facilitator, Nursing, Hospice, and Palliative Care, Evidential Mediumship, IET® Master-Instructor (2014), Kryon Team as Global Lemurian Sisterhood Host (2016-

2021), Ordained Metaphysical Reverend (2017), HeartMath® Institute Certified Coach (2017), IET® Master-Instructor Trainer (2018), Unity Field Healing (UFH) Practitioner (2019), Galactic Grandmother Channel (2020), Founder Galactic Ascension Academy—School of Galactic Wisdom Mastery (2022), Unity Field Healing (UFH) Teacher (2025).

Her Energy Practice Sheila's affiliate connection to Kryon's channel continues as she promotes the message 'New Energy Human Consciousness.' Sheila is a Unity Field Healing (UFH) teacher and Practitioner certified in 2019 by founder Dr. John Ryan, MD. As one of the first United States UFH Practitioners trained by Dr. John Ryan in 2019 and currently ranked #2 nationally, Sheila offers advanced quantum healing sessions that align clients with their multidimensional interstellar DNA blueprint. Her practice incorporates the "Quantum DNA" Modality and blends Integrated Energy Therapy® (IET®), USUI Reiki Master, and her unique transmissions and activations from the Galactic Star Mothers.

Sheila has facilitated thousands of healing sessions worldwide, taught countless students energy healing, and sought to mentor many to live, lead, and heal for their souls' highest potential. Sheila is the Rochester Host for 'KRYON' Events, Dr. John Ryan Unity Field Healing (UFH), and the Sirian Blue White Collective (SBWC). Her YouTube channel <https://www.youtube.com/@SheilaBTillich> consists of many conversations with others, Ascension Wisdom, Galactic Star Mothers Transmissions and Activation, and a Podcast 'Serendipity with Sheila', along with guest appearances with others.

Sheila's website: <https://www.sheilatillich.com/>

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

<https://www.youtube.com/@SheilaBTillich>

<https://www.instagram.com/sheilabtillich>

<https://www.linkedin.com/in/sheilabtillich>

Interview With Sheila



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

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!"

MBO TO KEEP BEES AWAY WHILE OUTSIDE

Teri-Marie writes: I need to strengthen my D3, so I get 20 minutes of sun. The tree in front has a lot of bees. Plus, I sit in my walker and can't move fast.

I say my prayer before I go outside.

"I request the Most Benevolent Outcome to keep the bees away from me while I'm outside, thank you."

I been doing this for over a month and the bees keep their distance.

Thank you Tom for sharing you in knowledge.

MBO FOR ISSUE OF NEW PASSPORT

Meetali writes: I hope you are doing well. I would like to share an MBO and BP story for my passport reissue. My passport had expired and I applied for it to be reissued. I said multiple MBOs and BPs for the process to be smoothly done and without any hassles. I eventually received my new passport within two and a half weeks. I was pleasantly surprised and happy that it all worked out.

MBO FOR SIGN IF STRAYING FROM LOVE

Ruth writes: My MBO

Yesterday I was prompted on the inner to start writing down my MBOs before I say them out loud. I started doing this last night. One of my prayers was a request to have a strong sign when I am on tract doing my best to live from unconditional love and also I requested a sign or guidance when I am straying away from unconditional love.

So today this happened.

I had been left out of a gathering that was to happen this weekend and I was struggling with my hurt feelings about it. Mostly I was able to love my way through the feelings, being grateful for all the wonderful years I had spent in the company of these friends but a memory popped up where I experienced a lot of pain from a particular person in the group. I immediately felt old pent up anger and pain at that person ... a long way from unconditional love. This person and I are not very close anymore as she lives far away so I was very surprised when in the middle of my inner emotional battle with her I got the following text from her:

..."I just said your name and one second later the biggest lightning bolt I've ever seen struck ahead 😱" ...I strongly felt in my heart that she was not in any danger but was working only as the messenger. Needless to say I quickly changed my focus and was able to fly back into the arms of unconditional love, thanking my GAs for keeping her safe and for speaking to me in a language I could understand. This is a lesson I will never forget for I was shown how thoughts whether wrapped up in love or not will be known by the other person in some way.

Tonight I am going to once again write down my prayer request before I say them aloud. I will also include in that perhaps the Show Me volume might be turned down a bit because last night I stressed the guidance be bold enough that I couldn't miss it.

BPs FOR PAIN IN KNEE

Because I snow-skied for 40 years, my knees took a beating. Finally I started having injections in my knees every six months which greatly helped. The last time I had the injections it was mid-August in 2024, and was doing well until about two weeks ago when I felt excruciating pain in my right knee when I tried to walk. We dug out a walker out of the garage and I had to use it around the house. Walking the dogs was out of the question.

I finally decided to post a request on both my Facebook pages for a BP for my knee. Here it is:

"I ask any and all beings to bring healing energy to Tom's knee and for any treatments prescribed to bring his knees back to full health even faster than we can hope for or expect, thank you!"

The very next morning THE PAIN WAS COMPLETELY GONE! Dena wanted me to continue with the walker, so I just carried it around for the day.

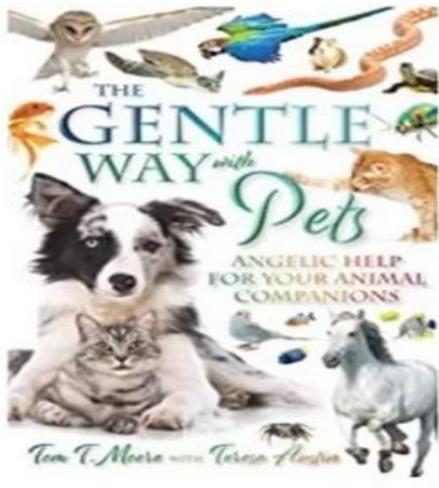
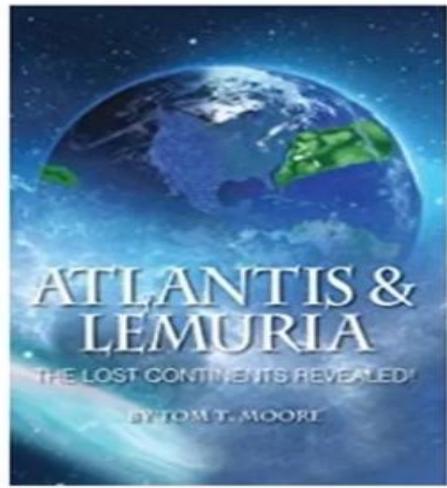
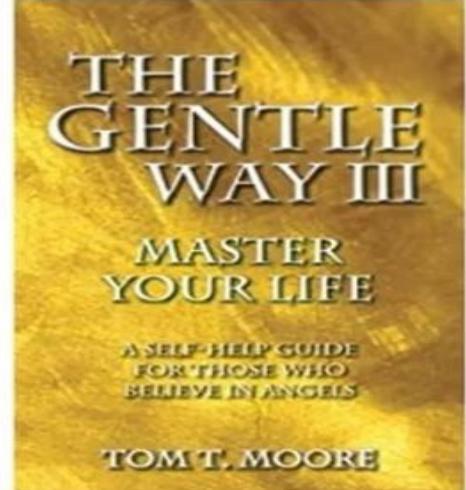
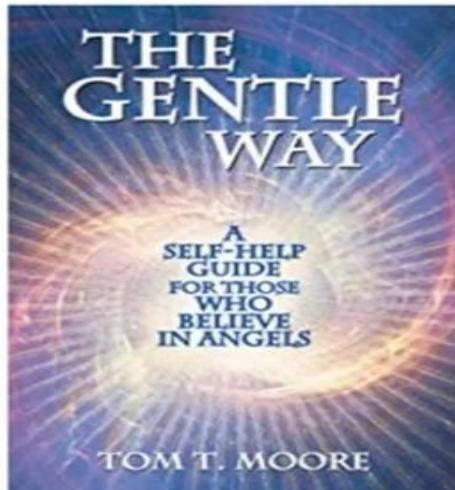
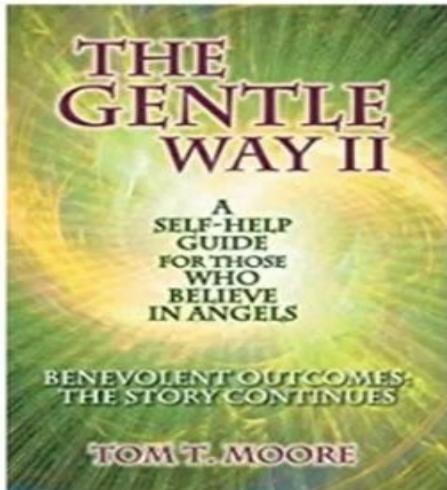
Last Monday I called the doctor's office and they first gave me an appointment two Mondays down. I later thought about it and called to be asked to be put on a waiting list in case they had a cancellation. Instead, they gave me an appointment this past Monday. They took X-Rays, then said they would order the injections. This past Friday I called and the injections had been sent that morning from Georgia, so I should be injected sometime in the coming week.

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/>

Books By Tom T. Moore



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/B00CR1C231/ref=dp_byline_cont_book

Interview with Tom



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



DAILY AFFIRMATION

I am a piece of creation. I have created my current reality and will create all of what I experience in the future. Therefore all that is before is my doing. Today I choose to raise my awareness. Today I choose to slow down the aging clock in my cells, and create divinity in my daily workings. Today I instruct my cellular structure to vibrate to my intent and directions. I create a peaceful balance in all things, everywhere I walk. I create for myself great health, prosperity, abundance, and Benevolent Outcomes.

And so it is.

BENEVOLENT PRAYER

I ASK ANY AND ALL BEINGS
TO ASSIST & AND COMFORT ANYONE
THAT I HAVE EVER HARMED
EITHER PHYSICALLY, MENTALLY,
MORALLY, SPIRITUALLY OR
EMOTIONALLY IN ANY PAST,
PRESENT OR FUTURE LIFE.
AND I ASK ANY AND ALL BEINGS
TO ASSIST AND COMFORT THE
FAMILIES AND FRIENDS OF
ANYONE I HAVE EVER HARMED, IN
ANY WAY, IN ANY PAST, PRESENT
OR FUTURE LIFE. THANK YOU.

TOM T. MOORE

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

Find other signs on Tom's website

**Why Does Summer Sometimes Feel So... Aggressive?
Your Guide To Setting The Intensity Aside So You Can
Embrace Summer More Freely**
By Christianne Asper-Contant



The days blaze longer, the sun shines brighter, and the air hums with the energy of summer. Yet, beneath the surface of vacation vibes, have you ever noticed a subtle (or not-so-subtle) rise in tension? Perhaps it manifests as shorter fuses in traffic, heightened irritability at home, or that persistent feeling of simply losing your cool more easily.

It's not just your imagination! Time-tested wisdom offers a fascinating perspective on what contributes to these shifts in behavior, along with practical tools for enjoying summer's play more fully.

The Fire Within: Decoding Pitta

According to Ayurveda, the science of life, our being is governed by three fundamental energies or Doshas: Vata, Kapha, and Pitta.

Pitta embodies the power of transformation, digestion, metabolism, and yes, heat. During the summer months, the fiery energy of the external world can readily amplify our internal Pitta. When Pitta falls out of balance, it can trigger:

- **Mental & Emotional Turbulence:** A short fuse, increased irritability, impatience, anger, judgment, and a heightened sense of intensity that can easily lead to burnout.
- **Physical Flare-Ups:** Inflammation, skin rashes, acid reflux, heartburn, loose stools, and an overall sensation of being "too hot."

This inner fire, when unchecked, can significantly contribute to the very tensions and frustrations we commonly encounter during the summer.

Your Antidote: The Art of Balanced Action.

Ayurveda offers profound yet practical solutions to these and any challenges. It teaches us to intentionally cultivate within our daily rhythms qualities that counter our irritants. Since summer tends towards heat and intensity, the qualities we want during this season are coolness and calmness!

This isn't about retreating into passivity. It's about embodying "calm efforts": engaging with life's demands with purpose and intention, yet without the unnecessary fiery intensity that Pitta energy can bring when out of balance.

"Softer than the flower where kindness is concerned; stronger than the thunder, where principles are at stake." —Yogananda

Your Invitation

Want to explore these ancient secrets to cultivating inner balance, no matter the season?

Join me for A Year of Wonder, where we dive into practical, step-by-step methods to release tension (both emotional and mental, as well as physical) and open ourselves to a life that is simply more aligned with what supports well-being, presence, and awe.

Click here to claim your free access and begin your journey to a calmer, more wonder-filled life today:
[**https://well-beingcompass.thinkific.com/courses/AYearofWonder**](https://well-beingcompass.thinkific.com/courses/AYearofWonder)

**Let's navigate the seasons with greater ease,
And for this one, staying cool is a good plan:-) Christianne**

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>

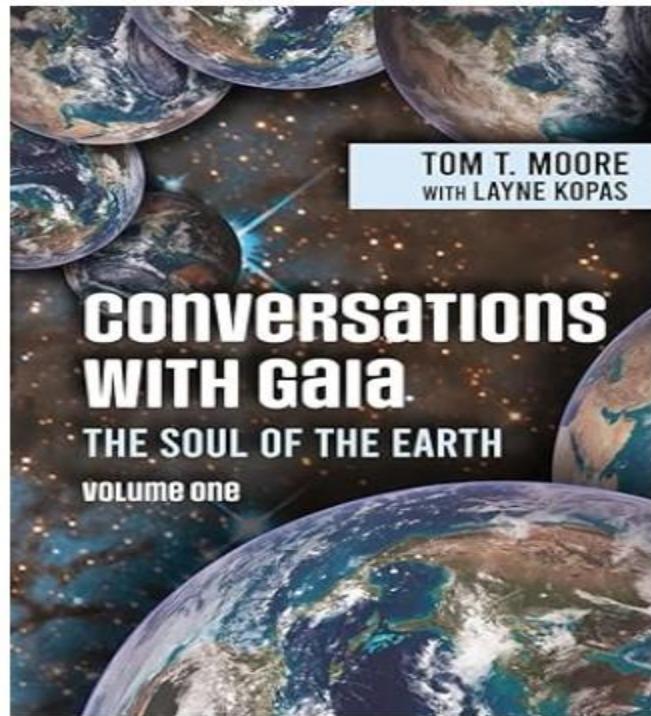
Christianne Asper-Contant's Video



Link: <https://youtube.com/playlist?list=PLRiCRNebb79DZavxU-UBCzv1mZWi81sGh&si=nX6YMIRGbb3K4WVe>

ROC Metaphysical Book Review

Conversations With Gaia The Soul Of The Earth By Tom T. Moore



*** Editor's note. I have been reading Tom's blog for years. I am a fan and have purchased his books. And I'm a total supporter of MBO's or Most Benevolent Outcomes. He has another page in the magazine that explains more of what MBO's are all about. Be sure to check that page out.

When his new book came he was looking to connect. Of course I was interested, as some of Gaia's information is shared on his blog. I find it very thought provoking. Did you know that earth is called Gaia and has a soul? I read Tom's book and it offers a lot of insight and information. If you haven't noticed there's a lot going on with earth, we're all talking about the change in seasons, the climate, and weird weather. Tom's book explains that Gaia has to have our souls agree to experience an earthquake? There's so much we don't know and Tom's book helps to understand why there's so many changes on our planet.

I interviewed Tom so you can get to know him and see that he is offering his information as a way to help us. As always read and listen to the information to see if it resonates with you. He said to share a bit out of his book. See his video interview below.

Gaia, when atomic tests are done, or fracking, does the Earth feel physical pain or anything?

The physical pain you refer to is a human trait, Tom. As a soul, you understand we do not feel physical pain per se. A soul accepts what is. You understand that I am putting this in words your readers can understand. Therefore, the planet does not feel physical pain. The soul that inhabits and takes care of a planet certainly has more control than you can

understand or imagine at this time. The soul knows millions of years in advance where the planet is headed in the galaxy along with asteroids that it will encounter, comets that will cross its path, and even how long its sun will shine before it enters another phase of existence.

So, be good stewards of this planet you live on. This is your responsibility to take care of it just as I do as, don't forget, you are part of the Creator too. There is part of the Creator in every human alive on this planet. We know your struggles, but you are starting to reap the rewards for being veiled and not understanding you are polluting the Earth and will make it pristine again one day. We know this because you are in this space-time continuum and it has already occurred farther down the way, but I digress.

To summarize, the Earth does not feel physical pain as do humans. But, again, it is your responsibility to take care of it and treat it just as if the Earth is part and parcel of your family, because it is. You want to leave the Earth in better condition than you found it in this life—even if it is just a small part that you have personal control over. Make it beautiful, and honor me and my work, and the other millions of souls who work on behalf of this planet.

Tom's website: <https://media.thegentlewaybook.com/index.html>

Find Tom's Book on Amazon:

<https://www.amazon.com/Conversations-Gaia-Soul-Earth-1/dp/196632314X>

Interview with Tom

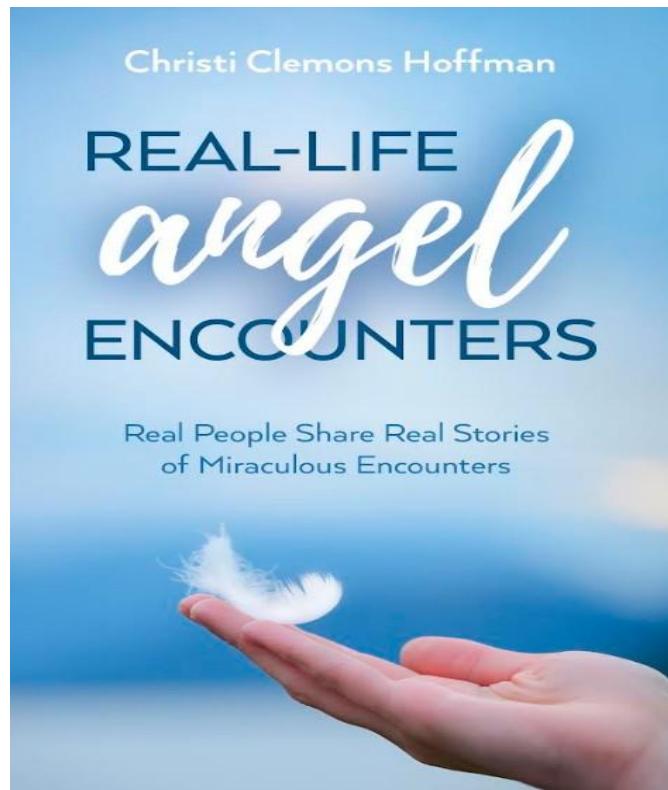


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ROC Metaphysical Book Review

Real-Life Angel Encounters Real People Share Real Stories

of Miraculous Encounters by Christi Clemons Hoffman



*** Editor's note: This book is so interesting, fun and uplifting to hear about angels helping us. The stories are recounted from Christi's podcast from calls sharing their experiences. These stories show that Angels are real. They may or may not show up with wings and a harp-LOL. It's so soul affirming to know that our angels are here for us. There's also info about who are the angels, their names and what they can do. Do you know about Ascended Masters? Who is your spirit team? She helps you get to know who's in Spirit that can help us.

Christi has a show called Real-Life Angel Encounters Podcast on the MindBodySpirit.FM network. She is also the host of the Radiate Wellness Podcast, which is in its sixth year on MindBodySpirit.FM 2.

Christi also is a Reiki Master, a psychic medium, board certified hypnotherapist and a QHHT Practitioner Level 3.

Get to know more about her and her book with the video below.

Christi's website: <https://www.radiatewellnesscommunity.com/>

Get Christi's book on Amazon: https://www.amazon.com/Real-Life-Angel-Encounters-Stories-Miraculous-ebook/dp/B0FDCM3L88?ref_=ast_author_mpb

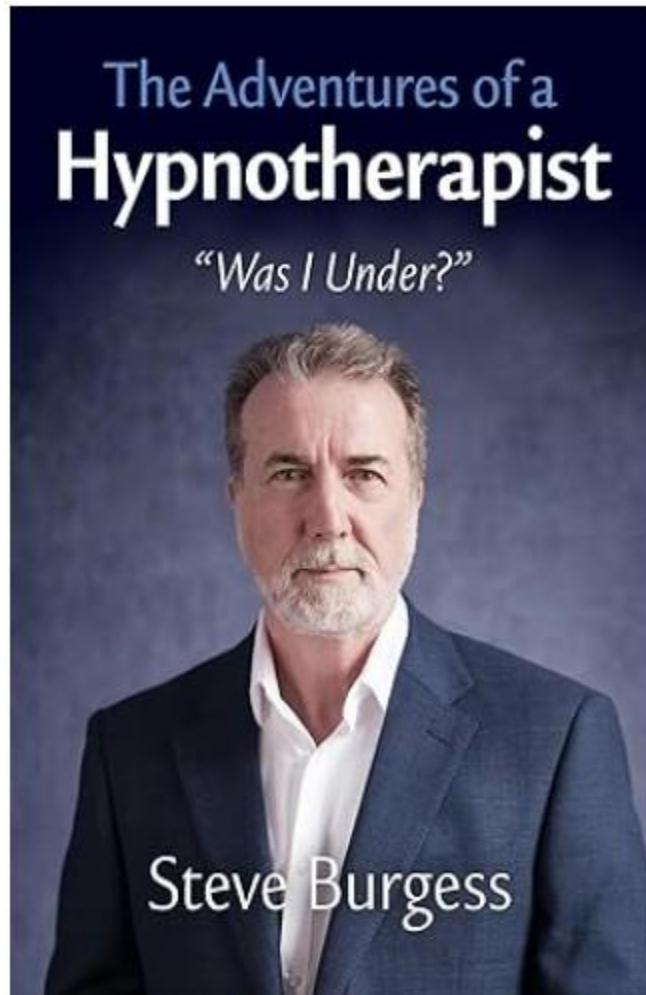
Interview With Christi



Link: <https://youtu.be/iBwRQ7AfP2c>

ROC Metaphysical Book Review

Adventures Of A Hypnotherapist Was I Under? By Steve Burgess



*** Editor's Note: I was happy to interview Steve as I just got back from a hypnotherapy retreat as a guest. I have friends that offer hypnotherapy as a way to help them with a variety of concerns like stress, health issues, reoccurring issues that happen and it just doesn't seem right. Or if you're in a deeper spiritual path investigating past lives to find out why certain things happen. You may have certain relationship that keep happening, you have a driving push for a certain type of job, things you just can't put your finger on to explain.

Steve Burgess, is a hypnotherapist and past life regression specialist. He didn't choose the profession initially. But it has led him on a remarkable journey into the depths of the subconscious. Over a career spanning more than 30 years and 15,000 therapy sessions, Steve has used hypnotherapy to help clients uncover and heal emotional roots of physical and psychological issues, often rooted in past lives.

From aiding in cancer recovery to facilitating surgery without anesthetic, releasing spirit attachments, and exploring alien encounters, his work spans the extraordinary. He has traveled the world teaching

and helping others. Steve continues to explore the transformative power of the subconscious mind to promote deep, lasting healing.

Steve's website: <https://steveburgesshypnosis.com/>

Steve's book on Amazon: https://www.amazon.com/Adventures-Hypnotherapist-Was-Under-ebook/dp/B0F5YXGB4H?ref_=ast_author_mpb

Steve's Youtube: <https://www.youtube.com/@hypno4all509>

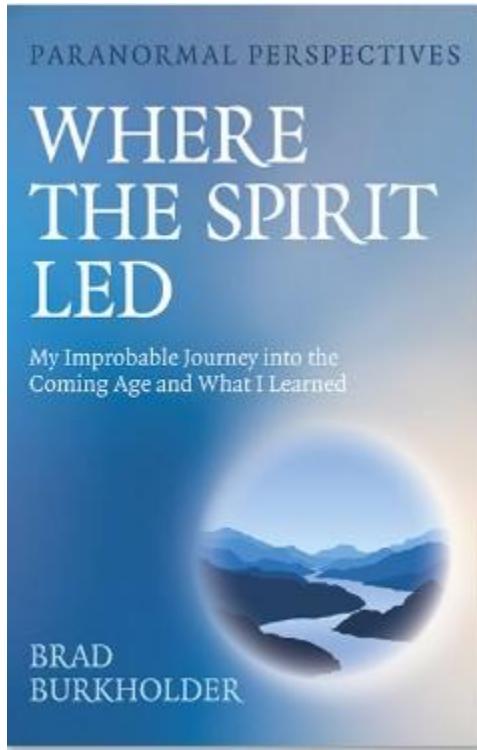
Interview with Steve Burgess



Link: https://youtu.be/R-4_PrR_1zs

ROC Metaphysical Book Review

Paranormal Perspectives Where The Spirit Led By Brad Burkholder



*** Editor's Note: I interviewed Brad to learn more about him, his current life, his past lives and the book he's just published. We talked about what he learned about his past and present with a woman who channels a God orientated spirit called Ramoth.

In *Where the Spirit Led*, Brad Burkholder shares his personal spiritual journey and the extraordinary story of five individuals guided by a God-oriented channeled spirit named Ramoth. After a near-death motorcycle accident at 24, which he believes was divinely interrupted, Brad later discovers his life's spiritual purpose through sessions with Ramoth.

Initially seeking guidance over a difficult romantic relationship, Brad learns he and others in the group have shared multiple past lives together—including eras like Camelot, the American Civil War, and the time of Jesus. The group is called to perform important spiritual tasks to help usher in a new age.

In his book, Brad explores themes of reincarnation, spiritual destiny, and lost connections between science and religion. He also reveals provocative insights linking Mary Magdalene, King Arthur, Christianity, demons, and even extraterrestrial encounters.

Brad's website: <https://bradb Burkholder.com/>

Brad's book on Amazon:

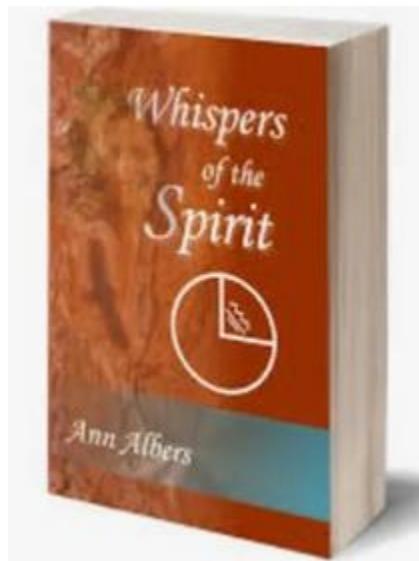
<https://www.collectiveinkbooks.com/6th-books/our-books/paranormal-perspectives-where-spirit-led>

Interview with Brad Burkholder



Link: <https://youtu.be/OoHl2dF8HGQ>

Holy Shift! Composting for Light! By Ann Albers



Hi All,

Today, the angels talk about how we can use even the darkness in the world to motivate us to greater love, thus composting the darkness into light. I'll share a story about my "compost tea," a stolen camera, and how I transform what I dislike. Tips included :)

Have a blessed & beautiful week :)

♥ Ann

Message from the Angels

My dear friends, we love you so very much,

There are no mistakes in creation. There are mutations, of course—but even these are not accidental. Like you, creation itself constantly calls forth new life.

You live on a planet teeming with beauty and diversity. Everything has purpose. The weeds slow the erosion of the soil and create rich fertilizer for wildflowers. Thorns protect the roses. Pests keep ecosystems in balance. Bugs till the soil. Even the most unpleasant individuals play a role in humanity's evolution into greater love.

In this world of contrast, you have your likes and dislikes, preferences, and sacred point of view. This is as it should be. You did not come to Earth for sameness. You came for the delicious diversity that allows you to pick and choose, find what resonates, and create love in countless ways.

You are always right—for yourself.

Even when you feel you've made a wrong decision, it is "right" in the sense that you can learn from it, refine your desires, shift your choices, and therefore create kinder outcomes going forward.

There is something—even in the most difficult of circumstances—that can contribute to your growth and evolution into greater love. Whatever motivates you, whether you label it good or bad, causes you to harness and direct the power that creates worlds.

Kindergarten is not wrong, dear friends, but you desire more.

What you label "bad" can always be transmuted by love into something far more beautiful.

Consider the people you can't stand—they often motivate you to be less like them and more like you: the loving, creative, beautiful, empowered being that you are. When you see the pain caused by prejudice, you long to support diversity. When you see bullying, you're inspired to become an emissary of kindness. When others are stuck in fear, you feel called to be courageous. Even the worst among you can bring out the best in the rest—if you allow yourselves to focus beyond the pain.

Likewise, when you witness war, your hearts cry out for peace. You resolve not to live from fear. You catch yourselves before criticizing or attacking yourselves or one another. You begin to transmute the wars in your own lives and minds into peace. And in doing so, you begin to change your world.

When you feel lack, you are powerfully motivated to find the abundance within. You think outside the box. You find new ways to share your gifts and talents. You may reach out for help and allow others to assist you. If you're willing, an experience of lack can be transmuted into a lifelong awareness of abundance.

Even the unthinkable—the loss of a loved one—can inspire a longing so deep that you reach beyond the known world to find them again in the higher frequencies of heaven. You open to a life in which, with deep commitment and surrender over time, you dance with heaven while still on Earth.

There are no mistakes in creation, dear ones. There are experiences you like and experiences you don't. If you like where you are, embrace it, appreciate it, and celebrate it. If you don't, transmute it.

Rather than focusing on what's "wrong" in a situation, focus on the "rightness" you wish to see.

When you see war, focus on peace.

When you see lack, focus on the abundance of your soul—even if it's "only" a prayer.

When you feel loss, reach for the connection you long to find.

It is your light that heals the darkness. When you focus on the wrongness of something, you attune yourself to a vibration where you feel powerless to change it. But the moment you acknowledge your desire for better, you've already initiated and called forth the process of change.

In our eyes, dear friends, you've never done anything "wrong." You've misunderstood. You've allowed challenges into your life you didn't see coming. You've stirred up some drama or been pulled into another's chaos. In all cases, you are innocent. Even when you said or did something with ill intent, you were innocent. You didn't know how deeply loved you were. You didn't know you could turn away from

the negativity. You didn't realize that your goodness is already seen by heaven—you don't need anyone else's validation.

You do, and always have done, the best you can in any given moment.

Like a loving parent who knows their child's inherent goodness, the Divine and your angels know yours. We see your innocence. We understand your quest for love.

There are no mistakes in creation. Only contrasts and opportunities to grow into greater love. There are preferences to acknowledge and choices to make. If you can make peace with the fact that what's right for another may not be right for you—and what's good for you may not be the answer for all—then you can surrender to love as you experience it, and create what you truly desire.

You can stop resisting what others are doing and focus on what you wish to create.

Don't dignify the darkness, dear ones, no matter where you find it. Turn to the light. While those in misunderstanding may create great pain, you can still use that as fuel for your growth into love. Compost the negativity into a desire for more love. Let what you can't stand inspire you to be its opposite.

In doing so, you use even the densest darkness as fuel for the light. In this way, you become the angels and emissaries of love on Earth—transmuting all that is heavy into love, just as surely as a log burns into light when tossed into the fire.

God Bless You! We love you so very much.

-- The Angels

Message from Ann...

Hi Everyone,

I was so excited when I got my little kitchen compost bin a few years back. It had always felt like such a waste to toss fruit and veggie scraps into the landfill. I know they help things decompose there too—but my garden wanted the gold these scraps offered.

I found compostable bags. Then, I found a compost bin that you turn to help things break down even further. I was thrilled. I emptied my kitchen bin into it each week and gave it a turn... and then the weather hit 110°F for the summer, and I avoided going outside as much as possible. My compost dried up, and instead of luscious dirt, a pile of sticks and dried scraps just sat there until fall.

But amazingly, once I started going outside again and watering it, it began the process of turning to garden gold again.

A few weeks ago, while soaking the bin, it dawned on me that I could place a bucket underneath to catch the "compost tea" that was draining out the bottom. This stuff is a power drink for my plants—even before the compost is ready! Now, a few times a week, the compost pile gets a good soaking, and my plants get their super-green compost tea. Even though it's getting hot outside and some plants are dying off, the hardy ones are grateful. A wilted pepper plant perked up and began producing again. The tomatoes are making a valiant late-spring effort. And my herbs, which always thrive in the heat, are in

hog heaven.

Nature is a great teacher. She reminds me that I can turn junk into gold.

The angel message this week reminds us that we can do the same with the "junk" of the human experience.

There are plenty of things going on in the world that I'd rather not see. I don't watch the news, but I'm not unaware. Things are brought to my attention—often unthinkable, horrible things. There have been days I was so tired I didn't know how I'd get through the to-do list... but then I'd hear about one of those things, and my resolve to be the light would strengthen. I'd tap right into heaven's flow and feel rejuvenated, empowered to be more loving and kind. There's no way I'm going to contribute to those lower vibrations. I only want to be a force of love. In my younger days, I struggled not to be prejudiced against the prejudiced. I struggled not to hate the haters. I wanted to expose every liar who crossed my path. I still have a feisty streak, but now I have no desire to add to the pain in the world.

"God, may the light of love rise up in all human hearts" is my constant prayer. "May those lost in darkness be brought into the light. May hearts be soothed, minds be healed, and souls find peace." When I see warmongers, I pray their fear-based hatred be erased. When I see bullies, I pray their self-loathing be healed. When I see those lost in ignorance and prejudice, I pray they be guided into circumstances where they can finally see the humanity in all hearts.

And every now and then, I get good and human.

Someone stole my beloved camera a month ago. I had set it on the front seat of my car while helping take photos for a large family gathering. I saw a few younger folks near the car but didn't realize until I got home that the camera was gone.

My first thought was a very human mix: "Raise their souls up—but let them feel guilt every time they touch it!" I caught myself and shifted. I focused on all the beautiful and honest souls I know. Why empower the darkness? Vibrational law will reflect their lack-filled vibration back to them. It would be ridiculous for me to let that pull me into lack, too.

I wasn't thrilled about spending a large sum of money to replace my lovely old camera, but no one could steal the beautiful memories that were on it. No one can rob me of the peaceful memory of a creek flowing in beautiful green ripples against the red rocks. No one can take away the delight of finding a harpist playing as she prepared for an outdoor wedding. No one else witnessed the gentle rain dancing on the water quite like I did or saw the gnarled tree roots that looked like pure art. They might see the photos, even my selfies—but they can't take my experiences.

I even had my name and address in the case. It could've easily been returned. But the souls who took it now have a camera, memories that aren't theirs to possess, and a vibration plagued with lack. I don't want to add to that. May they be lifted beyond it.

I'm grateful to have found a used version of the same camera I loved. It's only a thing.

I'm not a victim. I was vibrationally compatible with the experience, or it wouldn't have happened. Even one of my favorite energy workers had been reminding me to be more mindful about "leaving my energy out for all to grab." In plain English? I needed stronger energetic boundaries when off-duty. I had been leaving the door open to my own vehicle (my energy body) far too often—and it mirrored in my

experience.

So be it.

Now, when I finish work, I make it clear that only spirits of light and love are allowed near me. And instead of feeling beat up by the energies that don't like my light, I've been feeling the most delicious, nurturing love of the higher beings—even when I'm just sitting at the computer.

I lost a camera... but I found a clearer way of seeing what was going on around me in the non-physical. So, while it's hard not to dignify the darkness with our attention at times, it's far better to use it as the fertilizer for growth that it is.

Here are a few tips to help you "compost" the tough stuff:

1. Love Yourself Through Your Reaction

No one likes bad behavior—unkindness, bullies, cheaters, liars. Of course, that's not who a soul really is at their core, but when someone shows up that way, unless you've practiced unconditional love for years, your first reaction probably isn't compassion.

Be kind to yourself.

Grant yourself grace. Rant privately if you need to. Pour your heart into your journal. Cry when it comes up. Get outside support if necessary. But most of all, resolve—when you can—to reach for more.

Hug yourself. Love yourself through it. Speak sweetly to yourself.

There's no point in stuffing your feelings, but you can absolutely find safe, healthy outlets and offer yourself gentleness through the process.

The more you can accept yourself with unconditional love—even in your messiest moments—the quicker you'll move through them.

2. Ask Yourself, "How Can I Compost This?"

This is where it gets creative.

How can I turn someone else's bad behavior into something good inside of me?

Can I resolve to be more loving? Can I walk away from what doesn't work, stay silent, or emotionally disengage from drama?

Can I do something kind for someone else to feel empowered again when I've been made to feel powerless?

Can I choose to be the exact opposite of what I can't stand?

Can I let this motivate me to practice or seek greater love?

As we look at the tough stuff in our lives—and in the world—we can use it as fuel to become brighter, stronger, more loving versions of ourselves.

3. Make the Vibrational Shift

There's always something inside of us that "matches us up" with the tough stuff we experience.

Sometimes it's subtle. For example, with all my injuries the past few years, I wasn't doing anything blatantly out of alignment—but I was often ungrounded, not present, and letting little things throw my energy off.

Those small imbalances added up, and my alignment drifted. I also wasn't willing to fully look at certain things happening with friends or family—so now I'm correcting my vision, too.

I get it. I own it. I compost it. And in doing so, anything can be turned into good.

So when you see something upsetting, ask:
"How can I resolve to be more loving?"

If something is "eating away at you" or "undermining your joy," shift to a better focus before your body starts reflecting it.

If your job is draining you, shift your attention to the kind of job you'd love before you lose the current one.

We can make the vibrational shift and compost the negativity before we attract a mess. And if you have attracted a mess? Bless the mess—and focus on the rest!

The more I work with the angels, the more I see how my vibration affects everything I experience—the good, the bad, and everything in between.

As I become more mindful of my own energy, I can compost unwanted vibrations more easily. I can let the upsetting things I witness motivate me to love more deeply, care for myself more fully, and establish clearer energetic boundaries so I can feel the bliss of heaven right here on Earth.

When we water ourselves with loving-kindness and self-acceptance—and when we use the darkness as motivation to grow the light within—we become the composters of density on Earth. We transmute heavy human experience into frequencies of love.

In this way, we allow ourselves to be nourished... and to flourish, no matter what we witness in the world. And maybe—just maybe—we become the bearer of vibrational "compost tea" that nourishes other loving souls as well. 

Have a blessed week,

Love,
Ann

About Ann Albers: Ann Albers is a popular angel communicator, author, and spiritual instructor. She is a traditional Reiki master and a modern mystic who delights in distilling ancient wisdom into practical, down-to-earth tools for modern living. She has been interviewed on international radio programs and spoken at conferences amidst some of the foremost spiritual authors of our time. Most recently she became a conduit for a pure loving energy that catalyzes transformation, and even miracles, for many.

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Ann's website: www.visionsofheaven.com

Ann's Video



Link: <https://www.youtube.com/watch?v=mj5u1wPzoaY>

On Forgiving Others and Yourself By Gerrit Gielen



There are a lot of questions that come up around the subject of forgiveness and in this article, I hope to shed some light on them by looking at forgiveness from the perspective of inner growth.

Why is it good to forgive?

Why forgiving is hard to do.

We have all seen movies that revolve around revenge. These movies are fun for us to watch; we enjoy it when in the end, the victim takes revenge and gives the perpetrator a good beating. How liberating it feels to see it, the opposite of forgiving, but for some people extremely satisfying. Why is that so? Is it because revenge is morally legitimized violence and we feel entitled to experience it? It may be true that we watch a movie about violence and revenge, so we don't have to feel guilty as long as it's the villain that gets killed, beaten up or something horrible happens to them. It makes us feel good, and after all, aren't we allowed to feel good about that?

In other words, one reason forgiveness is difficult is because we believe villains are one-dimensional figures with no back story, bad through and through. Thus, forgiving them makes no sense; but taking revenge does. Films in which the victim forgives the perpetrator are less exciting and spectacular than those in which the victim takes revenge. The belief in an eternal hell where villains are punished forever is widespread because we believe in the existence of villains who are incorrigible.

In the Middle Ages, people thought one of the greatest pleasures of going to heaven would be to watch all the people in hell below them. Revenge at last. Is it primitive? Are we that much different than those who lived then when we enjoy watching the villain get punished? At least that is the case when we are outsiders, because desire for revenge lives mostly in the mind of observers who don't really know what it's like to be a victim.

If you talk to victims, you discover that they usually don't want revenge at all. They want to be seen and heard, they want their suffering to be recognized. They want the perpetrator to realize what he/she has done to them. They don't want revenge as much as they want justice, and at the deepest level, they want the perpetrator to grow in consciousness. That is something completely different. The victim seldom gets

their wish, because this rarely happens. As a rule, perpetrators deny or downplay their crimes. Consider, for example, the discovery of pervasive child abuse within the Catholic Church. How many priests have expressed regret to their victims? I can't recall ever seeing a single report in the news of that happening. On the contrary, they deny their guilt and cover up their offences. If a victim waits for the offender to show repentance and remorse, they will unfortunately wait for a long time.

So to sum it up, we find forgiveness difficult because deep down we hold a dualistic worldview where evil is evil and good is good. In order to forgive, we must learn to accept that there is good in every person and be willing to see that good. It is that good that binds us together and makes humanity one.

Why forgive?

We forgive each other so we can let go. If the victim does not forgive, they remain under the perpetrator's influence, and their life is determined by that energy. As long as a victim doesn't forgive, they remain a victim. Forgiveness is not for the offender; it is for you. It is an act of strength, an act of I-saying. It is how you move on with your life, follow your path, and free yourself from the offender's energy. To forgive is to stand up for yourself. To forgive is to take your sword and use it to sever the bond with the offender. It is a masculine act. To forgive is to choose to no longer be a victim.

How do you let the perpetrator go and banish them from your mind? Realize what the offender has actually done to himself. The universe is one and that oneness is within us. A person who hurts another breaks their connection with it. When a man abuses a woman he damages his own inner woman. He damages something within himself.

When you look into the perpetrator's eyes you do not see happiness; you see emptiness. Every time a person commits a crime, they break a bond with themselves, with their child within. The bond with the universe is severed too, as is the bond with their fellow human beings, with nature, the past and the future. Every broken bond inevitably leads to a loss of happiness. Maybe the perpetrator is rich, and lives in a beautiful environment, but you will not find happiness in their eyes.

The victim longs for the offender to become aware, but in the end, the universe will take care of that. It will do everything it can to restore wholeness to the person who did harm. Again and again, the offender will be given opportunities to become more aware and have more insight into himself. However, it can take several lifetimes to arrive at this. Reality encourages awareness. As the victim, you do not have to do anything. "Living well is the best revenge" is a well-known English expression, and a profound truth. Live your life to the fullest and let the universe do its job.

Let go of the perpetrator, forgive, live your life. Don't waste your life's energy on the perpetrator, give that energy to your loved ones. Forgive and free yourself so you are there for those who deserve you. Forgiveness is an act of strength; it is choosing for yourself. Someone who can truly forgive continues with their life and doesn't let it be determined by what was done to them. To say, "I forgive you" is to say, I am no longer a victim, I am free from victimhood. You no longer give the perpetrator access to your inner life.

It is becoming whole again, becoming one again; letting go of duality.

Perpetrators and their long road to self-forgiveness

Perpetrators need to forgive themselves because without self-forgiveness consciousness will be blocked and growth is not possible, only stagnation. Self-forgiveness sounds simple. I do something wrong and

think, “I’ll forgive myself and get on with my life.” But that’s not how it works. Self-forgiveness is possible only when you know what you have done to the victim, and understand how much sorrow, pain, and suffering you have caused. Until you do, you don’t know what to forgive yourself for, and if you don’t know that, self-forgiveness is impossible.

Time passes, we say, and for the perpetrator the memory of the crime fades into the past, and eventually he will try to forget about it, and be less bothered by it. We say time heals everything. Psychologically, it does not work that way, it works exactly the other way around. A human being’s consciousness wants to continue to grow, become lighter, enrich itself, evolve, go with the flow of life and the universe, but when someone commits a crime, growth ceases. The hurt the perpetrator has caused a victim, the suffering he has caused is like a river that flows in front of him and blocks the path. To heal, he has to swim through it, experience it from within and understand what he has done to the other person, only then is self-forgiveness possible. Immediately after they commit the crime, it is not yet a terrible problem, their life goes on. But if the culprit never lets himself feel his victim’s feelings and remains unmoved, the longer it goes on, the darker his life becomes.

We all have an inner sun, and the light of the soul will follow its path. But the inner sun of the offender will slowly disappear, replaced by an inner emptiness, and the darkness will deepen and deepen. If there are no external stimuli that encourages self-reflection, for example, loss, or illness, the darkness continues to grow. When someone commits a crime, the dark cloud within them grows larger and larger and will eventually totally obscure their inner sun. By the end of the perpetrator’s life, his eyes are empty, and his facial expression is bitter.

When this person dies and enters the astral sphere that reflects their inner state, it is a dark sphere of desolation and lifelessness. When they lose contact with their inner light, they lose their ability to create light and beauty. However, sooner or later, they will want to free themselves from the darkness and will be open to receiving advice from their guides.

Perpetrators do not view their victims as human, they view them as inferior based on racist ideology, for one example. And that is not easy to let go of. Slaveholders were totally convinced that because Black people had darker skin than whites, they were more animal than human. Thus, slaveholders felt they had a perfect right to own them, rule them, and treat them cruelly.

For centuries, men have believed they are superior to women and even do so to this day. They refer to themselves as so-called “masters of creation” giving them the right to subjugate women, forcing them to be obedient, and turning them into sex slaves. The Nazis regarded people who did not look like them, who were of a certain faith and culture to be “Untermenschen” (underman, subhuman) and therefore believed it was acceptable to mass murder them. Virtually every ideology assumes that one class of people is better than others, thus, “the good guys” have the right to hurt “the bad” guys.

Ideological beliefs are often so deep that they cannot be released while in the astral sphere. Reincarnating as a victim is the only way out because when they experience life from that perspective, the suffering and pain they caused is experienced and internalized from within. This is not a punishment, rather, it provides liberation from the stifling worldview of the perpetrator, and it is only with experiencing and feeling what the victim went through that there is the possibility of self-forgiveness.

A perpetrator’s worldview is a prison for their consciousness. Any worldview that provides a justification for mistreating another denies the inner oneness of life. When you treat someone violently, you suppress that oneness within yourself and diminish your consciousness. It is the inner unity of life that enables the growth of consciousness. Inner oneness allows consciousness to continually seek new forms and new

experiences.

Three roads

When the perpetrator realizes what he/she has done to the victim, there are three options.

1) The offender forgives himself

The universe will always give someone who forgives himself the chance to make things right. Self-forgiveness leads to the blossoming of something beautiful. The inner light of self-forgiveness is creative. Some offenders go on to create social and societal change, and fight for equal rights, social justice, and cooperation.

2) The perpetrator does not forgive himself

Overwhelmed by the pain he caused his victim, the perpetrator remains stuck in his guilt, continues to punish himself and does not come to believe in anything positive. This is a very unpleasant situation. What helps the perpetrator the most is to receive forgiveness from the victim. When the perpetrator truly feels that his victim forgives him and sees that they have continued on their path and encourages him to continue as well, there is usually movement towards self-forgiveness.

3) The perpetrator distances himself from himself.

This is an undesirable situation that is unfortunately common. An offender chooses to experience the life of a victim, but his consciousness remains stuck. He does not recognize the perpetrator within, so he projects it onto the outside world, people, and situations, thus, no integration takes place. A healing inner wholeness does not happen. He slips, as it were, from one dualistic worldview to another. First there is a belief in the inferiority of victims, then in evil forces outside himself. This creates a holy belief that there are evil forces in the outside world that must be fought.

People who believe in conspiracy theories do not recognize their inner culprit that projects everything onto something or someone outside of themselves. Psychologically, this explains the reasoning behind these conspiracy theories. Many people are caught in this blind alley and cause misery in the world. Their belief in duality reinforces existing duality. Belief in powerful perpetrators creates an energetic space in which such perpetrators can manifest. The outer world energetically follows the inner world. A self-perpetuating dualistic worldview is thus created that is almost impossible to put into perspective. A lack of inner integration, for example, between the masculine and feminine or between perpetrator and victim, always results in a dualistic worldview.

Fortunately, there is a solution, which is to love yourself.

Loving yourself

Self-forgiveness is ultimately choosing to love yourself because if you can love yourself, you can forgive yourself. To love yourself is to look at everything in you with love and bring it into the light, both the perpetrator and the victim. You have been a perpetrator, you have been a victim, and perhaps both at the same time. You have been powerful, and you have been powerless. You have been everything; thus, everything is within you. Loving yourself means loving yourself as an offender and as a victim.

As long as you believe in perpetrators that exist outside of you, you deny the inner oneness of the universe and as long as you do, you deny your own inner oneness. That is a sign you lack self-love, and it is connected to why you reject the offender within. It can also manifest as contempt for the victim within, resulting in feelings of inferiority.

People may despise themselves for letting others walk all over them, take advantage of them, and ultimately, they blame themselves. We live in a world where weakness is scorned, where people who are vulnerable and sensitive despise themselves. Think of the victim in you, think of all the times you have let others walk all over you or worse. Maybe you were beaten, abused, or robbed and in past lives, I am sure worse things have happened.

Go to that frightened part of you now, the one who is hiding out feeling inferior. Love it, comfort it, and let love flow into it. It is a part of you, an extremely sensitive and vulnerable part, and therefore, oh, so precious. It provides you with a deep understanding and insight into others. It is the source of your ability to feel empathy and love. Accept it, love it, and realize that at a very deep level you have chosen to experience it. It is part of being human. It completes you.

There are exercises you have surely heard about where you look in the mirror and say positive affirmations to yourself. That's fine! But I suggest you do something different. Look in the mirror and say, "You're a sucker! You've let people walk all over you, but I still love you very much." Learning to say "no" to victim feelings and stand up for yourself begins with feeling love for the part of you that is weak, vulnerable, and sensitive. The part that is considered weak by this world in truth is full of beauty. Love it and it will blossom. Do not despise that part of you, love it. There is a huge shortage of gentle, weak, and sensitive people in this world, and when you are vulnerable remember it is a sign of your inner beauty. Just look at the world around you, everything beautiful is vulnerable.

Then think of the offender in you. How many times have you unintentionally hurt others? How often have you hurt another in your fantasies or been violent to someone in your dreams? What you fantasize or dream about often has to do with past lives. Accept this. Go for a walk in the forest by yourself and imagine you are a tree. Each root of the tree is a past life, and all of them are connected to the earth. Connect with the roots that are connected to a lifetime when you were the offender. Those roots feed you, too. They give you energy and strength and they too need your attention and love. Let your love flow to those roots, and to all the offenders within you.

In conclusion: wholeness

When you accept that you have been both perpetrator and victim, and love both of them, it creates an energetic space within where perpetrator and victim can meet each other and forgive. This is self-forgiveness. This is wholeness. This is being human. When you accept your humanity, you accept that you are both perpetrator and victim. The power and energy of the perpetrator can now cooperate with the empathy on the victim's side. The result is a loving creative person; one who enlightens others with understanding and compassion. One who loves and forgives himself will approach his fellow human beings in this way, ensuring that the artificial duality of this world is no longer empowered. Instead, a new energy is empowered; one that restores harmony and unity to the world and spreads the belief in the power of love.

Love the offender, love the victim. When you do, they both feel supported by your love, they can look each other in the eye, which makes self-forgiveness possible. An inner flow is created, and you begin to live from your soul. The soul can flow through the personality only when there is inner harmony. The manifestation of that inner harmony creates a new world, a new earth—a world in which humans live in harmony with each other, with plants, animals, and the earth itself. And then, the era where humans have been separated from nature for so long, finally ends.

Man made whole is a creative man, a healing man.

© Gerrit Gielen

About Gerrit Gielen: Gerrit Gielen works as hypno- and regression therapist in The Netherlands. His aim is to help people get in touch with the language of their soul, which speaks to us through our emotions, body signals and the events that happen in our life.

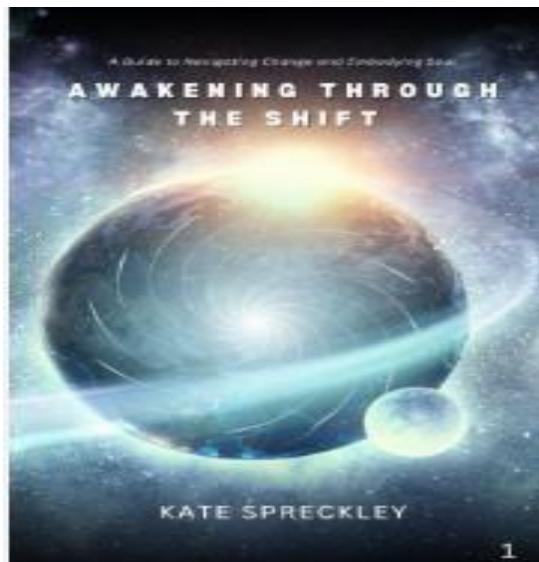
Together with his wife Pamela Kribbe, author of *The Jeshua Channelings*, he offers workshops about spiritual growth and he always accompanies Pamela when she channels Jeshua, Mary or Gaia in public. Gerrit and Pamela are married and have a daughter.

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Gerrit's website: <https://www.jeshua.net/>

Healing Isn't About The Destination, It's About The Journey

By Kate Spreckley



Healing isn't a destination or a box we get to tick off once we have done the 'work'. It is a living, breathing, evolving process that moves with us, unfolds within us, shifts through us and continues to evolve as we grow, expand and awaken. It is not a neat or predictable path. There are days where we feel like we have finally reached solid ground, where we feel open and at peace. And then there are days when old wounds surface again, patterns re-emerge asking for deeper attention, greater acknowledgment and release, revealing that another layer is ready to be unwrapped. This is the nature of healing, growth and transformation.

We often carry the belief that healing should be clean, clear and linear. That if we did the right practices, read all the right books, sit through enough meditations or speak all the right affirmations, we will be done. Healing doesn't look like that or work like that. Some days we are strong, clear, grounded and present. Other days we feel raw, exposed and undone. Both are part of the journey.

Healing isn't something that we achieve; it is something we live, a living journey that requires surrender, acceptance and acknowledgment. It asks us to meet ourselves again and again, each time with more compassion and more patience. It asks us to honor every feeling that we once pushed aside and teaches us to listen, not just to the pain but also to the silence beneath it. It demands a new relationship with ourselves one that isn't rushed or bypassed. One that allows us space and time to feel, integrate and truly shift.

Healing is the return to what has been hidden under layers of conditioning, protection and survival. It is the peeling back of the layers and the integration of all that has been separated, denied or fragmented. The forgotten grief, the silent shame, the inherited stories. It's not about erasing what has happened, it's about transforming our relationship to it by learning to sit with what we once had to run from. Even when it hurts, when it is uncomfortable. Especially then.

Healing is deeply unpredictable. It doesn't always look like light or love. Sometimes it looks like rage surfacing after decades of suppression, or letting go of everything we thought we wanted, or facing the parts of us that feel too much, too broken and too messy. Sometimes it looks like nothing at all, just the quiet work of witnessing and waiting as we spiral through the same lessons yet each time with a new awareness.

Our own personal path to healing is unique. We don't always know how it will unfold or where it will take us. There is always an element of mystery to the process that cannot be predicted. When we trust the deeper intelligence at work and the journey itself, it can be the most liberating experience of our lives.

Healing asks us –

To slow down, to listen, breath, and feel. We cannot rush the process or the journey and must learn to honor its timing.

To feel everything. Not just think about our wounds, but feel the grief, the rage, the fear, and the joy. True inner healing begins when we stop numbing ourselves and start paying attention to what is calling to be addressed.

For presence by bringing our awareness back into our body, into the moment and into what is here right now.

For self-compassion. We do not heal by judging ourselves, we heal by meeting our broken places with love and kindness.

For trust. We may not always know where we are going but our soul does. The path of conscious healing is walked by taking one step at a time.

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About Kate Spreckley: Kate is a dedicated and passionate Spiritual Healer and Teacher, based in South Africa. Her passion lies in helping, guiding and supporting individuals and organisations who wish to heal, grow and evolve. All of her work is directed by Spirit and all the information Kate receives comes directly from the Divine Creator, her own Spirit Teachers and Guides. All written information, messages and articles are her own interpretation of the energies currently affecting our world at this time.

Kate's website: <https://spirit-pathways.com/>

Kate's Video



Podcast • Fiorenza Scholey & Kate Spreckley Discuss Self-Awareness, Self-Compassion and Boundaries

Fiorenza Scholey WITH Kate Spreckley

SELF-AWARENESS, SELF-COMPASSION & BOUNDARIES

Watch on YouTube

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Link: <https://www.youtube.com/watch?v=H9RDGwdQY Ao>

Are You Anxious About the Future? By Kryon/Lee Carroll



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/>

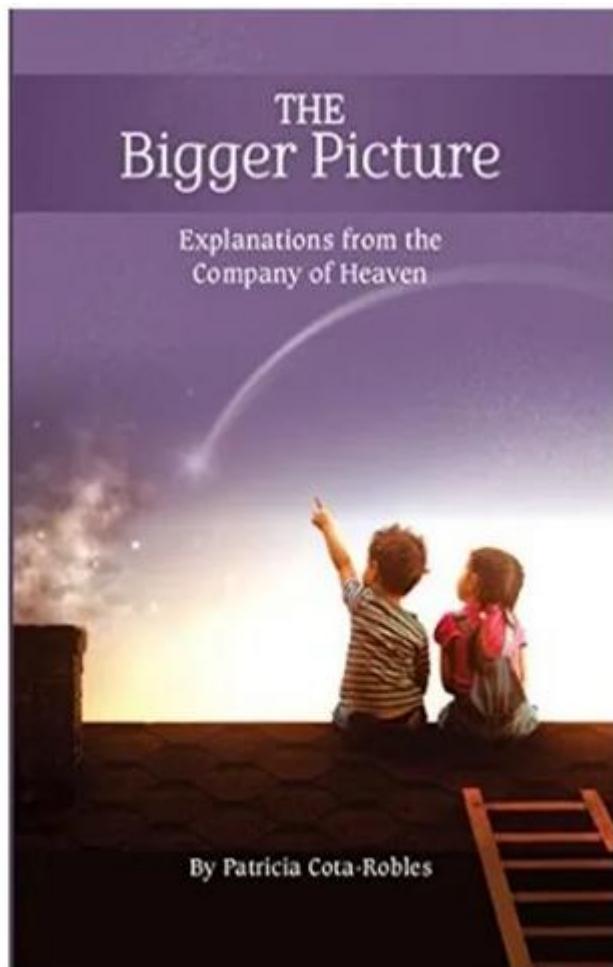
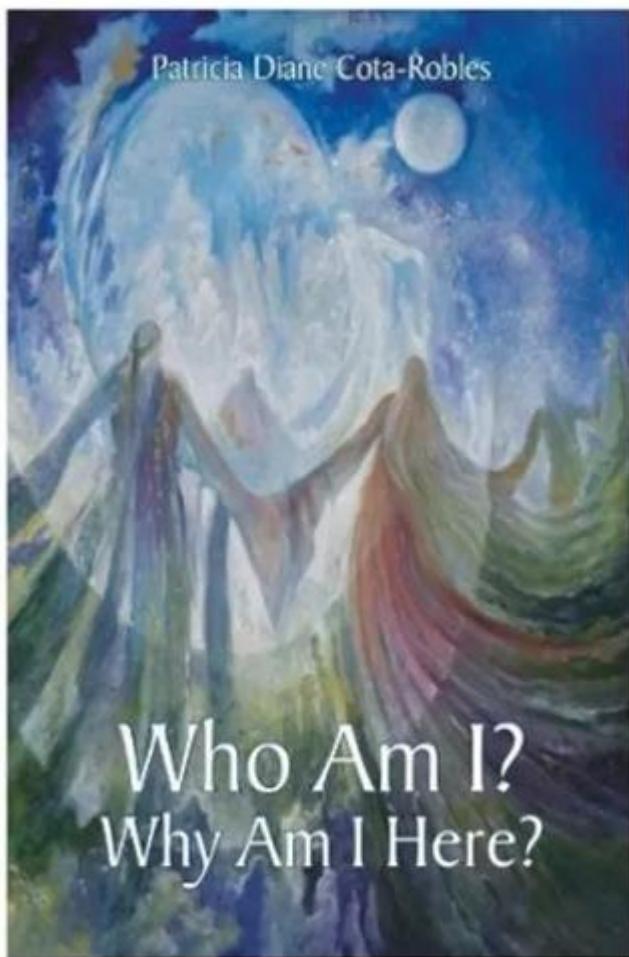
Kryon/Lee Carroll's Video



Link: <https://youtu.be/Ot-xqRwMNow>

Downloading Higher Patterns For The New Earth

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

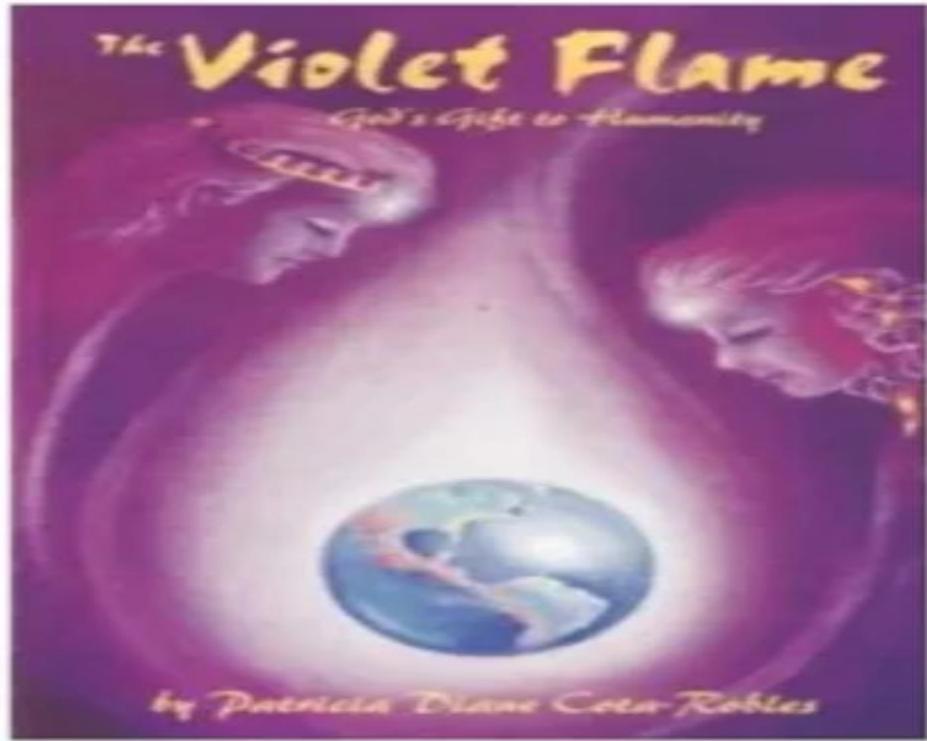
are designed to help Humanity add to the Light of the world.

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

Interview with Patricia

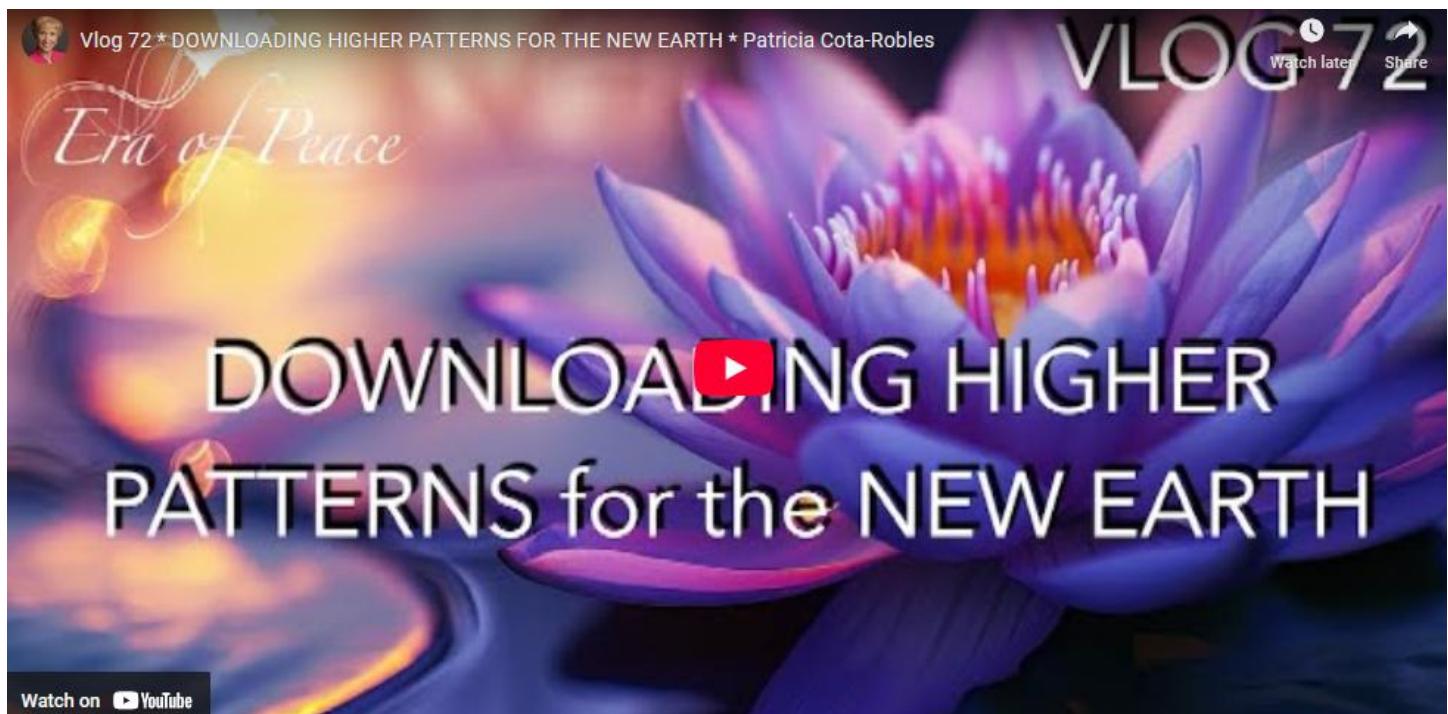


Link: https://youtu.be/hTX11kQV_2A



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://www.youtube.com/watch?v=kUrMxL-E5kA>

ROC Metaphysical Busessiness 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.

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!

ONE Wellness Center Monthly Social Gathering



Do you know where the ONE Wellness Center is on Monroe Avenue? Do you know that they have a wide variety of providers offering all kinds of alternative health and spiritual support.

This is open to all, bring friends. No admission fee.

For more info go to [www.onewellnesscntr.com](https://onewellnesscntr.com) and they're also on Facebook.

Peace Meditation

with the Love Peace Harmony Calligraphies



CREATE HARMONY

Create love, peace, and harmony through the transformative Love Peace Harmony Field. This high frequency field can transform negative information to positive information, creating a greater field of love, kindness, compassion, and more; for you, your loved ones, humanity, and the world.

Create Peace by chanting, singing, dancing, or simply sit & meditate in the peace and calm of the high-frequency Love Peace Harmony Field.

FREE - All Are Welcome

Love Peace Harmony Gathering
3rd Saturday of Every Month, 10 - 11 AM

Soul Mind Body Wellness @ ONE Wellness Center
2349 Monroe Ave, 2nd Floor, Entrance in Back
Rochester, NY 14623

R.S.V.P. for Head Count
Robyn Michele 585.582.6194
info@SoulMindBodyWellness.com

In 2005, Robyn was ordained as a Peace Minister. Her "Ministry-of-the-Moment" is dedicated to helping individuals worldwide uncover the peace within and around them. She provides personalized solutions and group practices that integrate and align the soul, heart, mind, and body.

Robyn believes that everyone deserves a life filled with happiness and freedom from suffering. She emphasizes that pain, stress, anxiety, and chronic illness shouldn't steal that happiness. Her approach to holistic healing is always tailored to your individual needs.

Connection with Tammy Seagriff



Date: Saturday, July 26, 2025

Time and Cost: 1:00 PM – 4:00 PM, \$66.00 per person

Location: One Wellness Center, 2349 Monroe Avenue, Rochester, NY 14618

This is an invitation to step into your body's wisdom, awaken your senses, and explore the untapped power within you. Through breath, movement, intuitive art, sound, and deep witnessing, we'll gently unlock emotions we often suppress—turning them into fuel for vitality, expression, and connection.

- ❖ Discover how co-regulation with others can create a sense of safety and expansion
- ❖ Explore your voice through simple, playful sound practices
- ❖ Let music and movement guide you into a deeper, freer expression of self
- ❖ Experience the power of being witnessed in a way that feels both sacred and liberating

This workshop is gentle yet potent, playful yet profound. There's no right or wrong way to participate—only an invitation to explore, feel, and express at your own pace. Come as you are. Leave feeling more alive. □ **What to Bring:** Wear comfortable clothing that allows for movement. There are a limited number of floor cushions on site, so please feel free to bring your own if you'd like extra comfort while sitting on the floor (chairs will also be available).

Tammy Seagriff is an Embodiment Practitioner and Master of Shamanic Energy Medicine based in Saratoga Springs, NY. Tickets are limited and can be purchased through ONE Wellness Center's website or on Event Brite.

Get tickets at: Event Brite - <https://www.eventbrite.com/e/embodied-aliveness-awakening-through-movement-sound-connection-tickets-1458413597329>

Classes with Sheila Tillich

JULY 11-13th, 2025	IET® Intensive Workshop - Rochester, NY
AUG 22-24th, 2025	IET® Intensive Workshop - Rochester, NY
SEPT 20-21st, 2025	IET® Master-Instructor Class - Rochester, NY
OCT 17-19th, 2025	IET® Intensive Workshop - Rochester, NY
NOV 8-9th, 2025	UFH Practitioner Training Class

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.

About UFH Practitioner Training Class:
The Unity Field Healing (UFH) Practitioner Training Workshop is a **transformative 2-day immersion to awaken your quantum DNA** and prepare you to become a certified UFH practitioner. Grounded in cutting-edge quantum-energy science, this training teaches you to work directly with quantum DNA—your soul's energetic framework, often called your vibrational 24th chromosome. Using the UFH Template, you'll learn to activate healing codes and become a conduit for transformation aligned with the frequencies of a New Earth.

Register Now WWW.SHEILATILICH.COM/EVENTS

Integrated Energy Therapy® assists in healing body, mind, and spirit so that the Quantum life force flows through your body. IET® helps you clear 'your issues from your tissues.'

What is Integrated Energy Therapy® (IET®)?

It is a powerful technique that helps get the "issues out of your tissues". Developed by Stevan J. Thayer, IET uses the Quantum violet energy ray to work directly with your 12-Strand Spiritual DNA. IET supports you in safely and gently releasing limiting (stuck) energy patterns (issues) of your past, empowering and balancing your life in the present, and helping you to reach for the stars as you evolve into your future. We chose the term "Integrated" in our name to convey our vision of "integrating the

experiences of the past, into the power of the present, to bring about the joy of the future". The IET Mission is to "Heal the world one-heart-at-a-time."

As you journey through your life, this flow of energy can become restricted or blocked (stuck). These blockages resonate at a lower vibration or frequency than your healthy cells need for optimum health. Emotions such as anger, resentment, powerlessness, guilt, and fear are stored in the body's cellular memory. They influence the way we live our lives and interact in relationships.

What are the benefits of IET®?

IET® painlessly identifies and releases your deeply suppressed feelings and your core cellular memories. Clears energy blocks that limit your health, life purpose, prosperity and creativity Empowers you to experience fulfilling loving relationships in all areas of your life Helps you to discover and live your Soul's mission in life Provides gentle yet powerful support for survivors of childhood traumas such as physical and sexual abuse, alcoholic & dysfunctional families Supports your self-healing at all levels: physical, emotional, mental, and spiritual Increases your connection to your angels and helps you work with them in your life.

What can I expect from an IET® session?

IET is performed entirely while you are relaxed on a massage table, with soothing music playing in the background. Using gentle therapeutic touch, I will direct healing energy vibrations to specific areas on the body that hold blocked energy. Energy blocks will be released and cleared through IET integration points along with the cellular memory areas. At the end of an IET® session, it is typical to feel a sense of peace, renewed, and ready to make life changes and regain your happiness.

What is the difference between IET® and Reiki?

IET is a higher (Quantum) violet spiritual Angelic frequency (DNA) ray that actively releases cellular blockages from the physical, emotional, mental, and spiritual energy fields. Reiki is a passive form of universal energy, and its primary gift is physical healing through the seven main chakras.

How Integrated Energy Therapy® Quantum 12 Strand DNA, opens the doorways to your soul's purpose.

There are four levels of Integrated Energy Therapy®! Each level expands the scope of what an IET® practitioner can offer you in their sessions. Here is a summary of what each level of the IET session has to offer you.

Basic Level IET Sessions – focus on clearing physical and emotional energy blockages from your cellular memory and leave in their place positive empowerment energy imprints.

Intermediate Level IET Sessions – in addition to clearing your cellular memory, Intermediate-level IET sessions also focus on clearing physical, emotional, mental, and karmic energy imprints from your human energy field, leaving in their place positive energy imprints.

Advanced Level IET Sessions – in addition to clearing your cellular memory and your human energy field, the Advanced level IET session can help you to discover your soul's mission and attract members of your soul's cluster to help you live your soul's mission and bring your purpose alive.

Master-Instructor IET Sessions – in addition to clearing your cellular memory and your human energy field, and bringing your soul's mission alive in your life, the Master-Instructor level IET session focuses on optimizing your 12 Strand DNA, which can further enhance your wellness at all levels and increases spiritual synchronicities that open the doorways to your destiny.

An Evening With the Angels With Sage Walker

Join us at ONE Wellness Center on Tuesday July 29, 2025 from 6:30p-8:30p
for an exciting night of gallery readings with Sage Walker!

Sage is a medium, ordained minister, spiritual counselor, energy healer, and author who has been based out of ONE Wellness Center since we began!

During an Evening With the Angels, Sage will identify the angels, guides and masters accompanying each audience member and pass along the messages they wish to share! Tickets cost \$30 and are limited to assure that all participants will receive a reading.

Tickets are available via onewellnesscntr.com or Event Brite. We hope to see you there! Tickets Cost: \$30

Tickets: <https://www.eventbrite.com/e/an-evening-with-the-angels-tickets-1442466830119>



Gratitude Circle - Cultivating Gratitude Together



For many of us, it is easy to feel grateful and trusting of the Universe/Spirit/The Divine when things are going well. However, when challenges arise, it can be much harder to recognize the gifts and blessings, or to trust that a silver lining exists.

Most spiritual traditions encourage us to celebrate all aspects of life, both the positive and the seemingly negative. Yet, navigating these moments can be tricky, especially when it feels like your boat is capsizing.

In trying times, gathering with those with similar values and high vibration can help you to remain anchored in love, trust, and gratitude.

Join us at ONE Wellness Center for a monthly spiritual discussion circle. The Circle is a space to share how we maintain or return to a place of gratitude amidst our struggles. To discuss our own spiritual journeys. Attendees are invited to share at their comfort level- participation is voluntary.

Hope to see you there!

Second Saturday 10:00a-11:30a
ONE Wellness Center
Institute for Spiritual Integration
2349 Monroe Avenue, Rochester 14618

All are welcome! Free of charge!

<https://onewellnesscntr.com>

Unity Field Healing Class Nov 8-9



Sheila Tillich is offering this class in November. See info on her website at sheilatillich.com

What Is Unity Field Healing? What You Need to Know About Energy Healing: Process, Expectations, and Integration

Energy healing is emerging as one of the most profound tools for wellness, soul alignment, and spiritual evolution. One of the most advanced methods in this field is Unity Field Healing (UFH)—a quantum energy therapy that works with the spiritual layer of your DNA, including a higher-dimensional energetic structure known as the 24th Chromosome — your personal gateway to awakening, deep healing, and spiritual transformation. Whether you're new to this path or already working with subtle energy, it's helpful to understand what truly unfolds during a healing journey. This is more than symptom relief. It's a reset on every level of your being — emotional, physical, mental, and spiritual. During a session, you'll rest in a calm, meditative state while the practitioner facilitates energy transmission through your quantum field. Whether in person or remotely, UFH aligns your energy with your divine blueprint — no force, no pressure, just pure transformational flow. The Healing Power of UFH:

- Deep emotional release and clarity
- Energetic detox and realignment
- Spiritual awakening and intuitive activation
- Reconnection with your soul's purpose
- Support in releasing ancestral and karmic patterns



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!

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

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HEALING SESSIONS
Rejuvenate with Reiki, IET, and UFH

SPECIAL OFFER

IN-PERSON OR ONLINE 60 MINUTES SESSION
All Three Modalities for \$122

Contact: sheila@sheilatillich.com

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

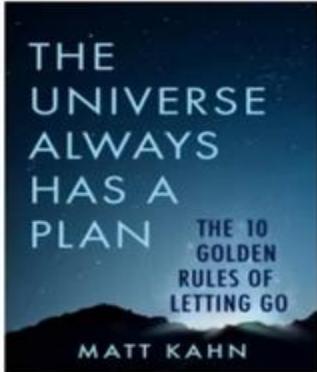
Remote appointments are available, too.

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

ONE Wellness Center Book Club

July Book Circle The Universe Always Has a Plan: The 10 Golden Rules of Letting Go

In The Universe Always Has a Plan, spiritual teacher and intuitive Matt Kahn explores the **10 Golden Rules** for emotional freedom divinely curated and practical to the demands of everyday life. By overcoming self-sabotage, hardship, and anger, you will find true liberation and the infinite current of unconditional love that nourishes your heart. Matt's energetically encoded mantras and exercises will enable you to jump start your spiritual growth and access deeper levels of ease, freedom, and joy. As always, free copies of this book are available to be borrowed from the spiritual resource library.



July Book Circle
The Universe Always Has a Plan: The 10 Golden Rules of Letting Go

In The Universe Always Has a Plan, spiritual teacher and intuitive Matt Kahn explores the 10 Golden Rules for emotional freedom—divinely curated and practical to the demands of everyday life. By overcoming self-sabotage, hardship, and anger, you will find true liberation and the infinite current of unconditional love that nourishes your heart. Matt's energetically encoded mantras and exercises will enable you to jumpstart your spiritual growth and access deeper levels of ease, freedom, and joy.

As always, free copies of this book are available to be borrowed from the spiritual resource library.

When: July 12, 2025, 1:00p-2:30p
Where: ONE Wellness Center
Institute for Spiritual Integration
2349 Monroe Avenue, Rochester 14618

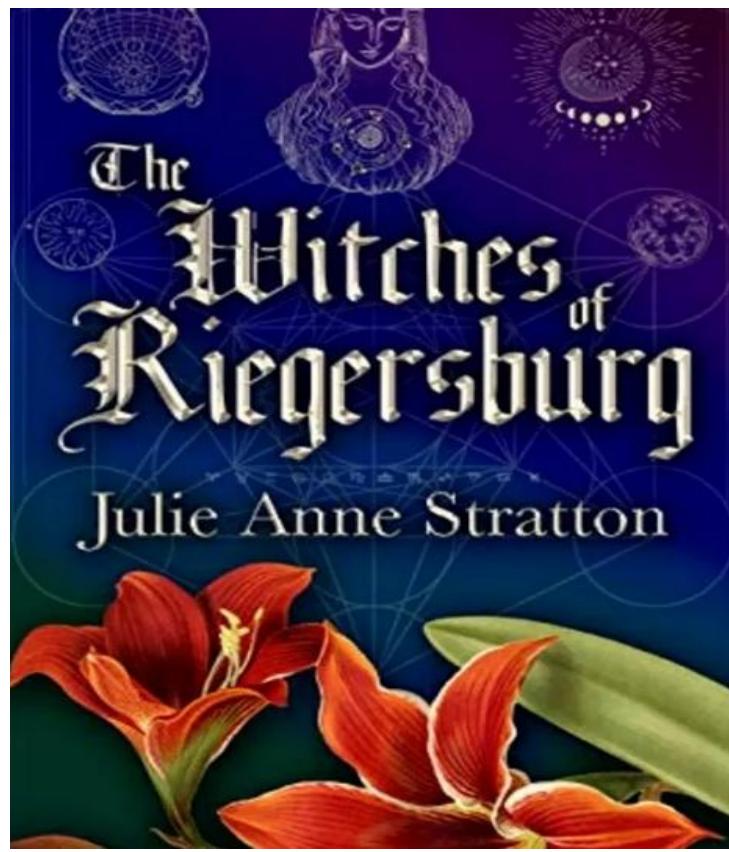
All are welcome! Free of charge!

<https://onewellnesscntr.com>

Follow us on Facebook

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

Books That Are a Must Read!



The Witches of Riegersburg by JA Stratton

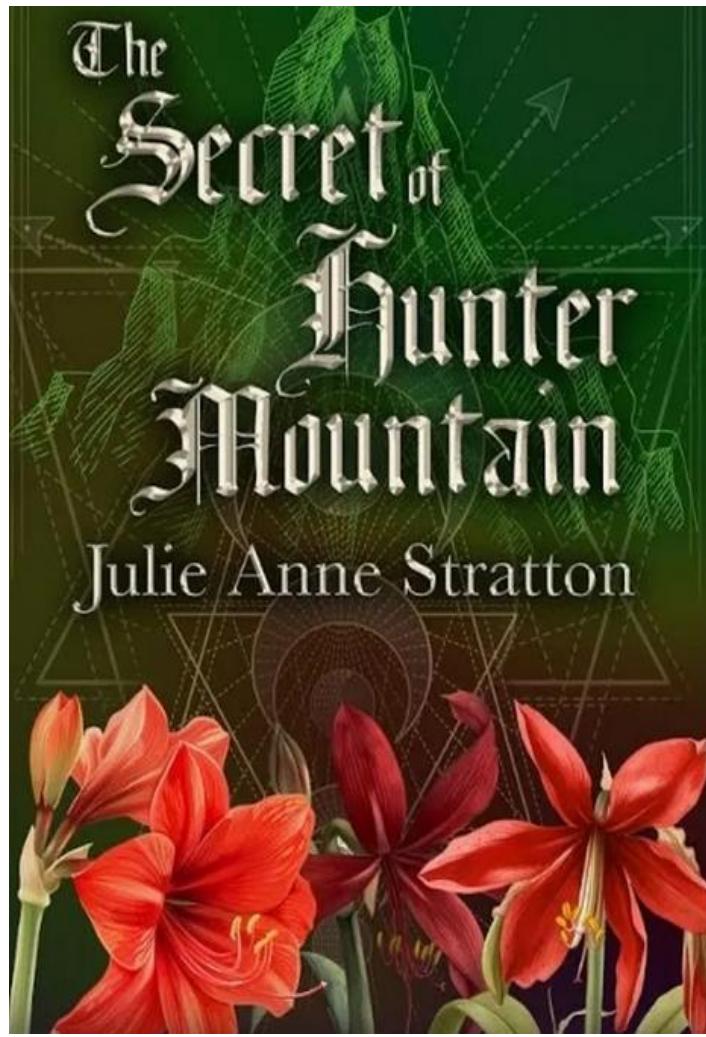
-- For fans of *The Da Vinci Code* and historical intrigue, *The Witches of Riegersburg* is an unforgettable ride through time, magic, and resilience.

This gripping novel spans three timelines, following three extraordinary women bound by an ancient Goddess faith and a mysterious Book of Shadows. Baroness Elisabeth von Galler faces the hysteria of 1665 European witch trials, protecting her family and faith under the shadow of persecution. Fast forward to 1938, Katarina Lilienthal uses the same ancient wisdom to navigate the horrors of Nazi Austria and save her Jewish family. Finally, in the present day, Sarah Lilienthal inherits the Book of Shadows and embarks on a soul-searching journey to Austria, unearthing her family's secrets and her own identity.

Julie Anne Stratton masterfully weaves history, magic, and mythology into a story that's as empowering as it is thrilling. The characters are richly drawn, and the stakes—whether facing witch trials, World War II, or personal discovery—are as high as they come.

-reviewed by Mansi Rawmani

@<https://www.instagram.com/whatmansireads/>



The Secret of Hunter Mountain by JA Stratton

Julie Anne Stratton is back with another spellbinding adventure in *The Secret of Hunter Mountain*! If you loved *The Da Vinci Code* or *A Discovery of Witches*, this book is your next obsession.

Gerlinde, an Austrian witch and Faith-Keeper of an ancient Goddess religion, uncovers a prophecy in her 300-year-old Book of Shadows about a hidden Templar treasure. Determined to raise divine feminine energies in the world, she teams up with her American cousin, Sarah, a savvy photojournalist. Together, they embark on an epic journey across the U.S., from herbal festivals to the mystical Hunter Mountain and beyond, unraveling cryptic clues tied to settlers, Templar secrets, and First Nations wisdom. But their quest isn't without danger. A shadowy, far-right Christian group is hot on their trail, determined to claim the treasure's power for their own dark agenda. Will Gerlinde and Sarah protect the sacred elements before it's too late?

This book is a perfect blend of history, mystery, and feminist empowerment, with richly drawn characters and a fast-paced plot. You'll root for Gerlinde and Sarah every step of the way while uncovering treasures of your own. Dive into this magical, suspense-filled journey today! reviewed by Mansi Rawmani@

@<https://www.instagram.com/whatmansireads/>

More about Julie and her Books



About Julie:

While raising her three daughters, Julie stumbled on the book, "Ich bin eine Hexe" ("I am a witch") by Gerlinde Schilcher. She traveled to mountains of upper Austria where Gerlinde introduced her to Goddess worship. She was hooked and read as many books about witch craft as she could find.

After living in Europe for 20 years, she wanted to come back home to the States. Julie moved home with two of her daughters and attended Syracuse University where she attained her masters in music education. She took a poetry class at SU and began writing again. Julie continues to hone her craft as an active member of local writing communities.

Her passion is writing fiction about strong women and continuing to practice her earth-based, reclaiming Goddess religion.

Find the books on Amazon: <https://www.amazon.com/stores/author/B0841393VZ>

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. HypnoRegresssion 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
PurpleDoor
Soul Source LLC



**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!



**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



**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>



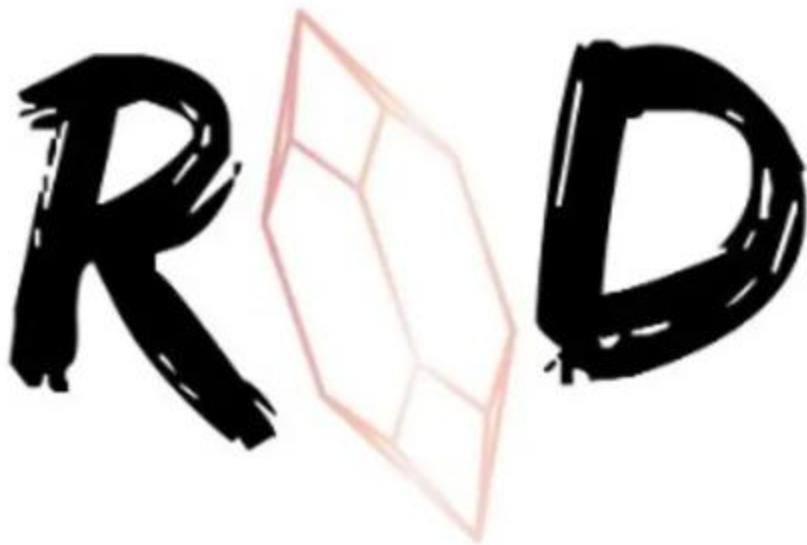
Sage Walker, RMT Master Teacher IET, BARS
The Angelic Link
2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618
585-317-4374
<https://www.theangeliclink.com>

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
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-Morissette

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 Theressa 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 intimating 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>



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>



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.judyllynn.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-AP
Eden Energy Medicine Advanced Practitioner and Authorized Teacher
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, yet effective Daily Energy Routine relieved Michelle's chronic migraines and changed her life dramatically. She was gifted a renewed sense of vitality and life purpose and driven to help others with this new discovery. She completed the rigorous 4 year hands on Certification Program for Eden Energy Medicine, and became the first advanced 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. It can be done as simple self care at home or with the help of a qualified practitioner. Michelle teaches introductory classes and does private sessions.

Take an active role in your health today...call me for a FREE phone consultation!

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 pursing 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>



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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
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LifeForce Rejuvenation



Jon Kotowski
Lockport, NY. 14094
<https://lifeforcerejuvenation.com/>
716-344-3787

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

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

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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/>



Sacred Light of Cosmic Awareness Community

3961 E. Chandler Blvd.

#Ste. 111-198

Phoenix, AZ. 85048

Tel: (480) 273-4577

Sacredlight777@proton.me

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

Reclaim your power. Identify your soul purpose. Spiritual healing & self-realization workshops. Channeled messages from Divine Creator. Free past life readings. Develop psychic clarity, inner trust, strength and confidence, examine hidden unconscious patterns, personal power management, karmic healing, calming the mind and dream interpretation.



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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.