



Here's a Sampling of Articles for the month:

Are You Overly Nice? The Keys to Healthy Giving

By Dr. Judith Orloff

What is "True" Psychic-Mediumship?

By Susan Fiandach & Connie Wake

Pearls Of The Heart By Renee Ranke

Tired of the Busy Noise? Cultivate The 'Allow-ness' of Awe

By Christianne Asper-Contant

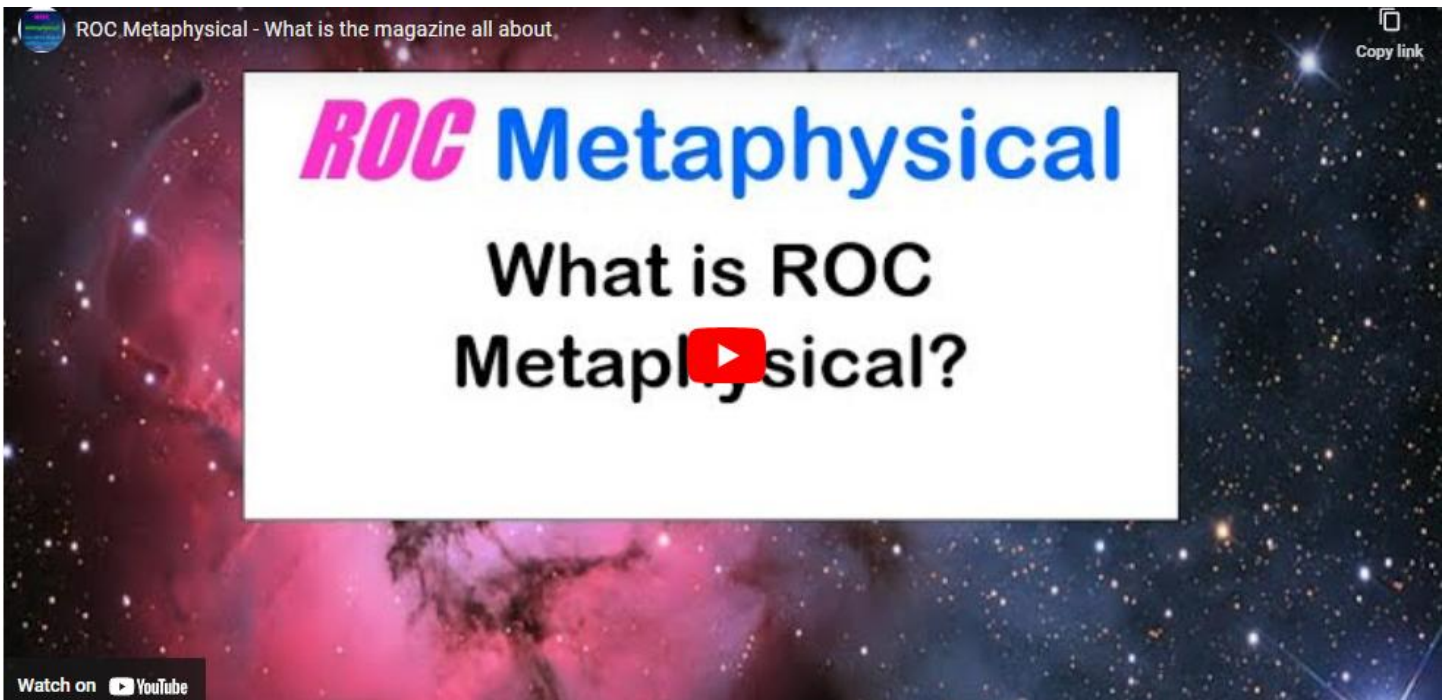
Reflections On The Father-Son Relationship

By Barry & Joyce Vissell

The "No" Phase By Brenda J. Hoffman

Messages From The Future By Pamela Kribbe

What Is ROC Metaphysical All About?



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

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

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

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

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

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

comes to my email.

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

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

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

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

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

Find ROC Metaphysical At These Sites



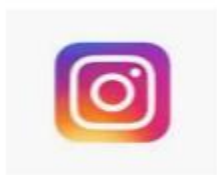
<https://www.youtube.com/channel/UCUckLvdyS3dJMGUUR-muQ>



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



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

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

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Highlights of The Magazine



Read Interesting and Informative Articles

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



Read Channeled Messages

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



Learn About Incredible Alternative Businesses

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



Lots of Interesting Events

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

We Have A YouTube Page



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



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



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

Go To Our YouTube Page



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

ROC Metaphysical Online Magazine Articles for June 2025

Carole Obley



What Inspired You To Write The Art Of Sensing: A Guide For Staying True To Your Soul's Journey Through Challenging Times?
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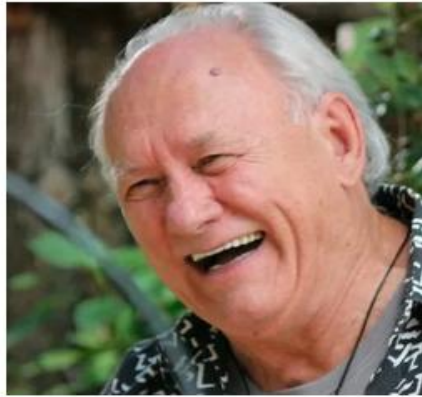
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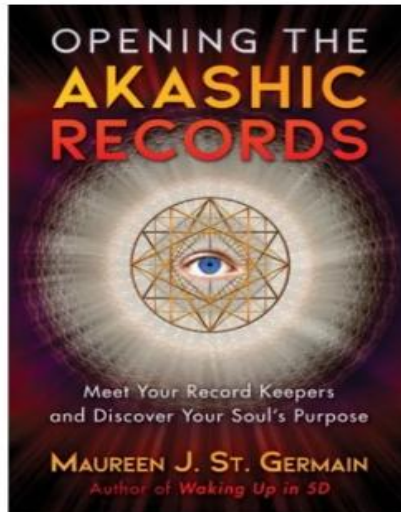
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ROC Metaphysical Book Review



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Christianne Asper-Contant



Tired of the Busy Noise? Cultivate The
'Allow-ness' of Awe
By Christianne Asper-Contant

The only Zen you can
find on the tops of
mountains is the Zen
you bring up there.

Barry & Joyce Vissell



Reflections On The Father-Son Relationship
By Barry & Joyce Vissell

“

May you have the hindsight
to know where you've been,
the foresight to know where
you are going, and the insight
to know when you have gone
too far.

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

Brenda J. Hoffman



The "No" Phase
By Brenda J. Hoffman

Pamela Kribbe



Messages From The Future
By Pamela Kribbe

Shelly Dressel



Illuminate What's Hidden
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Patricia Cota-Robles



We Are Being Called To A Higher Service
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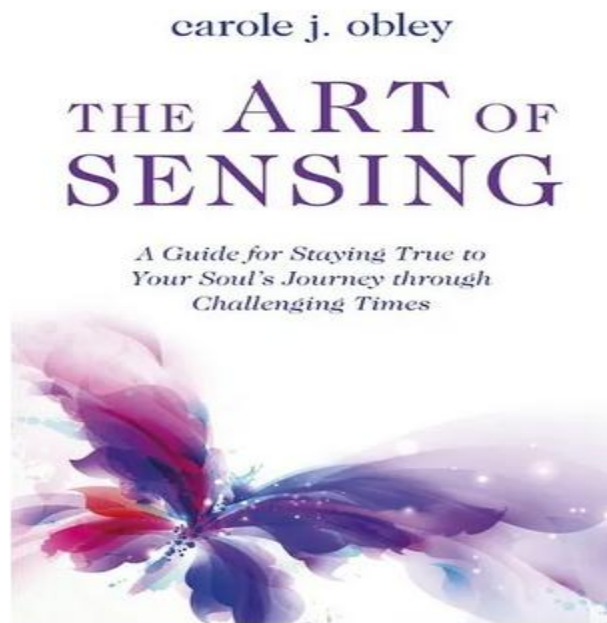
Lee Carroll/Kryon



Are We In A Different Dimension?
By Kryon/Lee Carroll

What Inspired You To Write The Art Of Sensing: A Guide For Staying True To Your Soul's Journey Through Challenging Times?

By Carole J. Obley



“What is my purpose in life?” “How can I distinguish between my personal thoughts and intuition?” “Why do I have difficulties with relationships, work and health?” These are some of the most frequently asked questions of clients who come for sessions in my three- decade practice of professional mediumship.

Like many authors, much of my inspiration for writing stems from first-hand, personal experiences. In my case, this source is a large case file of mediumship readings in which people from all walks of life seek guidance and clarity about their life pathway, innate skills, painful emotions and various other challenges. As much as people desire to connect with their loved ones in spirit through the vehicle of mediumship, they are equally curious about their unique journey in life, why certain difficulties arise repeatedly and how they can transcend these issues. Coupled with these direct experiences with clients are my personal observations regarding multiple circumstances I’ve encountered throughout my life. Importantly, I’ve shared in my writings how these situations improved when I listened to, followed and trusted the voice of my soul, which speaks through intuition. As with my previous books, *The Art of Sensing* arose organically when I surrendered to and heeded the promptings from my soul rather than adhering to the dictates of my rational mind.

During my late teens and early twenties, I drank heavily and used substances which I have written candidly about in several of my books. As a result, my life became consumed with chaos, emotional instability and damaging relationships. At just 25 years, I was dying. I became a hollow, plastic shell who habitually sought escape from her own self-inflicted misery. Simply put, life became *unmanageable*. In desperation, I turned to private counseling and a 12-step program of recovery. I had hit bottom.

In the next 15 years, I voraciously consumed every book about 12-step recovery, the specific concerns of women's recovery and the spiritual principles of transforming life from the inside out. I attended 12-step meetings several times a week- including discussion and speaker sessions. I shared my journey through addiction and recovery with many groups through talks. Above all else, I *surrendered*. This meant I had to get out of my own way and allow a higher force to guide my life. There was no other way- unless, of course, I wanted to die. Although it took years, the inner transformation I experienced has created an entirely new self. When I reflect on the "old" me, it now seems as if she was another person- one who *had* to die to be reborn.

Decades of healing led me to consider applying the 12 steps of recovery from addiction to other areas- specifically to living a spiritually centered life. I share this application in my previous book, *Soul to Soul Connections: Comforting messages from the Spirit World* as well as *The Art of Sensing*.

This is a simply written, accessible book to help people understand the soul's perspective of common challenges that many of us face during life's journey. In its pages, readers will discover valuable insights about the sacred journey of their soul, how to recognize its promptings through tuning into intuition and practical, easy exercises in each chapter. They will also learn how to live harmoniously by understanding and following natural laws (universal, spiritual laws).

A discussion of the inner and outer "landscapes" (internal and external consciousness) is featured in the first section of the book since this knowledge is key to knowing and accepting the true, unlimited self- apart from cultural conditioning, familial expectations and rigid belief systems. Recognizing oneself as a divine, eternal being- beyond thoughts, emotions, beliefs and body- is central to navigating difficulties that inevitably arise throughout life. This inner wisdom leads to profound, lasting transformation which would not be possible otherwise.

Each chapter features anecdotes from multiple client sessions that illustrate prominent concepts about the soul, intuition, and spiritual consciousness. Examples of these are individuals who've suffered profound grief from losing a child, those who've faced serious illnesses, and others who've carried the burden of wounds from childhood abuse. In these sessions and countless others, people have connected with the higher wisdom of Spirit from their own soul which *is* Spirit. My role as a medium is to impart this wisdom as clearly and accurately as possible, knowing that I am not the source of it, merely the conduit.

In Part III, I share compelling insights from my decades-long studies of spiritually-based astrology and the language of the soul as depicted in the astrological birth chart. Readers will discover how their natal chart reveals the evolutionary intent of their soul, a symbolic map to understand themselves from a spiritual perspective as well as how to interpret the meaning of certain planets in their chart, based on simple explanations of these planets' placements in the chart.

The theme of *The Art of Sensing* is that each soul is an indispensable part of the totality of the God-Consciousness. When we know this truth in our heart, we realize that despite outer, artificial divisions of culture, race and political beliefs, we share an underlying connection with all of creation. Differences, divisions and separations created by our minds dissolve in the light of this higher awareness.

Transformational healing of humanity on a global scale necessarily begins within each individual first.

About Carole J. Obley: Carole J. Obley is a professional medium who has given over 15,000 readings. She is a workshop leader and frequent podcast and radio guest. Her books have been well received by readers worldwide. On the web: Soulvisions.net

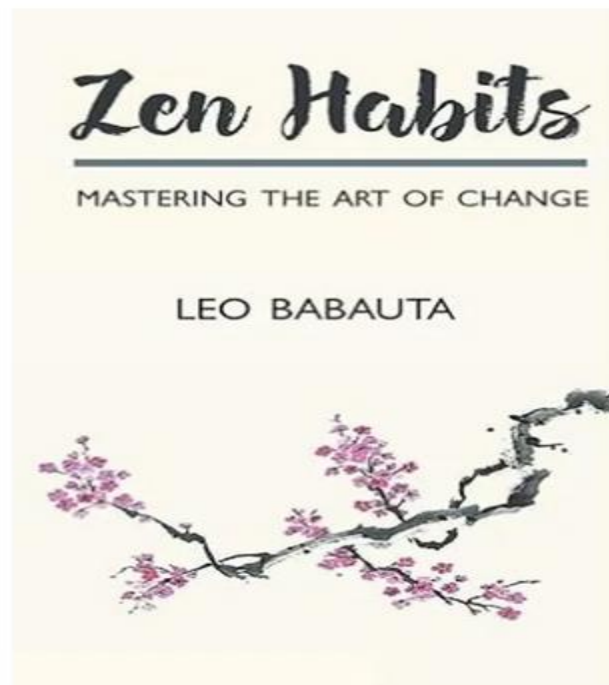
Find Her book on Amazon: https://www.amazon.com/stores/Carole-J.-Obley/author/B001K8UDGM?ref=sr_ntt_srch_lnk_1&qid=1743113067&sr=1-1&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=2f0859ca-5bfe-470f-a76d-9c62c7843a73

Interview With Carole



Link: https://youtu.be/SqE5GeI4_GQ

Forcing Yourself To Do Everything By Leo Babauta



I've been reflecting on something I think a lot of us are trained to attempt: to force ourselves to do everything. We don't usually put it that way — it's usually called "discipline," or when we're not doing it, it feels like laziness or procrastination.

But many of us are trying to force ourselves to do everything we're supposed to do. Conquer our to-do lists, clear out our emails, do our chores, straighten out our finances and clutter, exercise, eat right, meditate, do your duties as a family member, floss your teeth, read books.

This is what we think we should be doing, every day, all the time. When we're not doing that, we feel like we're failing, we're behind, we're lazy, we're wasting our time, we're too distracted. We feel unworthy.

But let's take the best-case scenario: you force yourself to do as much of that as possible, for the whole day. And then tomorrow, you do the same thing. And the day after. Let's say you are able to force yourself to do as much as you can, for a month. At that point, your pile of things you have to force yourself to do is ... the exact same size.

Nothing has changed. You still have a million things you are supposed to do, that you need to force yourself to do. At this point, you'll either give up because it all feels pointless and discouraging, or you'll burn out. No one can force themselves to do things all day long, forever.

So what's the alternative?

What if we didn't have to force ourselves?

There isn't one good answer to this, but I encourage you to explore this on your own. What would it be like to not force yourself to do things?

Some alternatives I've been finding:

- Bring a sense of play, curiosity, learning, adventure to as many things as possible, so it's not about forcing but about having fun and exploring.
- Slowing down and just letting myself be in the experience, to find a sense of appreciation rather than needing to rush to finish.
- Finding delight and wonder in everything.
- Deciding some things can wait, instead of forcing myself to do them now.
- Bring a sense of connection while I do the tasks — for example, doing things with other people.
- Reminding myself of how this task is an expression of my creativity and love.

These aren't the only possibilities! As I said, I strongly encourage you to explore this for yourself.

What would life be like if you stopped forcing yourself and started living a life of play, joy, wonder and curiosity?

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

Leo's website: <http://www.zenhabits.net> and <https://seachange.zenhabits.net>

Leo's Video



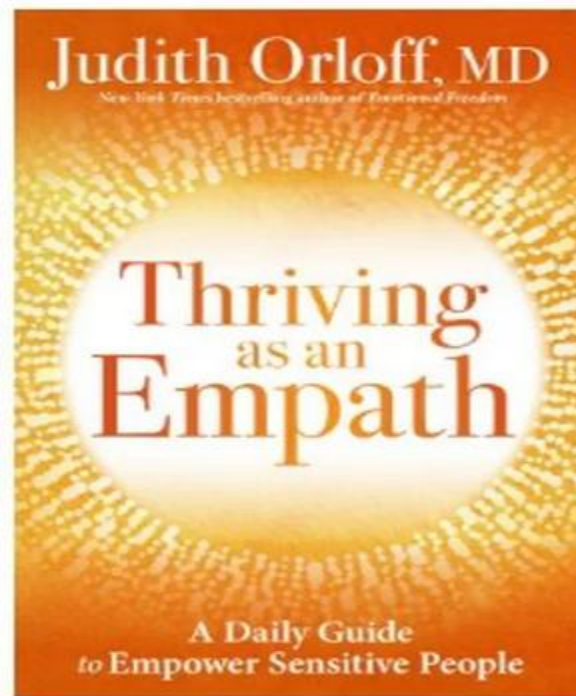
Link: <https://www.youtube.com/watch?v=5TU7daYvXdU>

Leo's Books



Find His Books on Amazon: https://www.amazon.com/stores/Leo-Babauta/author/B002BO7RLI?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

Are You Overly Nice? The Keys to Healthy Giving By Dr. Judith Orloff



Are you “overly nice” and suffer as a result? What I mean by this is that empaths and many caring people often burn themselves out by over-giving and don’t know when to back off. They mean well. But what’s missing is balance and knowing when to give less and replenish themselves. I’ve known people who’ve sacrificed the last molecule of their being trying to help someone who may not have wanted their help. Or they exhaust themselves by trying to fix others. So to maximize how your giving can heal others and yourself, learn to remain discerning and balanced.

Neuroscience has confirmed numerous ways that healthy giving enhances wellness. For instance, volunteering has been shown to lower stress levels, reduce depression, and lessen your aches and pains. Plus, MRI scans have demonstrated that donating to a worthy cause increases dopamine, the pleasure hormone. Contributing to a community also has been proven to enhance people’s ability to cope with addiction and bereavement.

The desire to give flows naturally from having empathy. You care. You want to help. So you offer your time, your knowledge, and your energy. (For me, time is my most valuable gift.). Perhaps you listen to a coworker going through a tough divorce or you do a load of wash for an ailing neighbor. Maybe you simply smile at a stranger.

It’s a myth that healthy giving is only unconditional or selfless. Healthy giving may also be conditional. Healthy giving comes from your heart but is also about setting boundaries in situations that warrant it and practicing self-care. One form of giving is showing someone appreciation, whether it’s for taking out the trash, filling in for you at work, or writing a moving novel. Appreciation helps people feel validated and to flourish. It can lift you out of a miserable mood so you can think, “Maybe this situation isn’t so bad after all.”

I teach my patients and the UCLA psychiatric residents I supervise, how to give wisely, sometimes a life-or-death concern. It's a lesson in balancing and conserving energy that many of us overly nice people need to learn. You too can learn to empathize without sacrificing your own well-being. Here are some positive traits of healthy giving.

Traits of Healthy Giving over the Holidays and Beyond

(Source: The Genius of Empathy foreword by His Holiness, the Dalai Lama)

Empathize without feeling drained

Practice random acts of kindness

Set healthy boundaries such as saying a positive “no”

Prioritize self-care, rest, and alone time to replenish energy

Feel nourished by giving

Know your own limits

Accept support

Delegate responsibilities

Allow others the dignity of their own path without interfering

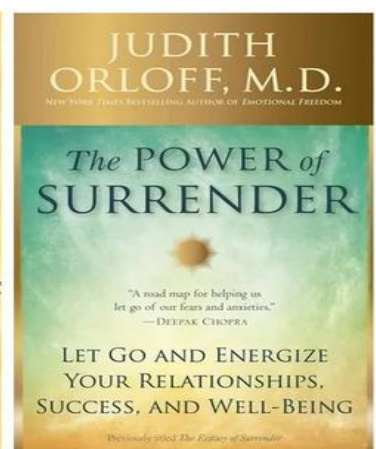
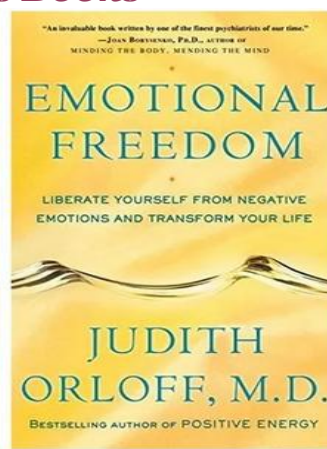
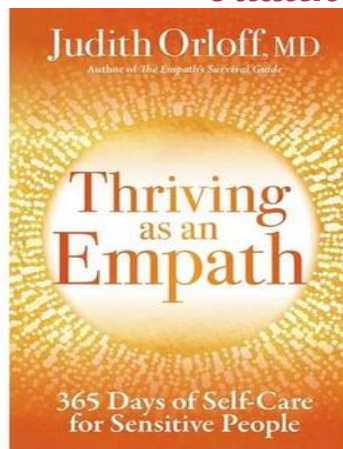
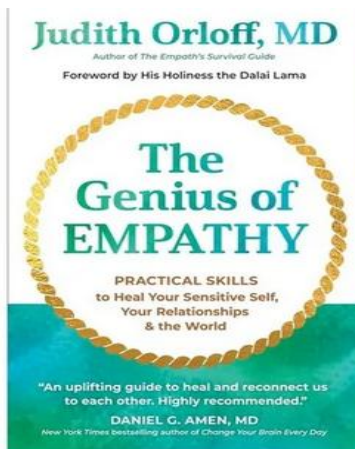
To feel more energized and balanced in your giving, experiment with incorporating these traits into your life. Learning to balance empathy with self-care is a beautiful ongoing healing process.

I'm inspired by the 14th Dalai Lama's prayer about helping others in the book “Ethics for the New Millennium” in which he seeks to be “a guide for those who have lost their way” and “a bridge for those with rivers to cross.” In our own unique styles, we can do this too.

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.drjudithorloff.com>

Judith's Books



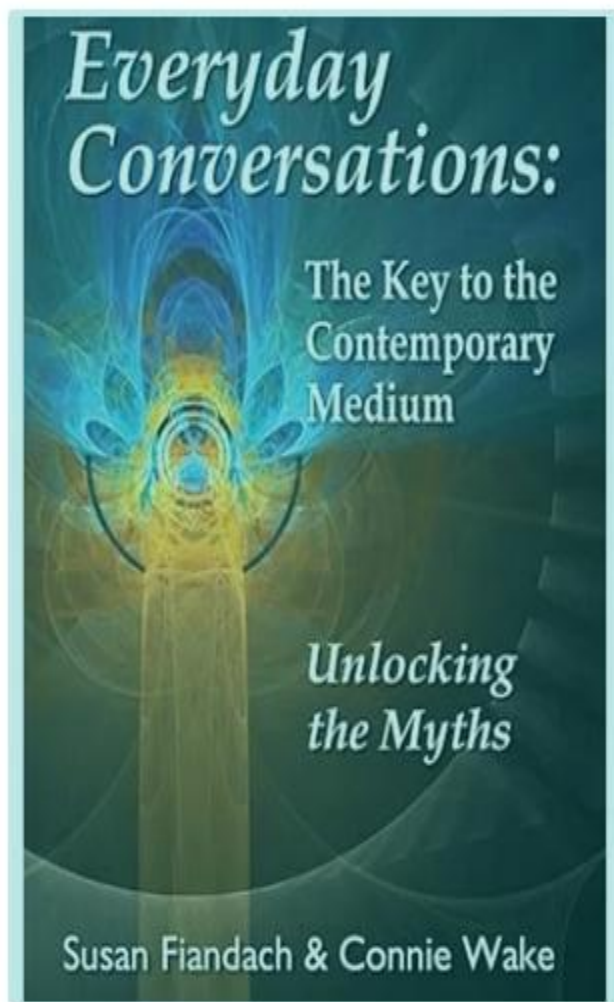
https://www.amazon.com/stores/author/B000AP8R6O?ccs_id=ec36849d-2bd5-4ef7-9d33-e5e3271c7be9

Dr. Judith Orloff's Video



Link: <https://www.youtube.com/watch?v=4VFJtZzDDXk>

***What Is “True” Psychic-Mediumship?
By Susan Fiandach and Connie Wake***



As professional psychic-mediums, our mission is to provide a reading service to offer information to validate, express love and comfort, and insights and perspectives for the client’s free-will use.

Is it true...and how would we know it to be true? We can point to several things that affirm the true-ness of our mission.

Over the years, our experiences have aligned with what we’ve learned about the process of receiving and interpreting psychic-medium information to what Spirit/God shows us. For example, we were taught the old-medium’s tale that you can’t reach someone for at least six months after passing; however, we have connected to someone within hours of their passing. We didn’t change what we thought was true...but expanded our understanding to what had shown us to be true.

A true reading is conveying what we call “points of proof” in accordance with what the client knows to be accurate, whether about those who have passed or about themselves. These pieces of evidence may be the personality of the spirit, how they passed, their work/career/hobby, memories with the client, and events that have happened since their passing (which is their wonderful way of saying they see what is going on in your life!) An experienced medium will keep following the evidence to unfold the client’s relationship

and story in a way that affirms a true and deep conversation. For example, connecting with a grandmother who may show her baking in the kitchen is a small piece of evidence but going deeper into her story may be to say additionally that she often sat at the table with her granddaughter, sharing freshly baked cookies with coffee in the blue pansy cups and saucers that the client now has!

The medium is seeking true and accurate communication in what they are receiving and how they are delivering the information. The “internal” information is received as images, thoughts, sounds, words, smells, feelings, and touch and is then expressed “externally” to the client (aka the reading). In the middle of that information exchange is the reader’s interpretation. The medium seeking a true reading keeps the interpretation as clean as possible, without personal bias to and including their spirituality or new-agey kinds of things (such as, chakras, negative entities, portals, dimensions, stuck souls, spirit guides which are ok as themselves but we keep our spirituality out of our mediumship).

The medium reading is true as the reader establishes and works from an honest position, having high ethical standards and principles. A psychic-medium reader always reinforces the client’s free will and choice, does not instruct or make the client’s decisions, and avoids a false or co-dependent relationship. (If you hear “for \$x more, I can...” run, don’t walk to the nearest exit!) The psychic-medium ability is universal so that everyone has the opportunity to receive their own messages and comforts, so a reader can truly say they can work themselves out of a job!

We believe in these true natures of our service--relevant evidence, accuracy of interpretation, honest ethical principles--so that they build a strong framework for the reading service and a meaningful experience for the client.

About Connie Wake & Susan Fiandach: Susan Fiandach and Connie Wake are owners of The Purple Door in Rochester, NY. They are professional psychic-mediums and teachers of psychic-medium studies on a mission to de-mystify our psychic sense. They are co-authors of “Everyday Conversations: The Key to the Contemporary Medium – Unlocking the Myths” and “The Student Guide to the Daily Medium – Unlocking Your 6th Sense.” v It’s not mystic, mythical, dark arts, or cult. Through a strong framework of understanding the realm of consciousness and energy of information, we can trust the vibes for our own well-being, as well as a service to others, without religious or new age myth or dogma. The next offering of the Introduction to Psychic-Mediumship is January 2025. Go to our website (purpledoorsoulsource.com/classes) or call 585-427-8110 for more information and registration.

Susan and Connie's website: <https://purpledoorsoulsource.com/>

Interview with Susan Fiandach and Connie Wake



Link: <https://www.youtube.com/watch?v=l6DdLY2dsjo>

Pearls Of The Heart By Renee Ranke



We are in the midst of a unique time in history.

The last several years have been challenging. A global pandemic ushered in racial and political tension and divisiveness, natural disasters, wars, conspiracy theories; and at the core of all the things that are going on in the world lies grief.

I am hard pressed to think of someone that I know who has not lost someone that they love or care about in the last few years. As humanity struggles with finding its way forward in this new energetic; how do we find a way to lift ourselves up amid grief?

Pondering this question, I received the image of a pearl.

A pearl is created when an intruder, a grain of sand or a bit of floating food, slips between the oyster's shells and embeds itself into its soft flesh. To protect itself, the oyster covers the irritant with inner layers of its own shell, a substance called nacre, until a gem is formed.

A pearl. The only gemstone that comes from a living creature.

The oyster takes the source of its pain and coats it with beautiful layers of its own internal shell, its own essence, to dull and lessen the pain. The thing that has caused the pain never goes away. Instead it becomes the beautiful core of a precious gemstone. A core that may no longer hurt as intensely as it did, but a core that will always remain.

Like the creation of a pearl, our journey through grief is one that is birthed from pain. But, also like the pearl, the result can be something beautiful and precious.

The ancient Japanese believed that the tears of mythical creatures, like nymphs, mermaids, and angels, were what created pearls.

There is also an ancient Islamic legend about Adam and Eve after they were cast from paradise. Eve could not see Adam and, thinking she had lost him forever, she wept and wept and her tears flowed into

the ocean and were transformed into pearls.

If Eve's tears transformed into pearls, is it so far off to think that our own grief can also be transformed? Each of us who walk with grief travels a unique, painful, and often solitary road. And yet, it is a road that almost everyone must walk at some point in their lives.

What does the creation of our precious Pearls-of-the-Heart look like?

This shared and lonely pathway begins with pain.

When we talk about the passing of a loved one, this pain feels more intense than the 'grain of sand or bit of floating food' that the oyster experiences. It feels more like a shard of glass or a dull knife being continually thrust slowly and painfully into the heart. That is the core of this pearl.

My husband, Ken, passed away unexpectedly. The night that it happened was my own Armageddon. There weren't four horsemen or a plague of locust.

World War 3 hadn't begun.

There was no nuclear strike.

Yet my entire world had been destroyed in one unexpected moment, and suddenly my life felt like a barren desert, an apocalyptic wasteland.

I remember feeling as if I had been shoved to my knees and could not get back to my feet, and that feeling continued for quite a while. I am not sure how I got through that first night. But I did get through. And I got through the next night and the next and the next. I got through, in the beginning, by just going, going, going. By not allowing myself to stop, to think, to feel.

That is the beginning phase. The core of the pearl. The period where you believe that you will be destroyed by the pain if you allow yourself to feel it completely.

It seems as if your life has ended, and you will just continue forever on auto pilot.

And in a way, your life has ended. You are stepping into a new reincarnation that you did not want or ask for.

This is the period before you realize that your tears, like Eve's, have the ability to create a precious pearl. You don't even begin to think that this ugliness could birth something beautiful in the cracks of your broken heart.

You just keep moving so that you don't have to feel the pain.

For me this period lasted for about a year. For some it may pass more quickly, for others it may last much longer.

Eventually the layers of the pearl start to form around that shard in your heart.

You slowly begin to understand that grief is the price you have paid to love.

The precious memories of joy begin to form the first soothing layer around your grief.

You allow yourself to gingerly touch that spot in your heart sometimes.

You smile when you think of them or when you find a card or note that they wrote to you.

The overwhelming emotions of guilt, fear, loneliness, worry, and sadness still come over you in waves. But you are willing to step into them a little bit more as they become ever-so-slightly less overwhelming.

You begin to recognize that even these heavier emotions are precious gifts reminding you that you have experienced incredible love.

And the layers continue to build.

As you start to feel through and release the all-encompassing, heavy, painful emotions; you begin to allow yourself to open to the signs that your loved one is trying to send.

I had a cell phone my husband gave me, that allowed handwritten with a stylus. Not long after Ken gave it to me, I discovered that you could change the color of the 'ink' and I excitedly drew a big pink 'Renee + Ken' heart. My husband was not overly impressed, so the pretty pink heart was forgotten about, and I began using the writing feature only for grocery lists.

One afternoon, not long after Ken had passed, I grabbed my phone to put it in my purse and up popped the big pink heart. There was no logical reason why it should have appeared. If the phone had accidentally opened to the notebook app, it should have opened to a grocery list. It had been several years since I had used the app for anything else and I had totally forgotten about that heart until it suddenly appeared in front of me again.

Sometimes the signs may not be as obvious.

Immediately after Ken died, I had to get a new car to replace the lease vehicle in his name.

I have glasses that I only wear when I drive, and I always had the habit of pulling them off when I stopped the car and tossing them into the drink holder.

On the day that I got my new vehicle, I pulled into my driveway, turned off the car, and threw my glasses in the drink holder as usual. Suddenly the sunglass holder on the visor popped open. I closed it quickly and then stopped for a moment to look over at the passenger seat. I had a vision of Ken sitting next to me, looking at me, opening the sunglass holder with a touch of a sarcastic smile, and saying "Renee, look they actually make something for you to put your glasses in".

I started putting my glasses in the eyeglass holder on that day and it never popped open by itself again.

Often these first signs may not be immediately recognized. I swiped away the pink heart on my phone and slammed the sunglass holder shut. I knew that both of those things were slightly strange, but it took me a moment to acknowledge how important they were.

Even that initial hesitation allows the process to begin.

You may think that you are crazy and are just searching for a light in the heavy storm clouds of grief. You may feel as if you are diving into the ocean of imagination to bring back your lost love. You suspect that you are making it all up.

But something is beginning to happen.

Even by questioning these signs you have begun the process of adding the next comforting layer of nacre to continue the assembly of your pearl.

You may begin to look more closely at your beliefs. What happens to us after we leave these bodies? You search for answers. You search because you must know if they are okay. You search because you need to understand if they could possibly reach out to you. You search because you need to understand if they are standing next to you or if you will be seeing them again.

The next August, I was driving home from work when Lily Dale popped into my head. Several years before I had read a young adult series by Wendy Corsi Staub that introduced me to Lily Dale, NY. The tiny hamlet in Western New York State had been a Spiritualist camp in the late 1800's and was still home to mediums today. I had been fascinated and told Ken that I wanted us to visit someday.

Two days later, I left for Lily Dale.

I remember talking Ken nonstop as I drove, "You better show up. You better show up. If I get there and I only get a visit from Grandma...I am going to be very upset". And my husband didn't disappoint me! This was my first visit to a medium, and it ended up being an intense spiritual experience. The medium gave me a recording of the reading, and I drove home playing it on a loop and sobbing. Once the initial shock had worn off, I decided that if the Lily Dale medium could communicate with my husband, then I darn well could too. After all, he was my husband not hers!

And so, I launched myself on a journey searching for answers. And that journey ultimately led to my becoming a psychic medium, spiritual healer, and metaphysical minister.

The layers of nacre continue to be applied, and the pearl begins to take shape.

As you travel forward on this spiritual journey. As you learn, question, and explore. As you search for answers about who we are, and what happens to us after we leave these bodies. You might just begin to catch glimpses of some amazing concepts. You may begin to understand that we are separated from each other only by these bodies. These human shells that we are encased in make us feel so solitary and yet we are ultimately connected to each other and to something bigger. You may begin to understand that our souls need no containers to exist. Or maybe you will get more scientific and recognize that energy does not disappear, it just changes form. We can see this in water as it changes from a raindrop to a snowflake, from a drop in the ocean to a mist in the air.

Separation is an illusion, and this too is a revelation that will lead to adding more layers to our precious pearl.

While we are on this journey we experience things from the perspective of our own individual universe, sometimes forgetting that our own consciousness is part of a much bigger divine tapestry.

The July after Ken passed, I went to Scotland to spread his ashes. My trip overseas began with a long layover in JFK. As I waited for my flight I shopped, I ate sushi and got a pedicure; all the while wheeling Ken's ashes around in my carry on. As I was waiting in the nail salon for my pedicure, a lady with a Scottish accent came in and sat down next to me. We started talking and it turned out that she had also been widowed several years before. She told me a wonderful story about how fate intervened after the devastating loss of her husband, and she had ended up getting remarried to her husband's American college roommate. She told me how both of these men that she loved were so different and yet her love for them both was all-encompassing.

I left the salon with freshly painted toenails and an understanding that my heart still had the ability to love whenever I was ready to allow it.

Those first few years after Ken passed, I continued to find myself around widows; waiting in line at the grocery store, at the gym, at the casino. It seemed like any time there was a woman next to me, there was a pretty good chance that she was widowed.

It took some time before I realized that this was a grand plan of Divine design. By speaking with each other, by offering love and support to each other, by recognizing that we were not alone; we are not only helping another person with their grief journey, but we were also applying another layer to our own inner pearl. Helping ourselves to heal the pain associated with grief and step into the gratitude that is the precious gem of our love.

Realizing that separation is just an illusion also ends up becoming the second most important layer of your pearl. Besides beginning to recognize that you are not alone in this and that there are oh so many others who are also experiencing grief. You also start to discover that your loved ones have never really left you. Their soul, their essence, is still as much a part of you as before they left their bodies. The only thing that has changed is the form that we experience them in. The relationship has not ended. It has become more pure, more truthful, more full of love.

If understanding that separation is just an illusion is only the second most important layer of this pearl of the heart, then what is the most important layer? What is it that finally lifts the shadow of grief allowing the light of love to shine through?

That most important layer of your pearl has quietly been being applied throughout the whole journey. This layer is about self-awareness. The knowledge that this pain, this process, this journey through grief is about more than just our loved one. In the end it becomes about finding ourselves.

When we allow ourselves to stop fighting our emotions

When we look at things through a lens of love, rather than a lens of loss

When we realize that our strength doesn't come from being able to pay the bills, or mow the lawn, or fix the car, or just survive without our loved one

It comes from our eternal connection to them, to Spirit, to the Universe

It comes from having been allowed to love

It comes from gratitude for all the things that love created and from understanding that the initial pain of grief is only temporary

When we recognize that our grief is like an oyster creating a pearl

That which injures us becomes the core of inner beauty

Love is the most powerful energy there is and can reach you no matter where you or they are.

And there....

There is our pearl.

I am going to end this with a poem that came to me as I struggled with writing this.

It is my gift to you. To all of you who are in the process of assembling your own Pearls-of-the-Heart.

**Here is my hand
Let me walk with you**

**I know your pain
It is not mine
It is yours alone
But I have felt it
I know it
It connects us**

**Here is my heart
It has been broken
Light streams through the cracks
Like you, I once thought it fragile
Now I understand
It is made of steel
Forged with tears
Eternal and indestructible**

**Here is my Love
Someone reached out
To show me
Death cannot dim it
It can never be dissolved
Once given, it is forever
The strands reinforced
By having existed at all**

**My hand is their hand
My heart is their heart
My love is their love**

We will walk together
And gaze towards the horizon
When you are ready, you will see
Across time and space
Love still stands right beside you

About Renee Ranke: Renee Ranke is a psychic medium, channel, intuitive teacher, spiritual healer, and metaphysical minister. But, most of all she considers herself a mystic who is always searching, learning, and growing. This pathway laid out for her after the unexpected passing of her husband, and in her ongoing search for metaphysical knowledge and spiritual understanding she has studied with various teachers through ISD Oneonta, Lily Dale NY, Omega Institute, and Edgar Cayce's Association for Research and Enlightenment. Her passion is helping others discover ways to align their physical world with the beauty and grace of their spiritual self.

Renee's website: www.reneeranke.com

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

YouTube: (1) Mystical Moments Remembered with Renee Ranke - YouTube

Renee's Video



Link: <https://www.youtube.com/watch?v=xt1Lozk5ywY>

dandelions By Monique Lang



My lawn is covered with these lovely dandelions.

Many people suggest I use weed killer to eradicate them.

Yet, dandelions are an amazing source healing properties: as a tea, as a salve, as a salad green and so forth.

This is true of many other things we have been taught are negative.

I invite you to research the properties of dandelions

And to questions some of your assumptions about what is 'good' and what is 'toxic'. I keep being humbled by the level of my ignorance.

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.

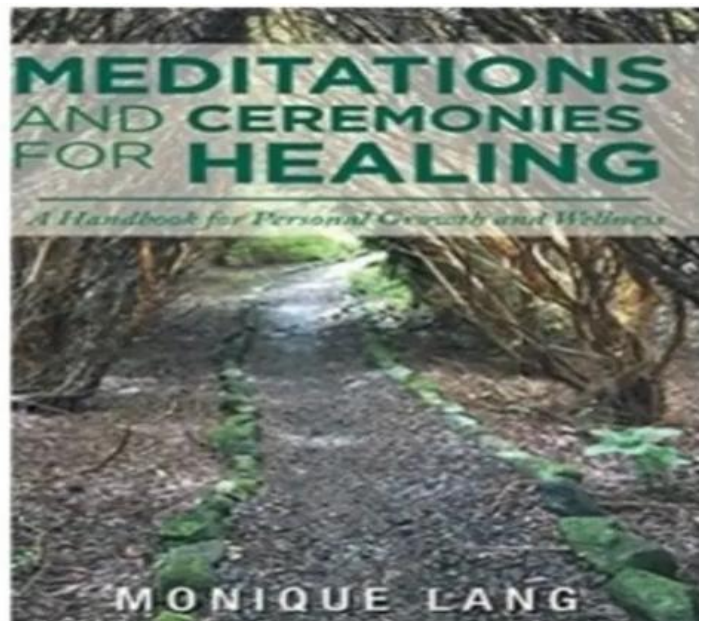
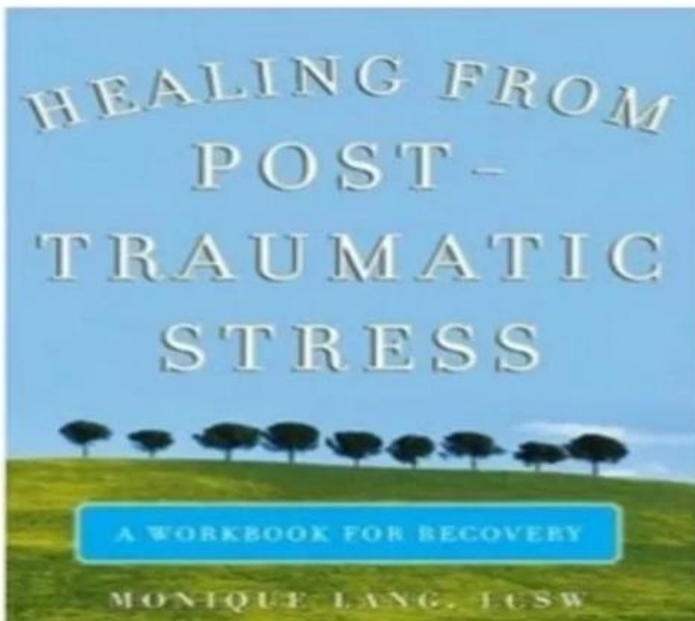
Monique's website: <http://www.moniquelanglcsw.com>

Monique's Video



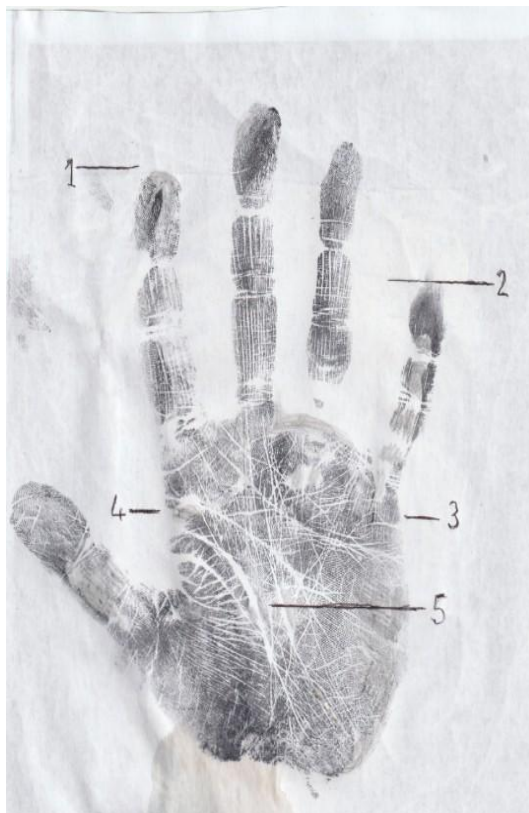
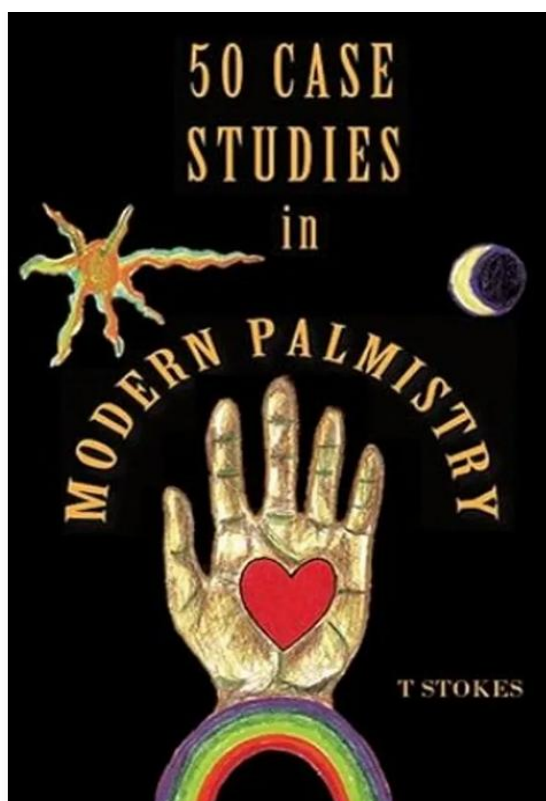
Link: <https://www.youtube.com/watch?v=SseNotuN9hU>

Monique's Books



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

Linda's Hand By T. Stokes



I always say to people who send me hand pics, " tell me nothing about yourself before the reading."

The client asked why am I always so unhappy?

Over all this is a very good hand but there are several factors here of concern.

There are several kinds of depression. Official figures are that one person in four is prone to it at some time but the real figures are that everyone will experience it in some form.

A large-scale study published in Molecular Psychiatry has uncovered a distinct pattern of biological changes in people with major depressive disorders. Individuals experiencing depression, both currently and in the past, showed alterations in various small molecules in their blood, particularly those related to fats. These findings infer that very soon a blood sample will give so much more detail.

Many psychologists do not trust palmistry as there are many fraudsters and scammers who have no real knowledge but tell you what you want to hear. I have lost count of the number of people who have said "another palmist has told me i will win the lottery."

1 A very short first or Jupiter finger always shows low self esteem - this person does not feel they are as good as others, this usually leads to depression.

2 Similarly a very short Mercury finger leads to a bottling up of feelings. Mercury is the messenger of the gods, and this gives difficulties in expression. Only 7% is verbal - a shortness here shows a hindrance

from the spoken word.

3 Both main relationship lines drop down, they are pulled toward Mars the planet of war, so we see these are not successful long term, the low self-confidence has deep long term effects.

4 The open head and life lines show someone who can act impulsively, this is a worry.

5 The severe drooping of the Life line shows at times this girl will wish she was not here, expert and gentle counseling was advised.

My guess from early signs was an over strict and emotionally remote father who would be critical. Criticism can emotionally cripple a sensitive child.

When I worked at the Greywood Clinic we saw so much of this but she is now making such good progress. Even the way she walks has changed. Depression now called " Persistent Negative Mood Disorder" can affect us all.

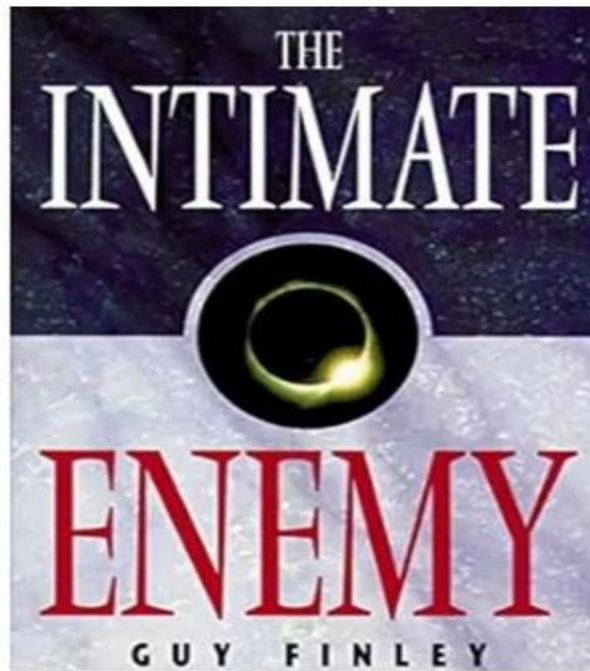
Never be afraid to ask for assistance . A wise man once said, "all the help is out there, you only have to let it in."

**Happy Palmistry,
T. Stokes**

About T. Stokes: T. Stokes is known worldwide as the "Consultant Palmist" and is regarded as one of the finest palmists. He has many years of combined practice, blending from an array of diagnostic skills coupled with 10 years training in the Harry Edwards School of spirit mediumship and guidance. His ability to access the wisdom of the multi-medical and multi-spiritual arenas of the Indo/Pak sub-continental energy flow disciplines, such as Hasthricka and Il Mul Kaff, have meant a sharpening and honing of clairvoyant skill. These skills can take a subject from pre-birth through the main events of the life, to the present day. T. Stokes reads life histories from emailed hand-prints from all over the world.

T. Stokes website: www.tstokes.co.uk

***The Great “Un-power” That Opens The Door To Perfect Freedom
By Guy Finley***



A mind divided against itself does not, cannot know that it is the creator of both sides of any conflict with life, let alone that it holds an equal interest in ensuring that each side of that struggle is constantly strengthened and re-armed with new motivations for why it must overcome whatever or whoever challenges its imagined supremacy.

For Further Study

It is no stretch of the imagination to say that many days most people wrestle with some form of discontentment about their lot in life. Add to this an equal if not greater amount of time spent searching for the solution they think will “cure” this confliction, and it might surprise us how pervasive runs this human pastime of trying to dodge these feelings of being discontent.

Everywhere you go, no matter who you’re with, everybody is figuring out how to be happy. You can buy drugs to be happy. You can dump relationships, get new relationships. It’s endless! Everything about this planet is like this giant amusement park where you go and buy a package that’s supposed to be filled with happiness, and when you get it home and open it, you get a little bit of a “pop,” and then that’s the end. Isn’t it?

We don't suspect that we are packed full of beliefs about ourselves and about life. We don't suspect that the root of whatever it is that causes us to feel sad, unhappy, to have no fun, is a false belief that produces a false sense of self through false responsibilities. *All false responsibilities have their root in a false belief.*

The false belief that I’m intended to create my own happiness is born of the equally false belief that my pain in life is somehow a product of what I’ve failed to succeed in winning for myself. That’s not the case. The case is that *we’re not meant to be self-filling creatures*. Happiness is not a product. Happiness is not the result of an effort. Happiness is the essence of a human being who is free of those kinds of thoughts and feelings that produce an endless string of punishments because they’re always pursuing ways to free themselves from the very weight that sends them on the journey. So you can see the false responsibility: *I*

don't have to make myself happy. What a relief! Because how many of you have done a pretty bad job of making yourself happy?

The true responsibility as opposed to the false one has two parts: The first responsibility is to *remember the light*. That's the first responsibility. Remember the truth. Remember this simple idea: I'm not here to walk around feeling as though there's a *weight* on me. If you feel weight on you at any time, it's because you're carrying around a belief that's driving you through a desire and onto a purpose that is absolutely powerless to appease itself.

Remember the light. Why? When I say that we're not created to make ourselves happy, then what will make us happy? Did it ever occur to you that God is good? Did it ever occur to you the universe is in perfect order? Did it ever occur to you that everything is perfecting itself at all times? It is. In the sea of conflict, there is harmony. We as men and women are intended to be filled all the time by the understanding that our right relationship, our true relationship with life, begins with this true responsibility of remembering our Creator (whatever word you want to use), remembering that which gave us life – not the idea of just sitting and thinking about it, but actually being present to it.

As a person starts to recognize, "You know, I've been trying to make myself happy all my life – trying to get rid of people, trying to add people, trying to change this, trying to fix that. And I haven't succeeded at it, but now I'm starting to recognize that some of the best times in my life, the happiest times of my life, have been those moments in which a certain light came to me. A certain understanding came to me, a certain moment out there in nature – whatever it is – and I didn't have to do anything! It just *came* to me. It was just there! I looked at my wife and she had a smile on her face. I didn't have to think to myself, 'What does it mean?' I didn't have to worry about approval. I went out and there was my animal friend out there – whatever it was – it was just happiness."

As that takes place, we learn what it means to consider others before ourselves. And when we learn what it means to consider others before ourselves, because at last we stop putting ourselves first in life, guess what we've done? We've fulfilled the two greatest commandments there are: to love the truth and light first and foremost, and then to know what it means to love our neighbor as ourself. This is the whole of the summation of true responsibility, and learning about what is false responsibility is the beginning of it.

Learn to become a student of your own life. Learn what it means to see these things.

Catch the weights of false responsibilities and bring the light of understanding to them. They will fall off, and little by little you will know the freedom that you were created to have.

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.

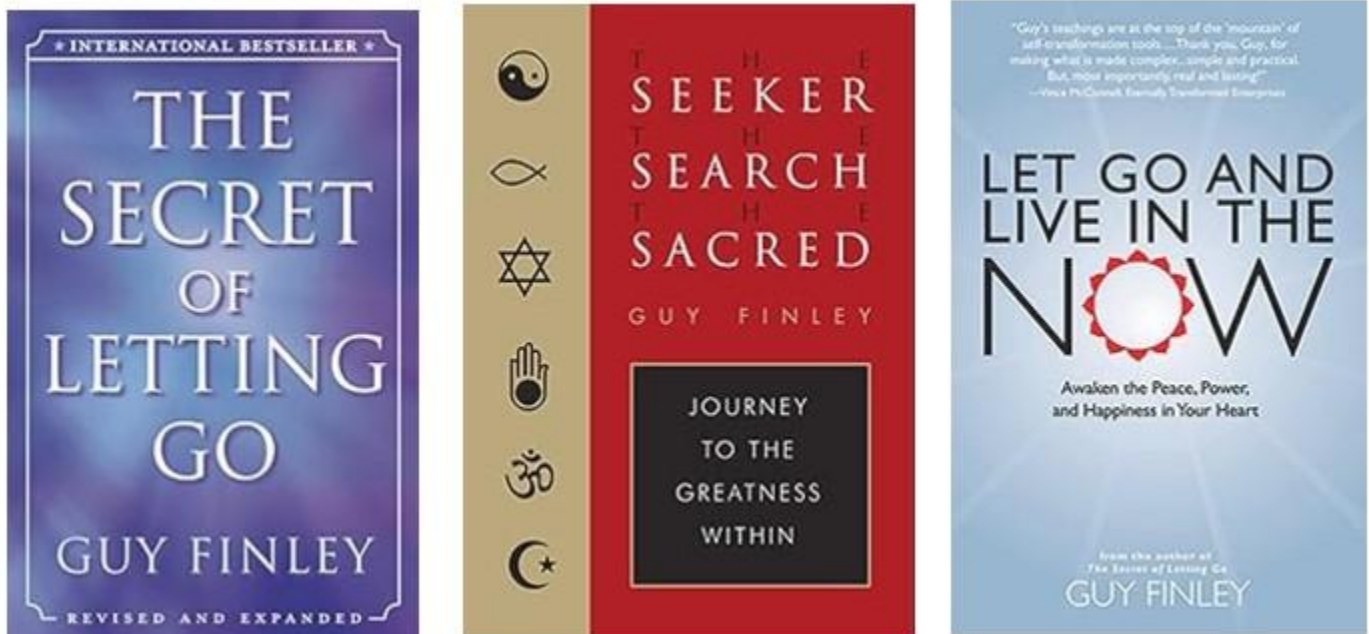
Finley holds regular classes at Life of Learning including two free talks each week that are live-streamed <https://www.guyfinley.org/light>. These classes are open to all. For more information about Guy Finley and Life of Learning Foundation visit www.guyfinley.org

Guy Finley's Video



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

Guy's Books



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

Tarot Tendencies For June By Doreen Scanlan



For those of you looking for a relationship now is the time to put your inhibitions behind. Step into your true compassionate essence. Don't over think the process just extend your heart honestly and see who might reach back.

It is time for you to connect with like-minded people and find the harmony you deserve. You don't have to label it just feel it, enjoy it and let it be what it is going to be. This is the time to express your healthy ego and let the right people see who you really are. Mingle.

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.

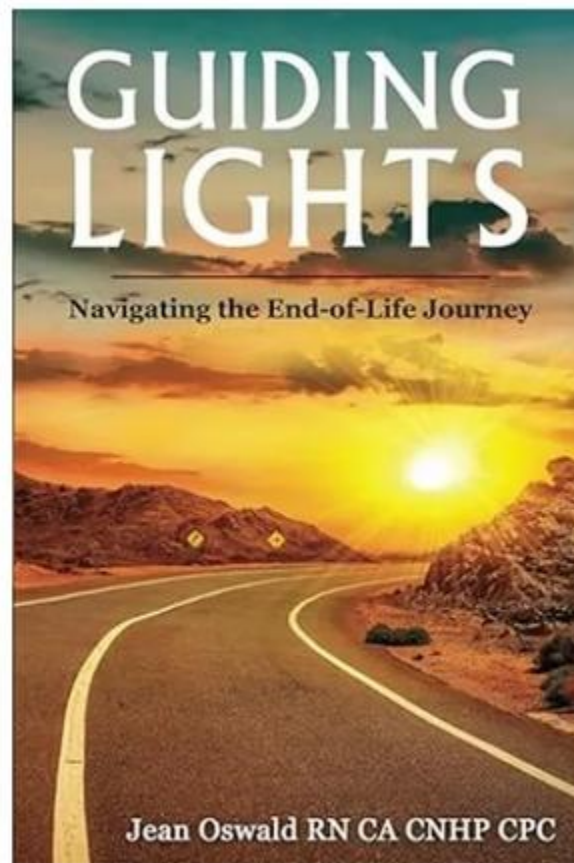
Interview with Doreen



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

What To Know When Your Loved One Is Leaving Rehab

OR The Hospital By Jean Oswald, RN



From Rehab to Home

When your loved one has resumed some level of baseline mobility and independence, a discharge plan will be made to return home. Here are some thoughts to consider:

- 1. Do they need special equipment at home? A walker? A shower chair? A bedside commode? A wheelchair? A supportive cushion to sit on? If there is equipment needed in order to go home, the discharge planner or social worker at the facility will help you understand what is needed and covered by medical insurance and what your person's out-of-pocket expenses will be. One tip for you here is to look for a LOAN closet in your area. A Google search for DME equipment at local loan closets should bring up several options.**
- 2. Understand the nutrition needs of your loved one. If a low sodium or low fat, low glycemic diet is called for, see if your person can speak with a nutritionist about this before leaving rehab.**
- 3. If Oxygen is needed, it comes from a private company. There will be a monthly copay to rent the equipment. I strongly suggest you find out ahead of time when it will be delivered to the home so that a second person will learn how it works as well. These companies may send a 'delivery technician' to set up**

the machine(s) and show you how to start the oxygen flow. A Respiratory Therapist might be the person who answers a phone call with issues that come up later. Always make sure you get the phone number for their 24/7/365 off-hours! Remember Murphy's law because it could be Christmas Day or 3am when you need them. Keep the phone number handy; tape it to the Oxygen machine!

4. If your loved one has COPD or heart failure and needs oxygen around-the-clock, there are different kinds of machines you can rent. The Oxygen "Concentrator" is a large machine that sits on the floor (a folded towel under it decreases the noise) and can provide oxygen 24hrs - 7 days/week. Twenty-five feet of tubing which is included in the delivery allows your person to walk from room to room without disconnecting from oxygen. The delivery should provide extra tubing as well as extra 'nasal cannulas' or face masks. I suggest making sure there is humidification with the oxygen so the nasal passages don't dry out. Some people experience nose bleeds without this. Oxygen "tanks" are often delivered at the same time, but they only provide oxygen for 2-3 hours and it's a bit complicated for first-timer users to figure out how to hook up to a tank. Ask for help by phone if needed. If it's affordable, renting a "portable" oxygen tank is much less bulky than those big tanks and easy to use when going outside the home. It comes with a battery pack to plug into an ordinary outlet and might even include a charger for the cigarette lighter of your car if it has one of those.

5. Is there an updated list of medications? Will the rehab facility give you what is left of the meds given in rehab? Those meds are held in what's called "blister packs" and they're thrown away if you don't request them. Make sure your person understands how and why they're taking each medication and any side effects to watch for.

6. If dressing changes, IV flushes or heart conditions require a visiting nurse, have you picked a homecare agency to use? Do you know what your person's insurance will cover? Is there a copay for home visits? Homecare agencies will be responsible for ordering supplies needed for those specific tasks, but you can ask for some supplies at the rehab facility so that initial dressings or flushes can be taken care of.

7. Just so you know, your loved one may still qualify for PT at home after rehab, especially if their hospitalization followed a fall or surgery, such as hip or knee replacement. The physical therapist would need to attest to the need for continued therapy in their notes. Find out if there are any exercises or activities that your person should avoid until they can perform them well or have assistance. Also ask about whether your person should be driving.

8. Are there wounds that need healing? If the homecare nurse has been changing dressings, they are good teachers for you or your person to learn how to do them independently. If there is swelling, redness, drainage coming from the wound and/or a fever, these could be signs of infection, and a nurse will give you instructions about what to do. If the wound is healing, a nurse will tell you when a dressing can be discontinued. If there is no visiting nurse you should call the primary doctor's office or the specialist who took care of your loved one for updated instructions over time.

9. It's recommended to have someone help your loved one full-time for the first two to three days after discharge and then part-time for a week or two after that. I plan to write more about finding private help in the home soon. "Seniors Helping Seniors" comes to mind. I can recommend some private aides as well.

10. Make sure a next appointment is scheduled with the primary doctor covering your loved one's current medical problems. It might be the PCP (primary care physician), but it could also be a specialist.

From the Hospital to Home

If your loved one is able to go directly home from their hospital stay, the guidelines shown above ("From Rehab to Home") all apply except for #5 regarding medications. There are no "blister packs" in the hospital to take home. You might be able to get prescriptions filled in a hospital pharmacy before leaving. Otherwise, they should be picked up at your chosen pharmacy on the same day of discharge.

In the case of leaving the hospital, it's important again to understand what each medication is for, how often to take it and why they're taking it. And yes, **DO FINISH** the entire antibiotic if you're prescribed one! (The Health Coach in me would still remind your person that they can take "Saccharomyces boulardii" - a probiotic, also known as "Florastor" - alongside the antibiotic to support your gut).

To get more support from me in these complex comings and goings, let's chat.

This was Part 3 in the series "How to Advocate for Your Loved One when they need Hospitalization." To see Part 1 and 2, email Jean for a copy at CompassionateConsulting@gmail.com

About Jean Oswald: Jean's nursing career spans more than three decades in the hospital and community settings, but it is end-of-life work that is most aligned with her Soul's purpose. Jean offers practical, real-time advice to clients with a serious illness who are nearing end-of-life. Jean is a valuable resource for our aging population, recently publishing a book titled *Guiding Lights: Navigating the End-of-Life Journey* which can be purchased at [Amazon](https://www.amazon.com).

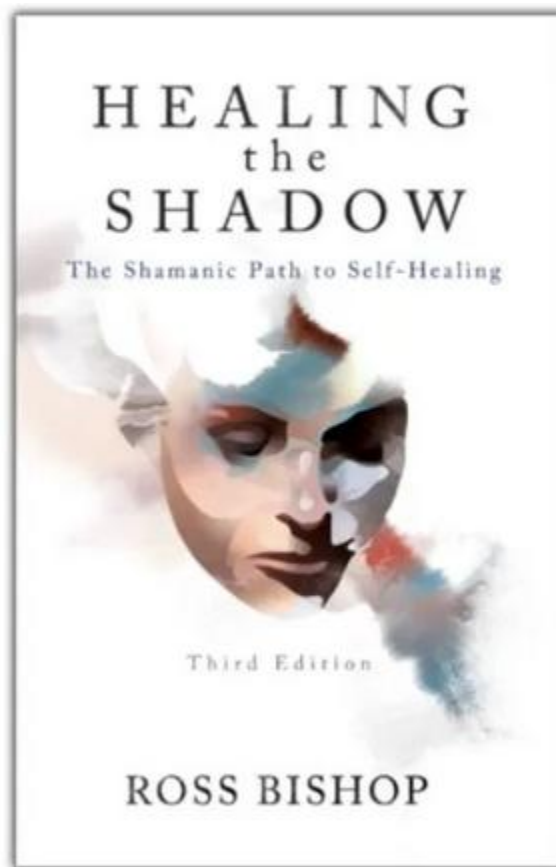
Jean's Website: <https://compassionateconsulting.com/>

Jean's Video



Link: <https://www.youtube.com/watch?v=W2YbWREyl3k>

The Meaning of Life - Part II By Ross Bishop



The purpose of LIFE is to bring you to realize that you are worthy so you do not have to live in fear, anxiety and longing. As difficult as this can be to accept, your immersion in your personal darkness was intended! You were set up so that one day, you would grow out of the dark state and come to see the truth about yourself. And then you would hold that truth so deeply that it would be unshakeable. And we had to hold that truth at the deepest level possible in preparation for what is to come.

By its very nature, LIFE is a difficult learning process. And it is further complicated because we resist making changes to what we have come to believe about ourselves. But as you come to the Truth, you will move out of conflict and know a feeling of peace and contentment that are beyond words.

Until you come to resolution about who you are, you will be unable to rest. That discomfort is intended. It is rather simple, really - when you know the truth, things are peaceful. There is no friction. When you do not, there is conflict, either internally or with others.

What is sometimes difficult to understand is that this conflict is intended. Your conflict will hopefully motivate you to look at your beliefs and change them. And resolving that conflict is the secret to life. It sounds simple. It isn't.

When we introduce our beliefs into situations, they turn into conflicts. Think about your difficulties for a moment. Most of the time you focus on the conflict, but every conflict you have ever had, either internally

or with others, besides being stressful, has been elevated from a problem to a conflict by the introduction of what you believe.

If you take your beliefs out of the conflict, it becomes a “situation” that can be discussed and resolved. Or, if ridiculous, even ignored! If I believe that my hair is blue, even though I am bald, you’ll just give me a blank stare. But if I attack you because I believe that your skin color or national heritage makes you inferior, then you and I are going to have difficulties. The difference resides in the conflict between what I believe and the truth.

The way humans hold on to wounded-ness is intriguing. On the surface, it makes no sense. You would expect to see intense motivation for everyone to rid themselves of their limiting and restrictive negative influences. After all, they are an enormous source of pain. They inhibit us, wreck our lives and keep us from being happy. Although some individuals do work to eliminate these influences, most people are held hostage by the beliefs that are created from their deep-seated feelings of unworthiness and un-lovability.

As a result, most people settle into a routine and get by as best they can, blaming themselves for their inadequacies and failures, filling themselves with self-condemnation and self-criticism. We are being asked to change, to venture into an unfamiliar state, and that goes against, for right or wrong, what we have come to believe about ourselves.

Consider your childhood. Everyone comes into childhood feeling inadequate and comes out feeling wounded. In other words, every child is conditioned to believe the exact opposite of what they need to learn. EVERYONE! What are the odds of that? Childhood wounding is purposeful because the conflict that it creates will set us up to learn what we came here for.

The beliefs created in your childhood are false. Those beliefs live in your mind and do not reach the level of real truth, even the good stuff! These mental constructs create roadblocks to our ability to be at peace because they conflict with the greater harmony - the truth - of The Universe.

There have been many billions of people who have lived on Earth. Throughout history, all have been engaged in the same basic struggle! We have evolved, so we have different struggles than our ancestors did, but when you come to see the perfection of the process, you stand back in awe!

In the whole history of humanity, there has been only one person who has come in without significant self-doubt (and I am not totally sure about him, either). Even the Buddha had to undergo the process of conflict and eventual resolution before he came to stand in the light. But what are the odds of all of humanity struggling with essentially the same issue?

When he was asked the meaning of life, The Buddha replied, “Life is pain.” Contained in those three simple words are layers and layers of deeper meaning. With pain, there is a possibility you will change. Without it, there is little hope that you would.

We all experience pain as a part of life. But have you ever wondered where it comes from? Pain does not exist to punish. It is a signal that something in you is out of alignment—most likely your beliefs about yourself.

Let’s say you don’t love yourself, and someone says something that is hurtful. Your belief will take their comment “in,” and you will experience pain. Why? Because it resonates with the messages of unworthiness you received in childhood. We have all been hurt. Their comment reinforced what we

believe about ourselves, and in that moment, we don't go much beyond that.

But step back from the situation for a moment. Short of a physical assault (which operates by different principles), all that really happened was that there were vibrations in the air. You have created the hurt! You interpreted their words, gave them meaning and let them rip through your system. But words cannot hurt you unless you choose to let them in! Even if they yell and scream, although unpleasant, everything dissipates the instant they shut up - except what happens to you internally.

Let's take a look at what really happened. When they spoke, a universal alarm bell went off in you. It was a warning telling you that your beliefs were out of alignment with The Truth. Had you known the truth about yourself, those words would have had no meaning and would have fallen harmlessly to the ground! Your pain was putting you on notice of a vulnerability. It was a reminder.

It was painful because that's about the only way to get your attention. But sadly, we don't want to acknowledge that. It is easier to be angry and hurt and collapse in on ourselves rather than deal with what we believe to be true.

But consider the perfection of the system. Nothing has really happened, and yet you have been given an opportunity to examine the beliefs you hold that are out of alignment with the Truth. If you continue to ignore the warning, the intensity increases as The Universe tries harder and harder to get your attention.

The system is perfect going the other way, too. Let's say you make a snide remark about someone. You immediately feel discomfort. Your pain is a warning that you have lost your natural compassion. Their hurt reaction also tells you that something isn't right.

We were not put here simply to be blissful but to learn the truth about ourselves, which is contrary to what we have come to believe. And in time, that will lead to natural happiness.

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/>

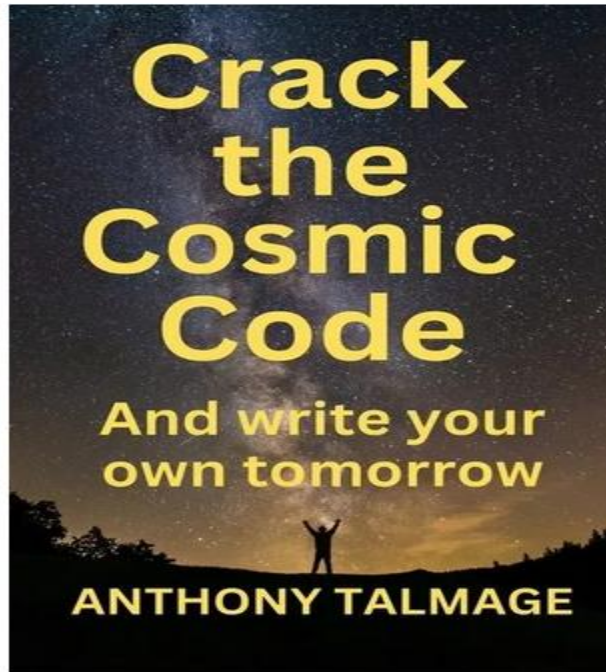
Interview with Ross



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

Ley Lines: Gaia's Energy Highways That Talk To Us

By Anthony Talmage



The Earth isn't just a lump of rock spinning in space. It's alive, conscious, and surrounded by an energy field - just like us. And because we are energetic beings there is an affinity between us and our planet home.

Have you ever stood on a hill, gazing across a landscape and felt part of creation? Or maybe you were walking through a cathedral, or standing in the centre of a stone circle, and a strange sense of the eternal touched you? Have you felt drawn to a particular location for reasons you couldn't explain? A patch of woodland? A windswept ruin? A chapel tucked into a hillside? That might not be coincidence. Because we are energetic beings perhaps our frequency has "tuned in" to the frequency of our location.

These resonances are all around us, but one particular manifestation of them demonstrates that humans and the Universe are in harmony. Some more sensitive people can even have telepathic exchanges with them. These energies are called Ley Lines.

The term was coined in 1921 when Alfred Watkins, enjoying the countryside of Herefordshire, England, noticed a curious thing: ancient sites - stone circles, hill forts, churches - seemed to connect in straight lines. Intrigued, he mapped them and worked out that these alignments were remnants of old trackways or trade routes. He called them "leys."

But long before Watkins, indigenous people already knew about these energy arteries. For instance, Australian Aboriginal song lines are not only literal paths across the land, but spiritual ones that map geography, ancestry, and myth in one breath. In ancient China, Feng Shui masters understood that

Earth's energy flows in currents, like a living body. They called them dragon lines. And many Celtic traditions spoke of "spirit roads" - paths that the souls of the dead or faeries might travel.

Ley lines, then, are not a quirky, New Age theory. They're echoes of a truth felt by cultures across the globe: that through these lines the Earth communicates with its human inhabitants, transferring vital life force (often called chi or prana) across fields, landscapes, countries and continents. Tuning into them can boost or drain our own energies. But, crucially, it works the other way too. Humans can either 'give back' to these lines with positive vibrations or poison them with negativity.

Sensitive people claim to feel changes in their body or consciousness when near or standing on these alignments: some report tingling sensations, a feeling of weightlessness, or an overwhelming calm. Others feel creatively charged or spiritually cracked open. There's even anecdotal evidence that meditating or performing rituals at these sites can accelerate healing, deepen insight, or amplify intention.

I like to picture the Earth as a living being, complete with its own version of a nervous system. Ley lines are the meridians - the energetic channels - through which vital energy flows. Where these lines intersect, the energy intensifies, forming nodes or vortices, much like chakras in the human body.

And just like us, the Earth needs balance. And we humans have an important part to play in maintaining (or disrupting) it. In healing traditions, when energy in our own system becomes blocked or stagnant, we fall ill. I believe that detrimental disruptions in these planetary lines - whether through war, environmental destruction, or even neglect - makes Gaia fall ill too. And in a negative feedback loop, this has a detrimental effect on human well-being.

One of the world's the most celebrated alignments is the Mary and Michael Line which cuts across southern England, linking Glastonbury Tor, Avebury, St. Michael's Mount and more. It was discovered by UK dowser Hamish Miller and his colleague Paul Broadhurst. In their influential book, "The Sun and the Serpent" (1989), they write of how they meticulously dowsed and mapped this specific energy current across southern England. They identified two distinct energy pathways within this alignment: The Michael Line (solar, masculine energy) and The Mary Line (lunar, feminine energy). It has now become a spiritual and cultural walking pilgrimage across southern England from Cornwall to Norfolk.

Although the concept of ley lines originated in England, the world is criss-crossed with them and the US has more than its fair share. If you Google "Ley lines in the US" endless maps are offered covering the whole country.

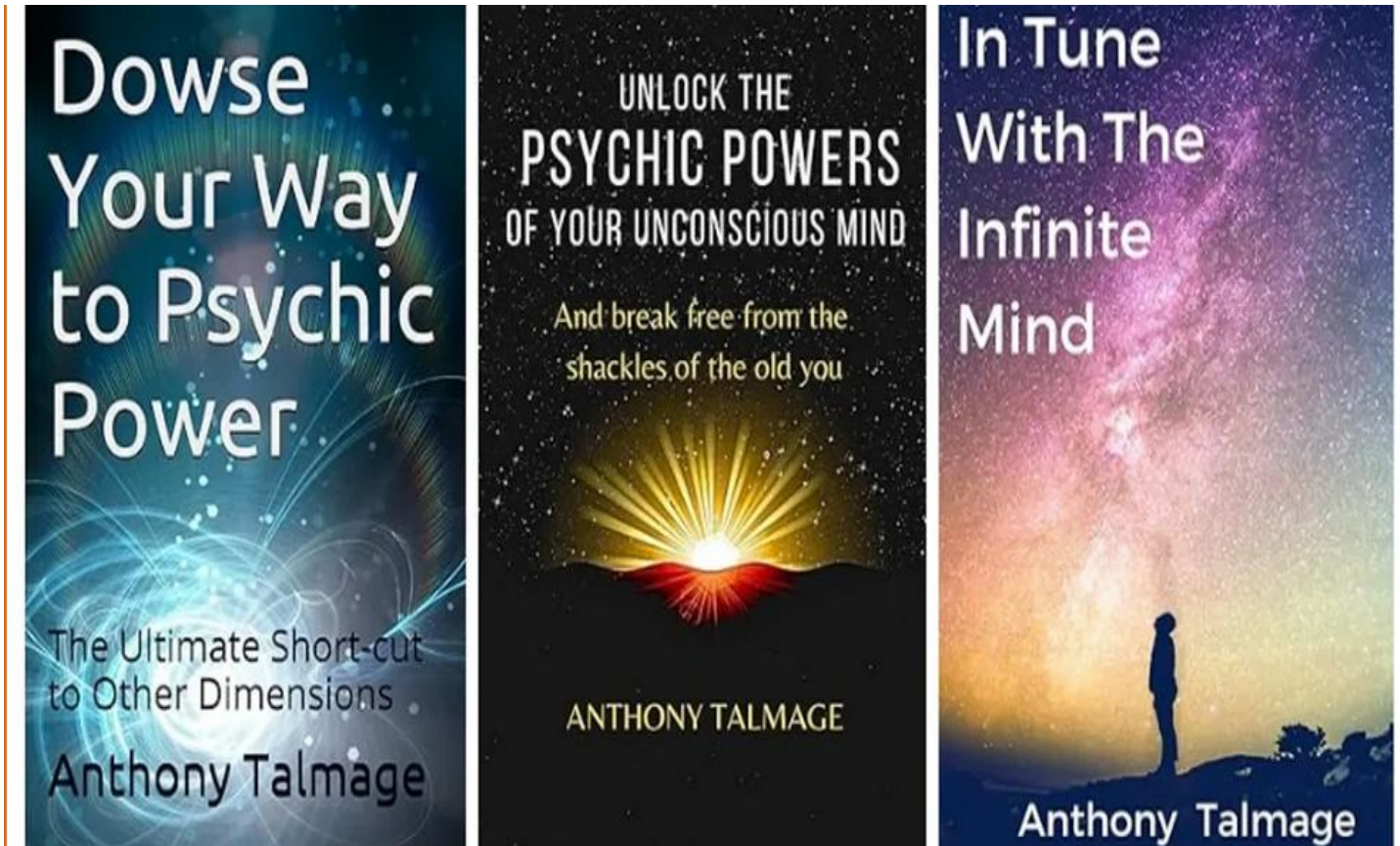
I'm an energy dowser and ley lines are a particular favourite of us dowsers. But, even if you're not the kind of person who carries a pendulum or dowsing rods in your backpack, ley lines might need you and you them. Because this is ultimately about connection - between you and the land, you and the past, you and the energy that binds all life together. Feed love, kindness and empathy into the lines and the planet benefits. Do the opposite and it suffers - and us with it.

You don't need a compass or a doctorate in geomancy to benefit from ley lines. Just pay attention. Seek out sacred sites and notice where you feel most alive, most "in tune." Trust the tingle in your feet or the silence that falls over your thoughts in certain places. Let curiosity be your compass. After all, Gaia has always been speaking. Maybe ley lines are just one of the ways she's trying to get through.

About Anthony Talmage: Anthony Talmage is author of five books in his Psychic Mind series: *Dowse Your Way To Psychic Power*, *In Tune With The Infinite Mind*, *Unlock The Psychic Powers Of Your*

Unconscious Mind, How To Crack the Cosmic Code and Mindfulness and the Pendulum all available in Kindle, printed and audio versions from Amazon and all good on-line bookshops.

Anthony's books



Find his books on Amazon: https://www.amazon.com/stores/Anthony-Talmage/author/B0741B3KM9?ref=sr_ntt_srch_lnk_1&qid=1735580066&sr=1-1&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=34d77a26-132c-4d8f-b3b8-402b68755c5a

Anthony's Video



Link: <https://www.youtube.com/watch?v=mLWMh7KGdCo>

Not All Storms Come to Disrupt Your Life... Some Come to Clear Your Path

By Sheila Tillich



Many of the storms in my life didn't destroy me—they redirected me. They shaped my path today and molded me into the woman I have become. My life is a tapestry woven from every experience—each thread filled with the strength, wisdom, and hope I now share with others.

I'm deeply grateful for the woman I've grown into—the Divine Woman I always dreamed I could be.

For 36 years, I lived in an abusive relationship—32 of those years in a marriage I stayed in because I believed it provided security for my children and me. In truth, it was my low self-worth that kept me there. I endured emotional and physical abuse, leading to psychiatric hospitalizations and diagnoses that doctors said I might never recover from.

But I did.

I grew.

I survived.

I healed.

I found ME.

Through it all, I discovered deep, serene, and passionate self-love. It didn't happen overnight. I had to do the work—and yes, I used to hate that phrase! Like many, I wanted a quick fix—a magic pill. I wanted to eat the whole elephant in one bite. But healing takes time. And it takes truth.

Today, I no longer see myself as a victim. I now understand that the storms I experienced were not punishments—they were part of the life journey I chose. They connected me to my Divine Source and strengthened me spiritually. They helped me remember who I am, why I came here, and how I am meant to serve.

How did I get here?

I became emotionally intimate with myself.

I let others see into me—In-to-me-see—true emotional intimacy.

I became vulnerable.

I took risks.

I got honest about what was happening inside.

And I began to own my power.

As I opened my heart and shared my love authentically, I began to connect more deeply with others from a heart-centered space. I learned to care for my vessel holistically—spiritually, emotionally, and physically. Over time, I recalibrated every part of myself.

One of my guiding mantras is:

“I am not who I once was. I am not yet who I am becoming. And I am okay living in the now.” The rest will unfold in God’s perfect timing.

I’ve learned to follow the nudges, to notice the synchronicities, and to embrace the unfolding of my spiritual path. As I often say:

“We are all miracles in construction. God’s not done with us yet. Thank God.”

The storms of my past have cleared the way for something beautiful—a divine path of self-awareness, authenticity, and heart-centered living. Today, I stand fully in my purpose.

I am a Heart Activator.

I live from the heart. I love with compassion. I connect with others on a deep, spiritual, emotional level. And as I share that love, the Universe reflects it in ripples of grace and healing for all humanity.

I love those storms.

And I love the path they cleared for me.

And if you’re in the middle of your storm, I hope you know you’ll get there, too. I’m here to walk beside you.

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!"

MBOs FOR PARKING & ADDITION TO BUSINESS

Larry writes: I want to share a couple of MBO stories that I recently experienced. I was driving around a parking lot, getting more frustrated as I drove around the full lot. My phone rang, and it was a friend whom I had introduced to the Gentle Way. She asked why I hadn't requested an MBO to find a parking spot, and I replied that I was too frustrated to think clearly enough to attempt it, so I requested a Most Benevolent Outcome to help me find a parking spot as I reached the end of the row and instead of turning left to go to the next row, I turned right and went back down the row I had just gone down. Sure enough, there was an empty parking spot two spots past where I turned and, in my frustration, I thanked my friend for thinking clearly and I parked and went about my business.

One week later, my friend asked me to request an MBO that an engineer approve an addition to her business. I sent her, "I'm asking any and all beings across all time lines to please help the engineer to approve all additions to my business, and may the results be better and happen sooner than we can hope for or imagine". Two hours later my friend called to tell me the engineer had just approved the addition, but that it would not work where she had planned, but it would fit in another area of her business that is not being utilized and she didn't have to lose an area of her business to make this addition. Clearly, a better outcome.

If this doesn't tell you that MBOs work, you aren't listening! My friend saw the power in my prayer when I found the parking space seconds after requesting the MBO! She then asked for my help to create an MBO for her needs, and, once again, the MBO worked within a short time after requesting it.

I can't thank you enough for giving us this powerful tool! I use MBOs all the time, but when I forget to request it in advance, even then, the results are consistent.

MBO AND BP FOR RETURN OF FERAL CAT

Claire writes: I had a sad MBO experience. My Aunt took in two feral kittens and hand fed them to domesticate them. They weren't entirely 'tame' but one, Greta, was becoming more trusting and even coming up to her for love and pets. She was still a wild girl, however, and loved to explore outdoors at night. My Aunt said she was missing since Sunday, 4 days. She went to all the neighbors and asked them to check their garages and sheds. She walked the streets to see if she was hit by a car. She was so sad and distraught with not knowing what happened to her. Last night I asked for a BP and MBO for Greta and this morning my Aunt called and said she found her body on the side of the road. While not the outcome we wanted, my Aunt did get some closure although she's confused about how the body all of a sudden was put there because it was clear Greta had been dead for more than a day and my Aunt had walked that street several times each day searching for her. This was my first experience with saying an MBO and BP for the loss of a pet.

THANK YOU and BLESS YOU for all you do and give. I wish you your heart's desires.

MBO FOR UNEXPECTED ABUNDANCE

Jay writes: Last week, I did an MBO that was fulfilled today. "I asked for an MBO that any and all beings help and assist me in receiving unexpected Abundance as quickly and successfully as possible or even better than I can imagine. Thank you!"

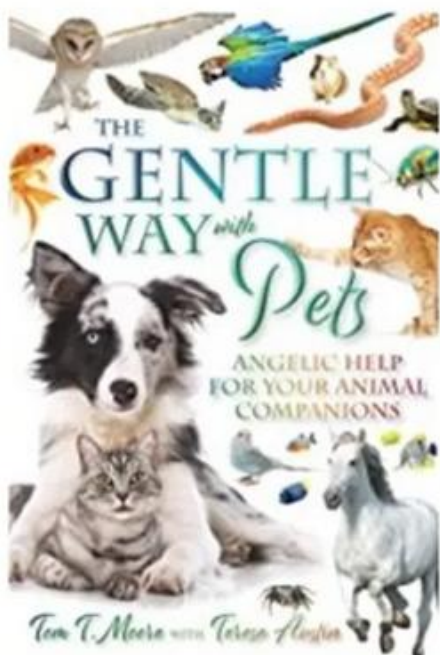
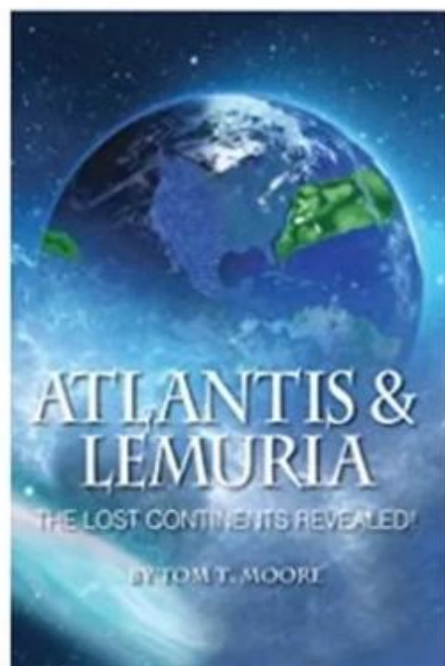
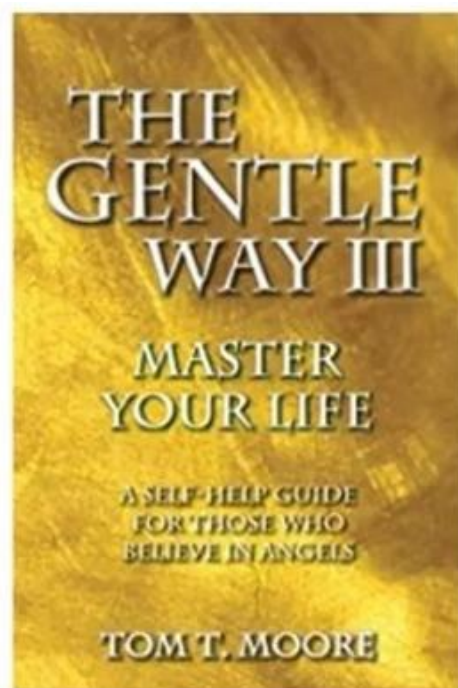
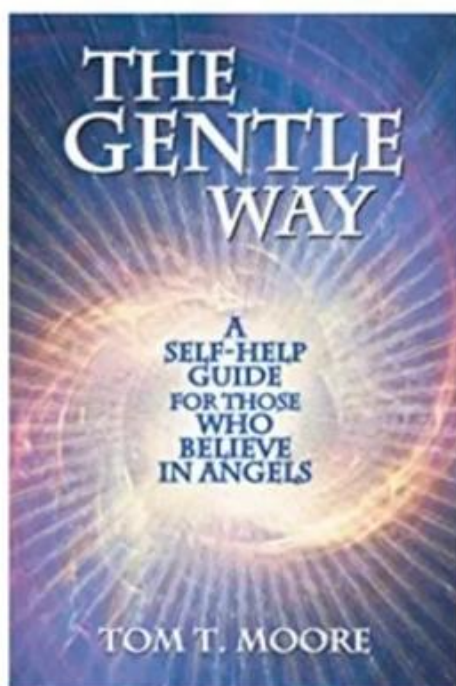
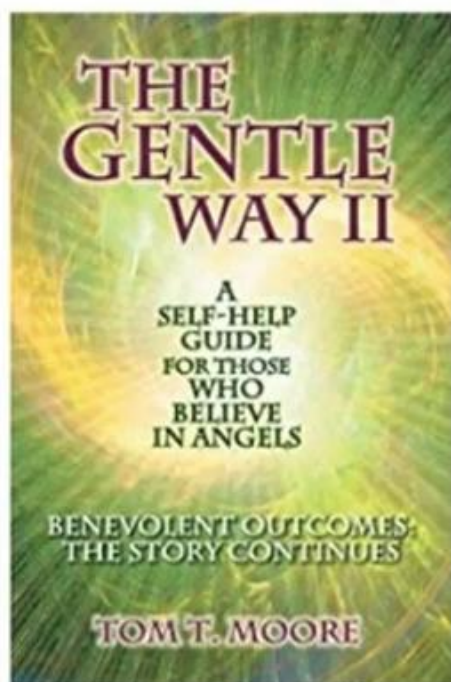
In a conversation yesterday with an associate in Texas, he asked me if I could rent one of my instruments to one of his customers there for a monthly payment. I contacted them today and set up this rental for several thousand dollars extra income a month for the next 2-3 months! I didn't imagine this before, but I can now!

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

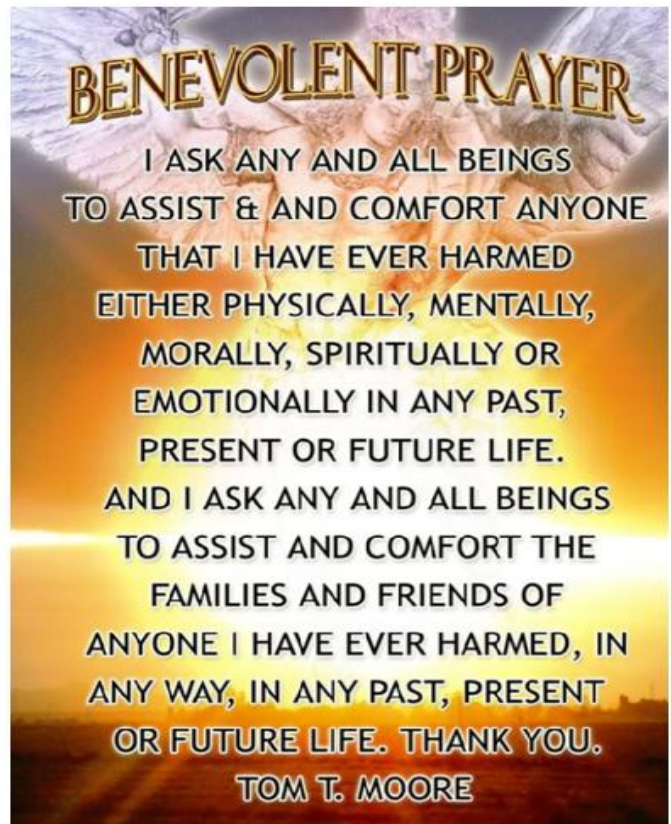
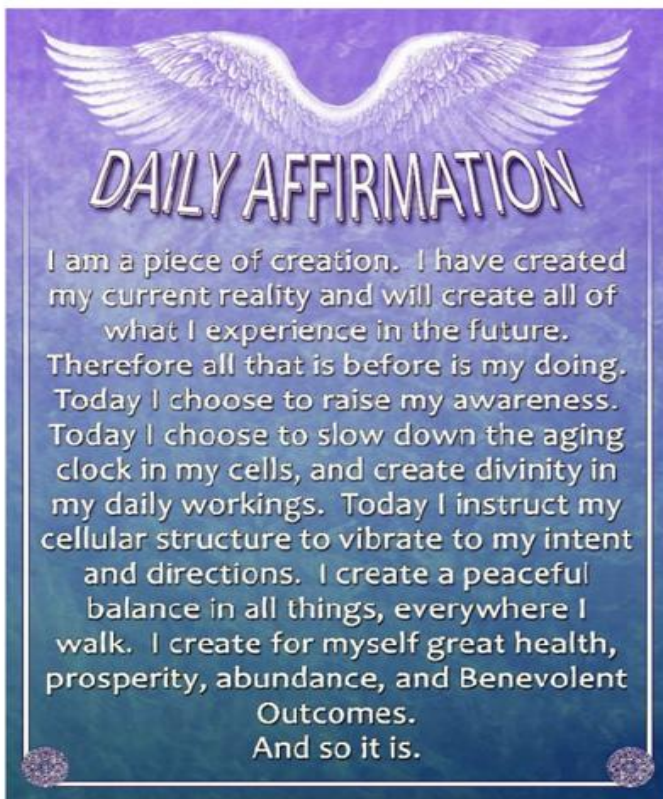


Tom is also a prolific writer and these books you see can be found on Amazon at:
https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp_byline_cont_book

Interview with Tom



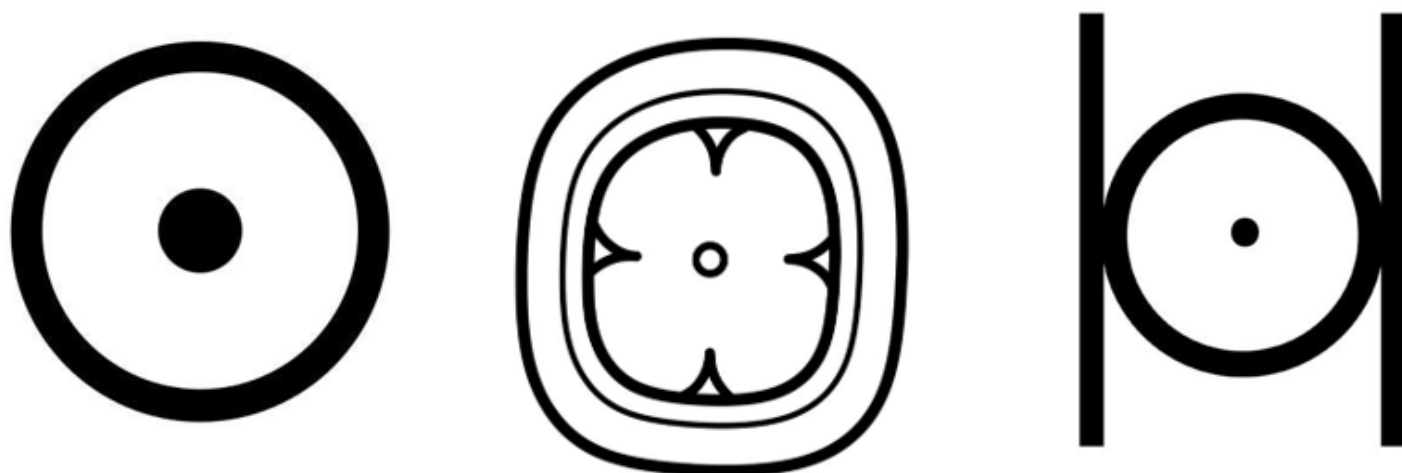
Link: <https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s>



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

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The Sacred Geometry Of The Circumpunct By Ethan Indigo Smith



**“God is an intelligible sphere, whose center is everywhere and whose circumference is nowhere.”
~Attributed to Alan Lille who claimed it was obtained from a fragment of writing of Hermes Trismegistus**

“Nature is an infinite sphere of which the center is everywhere and the circumference nowhere.” ~Blaise Pascal

The Pythagoreans were said to have noted the above sentiment as well, that the infinite and eternal creative generative forces of God is center everywhere and whose circumference is nowhere. All ancient symbols are used to communicate multiple ideas. In a world where most people were illiterate symbols were used to communicate moral or political ideas, inspire positive action, perceived as conceptual models and even utilized as meditation tools.

The Circumpunct or monad is one such symbol that is certainly one of the oldest symbols shared by humanity and is possibly both the simplest symbol that paradoxically encapsulates and depicts totality. And as a thinking model and meditation tool The Circumpunct soothes comprehension of totality towards eased mindfulness.

The Circumpunct is one of the simplest symbols and yet it is also one of the most profound. The Circumpunct is the Ancient Egyptian hieroglyph for Ra, The Sun, and the infinite repeating cycle of life. The Circumpunct can also represent the sacred mound of creation.

The ancient Maya had The Circumpunct too and it was bestowed with similar symbolic values as The Egyptians. The Mayan Circumpunct was central to four flowers, which was symbolic of the Sun and The Mayan Sun God, Kinich Ahau, creative forces and sacred mounds or mountains. It is believed that these sacred mounds would eventually inspire the creation of pyramids around the world.

When turned 90° the point then resembles a line or a phallus symbol and the circle resembles a sphere demonstrating expansive generative becoming symbolism. With this in mind the sacred Vedic symbols in the heart of temples called The Lingam is a three-dimensional Circumpunct. Lingams are used in sacred structures as a ceremonial device representing unifying creative forces with a phallus at the center of a

circular yoni ring. The Circumpunct contains the four dimensions of geometry in the point, line, plane and in total it becomes the intelligible volume of a sphere.

The Circumpunct is a transformational and self-development symbol as well as a symbol representing and unifying the microcosmic individual and the macrocosmic universal. It is an Ancient Greek symbol for God, the divine and creation.

The Circumpunct is an ancient Chinese symbol for the Sun and the divine as well. It can be found worldwide symbolizing similar energetic qualities. It even resembles the universally conceptualized idea of the cosmic egg and its creative forces. The Circumpunct can be seen as the center spoke of The Wheel of Dharma. It is demonstrated frequently and though subtle, it is a powerful symbolic influence.

The Circumpunct is also a simple depiction of an eye. It sort of beckons one to stare into it, to meditate on it, as it seemingly stares back. The Circumpunct is sometimes accompanied by two straight lines or pillars, one on each side. In this design it appears even more like an eye. Freemasonry symbology use of The Circumpunct often includes the two pillars. In this variation The Circumpunct depicts the four dimensions of geometry in its generative symbolism, that being the point, line, plane, and volume. The pillars represent the destructive and creative forces of severity and mercy.

There is a lot to the simple Circumpunct symbol. When I examine esoteric symbolism in story or image to extract esoteric lessons and inspirational ideas I use certain philosophical windows that are helpful as a base examination tools. The duality of polarity is one such window and the four dimensions of geometry is another. The Circumpunct has esoteric and inspirational ideas as well as meditation tools, ideas for enhanced meditation comprehension.

The Circumpunct is a yantra in a way, a visual meditation tool. And in observing as such it is a visual representation of Buddhist meditation processes. Some are related to the four dimensions of geometry and four dimensions of meditation on their own. The four dimensions of geometry are points, lines, planes, and solids which symbolize the meditation dimensions of concentration, connection, circulation, and unity consciousness.

There are many lessons in Buddhism that are taught and considered in sets. Each idea of the set is powerful on its own and together are even more profound. Some of the fundamental lessons of Buddhism do arrive in sets of four and form a certain basis of comprehension. One such set is The Four Thoughts. Each of ideas in The Four Thoughts have numerous lessons within them, but they are together for their completeness in total of viewing the individual system and the universal system.

The Four Thoughts are a contemplation set on The Precious Human Body, Impermanence, Karma, Samsara. The Four Thoughts are meant to be contemplated individually and are a unit as a meditative tool and meditation process. In brief, precious human body is you and your ability to develop yourself and help others. Impermanence is the limitations of time. Karma is the energy of cause and effect in the world. Samsara is the totality of the mess we are in, all.

The Four Thoughts together correspond with the four dimensions of geometry and The Circumpunct symbol. Precious Human Body represents the point in geometry and the point in The Circumpunct, Impermanence represents time and the circle cycle. Karma represents the plane in geometry as the optimal shape of circle of space within The Circumpunct, and together, the individual in space and time form the volume and The Samsara of the entirety of the Circumpunct. The three compose a fourth.

“The most primitive and fundamental of all symbols is the dot.” ~Manly P. Hall

The point represents an individual being, mind, ego. The point is the spark or the heart center of the individual. The point is the seed of the idea and the spark of life. In a sacred structure we can understand the point to be the holy of holies, the center of the center or most important room.

In meditation comprehension the point represents the concentration of mind. The point can be many things as a meditation tool, like an idea or an image in the mind, or like a inspirational picture or candle flame in front of you. Or it can be as mundane as a crease in a cave wall, as Bodhidharma, a Buddhist monk, famously utilized. Single-Pointedness is concentration. It is frequently the first step in a meditation processes for the more we can concentrate our energy the less diffused our energy is, the less scattered our thoughts are and more relaxed and capable we become.

Just as we may be concerned with many thoughts at once we may be similarly be losing or diffusing energy in many ways. As soon as we enable concentration our energy can shift into more useful thoughts and more efficient being. The point represents the unmoved self, the self in still meditation.

“Reality has no inside, outside, or middle part.” ~Bodhidharma

The circle represents time. The circle is symbolic for feminine divinity of the universe. In contrast, the line is symbolic for masculine energy. The circle here represents the cycle of The Sun and the cycle of time. It is the time circle. In school we are taught certain timelines as linear, but time can also be accurately depicted as circle for it is daily and annual and cosmic cycle. Time circles can be found worldwide as calendars of monolithic circles or circles constructed of other earthworks and even clocks depict the circle cycle in the hands of time.

The circle represents time and timelessness. Timelessness being the idea of not being subject to temporal constrictions, triggers or stressors to start. The circle represents smooth movement and flow as in circumambulation/circuiting around a sacred site, or meditative walking/meditative movement.

The space represents space, of course. The space in the Circumpunct is the most subtle to recognize, but no less important. Space in The Circumpunct represents the formation of three-dimensional objects and the void in between. The idea of space as opposed to time eventually leads to contemplation on what is tangible and intangible and what is the distinction between the material and immaterial.

In any event how do we hold our space? Do we hold our being in a capacity that can receive and emit ideas? Is our perception field broad or is it small and shallow? Is our space like a still and glassy lake that can experience the tiniest ripple? Or is our space a roiling tumultuous sea where things are easily lost?

In consideration of The Circumpunct in totality as a meditation tool we have the mind/ego as a small point, perhaps a point of no size whatsoever, with an unseen connection to and central in space and time. Some of the meditation lessons in The Circumpunct may represent meditative qualities that are lifetime pursuits for some, like centered balance.

“Muddy water, let stand, becomes clear.” ~Lao Tzu

In order to maintain a more balanced and refined state we can begin with the guarding of mind. To be balanced and refined we must keep our ego concentrated and yet small, central and yet not in the way of the flow of our inner world and the outer world like the point. To be balanced and refined we need to make a connection with ideas and ways of being like the unseen line. To be balanced and refined we need

to be smooth in our thinking and being and let go of any skips or stutters in the flow of time. To be balanced and refined we need to make our field settled and calm like waters. When we get out of our own way, make connection and not hold onto skips and stutters in space and time we can enhance our awareness.

“The whole is greater than the sum of its parts.” ~ Aristotle

Take the time to stand or sit still and soften the flow of mind and body to smooth over skips and stutters. Let the mud settle. Focus on something in a relaxed manner. Perhaps something entirely simple and yet infinitely profound, like our Circumpunct. And as it is said in Tai Chi practice, ‘soften the gaze.’ Gently focus on a pleasing idea or symbol, like The Circumpunct, in all its simplicity and profundity. In its totality The Circumpunct is an inspiration to not be as constricted by our bodily impulses, and not be as constrained by space and time.

About Ethan Indigo Smith: Activist, author and Tai Chi teacher. Ethan Indigo Smith was born on a farm in Maine and lived in Manhattan for a number of years before migrating west to Mendocino, California. Guided by a keen sense of integrity and humanity, Ethan’s work is both deeply connected and extremely insightful, blending philosophy, politics, activism, spirituality, meditation and a unique sense of humour. Ethan’s most popular publications include “108 Steps to Be in The Zone”, a set of 108 meditative practices for self-discovery and individual betterment, and “The Little Green Book of Revolution” an inspirational book based on ideas of peaceful revolution, historical activism and caring for the Earth like Native Americans. His latest book, “The Geometry Of Energy”, explores meditation and meditative energies through the sacred dimensions of geometry.

Ethan's website: <https://geometryofenergy.weebly.com/>

Interview with Ethan



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

Ethan's Books



Find Ethan's books on Amazon:

https://www.amazon.com/gp/product/B00T3MZ8K8/ref=dbs_a_def_rwt_bibl_vppi_io

Affirmations By Rev. Colleen Irwin



Affirmations are positive statements that help reprogram your mind and energy toward what you want to believe and achieve. They are tools for self-empowerment, healing, and spiritual growth.

Think of affirmations as seeds. Every time you repeat one, you plant a seed in your subconscious. With consistency and care, those seeds grow into deeply rooted beliefs that guide your thoughts, emotions, and actions.

Affirmations can be used to overcome self-doubt and fear. They also boost confidence and self-worth, creating inner peace and resilience. Additionally, they support healing from past wounds, align with spiritual growth, manifest goals and desires.

They are simple yet powerful because they shift the focus of your mind from limitation to possibility.

The Science Behind Affirmations

Affirmations aren't just wishful thinking—they are backed by neuroscience and psychology. Studies show that repeating positive statements can rewire the brain, forming new neural pathways that support self-belief and resilience.

Neuroplasticity – The brain is not fixed; it adapts based on our thoughts and experiences. When we replace negative self-talk with positive affirmations, we create new thought patterns that influence how we feel and act.

Self-fulfilling Prophecy – What we believe about ourselves often becomes reality. If we tell ourselves we are unworthy, we subconsciously act in ways that confirm that belief. But when we affirm, “I am worthy of love and abundance,” we begin to behave in ways that attract those experiences.

Emotional Regulation – Research shows that affirmations activate the prefrontal cortex, the area of the brain responsible for positive thinking and problem-solving. This helps reduce stress, anxiety, and self-doubt while reinforcing a more empowered mindset.

By consciously choosing our words, we influence our emotions, actions, and the energy we put into the world.

Affirmations and Spiritual Growth

For those on a spiritual journey, affirmations are more than just mindset tools—they help us align with our highest self and strengthen our connection to Spirit.

Raising Your Vibration – Words carry energy. When you use affirmations that focus on love, gratitude, and empowerment, you elevate your frequency, making it easier to connect with higher guidance and intuition.

Manifestation & Law of Attraction – Affirmations help you focus on what you want to create rather than what you fear. They reinforce belief in your ability to receive and co-create with the Universe.

Trusting the Process – Spiritual growth requires faith and patience. Affirmations remind us that we are always evolving and that the Universe is supporting our journey.

Examples of spiritually aligned affirmations:

- **“I am open and receptive to divine guidance.”**
- **“The Universe supports me in every way.”**
- **“I trust my intuition and follow my soul’s path.”**

How to Use Affirmations Effectively

The key to affirmations is not just saying them but feeling them. Here are ways to make your affirmation practice truly powerful:

- **Repeat Them Daily**
- **Speak Them Out Loud**
- **Write Them Down**
- **Feel the Emotion**
- **Personalize Them**
- **Pair Them with Action**

Examples of Affirmations for Different Areas of Life

If you’re unsure where to start, here are some affirmations based on different needs:

Self-Love & Confidence

- **“I am enough just as I am.”**
- **“I love and accept myself completely.”**
- **“I radiate confidence and inner strength.”**

Healing & Letting Go

- “I release the past and embrace the present.”
- “I allow myself to heal at my own pace.”
- “I forgive myself and others, freeing my heart.”

Manifesting Goals & Success

- “I am capable of achieving my dreams.”
- “Abundance flows to me effortlessly.”
- “I trust that everything is working out for my highest good.”

Spiritual Connection

- “I am divinely guided and protected.”
- “The Universe is always conspiring in my favor.”
- “I trust my intuition and inner wisdom.”

Final Thoughts: Words Are Magic

Affirmations are a simple yet transformative practice. They remind us that we are always capable of growth, healing, and change.

By consciously choosing our words, we shift our inner world—and when our inner world changes, our outer world follows.

If you're new to affirmations, start with one that speaks to you and repeat it daily. You may be surprised at how something so small can create a ripple effect in your life.

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 Previator 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/>

Patreon: <https://www.patreon.com/c/TalkWithColleen>

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

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

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

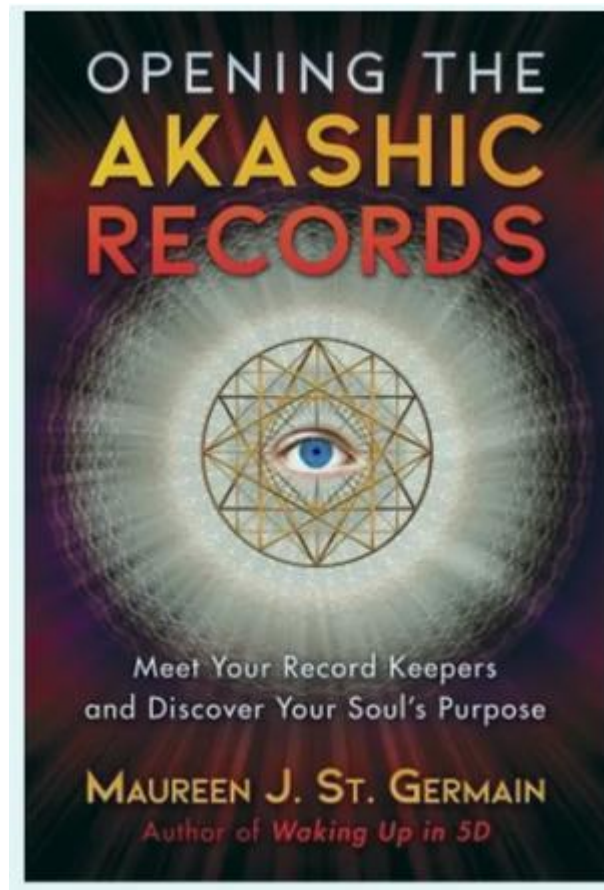
Interview with Colleen



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

ROC Metaphysical Book Review

Opening The Akashic Records By Maureen J. St. Germain



Maureen St. Germain offers a simple manual of precise instructions for accessing the Akashic Records, tuning to your Akashic Record Keepers, and confirming the accuracy of the information you receive. She also explains how to become initiated into the 5D mindset and how to ask your Record Keepers questions.

A clear and simple manual of precise instructions for accessing the Akashic Records and confirming the accuracy of the information you receive

- 2020 Coalition of Visionary Resources Gold Award and Book of the Year
- Details exercises, tools, and techniques to clear the energies blocking your access and tune to your Akashic Record Keepers
- Explains the specific markers that allow you to recognize your Record Keepers and to validate the information you receive, rather than “trusting” it to be true
- Provides guidance on accessing the Akashic Records on behalf of other people, how to ask questions, and how to handle the information as it comes in

The Akashic Records are a vast domain of energetic imprints much like a movie library, a living vibrational field that stores all possible futures, the present, and the past. As soon as your soul begins its life experience, a field of energy is released that records every thought, word, action, desire, and emotion.

In this guide to opening the Akashic Records, Maureen St. Germain provides precise instructions explaining how to connect with your personal Record Keepers, gain clear access to the Akashic Records, discover information about you and your loved ones, and learn your soul's purpose.

The author explains how outside energies can influence your connection to the Akashic Records. She details energetic clearing exercises to remove the energies blocking or shadowing your access and teaches the Higher Self Protocol to ensure an authentic channel of communication. She explores how to find the Record Keepers who will be the most helpful to you and provides techniques and tools, such as guided energy work, to prepare you for Akashic Record access, initiate you into the 5D mindset, and invite more accuracy and a stronger connection. She details the specific markers to look for to recognize genuine Akashic Librarians and to validate and confirm the information you receive, rather than simply “trusting” it to be true. She also provides guidance on accessing the Akashic Records on behalf of other people, how to ask questions, and how to handle the information as it comes in.

Explaining why the Ascended Masters opened access to the Akashic Records to all of humanity and how their presence assists you, St. Germain shows how the intended purpose for working with the Akashic Records is for soul growth, not to “repair” your karma debts. By seeing your records and working with your Record Keepers, not only will you learn your soul's purpose and help solve the problems that crop up in everyday life and relationships, but you will amplify your spirituality and begin operating at a higher level in consciousness. Your work in the Akashic Records aids and assists in Earth's ascension.

Find her book at Inner Traditions: <https://www.innertraditions.com/books/opening-the-akashic-records>

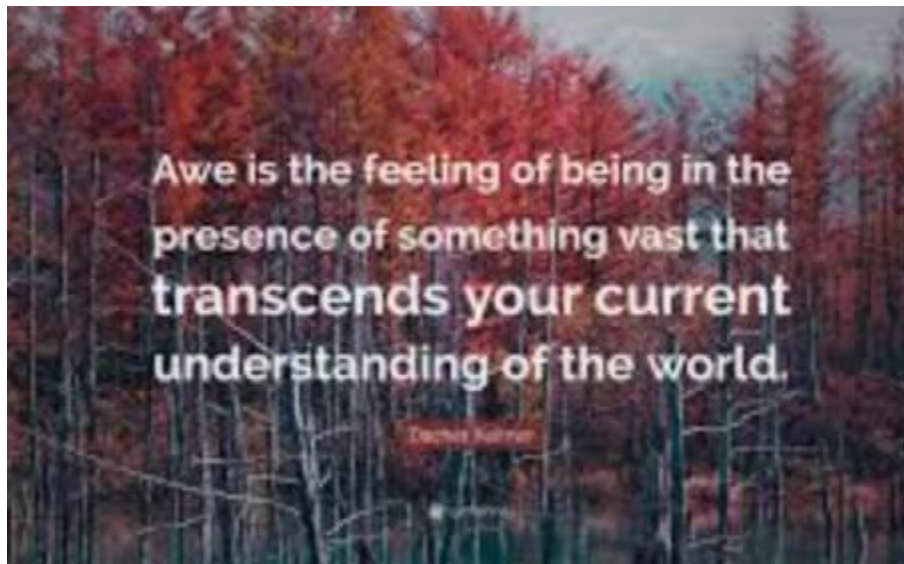
Interview with Maureen



Link: <https://www.youtube.com/watch?v=HAtoJKiHpk4>

Tired of the Busy Noise? Cultivate The 'Allow-ness' of Awe

By Christianne Asper-Contant



Beyond daily demands, there's a powerful source of nourishment waiting to be rediscovered. Let me show you how.

With summer's energy rising, I find myself seeking greater intimacy with a sense more alluring than any other. A sense that leads me to bask in the light of calm as I claim my source of nourishment: A Sense of Wonder

What is this sense that leads us to a place we call wonder?

Similar to curiosity, our capacity to wonder arises when we create space for the unknown. This space in which we become willing to set aside our attachments to what we claim to know, where we let go of our expectations as we greet the next moment. But unlike subtle curiosity, wonder calls us to a deeper investment.

Simply choosing to bring my curiosity into a situation works in a way that choosing to bring my wonder does not. A sense of wonder asks for greater participation.

As I'm beginning to discover, this investment is related to the structures we have (or haven't) created for ourselves. It may not be about dropping the ones we've got, but becoming more discerning as to which ones to use and when. My "Birthday Lembrancinhas" is a personal example of how the rhythm and playful style of building new structures, inspired by wonder, is showing up for me.

While our sense of taste, smell, sound, tactile feeling, and sight are intimately intertwined with our thinking mind and external environment, our capacity to tap into the awe of wonder seems to bring us beyond our thoughts and the material world. The path of wonder invites us to a style of living that continuously embraces the mysterious ways life unfolds.

And this embrace requires that we let go of structures (like patterns of rushing and distraction) that separate us, while also creating structures (like A Year of Wonder) that unite us.

With ‘allow-ness’ as its touchstone, wonder serves as a bridge to connect us to the inherent essence of who we are. Anything but passive, the force of this discerning kind of allow-ness opens our eyes. It’s the kind of embrace that lets us see the world with a fresh perspective, dissolving our worries, frustration, or the all-dreadful attitude of “why bother.”

Yet, allowing for this nourishing embrace of wonder requires conscious effort. It demands action to shift from those habits that keep us stuck.

Your June Challenge: Embrace Allow-ness

This month, let's consciously *allow* more wonder into our lives. This isn't passive hope; it's an active, mindful practice. Here's your powerful three-step challenge to cultivate deeper connection and awe:

Step 1: Ignite Your Inner Awe. This week, carve out intentional space for an experience that genuinely moves you. Maybe it's a yoga class where you consciously follow your instructor's guidance, feeling your breath and movement unite, honoring the sheer wonder of your body's inherent wisdom. Or perhaps it's simply gazing at the night sky, truly *seeing* the stars. The goal is to consciously bring yourself closer to that feeling of awe.

Step 2: Weave Wonder into Daily Life. For the remaining six days of the week, keep that door to awe wide open. This means actively incorporating moments of sensory delight and presence. Engage all your senses as you take a mindful walk in the woods — intently listening to birdsong, truly feeling the warmth of the sun on your skin, deeply smelling the fragrance of a flower.

Step 3: Cultivate Consistent Connection. Reinforce your commitment to dissolve distractions and amplify your capacity for wonder. Repeat Steps 1 and 2 for three more consecutive weeks. Each repetition strengthens your ability to *allow* wonder to penetrate and enrich your daily life.

This Challenge is a good warm-up for Your Year of Wonder! A greater sense of awe, presence, and joy awaits us beyond this month. So, in the spirit of allow-ness, I invite you to cultivate this connection more intentionally as a style of living — in a playful mode and gradual and steady rhythm. In honor of my 55th birthday and a sentiment around “Lembrancinhas,” I'm offering a special gift: Join me for A Year of Wonder.

In wonder and allow-ness, 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/>

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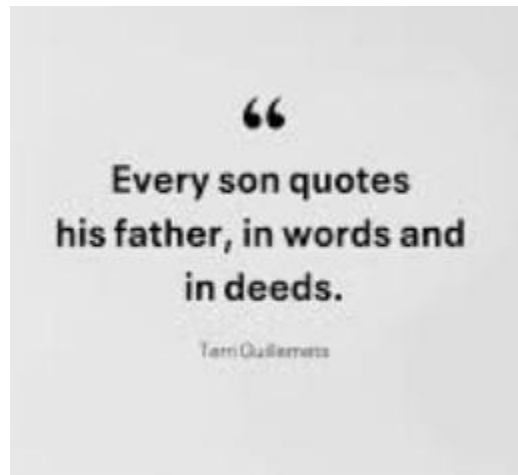
Christianne Asper-Contant's Video



Link: <https://youtu.be/YNrjfCH35xU>

Reflections On The Father-Son Relationship

By Barry & Joyce Vissell



My first thirteen years of fathering were with two daughters, Rami and Mira. So, in 1989, with the birth of our son, John-Nuriel, I was to embark on a slightly different kind of journey. Over the years people have asked, “So, Barry, how is parenting a son different for you from parenting a daughter?” Here are my reflections on one father’s spiritual journey of having a son.

First, fathering a son has given me a more direct chance to re-visit my own childhood. Yes, this happens to some extent with children of the opposite sex, but I have found it to be more powerful and direct with John-Nuri, a son. There are times when I look at him, it feels like a window has opened to my own childhood. For example, John-Nuri has always been intensely bonded to Joyce. This is natural. She breast-fed him for the first three years of his life. Although I often felt like a primary caregiver, sometimes it felt like I was the person who distracted him from his mother, somehow filling in the time until he could be with her next. This experience shot me back to my own early years and gave me a better understanding of my father’s feelings. He often felt left out (as I sometimes did), but he didn’t have the skills I now have. He felt rejected by me, and by the mother-son bonded unit. He coped by either withdrawing or getting angry, neither of which got him what he was needing. I now better understand his feelings of being left out.

This brings me to my second point. How does a father include himself — wedge himself between the mother and the son? I (like perhaps many fathers) learned the hard way. I watched the tender flow of affection between Joyce and John-Nuri. It seemed his favorite pastime was clinging to his mother, getting as close as he possibly could to her. I envied that closeness, and often tried to cuddle with him, sing him songs, hold him on my lap, talk sweetly with him. In other words, I was trying to be a good mother — I

was going for the sweetness. But this was not what John-Nuri wanted from me as his father. He would reject any attempt in this direction, except of course when he got hurt. Then he would accept my tender holding only if Joyce were not around. Boy did I understand how outcast my father must have felt.

I learned something very important in those early years of his life. I was attached to what love was supposed to look like — the tenderness and sweetness. But love comes in many different forms. When I would get down on the floor for wild “rough-housing” or silly games, my son’s eyes would light up with glee. When I chased him around the house, there was a shared joy between us. When I would throw him in the air or swing him around the living room by his feet until we were both dizzy, I began to recognize the bond of love every bit as great as what he had with his mother.

This then leads me to my final point. A son needs his father just as much as he does his mother, but often in a very different way. As John-Nuri has grown from childhood, he looked to me more and more to learn what it is to be a man and a father. I am and have been, especially when he stopped nursing, a very important model in his life. If I had to name one of the top qualities I modeled, it would be vulnerability. I tried my best to show him my human frailty, my fear rather than my anger, my hurt rather than my frustration, my sadness rather than my stoicism. It is an awesome and sacred responsibility.

Likewise, a father needs his son just as much as he is needed by his son. When I give my time to John-Nuri, and sometimes I feel there is nothing greater I can give to him, I am giving my time to a little boy who grew up two thirds of a century ago. When I love my son, I love myself and let myself become a little child again.

Our son is now thirty-six, enjoying his life with his wonderful husband, Isaiah. Together, they are making this world a better place through performing, healing, and the arts. I couldn’t be more proud of my son. He is just as proud of me. And we both love saying it out loud to each other.

About Joyce & Barry Vissell: Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Visit their web site at [SharedHeart.org](https://sharedheart.org) for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

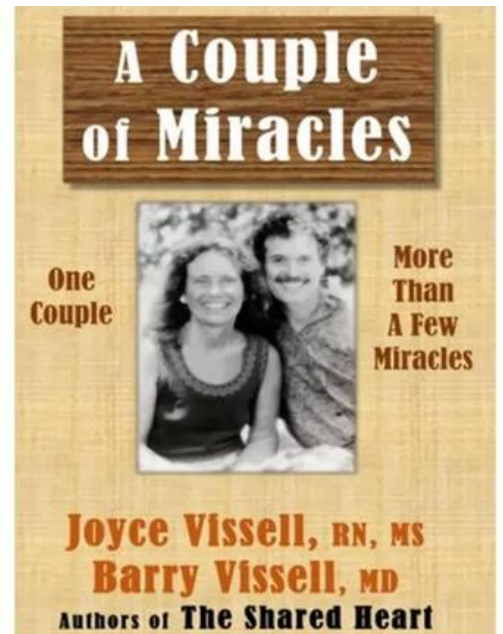
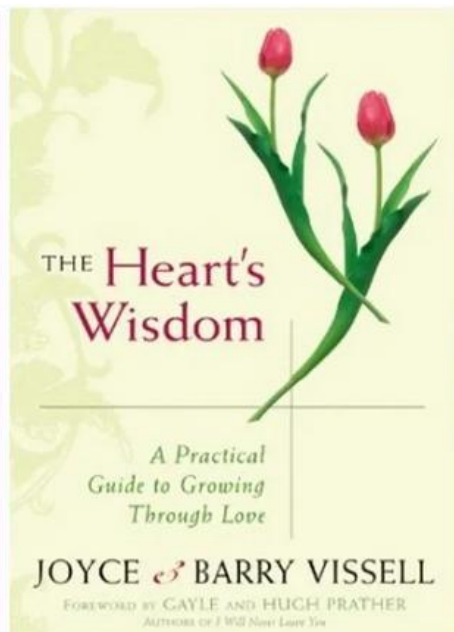
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce's Video



Link: https://www.youtube.com/watch?v=D-Cu_of-FJI

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/Boo1K8JARo?ref=db_s_p_ebk_roo_abau_000000

The “No” Phase By Brenda J. Hoffman



Dear Ones,

Many of you are beyond exhausted. It is as if everything you do demands more energy than you have available. An ongoing process of running from place to place or thoughts of, “I have to do this and this and this.”

Your mind and body are overloaded because you are both transitioning and exiting 3D. You want to be there for those of 3D and those transitioning. Plus, you want to mend the 3D inhumanity that seems overwhelming, yet you need to create your path, which takes more focus than you expected. Even though you feel you are letting everyone down, you are too exhausted to do more.

It seems as if everyone is clamoring for your attention and demanding more of you than you have the energy to contemplate. You cannot explain how convoluted your inner self feels at the moment, for those who might accept your need for quiet, private time are also emotionally needy.

You cannot do more, yet you expect more of yourself than others. “Help me” is the overriding cry of those around you. A scream so loud, you cannot hear yourself think or act. So you jump from activity to activity that interests you, only to feel guilty because you are not taking care of the needs or interests of others.

You are exhausted from trying to fulfill two roles—a 3D care-taking human and a new you creation being.

You must protect yourself emotionally and physically by selecting those items that interest you and negating those that equate to care-taking or nurturing others. Even though that may make you feel guilty, your mental health requires it.

The logical conclusion is allowing yourself to say no without guilt. But that is not easy because those requesting your services ask for more than the task they want you to complete. They are likely starting to transition and are silently asking you to make it better, easier, or faster, just as you requested from the Universes months or years ago.

You and those demanding your transition assistance are tired and irritable, wanting someone or something to make it easier.

This phase indicates you are no longer a 3D caretaker, for your personal needs are so demanding that you cannot help anyone.

Perhaps you wish you could negate this phase because you feel others need your assistance as they traverse the transition road you have already traveled. Or they are not transitioning, so they do not understand your needs.

You cannot do more, nor can you comfortably return to a care-taking role for others, whether they are in the midst of their transition or need your former 3D being to do this and this and this.

It is over, even though you continue to be entangled in some or many of your 3D roles. You do not have the energy to straddle both worlds. So it is time to say, “No” to every piece that feels uncomfortable, wrong, or exhausting.

That which you might have done as a favor or because of your expectations just a few days ago is no longer of interest or a skill level for you. You are a new being in a new world, and you must finally acknowledge that to yourself and others. Even though it will likely be uncomfortable, it is time for you to give a definite “No” to requests that feel exhausting, make you angry, or produce little or no interest.

No is your current word of choice. Now allow yourself to choose it. You are no longer of 3D, nor are you a caretaker. You will not help others by carrying them; they must learn to care for themselves.

The next few days are about your liberation, not only from specific tasks you once took for granted but also from the guilt that results from daring to say, “No.”

Personal freedom means just that. You are not the emotional caretaker you once were. Those demanding your care-taking, despite their ability to do much of what they require of you, must access their skills and capabilities.

Your life is no longer an image of you carrying someone on your back; instead, it is the two of you walking together, holding hands. So be it. Amen.

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

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

Brenda has been the special guest of numerous radio and television network talk shows; a New Age columnist for the Twin Cities Reader; the featured subject of the Minneapolis Star Tribune Sunday

Magazine; and is a public speaker/channeler. Brenda's role in this wondrous transition is to help you suspend those beliefs that limit us as we download our Lightworker/new earth creation tool kit.

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

Messages From The Future By Pamela Kribbe



One morning, I was daydreaming and not thinking about anything in particular. Suddenly, I felt a flow of inspiration and the following “message” came to me. I don’t know from where or from who, but it was uplifting and rang true, so I decided to write it down and share it with you.

1. Realize that at the core of all Creation is spirit, not matter.
2. Elevating the material laws of physical reality to the ultimate laws of Creation is extremely limiting and prevents you from seeing true causality at work.
3. Spirit is truly creative and you have been handed down a part of Spirit, an inalienable part, unique and indestructible.
4. You are not supposed to be One with anything other than You. You are not supposed to become one with others, or with anything transcendent, nor to give up yourself. You are supposed to feel, recognise and Be the God spark within. You are meant to be unique.
5. The You-ness of you is the biggest creative feat, yet you seek to escape it because you think it is hampering you from experiencing Oneness. In truth, you can only have experiences of mystical bliss and ecstasy when you are fully at one with yourself, being the conscious conductor of Oneness. Oneness cannot be experienced without Consciousness. Consciousness can only Be where there is a You.
6. There is no beginning and no end, time is a measure of experience, of growth, it is not an objective, measurable quantity. When we say that we bring messages to you from the future, we say so to deliberately confuse you. The future does not exist yet, cannot exist by definition.... only the past and the present seem to have an objective existence “out there”, as a collection of facts to be remembered (past) or experienced (present). How then can there be messages from the future? It can only be so if there is something inside you that remains the same regardless of Time, something that is out of Time. To speak from the future is to speak from the Unknown. To your human brain it seems that the past and the

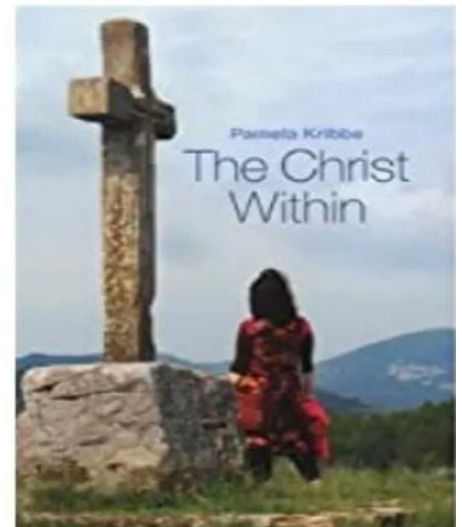
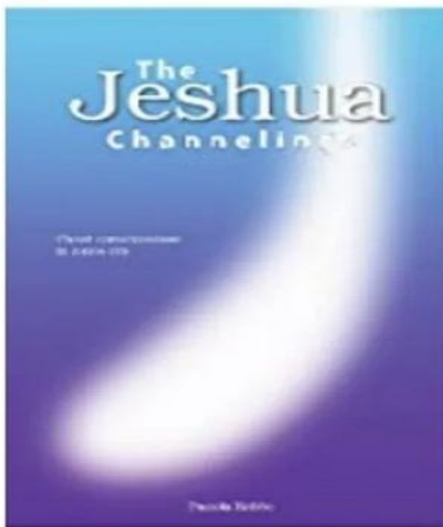
present are known and the future is not. We bring messages from the Unknown, meaning that we tell you about what you are yet to discover, and what is helpful to know in order to jump off your limited awareness of Time. The future is open wide, you choose it, our vibration does not come from a future “out there” but from a place inside you that has become veiled. The future is the unveiled You.

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About Pamela Kribbe: Pamela Rose Kribbe works as a psychic reader and healer in her own practice in Tilburg, the Netherlands. She obtained her doctorate in the philosophy of science in 1997, after having studied philosophy at the universities of Leiden, Nijmegen and Harvard (U.S.). The Jeshua channelings by Pamela Kribbe are a series of inspired or channeled messages about the transformation of consciousness in the present era. Humanity is growing towards a heart based consciousness, acknowledging the oneness of all that lives and letting go of fear based ways of living and thinking. Jeshua is the Aramaic name for Jesus. He prefers this name, as it better conveys his humanness and kinship to us. In these channelings, Jeshua presents himself as our brother and friend. Jeshua’s messages shed light on our soul history and destination and they also deal with everyday issues such as relationships, health, work, and more. The Jeshua channelings have been published in book form. Click here for more information or to order on line.

Pamela's website: www.jeshua.net

Pamela's Books



Find Pamela's books on Amazon:

https://www.amazon.com/stores/Pamela-Kribbe/author/BooJ2DHIRY?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=34be7407-ff3f-447e-985a-0317b2e617f7

Illuminate What's Hidden By Shelly Dressel



We find ourselves in a place of huge transition. There have been years and years of experiences, and what people believed to be real that are now shifting into a place of not real. Some of this is because of hidden agendas. Some of this is because of the perspective of a higher frequency, such as the 5th dimension.

As people live their lives, they may do all they can to stay positive, or pay attention to energy, or meditate, or whatever they can, so their life is the best possible life they can have. However, they may still get pulled down. Perhaps they are waiting for that job, or relationship, or house, but it never manifests which can cause people to then be disappointed, which can drop their vibration. This may be very conscious or unconscious.

This meditation is a chance to be very clear about where your thoughts and beliefs are and what is happening in your life. You can clear the past, clear what is holding you back, and then move into a better place. When things around you pull you down, you have to release what is inside of you, that gets hooked in. If you are in a higher vibration, you do not get pulled in or your energy pulled down. Or if you do, it's very temporary.

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**Nama Sika, Venia Benya I AM the One, I AM the Whole**

**I greet you, beloved family. I reach out from my heart to yours. I reach out to embrace you in this now moment.**

**We have spoken many, many times over the years about the Nama Sika Room or what Nama Sika is all about. I brought that phrase into Shelly in probably around 2005. It wasn't immediately when they got together, but it was shortly thereafter, maybe it was 2004.**

**The intention is that there are languages, some call them light languages, some call them the language of creation. This is what Shelley used, she had certain phrases that she would use consistently. Ansaluia is one phrase, but Nama Sika I AM the one, Venia Benya, I AM the whole, is our means of coming together as a group. You begin by, first and foremost, anchoring within yourself as you do when you're taking those breaths in at the very beginning. And then, as you reach out, expanding your consciousness, you tap into the other people that are also on this journey with you.**

**So just consistently breathe in and out, and have that intention that you are connecting to that vibration or that frequency that is associated with Nama Sika, Venia, Benya. This is a space that is actually filled with energy. This space is created by all of you every time you come on this journey. You're moving through that space of the Nama Sika, there's a link into the All That Is.**

**There is a link that you create that goes from your higher self within that space. It is a place where you can get together with one another so that you can be in that vibration and frequency of other people of a like vibration.**

**So, as I say that, create a ball of energy that you start within your heart center. You feel as it moves around your heart. You then take a piece of that. You send it like it's a beam of light that's moving down through your solar plexus. It goes down through your sacral center, your root center, and into the earth.**

**Feel your connection to Gaia. Sometimes it's as if it's very superficial, and other times it's as if you're literally tapping into the consciousness of the earth. You let all of that flow back up through that stream of energy.**

**It then moves up through your throat, through the energy body in your throat, your third eye, your head center, your crystalline energy body. And it moves upward until you align within your higher self. Here within your higher self, you can feel that alignment that is the link to your soul and the link to your everyday life.**

**From here, ask to see where is the Nama Sika room and see if you have a thread or if there's a part of your higher self that moves into the Nama Sika room. Interesting thing, my perception as I say this is the Nama Sika room is a higher vibration than most people's higher self, because in your everyday reality, you want to receive that intuition and that information from your higher self very easily within your everyday life. The Nama Sika room is about creating at a different level that is going to be more in alignment with the consciousness of the planet. So, just perceive that difference but be very clear that you are here with your higher self.**

**You then let a thread of that energy continue upward. It moves until it aligns with your divinity. As that thread of energy merges into your soul essence, feel how you can expand into something that is just a beautiful energy. It's of a higher frequency. It is filled with the essence of you as your God source, you as the soul that is out within the universe and on this earth, be present in this now moment.**

**I, the Goddess, walk in and amongst each one of you as my energies come within this space. I merge with you as your soul essence, as the consciousness of you as the human, and everything merges so that we move into the All That Is.**

**Look around at where you are. Most of you that have come to this space on a consistent basis you have created your own space. It is filled with your experiences. It is filled with the essence of your soul. It is filled with the consciousness of you, you the person in this life.**

**The Earth stands at this place where it is somewhat teeter-tottering in terms of consciousness. I am 100% in the reality that the 5th dimension and the higher vibrational frequency is the core essence of this planet.**

**When I look at your planet, the 3rd dimension has folded in on itself and is inactive at this time. Some of the things of that 3rd dimension have shifted into the lower energies of the 4th but there is kind of a movement when you get to the mid and high 4th dimension into the 5th. I say these somewhat as numbers**

**but I say this because no matter what people may say, no matter what people's belief system is, this is a truth or this is the truth.**

**People's perceptions may be only seeing a portion of it and therefore their reality is that this is not happening. Which leads to my discussion for this evening. Right now and for the last 5 to 6 months, there have been many things put out into the ethers or that you could read on your social media, or that you could see in the papers in many different places that bring up fear in people. And for many of you, when this fear comes up, it's an opportunity for you to clear out whatever remains that has as yet to be resolved.**

**Sometimes people get hooked in because, be it in your unconscious or your conscious, you have fear within you, and it pulls you down. So let's take a look at that. As if you see spreading out in front of you, ask to understand what is hidden from you that may be pulling you down. As we said that, I could immediately see a number of different responses. Some of you do feel that you have fear in your life.**

**Some of you feel frustration regarding manifesting something new and different. Others of you are just tired. In fact, there's quite a few of you that are just tired. And so when we ask what is pulling you down, it's just that tiredness. And your response may be something totally different.**

**But what I'm asking you to do is, here within the space of the All That Is, let this be your true and authentic response. Ask to know, first of all, what are you fully aware is pulling you down. As you consider what that is, you may see it playing out in front of you. You may have a feeling. You may hear words or phrases. But understand that there's a reason why you are having this experience.**

**So, when you consider what is pulling you down, why is it a part of your life? Ask to know, whether it's something unconscious or conscious, that you need to know so that you can let it go. And then, considering whatever it is that was right there in front of you, let all of that energy come up, bring it up, bring it up, bring it up. Phew! Let it go.**

**I could see that many of you did let this go. And for many of you, it was something that you've previously worked on and just it came up for whatever reason and it was time to release it again. But I could see for others, you're holding on to something that is pulling you down. Ask yourself the question, why? Why do you keep holding on to something that is either holding you back, pulling you down, making you angry, afraid, whatever it may be? Open to understand why this is serving you.**

**That may be something different to consider, that if you are processing something, or maybe healing, or maybe learning about something, you're doing so through pain, sorrow, frustration, anger, as opposed to something that is uplifting. So, you're looking around, you're considering what this is, open to receive the message. And once you have that understanding, you can let it go.**

**Okay, I just heard that there is a broad belief or broad spectrum belief, there's a belief that moves through so many people in society, that if it's not hard, if it's not painful, if it's not a challenge to you, then it's not worth it. So, let's let go of that belief that something has to be hard, or painful, or hurtful in order to heal. Phew~ Let that go. And as you do so, let go that belief that you have to grow through negativity, or pain, or sorrow. There you go. Clear that out once again.**

**Let's shift the energies here. And as if you are standing here, as if you have just arrived, ask, 'what is it that would help you in your life that you are unaware of'? That was fascinating, the answers that I heard.**



Some were, I didn't think I could ask for help, I thought I had to do it all on my own. Another one response I heard was, yes, I can finally let that go. Another response I heard was that this relationship truly no longer serves me, and I have got to move on. There were, of course, many, many others, but those three just popped right out.

So everybody has, in their unconsciousness, little programs, or little thoughts, or feelings, and they might just keep picking and picking at you. But now's the time to just fill them with light, just fill them with energy, and help them to know you don't have to do that anymore. You don't have to nitpick. You don't have to be in pain or sorrow. Instead, you can turn around and see the value that is within you.

So consider that. If you were looking in a mirror, or if you were looking at a picture of yourself, what would you say to that person? Boy, I had everything from, I've got nothing to say, to negative things, to, I love and accept you as you are. I think that is a reflection of society at this time, is this wide variety of responses that people are feeling and experiencing.

So look at that image of you once more. As you do so, this time, rather than looking at the image, reverse the energy and feel what you, as your soul, is sending into you in this consciousness. I feel love. I feel pride, I guess is one word. I feel support. I feel joy. I even feel some of you saying, it's been tough, but we made it.

Okay, and then on the heels of that, I could still feel people saying, when are we ever going to get there? So no matter where you are in your journey, as you are connecting with this image that is you, which is more than a picture, it is you as your soul, look at that and feel the strength, the value, the love, and then receive everything that your soul has to give to you. There we go.

So often, people appreciate looking at others or taking care of others or considering what other people need, and then when they reverse that and others are coming to them, it's suddenly awkward and makes them anxious. So be in that moment. Be in that moment where you can transcend what feels awkward or anxious and truly, truly open up and feel that wave upon wave of energy that is directed straight for you.

As I look around, I see all of those different things. Many of them are smoothing out. I see some of you becoming larger in your energy because you're filling up. I see some of you becoming infused with the beautiful colors of the universe. Let this be your moment.

As you are feeling this new strength, let's once again connect with what society is putting out to a certain degree. There are those that are living in fear. There are those that are living in lack. There are those that are caught up in the negativity. And as I speak these words, what is your reaction this time around? I can still feel how some of you are getting pulled down, but it doesn't seem as far, nor does it seem as many of you.

So, if you feel yourself being pulled down, then take in a deep breath and as if you see that image of you as your soul, breathe in that unconditional love. Let it fill you up until you are literally growing into the higher frequency.

There we go. Now, I can feel the change taking place within you. Of course, you may still have lack. You may still be seeking change in your life, but it's not the overwhelming energy.

Now, you can look at changes you want to make from a place of fullness and richness. You can now manifest that income, job, relationship, whatever it may be, from that space of acceptance and awareness. You have to be in that higher light vibration in order to manifest it, or it is right there beside you and it's

not in your consciousness.

Phew! I just sent a wave of energy moving through the All That Is, just clearing out and shifting everything that you've been looking on or working on. Look around again. Specifically ask, is there anything in my unconsciousness that is keeping me from manifesting what I seek to have? If so, then ask it to come forward. Even if you are not fully aware of what it may be, tap into what may be in your unconscious. Clear it out. You can feel it as it changes.

In the days and weeks to come, as the world continues this transition and as people continue to learn how to move away from lack and into abundance, put forth the intention that you are there. You are there in abundance. You are there in love. You are there in light. You are there in all that you do. I could feel another wave just to move through each one of you.

I invite you to gather together as a group. It may be that you just rotate and instead of looking at your space, you look behind you, and it's as if everyone is in a circle. Each one of you shining forth, illuminating what may have been hidden from you in the past.

And as you connect with one another, you see coming up in the center, this hologram of the Earth. You infuse into the hologram any transitions that you went through. You infuse that intention that you feel, the clarity, that openness, that awareness. As everyone is doing so, that hologram takes on energy. You can see it moving, you can see it expanding, there's almost a pulsation that goes through it.

There is the aspect that goes out. It moves through the energy of the All That Is and into the universe. The remainder goes down. It goes down through that column of light. It goes down through the collective consciousness. It anchors within the center of the Earth. As this hologram anchors into the Earth, it reverses and begins to send out that light energy. It is sending out to everyone to illuminate what might be hidden. It's sending out to everyone to raise their vibration and frequency so as not to get caught up in the anxiety and fear. This is all coming up through the ground, through the water, through the trees. And each one of you through that place where you were anchored, each on inside of you.

You go back to the All That Is, and you allow your consciousness to flow back down. It comes through your higher self, it comes down through your head center, and it too anchors within you. Take a moment as you integrate everything and feel how your vibration rises. I'm just sitting for a moment. It's as if I can feel the rhythm of the heartbeat.

As you are moving through the days, the weeks, the months to come, remember that this is a transition, and a transition is going from one point to another. The end result is the high, light, vibration is here, is activated, and is going to influence everything that is happening on the Earth plane. So reach towards that. Be aware if you are getting dragged into anything that is pulling down so that you can consciously let it go and reach towards the light vibration frequency.

Beloved, know that I am ever within you.

Ansaluia

About Shelly Dressel: I think we are all influenced by people, events, circumstances, life and more when it comes to our spiritual development. I know for me, it was all of the above. My life's situation changed and through that I sought to figure out what my purpose was and what truly had meaning for me. I found that time of my life was one of constantly seeking. Sometimes I found the answers, other times it was more obscure! It was that question for finding out who I was and what my purpose was that led me

to channeling. I took numerous classes in Reiki, Numerology, Psychic Awakening and meditation. In fact, if I was the least bit interested, I jumped and took the class. I also read many, many books on a variety of subjects. I laugh to myself to remember the things that I thought were so far “out there” and yet now, it’s my basic understanding of what makes my life work!

Shelly's website: : [www.goddesslight.net](http://www.goddesslight.net)

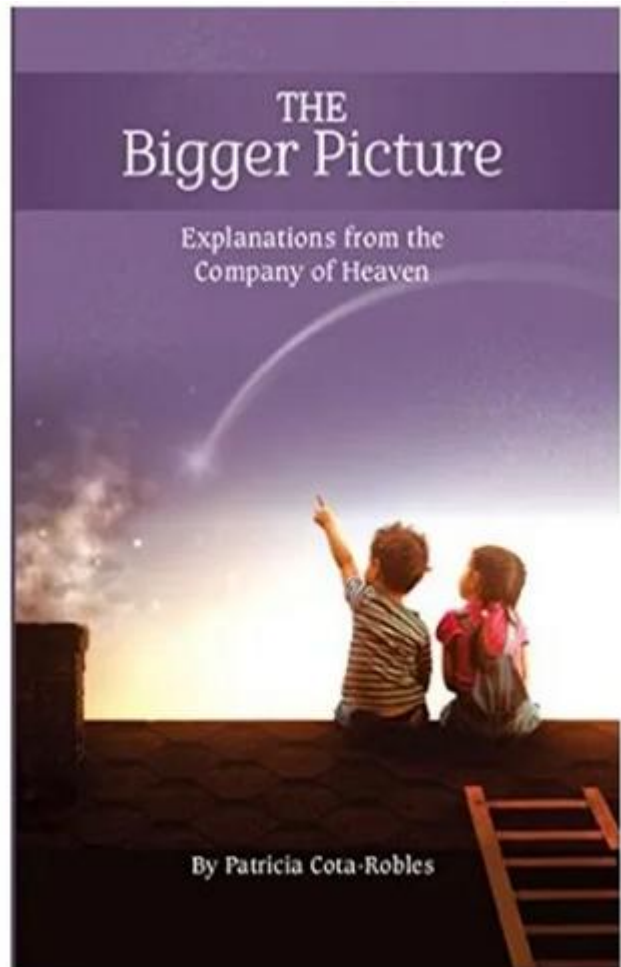
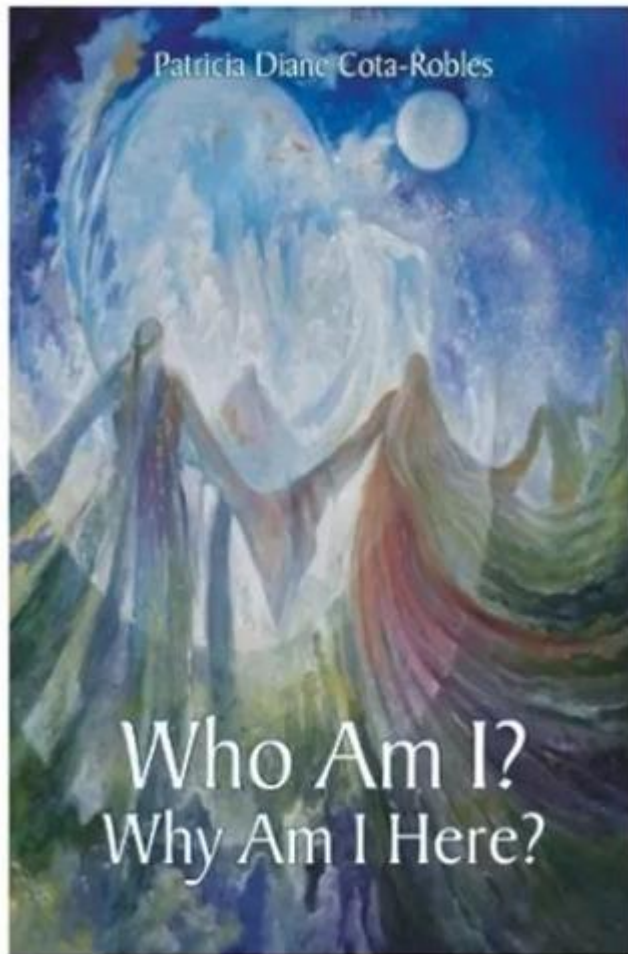
## Shelly's Video



Link: [https://youtu.be/VZl\\_1bOsvdI](https://youtu.be/VZl_1bOsvdI)

## **We Are Being Called To A Higher Service**

**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.**

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**About Patricia: Patricia is co-founder and president of the nonprofit, educational organization New Age Study of Humanity's Purpose, which sponsors the Annual World Congress On Illumination. Patricia was a marriage and family counselor for 20 years. She now spends her time freely sharing the information she is receiving from the Beings of Light in the Realms of Illumined Truth.**

**Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, a free monthly email newsletter, global meditations, and YouTube presentations, all of which are designed to help Humanity add to the Light of the world.**

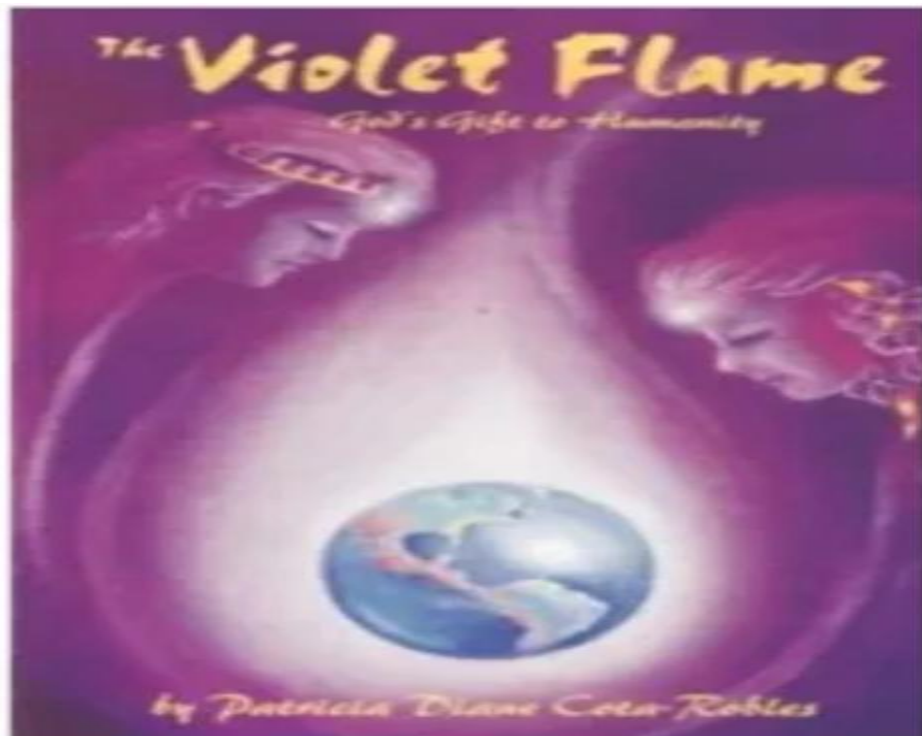


Patricia's website - <https://eraofpeace.org/>

### Interview with Patricia



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





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

### Patricia's Vlog



Link: [https://www.youtube.com/watch?v=kg\\_sOaAVZ4E](https://www.youtube.com/watch?v=kg_sOaAVZ4E)

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## **Are We In A Different Dimension? 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://www.youtube.com/watch?v=9HeNp4\\_pobg](https://www.youtube.com/watch?v=9HeNp4_pobg)

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## ROC Metaphysical Business Advertising

Our calendar is updated frequently and we use ROC Metaphysical's Facebook page to also promote events. Go to [https://www.facebook.com/ROCMetaphysical/events/?ref=page\\_internal](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](mailto: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!



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A flyer for 'Divine Angelic Gathering' by Sheila B. Tillich. The background is a soft-focus image of a sunset or sunrise over water. In the top left, there is a circular logo with a sun-like pattern and the text 'Sheila B.' in a cursive font. The main title 'Divine Angelic Gathering' is in a large, elegant serif font, with three small star icons to its right. Below the title, a pink rectangular box contains promotional text. To the right of this box is a circular portrait of Sheila B. Tillich, a woman with grey hair wearing a blue top. Below the pink box, there is a list of included activities and a call to action. At the bottom, the website URL is displayed in pink.

 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!**  
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Cost: \$333 for 2 Hours.

**What is included:**

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**Book your gathering now!**

[WWW.SHEILATILLICH.COM](http://WWW.SHEILATILLICH.COM)

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

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

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



The graphic features a purple and blue background with a starburst effect in the top right corner. On the left, there are three circular icons: the top one shows a figure with wings inside a DNA helix; the middle one shows a dollar sign inside a DNA helix; the bottom one shows a person's head with hands being placed on it. The text 'HEALING SESSIONS' is written in large, purple, serif capital letters. Below it, 'Rejuvenate with Reiki, IET, and UFH' is written in a smaller, blue, sans-serif font. A purple diagonal banner in the top right corner says 'SPECIAL OFFER' in white. Below the main text, it says 'IN-PERSON OR ONLINE 60 MINUTES SESSION' and 'All Three Modalities for \$122'. At the bottom, the contact information 'Contact: sheila@sheilatillich.com' is provided.

**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](mailto:sheila@sheilatillich.com) to save your day and time.**



## ONE Wellness Center Book Club

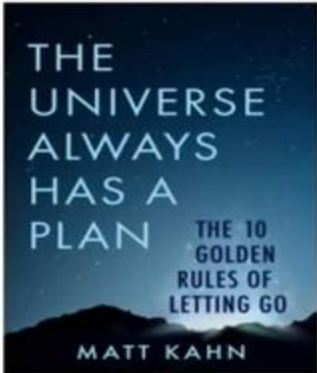
### July Book Circle The Universe Always Has a Plan: The 10 Golden Rules of Letting Go

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.



**ONE**  
WELLNESS CENTER

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



**THE UNIVERSE ALWAYS HAS A PLAN**  
THE 10 GOLDEN RULES OF LETTING GO  
MATT KAHN


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!



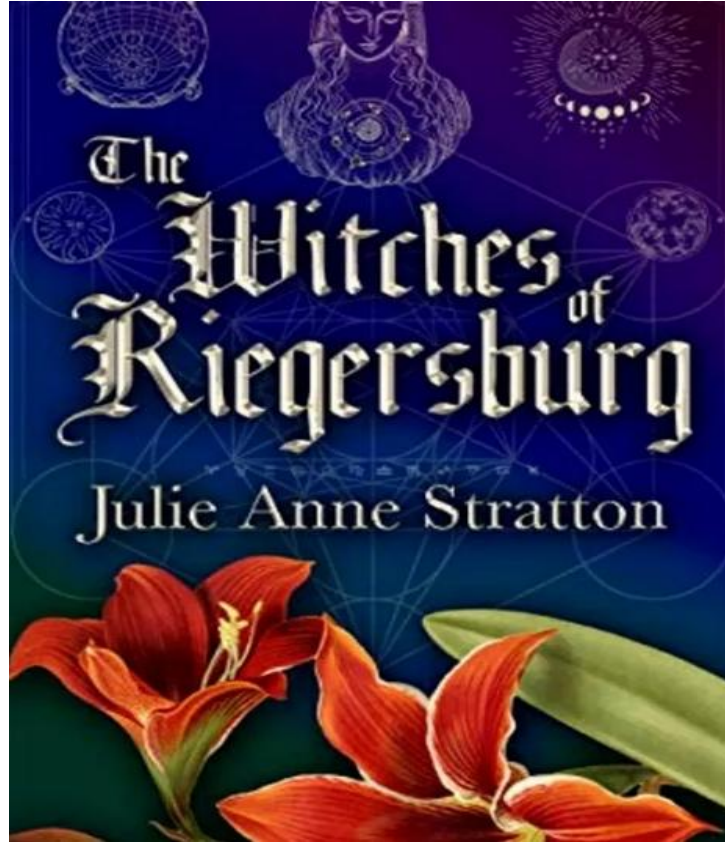
<https://onewellnessctr.com>



Follow us on Facebook

This is a free event. For more info go to <https://onewellnessctr.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.

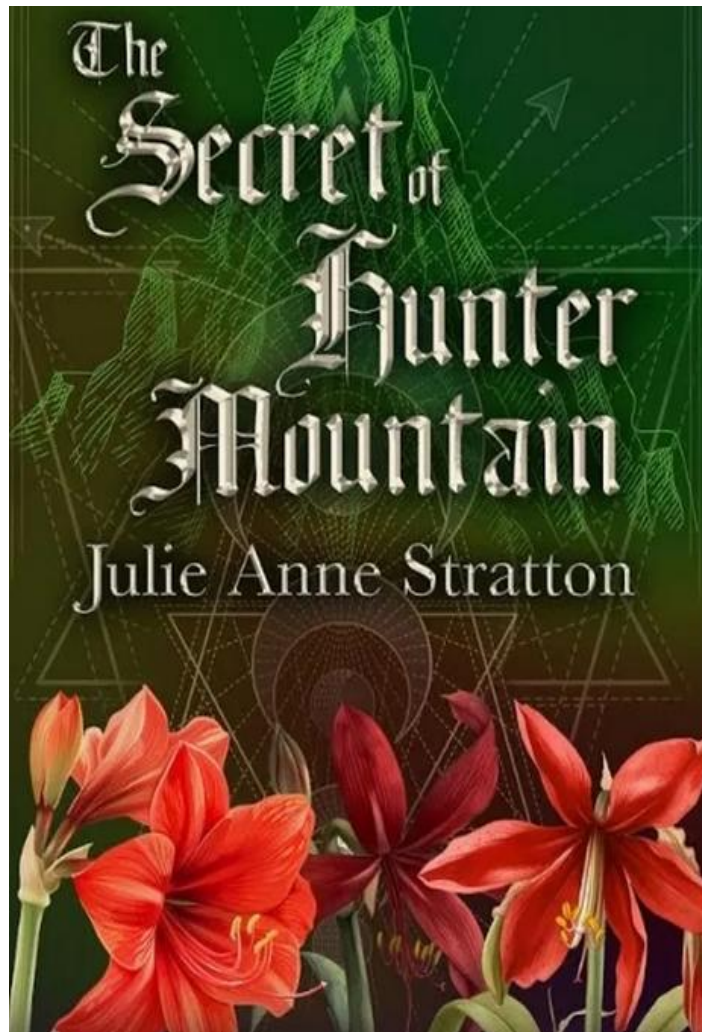
This gripping novel spans three timelines, following three extraordinary women bound by an ancient Goddess faith and a mysterious Book of Shadows. Baroness Elisabeth von Galler faces the hysteria of 1665 European witch trials, protecting her family and faith under the shadow of persecution. Fast forward 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. HypnoRegression and Ignite Your Light Life Coaching are also available. Book your appointment at [www.vickisnyder.com](http://www.vickisnyder.com)**



ONE Wellness Center  
**2349 Monroe Avenue, 2nd Floor (REAR)**  
**Rochester, NY 14618**  
**<https://www.onewellnesscntr.com>**  
**585-645-4221**

**The ONE Wellness Center is located on Monroe Avenue, Brighton, on the 2nd floor of the historic Cherry House building. The Center's practitioners are focused on working with clients to promote greater health and well-being. This is accomplished via bodywork, classes, workshops, and events. Several of ONE's licensed professionals have extensive experience in more than one holistic modality. Our featured services include Wellness Samplers for small groups, Crystal Bed, Harp Healing and Color Therapy, Hypnosis, Acupuncture and a variety of body and energy therapies.**



**The Purple Door  
The Plaza in Win Jeff Plaza  
3450 Winton Rd South  
Rochester, NY 14623  
Connie Wake and Sue Fiandach  
585-427-8110  
<http://www.purpledoorsoulsource.com>**

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





Lightways Journey  
7 Main Street  
Brockport, NY 14420  
585-281-8670  
Karen & Judy

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

**Lightways is a natural environment that promotes personal and spiritual growth and contentment. Lightways Community is located at 31 Market St in Brockport, NY. We are part of A Different Path Gallery and several other small businesses that occupy an old historic building. The energy is amazing and perfect with our mission and beliefs. Our store specialized in large variety of stones and crystals. We also have incense, angel stones, candles, smudge & shells, statues, dream catchers, jewelry, meditation tools, essential oils, books and CD's. We offer a variety of workshops and classes, as well as retreats, Calendar events include Mindful and Angel Meditations, Psychic & Mediumship Readings, Tarot Readings, John of God Crystal Healing Bed, Integrated Energy Therapy (Angel Hands-on Energy Healing), A Course in Miracles Study Group and more!**



**NEW LOCATION**  
**1225 Jefferson Rd**  
**Henrietta, NY**

**585-266-8350**  
**Sue Stephens**

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

**Sue has been in business and an anchor in the metaphysical community since 1990. Over the years her store has evolved into a mythical wonderland carrying a variety of Incense and Candles to calm your spirit. Energize yourself with our large selection of crystals and stones. Empower yourself with charms and amulets. Dragons, Fairies and ancient Gods will inspire you. Expand your mind by browsing through our books and glimpse into the unknown with tarot cards and other divination tools. This store is about you and the tools you need to create and walk your own path. The store has a new location - so much bigger with a wide variety of all kinds of items, there is shopping carts to help with your shopping.**



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

<http://www.thelotusblossoms.org>  
<https://www.facebook.com/TheLotusBlossoms5/>

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

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



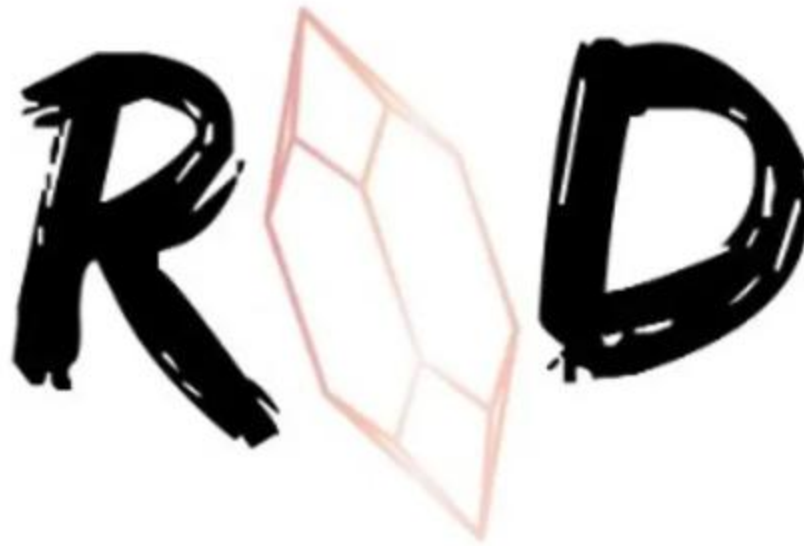
**Sage Walker, RMT Master Teacher IET, BARS**  
**The Angelic Link**  
**2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618**  
**585-317-4374**  
**<https://www.theangeliclink.com>**

**Sage is a powerful spiritual guide for change. With divine energy for your body, mind and spirit she is committed to guiding you to create an empowered and happier life.**

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

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

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



ROCK DUDE

**Rock Dude**  
**Lee Parker - OWNER**  
**795 Waterman Rd**  
**Forestville, NY 14062**  
**<https://www.rockdudestore.com/store/about/>**  
**<https://www.facebook.com/rockdude68>**  
**716-679-8544**

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





Healthy Alternatives Wellness Center

**Carol Scheg-Morrisette**

**4358 Culver Rd**

**Rochester, NY**

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

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

**(585)663-6454**

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



**Theressa Johnson  
Psychic Medium  
Buffalo, NY  
(716) 481-2799**

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

**585-455-1953**

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

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



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

**In practice 16 years, offering integrated massage therapy and bodywork sessions. Multiple therapies are available and may be administered alone or combined in a session. Specializing in Lymph Drainage Therapy - which detoxes the body of impurities, stimulates the immune system, and reduces chronic swelling anywhere in the body. Other modalities include Traditional Swedish Massage, CranioSacral Therapy, Zero Balancing, Reiki, Aromatherapy, Associative Awareness Technique, and Tuning Fork Therapies.**





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

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

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



Marjorie Baker Price , RN

**Certified Hypnotherapist, Reiki Master Level III Centering Tools for Self-Healing & Development 585-750-1751  
<http://www.centeringtools.com>**

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

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

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



Sheila B.

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

**Fairport, NY 14450**

**585-313-3996**

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

**SHEILA B CAN HELP YOU FIND ANSWERS**

**Find your purpose and connect with you**

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

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

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

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

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

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

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

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

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

**<http://www.bunnydupuis.com>**

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

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



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

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

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





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

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

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

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

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

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



**Michelle Brzezniak EEM-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 pursuing my dreams and soul's purpose of bringing energy wellness to you with Reiki and meditation. I truly believe that integrating holistic care with your traditional health care are complementary to each other and can lead you on your path to peace and wellness from within**

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

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

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

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

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

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



## **B & R Crystal Cavern**

**B&R carries lots of unique crystals in all kinds of forms. Shop online or in person. B&R can be found in person at events around NY. Shipping is offered or pick up can be done in person in Fairport, NY**  
**B&R always has new stock. See the stock online at:**  
**<https://www.facebook.com/b.r.crystalcavern>**  
**and on <https://www.instagram.com/b.r.crystalcavern/>**

## LifeForce Rejuvenation



**Jon Kotowski**

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

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

**Theraphi is an innovative technology that combines the power of meditation with electromagnetic frequencies. It is designed to enhance the meditation experience by creating a harmonious energy field around the body. By using specific frequencies, Theraphi aims to promote relaxation, balance the chakras, and stimulate the body's natural healing abilities.**

**This unique approach to meditation allows individuals to deepen their practice and achieve a state of profound relaxation and inner peace.**

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



# Alternatives For Healing

An Alternative Medicine & Holistic Directory

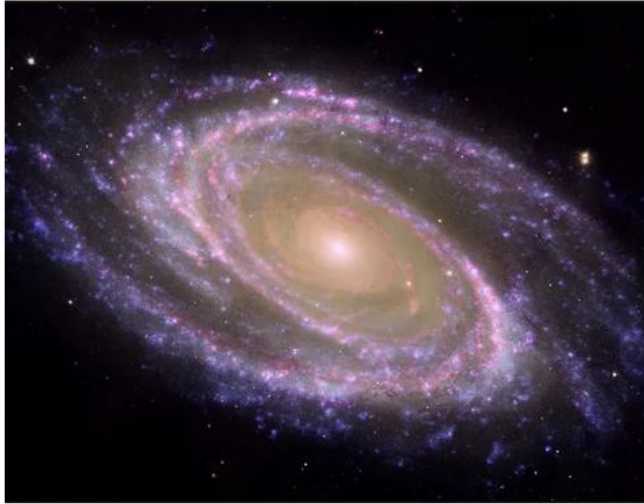


Find Alternative Medicine Practitioners,  
Products, Books, Newsletters, Schools,  
Workshops and More!

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

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

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



## Sacred Light of Cosmic Awareness Community

3961 E. Chandler Blvd.

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