



ROC Metaphysical

August 2025

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

Here's a Sampling of Articles for the month:

Palm Reading Of Ozzy Osbourne By Oliver Reynolds

The 144,000 By Richard Hughson

Romantic Music By Jill Mattson

fire By Monique Lang

The Power Of Good Will By Connie Wake & Susan Fiandach

**ROC Metaphysical Book Review - Sacred Mysticism Of Egypt
By Fotoula Foteini Adrimi**

**Embracing A Slow Life: A Gentle Approach To Productivity
By Leo Babauta**



ROC Metaphysical

What is ROC Metaphysical?

Watch on YouTube

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

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

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

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

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

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

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

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

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

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

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

Question? Contact [ROC Metaphysical](#)

Have questions?

Need more info or have questions? We always respond.

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

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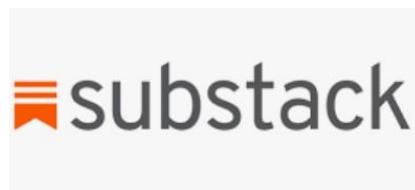


Now that Google+ is gone the next generation

is MeWe. Find us at:

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Discernment/Disclaimer

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

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

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Highlights of The Magazine



Read Interesting and Informative Articles

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

[LEARN MORE](#)



Read Channeled Messages

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

[LEARN MORE](#)



Learn About Incredible Alternative Businesses

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

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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.

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

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

We Have A YouTube Page



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

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



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

ROC Metaphysical Online Magazine Articles for August 2025

Ethan Indigo Smith



Beyond 8 8 Lion's Gate
The 8 Directions And The 8 Dimensions
By Ethan Indigo Smith

Oliver Reynolds/Pisces Palmist



Palm Reading of Ozzy Osbourne
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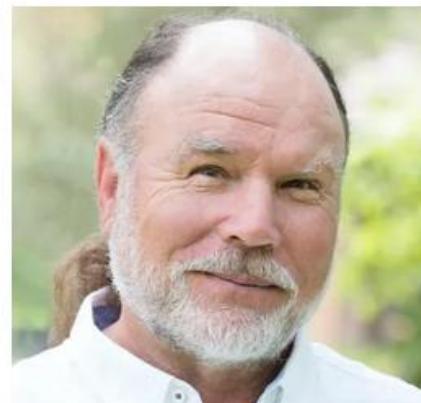
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Leo Babauta



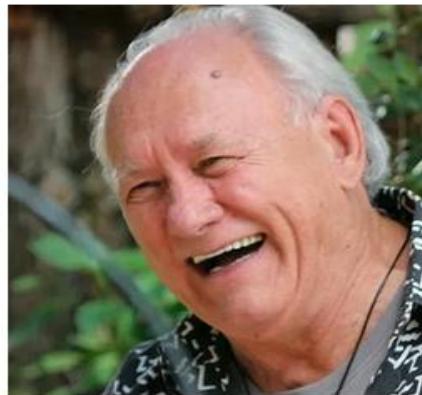
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ROC Metaphysical Book Review



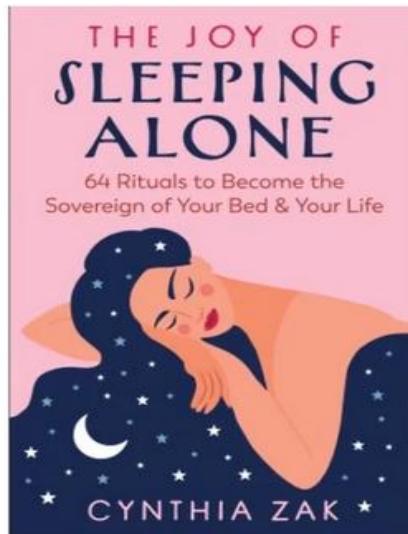
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Connie Wake & Susan Fiandach



The Power Of Good Will
By Connie Wake & Susan Fiandach

Tom T. Moore



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

If you are a little playful with life, every moment is a celebration.
- Sadhguru

Carmel Brulez



Tea Leaf Reading: Predicting The Future One Sip At A Time
By Carmel Brulez

Choose to be optimistic.
It feels better.

~Dalai Lama

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

Lee Carroll//Kryon



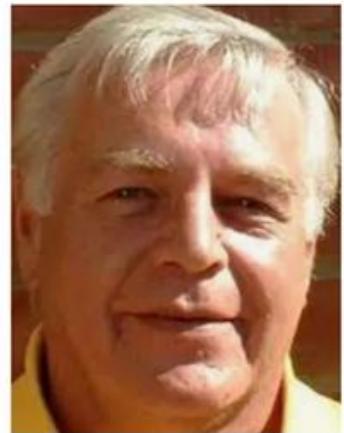
What Is REALLY In Your Akashic Record?
By Lee Carroll/Kryon

Pamela Kribbe



The Birth Of Love On Earth
By Pamela Kribbe

Geoff Hindmarch



A Wise Visitor By Geoff Hindmarch

Brenda Hoffman



It's Over By Brenda Hoffman

Health does not always come from medicine. Most of the time it comes from peace of mind, peace in the heart, peace of soul. It comes from laughter and love.

Patricia Cota-Robles



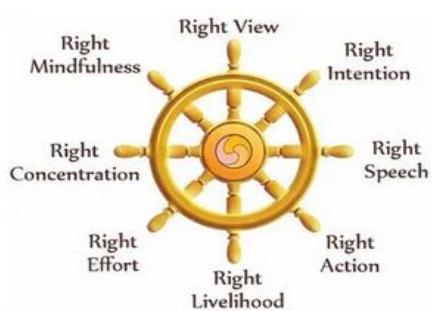
Preparation For The Opening Of The Lion's Gate
By Patricia Cota-Robles

Beyond 8 8 Lions Gate

Picture 1



Picture 2



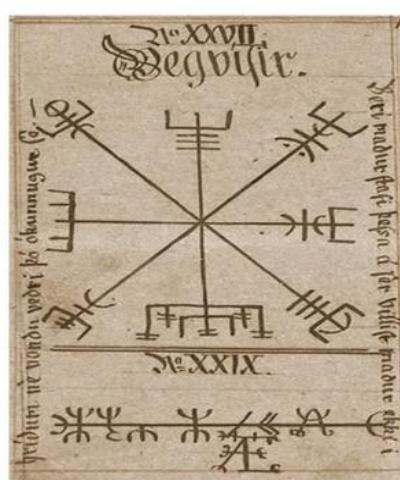
Picture 3



Picture 4



Picture 5



Picture 6



The 8 Directions and The 8 Dimensions By Ethan Indigo Smith



8 is highly esoteric number symbolizing polarity in union. A set of 8 base aspects universally represents a set of essential energies from which comprehension begins and from which increased variation results. These sets of 8 are often polarized in four pairings and occasionally are sets of an overt seven with a more subtle eighth part.

8 is symbolic for the unity of microcosmic and the macrocosmic. The microcosm of our self is constituted in this manner. Our very inner physical and esoteric makeup is formatted exactly in the same manner as what is largely a philosophical, perceptive understanding, as we shall explore. Our inner essential energy, our very blood, is understood as four main types in positive and negative pairings for a total of 8 polarized blood types. Additional measures reveal more sub-types, but our very essence, our blood is based on four types; A, B, AB, and O, each being either RH Positive or RH Negative.

The macrocosm of our planet and even the universe, though to different magnitudes and angles than here on Earth, operates under the universal law that spheres in orbit of other spheres will result in a duality of polarity of time annually. All across creation there are four seasons, two equinoxes and two solstices. The four seasons results in a spiraling 8 pattern of the sun in our sky when observed annually as below. The four seasons results in an 8 shape of the sun here on Earth, as if infinitely. This natural occurrence is called the analemma and a replication of the naturally occurring shape was long used to calculate the date. This occurs with The Moon as well, but not the planets.

8 is symbolic for the infinite. And it specifically represents a base set providing for infinite comprehension and near infinite variation. It is symbolic of the wisdom of the snake from where its coiling and spiraling shape is also inspired by and related to. Such spiraling snakes are depicted on the staff of Thoth, who the Greeks named Hermes, also known as the Staff of Caduceus. The snakes coiled together symbolize the same duality of polarity that the macrocosmic analemma reveals, the intertwining of polarized but mutually dependent spheres/energies.

Hermes itself is derived from Hermopolis. Hermopolis was Khemenu which means 8 Town, or City of 8. The City of 8 was the center of Thoth's worship, but the 8 refers to the Ogdoad of Neters. These ancient Egyptian primal gods are actually more specifically four pairs of masculine and feminine couples. Deeper still The Ancient Egyptian concept of the soul describes 8 immortal parts encapsulated within the mortal physical body, being the ninth mortal part.

It is very possible the 8 Neters inspired parts of The Biblical story of Noah and the great flood. There are a total of 8 humans on the ark which Noah built, four pairs in fact; Noah and his wife and his three sons and their wives. Nu (Nun) is the most well-known of The 8 Neters, phonetically similar to Noah. And Nu is the god of the primordial waters of chaos from which the world emerges. So there is a phonetic and idealistic relationship between Nu and Noah as well as the four pair concept. Below we see Nu carrying a solar bark in which are a version of the other seven Neters. The literal boat being an important part of Egyptian life and the metaphysical boat being a sacred part of the Egyptian consideration of the afterlife.

The Great Pyramid of Egypt is of course four sided, but now that the face stones have been removed and lost it is possible to note there are actually 8 sides to the pyramid, perhaps under the face stones at one point. The 8 sides can only be seen from above and most definitively on the Equinoxes. This is of course only one small concept of many built into geometry of The Great Pyramid.

I am One that transforms into Two

I am Two that transforms into Four
I am Four that transforms into Eight
After this I am One
~Coffin of Petamon, Cairo

The Sri Yantra (Picture 1) is a meditation tool of deep symbolic value, but one little amazing aspect of many is that it has four corners and four faces for a total of 8 gates. This quality of a direct four and subtle 8 is shared by most all mandala and yantra depictions. One of the concepts held by the Sri Yantra is that the triangles represent the individual being as well as the entire universal cosmos. The 8 exoteric directions and eight esoteric dimensions surround and imbue the microcosm and macrocosm.

In perhaps what could be considered as the primary Buddhist teaching there are four aspects to problematic being. And there 8 aspects to the solution. The Four Noble Truths of Buddhism are based on the four sufferings of life; birth, sickness, old age, death. The Four Noble Truths state there is suffering, there is cause to suffering (desire), there is solution to suffering (ending desire), and lastly there is a path to this solution. That path is The Noble Eightfold Path. The Noble Eightfold Path is symbolized in The Wheel of Dharma, dharma meaning life lessons essentially. (See Picture 2)

Right understanding

Right thought

Right speech

Right action

Right livelihood

Right effort

Right mindfulness

Right concentration

The I'Ching, The Book of Changes, is one of the oldest books on the planet. It is said to be authored by The Taoist iteration of Thoth/Hermes. The Book of Changes was written by Fuxi who is depicted as having a snake body from the waist down. And as the sacred geometer of the East is predominantly depicted with his feminine counterpart, Nuwa, holding a compass and square.

The Book of Changes (See Picture 3) is the text accompanying a divination practice involving reading into The Bagua, the 8 energies of the microcosm and the macrocosm. The 8 energies of the Bagua are depicted as trigrams, symbols made up of three lines, and are combined in couples to represent intuitive insights of what turns out to be sixty-four potentials. The lines are broken and unbroken, for Yin and Yang energies. And The Yin Yang symbol itself is based on four parts, Major and Minor Yin and Major and Minor Yang.

Western and Eastern spirituality are based on systems in which a four part system and the following related 8 elements are foundational and core components, hence the adoption and integration of these ideas into alchemy and all sorts of scientific and spiritual ideas. And yet it continues.

There is also The Chakana Cross of Inca and Andean people. The Chakana Cross symbolizes a bridge between the individual and the universal via 8 elements. Chakana means to cross or to bridge and it is said to symbolize The Southern Cross constellation which was believed to be the center of the universe to the Inca and Andean people who celebrated The Chakana.

The Chakana represents the three worlds, four elements/directions/, the four seasons, and four qualities important to Incan society, as well as the twelve months of the year. Certainly, there is more to the

symbol that accompanied and evolved with The Inca people over time, but much of it is lost due to the schism of colonialization. (See Picture 4)

Another more modern iteration of the 8 element symbolism is in The Vegvisir. It is worth exploration at least in questioning its derivation and in exploring the lessons or symbolism provided in regards to the other sets of the 8 element formation. The 8 element formation in the Icelandic magical symbol is called The Vegvisir, literally meaning the way shower. It is a symbol of protection that is at least 160 years old, and likely older, with the same 8 element formation. (See Picture 5)

Of further symbolical relationship in the form of 8 elemental lessons of the exoteric directions and the esoteric dimensions is presented by Mark Passio in his eloquent presentation on Natural Law. A symbol utilized as an image to his presentation is sacred geometry symbol The Seed of Life related to and the basis of The Flower of Life. This interwoven seven circle symbolism is encapsulated by circle 8. (See Picture 6)

And of course, I wrote The Tao of Thoth with more on the correspondence of the elements and focusing on embodiment of 8 Hermetic and Taoist lessons. Thanks for considering supporting the book.

What is the meaning of all this correspondence of the 8 elements and 8 elemental lessons? The meaning is certainly found within you, for you. However, in my opinion the individual sets stand on their own as modalities for progression of character and individuation. And equally the lessons from one set or another reveal things which were perhaps elusive or mysterious about another set when contemplated via the shared 8 directions and 8 dimensions correspondence. It is apparent that there is inspiration toward individuation in the shared symbolism as well as ideas for situational comprehension and decision making.

It is possible the frequency of the correspondence of 8 directions and 8 dimensions just exemplifies how we think. And it is also possible it shows that the idea is somehow universal and yet decipherable in individualistic ways. Perhaps that is part of the personability of the symbolism that we relate to and which inspires us. The 8 elements sets are a compass of comprehension to be used towards your ascension, your development – as you decide and direct, but based on universal principles. With comprehension of the 8 elements we can plot our course to not only be in the right place but to be placed right.

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.

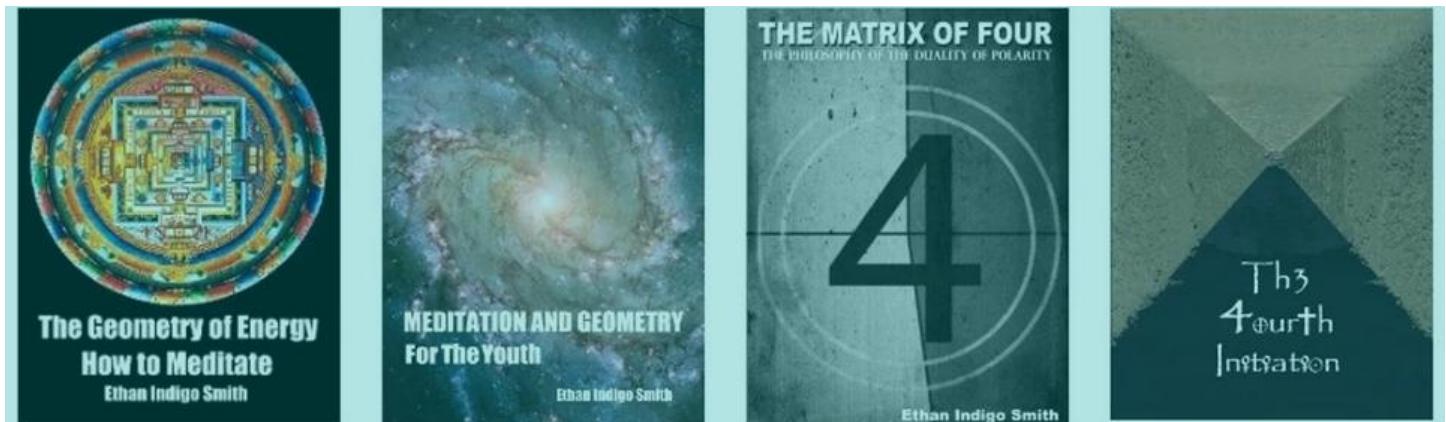
Ethan's website: <https://geometryofenergy.weebly.com/>

Interview with Ethan



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

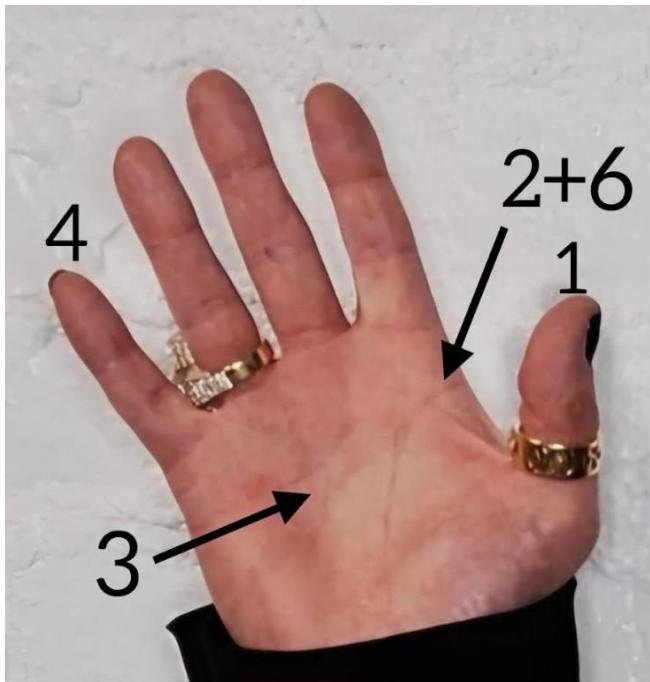
Ethan's Books



Find Ethan's books on Amazon:

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Palm Reading Of Ozzy Osbourne By Oliver Reynolds



'Ozzy Osbourne would have said palmistry is a load of old b*****s, having the hands of an earthy skeptic. In fact, if it wasn't for his hugely creative headline and powerful imaginative Luna mount, he'd have been narrow minded.'

The late Prince of darkness had a 'Practical hand'. The firm but fair type, often seen in construction site managers. The type who enforce rules, so long as they can find it in themselves to respect them, otherwise, they follow their own.

There are many contradictions in his hand, which make him extremely complex. This is not surprising being neuro-divergent, Ozzy had both ADHD and dyslexia. ADHD is often seen in 'many lined' hands with a doubling of the lifeline and girdle of Venus - both of which Ozzy has.

Much of Ozzy's life was televised, but the hands reveal all. So, what do they show that we don't already know?

And what are the signs of a skeptic in palmistry?

Analytical fingers are always seen on the hands of those who nitpick, having an eye for detail. His fingers are almost level with each other as they emerge from his heavy hand. This is known as the 'Tudor arch'. He was fully confident in his actions, trusting his judgment, pushing on through with self-assurance and even aggression at times, whether he was right or wrong.

1. His heavy thumb is stiff, short and low-set. His heart was always in the right place; he expressed feelings immediately rather than bottling them up. He was efficient and quick to judge, but not necessarily to act. He was incredibly stubborn. The inability to open his thumb out 90 degrees shows a difficulty to be open to concepts that challenge accepted views. (1st sign of a skeptic. This is the bit where you look at your own hand). It comes as no surprise to see he has both the angle of time and angle of

pitch, being musically gifted.

2. His Life and head Lines are joined for a longer length than average. In Chinese palmistry, Ozzy would have been referred to as a tortoise, one who commits to goals and overcomes all challenging odds and terrain.. eventually. One who plods through life in their own way, and at their own pace, slowly. This sign leavens the Tudor arch somewhat, as it's a sign of over-cautiousness and even shyness. This contradiction in his character adds a layer of complexity. He took his time with decisions and was confident in action, but likely always struggled to be confident in himself. (This degree of caution is the 2nd sign of a skeptic.)

3. It is difficult for people to be open and open up, unless they have more than 1cm between the head and heart line throughout. A smaller space than this is a sign of blinkered thinking. (3rd sign of a skeptic). Ozzy appears close to this, although his headline in his late 30s changes direction, increasing this space, showing his perceptions shift. He was immensely creative as shown by the sheer curvature of this line. The length of this line shows an obsessive mentality and an ability to picture finished results; he had an abundance of vision. This mental state of living in the future is the definition of anxiety, and commonly seen in the hands of those with many lines, and those who are neuro-diverse.

4. The combination of the length of his headline and the length of his Mercury finger shows he was very intelligent. A sharp tip of mercury always shows a sharp tongue; he was verbally quick off the mark and witty.

5. His left hand shows a bow of intuition. This rare and unmistakable feature, terminating on outer Mars, reveals his overall goodwill and powerful personality, and is said to be a sign of a great amount of control over imagination. Due to this marking, Ozzy was able to use his intuition productively, and possessed an almost hypnotic ability, having a great impact on those he came into contact with. This sign meant he could set new trends in thought and behaviour, having a sort of magical and positive effect on those around him, his audience.

6. His right-hand lifeline shows an ambition line at age 18. Then difficulties began where he started to claim his independence until age 22 - the age he met his wife. From this time, a success line can be traced, rising across the Apollo mount and towards Mercury. Ozzy shot to fame from the age of 22 onwards. His relationship line shows this as marriage in his mid 30s.

A disturbance is seen at this same time on his lifeline. This event literally changes the course of his lifeline. In 1982, Ozzy's lead guitarist Randy Rhoads died in a plane crash. Ozzy said "Randy Rhoads was quite possibly the best composer & musician that I have ever met in my life."

At age 65, his health line comes into contact with his lifeline, creating an island, where he was possibly first affected by his rare disease. Remarkably, his health declines from this time onwards. Most begin this descent at age 50. This shows exceptional vitality and capacity to overcome any obstacle.

Our left hands reveal our genetic and inherent traits. His girdle of Venus stops his fate line on his left hand at the age of 70, the age he was diagnosed with his rare genetic form of Parkinson's disease. Being the stubborn tortoise he was, he defied this, continuing his career, dying just weeks after his final show at the age of 76.

In my opinion, he died far too young, but legends never truly die.

"The thing about life is that by the time you're older and you begin to understand, you die!" - Ozzy Osbourne.'

About Oliver: Oliver Reynolds/Pisces Palmist is the soul-led work of Oliver Reynolds, an intuitive hand analyst with over two decades of experience reading the sacred map of the palms. His approach weaves ancient knowledge and modern palmistry techniques together, with spiritual and psychological insight, to reveal a person's life path, soul lessons, and hidden gifts. Known for his accurate readings and compassionate presence, Pisces Palmist offers guidance that resonates beyond the physical; helping seekers reconnect with purpose, alignment, and inner truth. His global practice is rooted in trust, with a money-back promise that's so far, never once been requested.

Oliver's website: <https://www.piscespalmist.com/>

Oliver's Video



Link: https://www.youtube.com/watch?v=92_tyE1PeRA

The 144,000 By Richard Hughson

When you have a heart to
serve and help others it
unlocks something in you

I've heard that some people say they'd like to be part of the 144,000 mentioned in the Bible, which is a righteous wish. Let me start by saying it's not an exact number with a cut-off when filled, nor does it have to be completely filled. The number was meant to describe something unimaginably large to the people of the time. It's not just 12 X 12. It's 12 X 12 X 1000. I hope you get my meaning that it's not a set group. It's not chosen by a number. It's volunteered from the heart.

The path requires astonishing self-honesty. You simply need to do the 'next right thing', not because it'll bring you into the fold, but because it comes from love.

You have to be able to discern if you're helping the little old lady across the street because it advances your cause, or because you feel it in your heart and are truly helpful.

In my very first psychic reading I was told there was someone, probably only a few years older than I, whom I would have the opportunity to be of assistance to. I was told it might be difficult but if I chose to take it on it would be a great benefit to the guy, and to me afterward.

Being eager, I searched around for who this might be. There were a couple of older fellows at work which I developed good friendships with. Each friendship was enjoyable but didn't seem to carry the importance the reading had given it.

After a while I completely forgot about the reading and about searching for anyone in particular.

Years later as a friend's health deteriorated I spent more and more time helping him, eventually moving to within two miles of his house. As my assistance level increased I finally remembered that old reading from long ago, and realized it was this guy whom I had the opportunity to help, and be helped in return.

This is surprisingly common with future scenarios which are eagerly looked forward to, they often don't come true until after you've forgotten about them.

The old farmers I grew up around used to begin a sentence with, "Believe, you, me..," whenever they wanted to state something emphatically. So I say here; believe, you, me, I searched myself up, down, and sideways trying to discern whether I was helping this friend simply because of that reading or because I honestly felt it in my heart. It was the beginning of me learning to use self-honesty like a scalpel. That's what we all need to do.

As you progress spiritually, tinier and tinier bits of ego can corrupt your efforts and diminish your effectiveness. It's that 'razor's edge' they talk about.

So do the right thing. But do it because it's in your heart to do so. It's amazingly easy to play head games with ourselves, to be self-deceiving and to invent justifications for following our selfish desires. Such things are part of the human condition, and will always be counter productive to spiritual advancement.

On the other hand, realize that we will make mistakes, and that we can learn from those mistakes. Please understand that making honest mistakes then honestly correcting them is an important facet of any learning process. The more honest you are, the more righteous your process will be. So go ahead and jump into it. You will learn your way through.

You, and the world, will benefit.

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

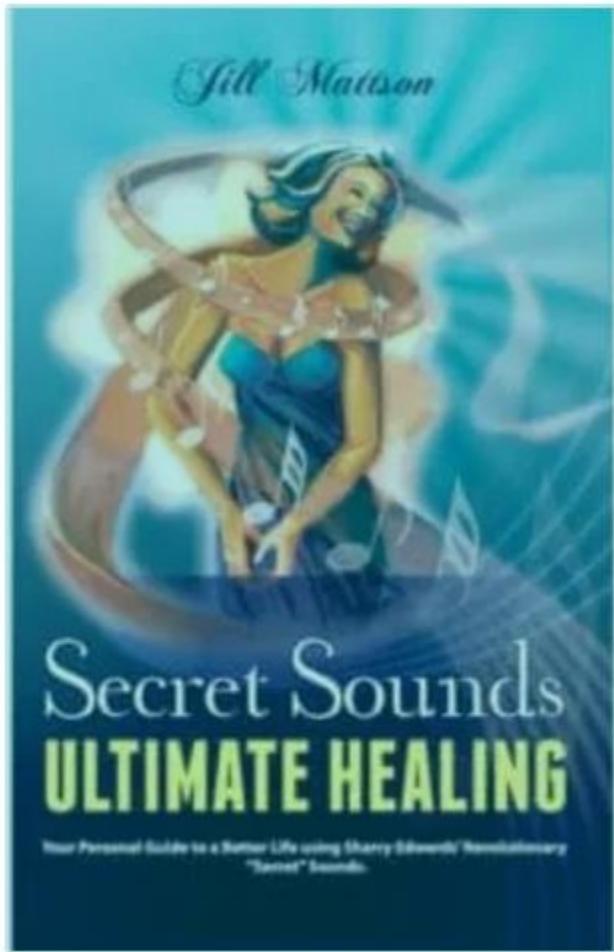
Their adventures included healing the Dalai Lama and a healing by Mother Meera. All have relevance and deep implications for personal growth and the future of humanity. Richard shares the joy of his spiritual growth as a healer through storytelling, hospital clowning, and even as Santa. He leads workshops on Healing with Humor and lectures on Tom Sawyer at spiritual conferences and IANDS chapters across the country. He has authored the Heart-Session Meditations blog for 16 years at <https://heart-session.blogspot.com/>.

Interview With Richard



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

Romantic Music By Jill Mattson



Music in the Romantic era fragmented a- musical experimentation continued. Music became a matter of personal preference, not mystic or scientific explanations of universal energy.

According to Cyril Scott the graceful and *elegant music of Chopin [1] awakened the desire for culture*. The music sang like poetry and was enticing, leaving people hungry for more. As a result women who had been perfectly content to stay at home and make antimacassars for the household chairs joined societies for poetry and the refined arts. It was the beginning of the emancipation of women. [2]

During the Victorian era children were to be seen and not heard. They were punished for their natural exuberance, romping and making noises. Robert Schuman's music [3] abounded with innocence, tenderness, humor, questioning, fancifulness and dreaming, which he implanted in the hearts of listening mothers. Scott relayed that Schuman's music deepened the understanding of and improved support for children. Scott reflected that the Montessori system was inspired by this vibrational influence. The post impressionistic artists, Van Gogh, Gauguin and later Picasso, later displayed childlike qualities in their artistic pieces, but the sense of the childlike spirit originated in music.

Piano music displayed conflicting rhythm patterns at the same time. For example, the right hand of a piano player may play five notes per measure while the left hand's speed runs at six notes per measure, creating a 5/6 rhythmic ratio. Pieces abounded with all kinds of unusual rhythmic ratios such as 3/2, 4/3, 5/4.... These ratios are similar to those that create intervals. Rhythms and pitches are parallel in this way.

Redmond uncovered that our brain hemispheres can attune to these conflicting rhythms. "Not only do the two hemispheres of our brains operate in different modes, they also usually operate in different rhythms. The right brain generates alpha waves while the left-brain is in a beta state. Or both hemispheres can be generating the same type of brain wave, but remain out of sync with each other." [4]

Richard Wagner [5] was a German composer, conductor, theatre director and essayist, but primarily known for his operas. Wagner's compositions featured complex texture, rich harmonies and upward movement that lifted the listener to new realms. Wagner formed musical themes that painted individual characters, places, ideas or plot elements, making his music symbolic. *Wagner's was not afraid of discord. His music expressed realism, negative feelings, pain and suffering.*

Wagner's dissonant sounds would have terrified many ancient leaders. With flagrant disregard for rules, Wagner's methods were scandalous, but inspired freedom. Scott clarified, "In order to attain unity, Wagner was breaking down barriers to unity." [6] With elegance he frequently transitioned into keys with no relationships that left the listener "floating" higher and higher without any grounding. Scott continued, "Wagner's music momentarily transported people to that exalted plane and rose to that state of unity of selfless and unconditional love." [7]

After noting that music can be used in positive and negative pursuits, Scott further fleshed out the impact of Wagner's music, "Wagner's music, coupled with the equally strong elements of the romantic and heroic, aroused the Germans to that feeling of intense nationalism for which they became notorious... Hitler himself loved Wagner."

Scott reviewed *the influence of Johann Strauss, the "Waltz King" of Vienna. [8] Since the music of Strauss "revolutions and social upheavals have increased and all the various 'isms' aiming at greater freedom and self-expression have become more widely diffused.* Strauss, with his daring blending of anti-conventional harmonics and melodies' exuberance, emotionalized humanity in such way that they aspired to break the bonds and become free." [9]

Strauss's music was "a German sweetness, for Strauss is even more national than Wagner.... Strauss not only caused the Germans to feel even more sentimental about their country than his predecessor, but by a grandiose portrayal of battle through the medium of music he glorified war and strife, thereby creating a thought-form which was used by the Dark Forces to help precipitate the war itself." [10]

Scott continued with musical history by analyzing the music of Claude Debussy, [11] a French composer. Along with Maurice Ravel, Debussy crafted impressionist music. His music is known for its sensualism and avoiding any key signature. Debussy's music channeled a refined energy of feminine sensuousness. Often Debussy's work reflected turbulence in his own life.

The music of nature is characterized by its soft subtle qualities. *Debussy wrote "pure nature" music, displaying the realms of gnomes and fairies.* Nature spirits sing, dance, bathe in moonbeams and shower in early morning dew, without the moral and philosophical thoughts that laden humans. They play in the breeze and laugh with the brook, creating an entirely different dimension than our emotional plane. Debussy's music makes us feel we are dancing with the nature spirits.

Music once again embraced the old concept of mimicking sacred geometry. Merrick reflected, "Incredibly, music emerged from the Dark Ages into the 20th century only to reach the Greek harmonic ideal of an apple - a circle inscribing a pentagram. Was this... a byproduct of subjective Romanticism or was it designed intentionally based on Egyptian/Pythagorean philosophies? Debussy's emphasis on the

pentatonic scale surrounded by the odd-even circularity of dual whole tone scales certainly could be seen as a grand musical allusion to the ancient pentagrammon symbol." [12]

Claude Debussy was the grand master of the Priory of Sion for 33 years between 1885 and 1918. [13] He fraternized with many well-known Rosicrucians, who were also deeply involved in the ancient mystic teachings. [14] Surely he was aware of the patterns of the tritone and proportions found in natures that were used in music.

[1] Frederic Chopin, 1810 - 1849, was a composer, virtuoso pianist and music teacher. He was of French-Polish parentage. He was one of the great masters of Romantic music. All of Chopin's works involve the piano. They are technically demanding but emphasize nuance and expressive depth. Chopin invented the musical form known as the instrumental ballade and made major innovations to the piano sonata, mazurka, waltz, nocturne, polonaise, étude, impromptu and prélude.

http://en.wikipedia.org/wiki/Fr%C3%A9d%C3%A9ric_Chopin

[2] Scott, Cyril. *Music Its Secret Influences throughout the Ages*, Samuel Wisner: N.Y., 1958, Pg. 86.

[3] Robert Alexander Schumann, 1810 - 1856, was a German composer. He is regarded as one of the greatest and most representative composers of the Romantic era. [

[4] Redmond, Layne. *When the Women were Drummers: A Spiritual History of Rhythm*, Three Rivers Press: N.Y. 1997, Pg. 173.

[5] Wilhelm Richard Wagner, 1813-1883

[6] Scott, Cyril. *Music Its Secret Influences throughout the Ages*, Samuel Wisner: N.Y., 1958, Pg. 97.

[7] Scott, Cyril. *Music Its Secret Influences throughout the Ages*, Samuel Wisner: N.Y., 1958, Pg. 98.

[8] Johann Strauss 1st, 1825-1899, was an Austrian composer of dance music and operettas. He composed over 500 waltzes, polkas and other types of dance music, as well as several operettas and a ballet. He was largely responsible for the popularity of the waltz in Vienna during the 19th century.

[9] Scott, Cyril. *Music Its Secret Influences throughout the Ages*, Samuel Wisner: N.Y., 1958, Pg. 103.

[10] Scott, Cyril. *Music Its Secret Influences throughout the Ages*, Samuel Wisner: N.Y., 1958, Pg. 102-103.

[11] Claude-Achille Debussy, 1862 -1918

[12] Merrick, Richard. *Interference: A Grand Scientific Musical Theory*, Merrick: Texas, 2009, Pg 67.

[13] According to the Prieure Documents

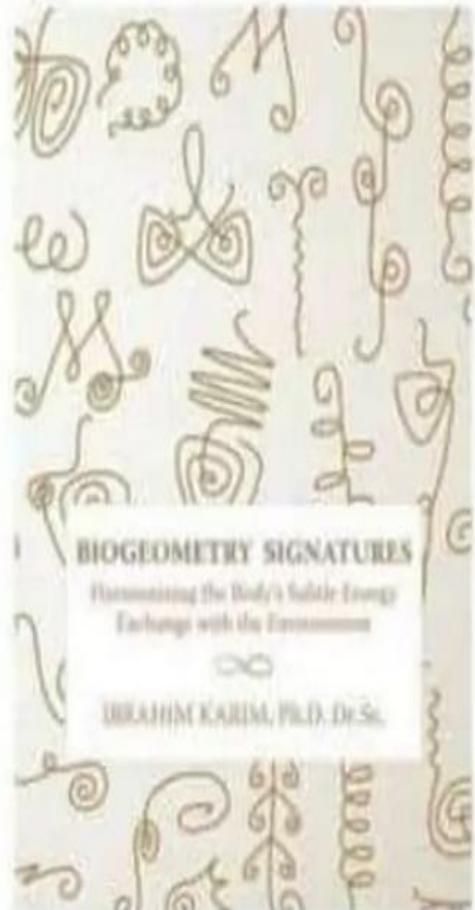
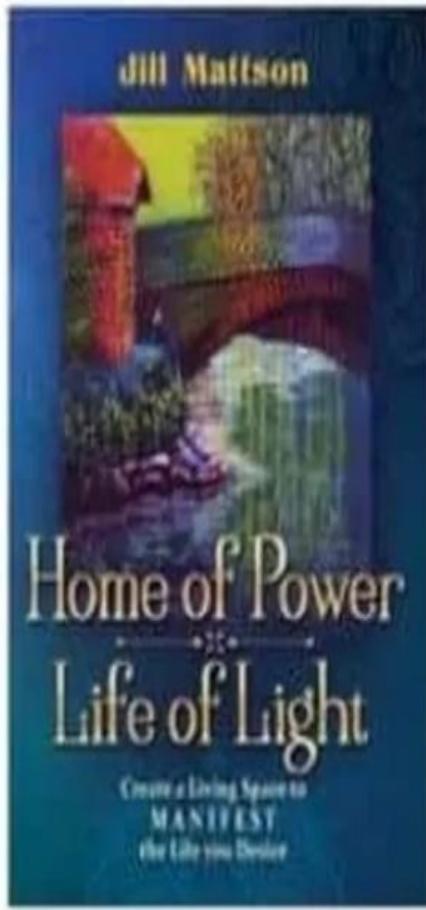
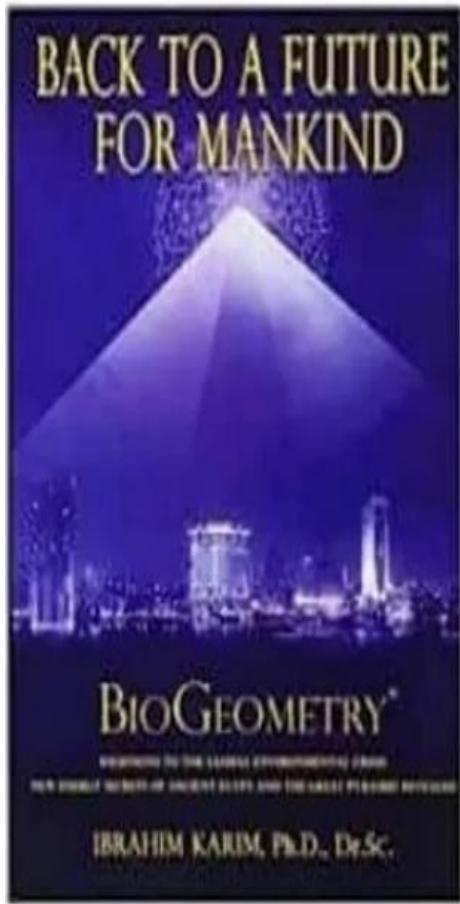
[14] Frers, Ernesto. *Secret Societies and the Hermetic Code*, Destiny Books/ Inner Traditions: Vermont, 2005, Pg.171.

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

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

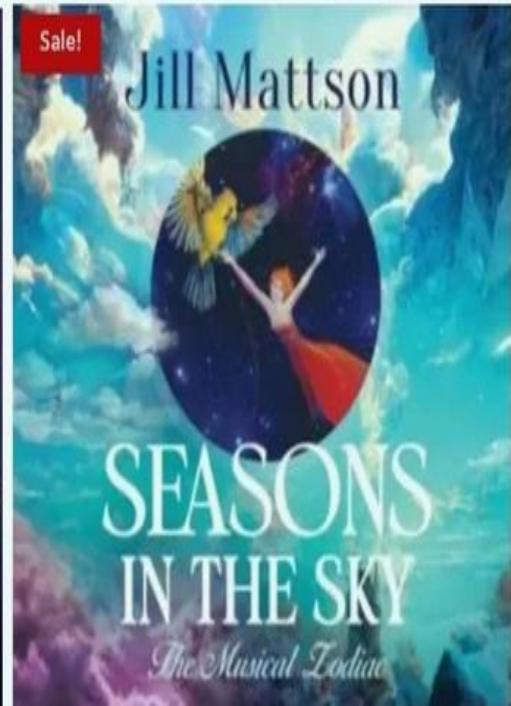
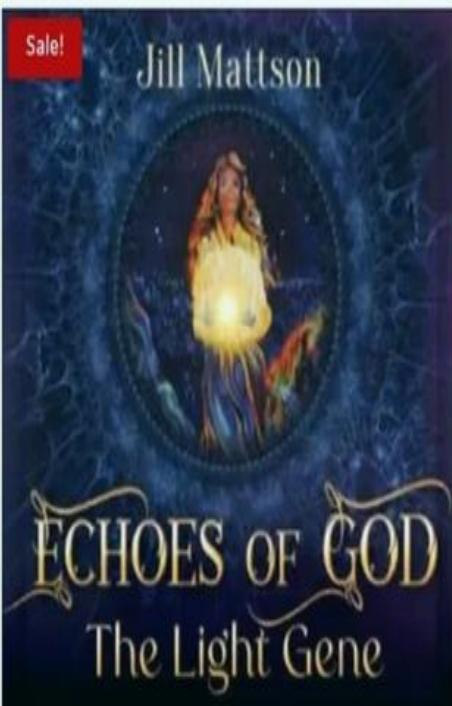
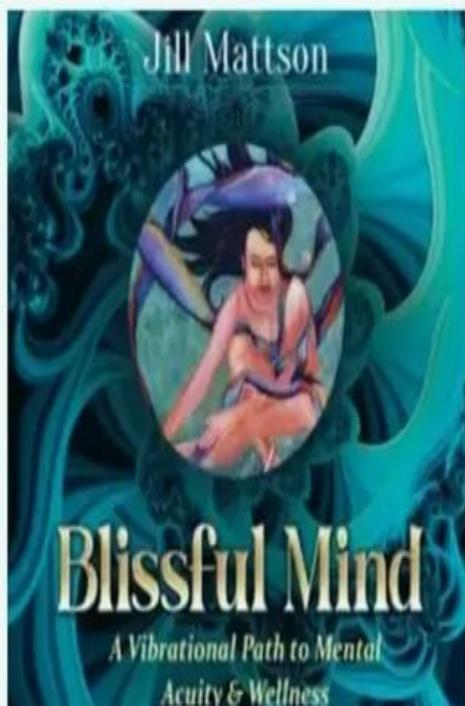
Jill's website: <https://www.jillswingsoflight.com/>

Jill's Books



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

Jill's Music



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

Interview With Jill

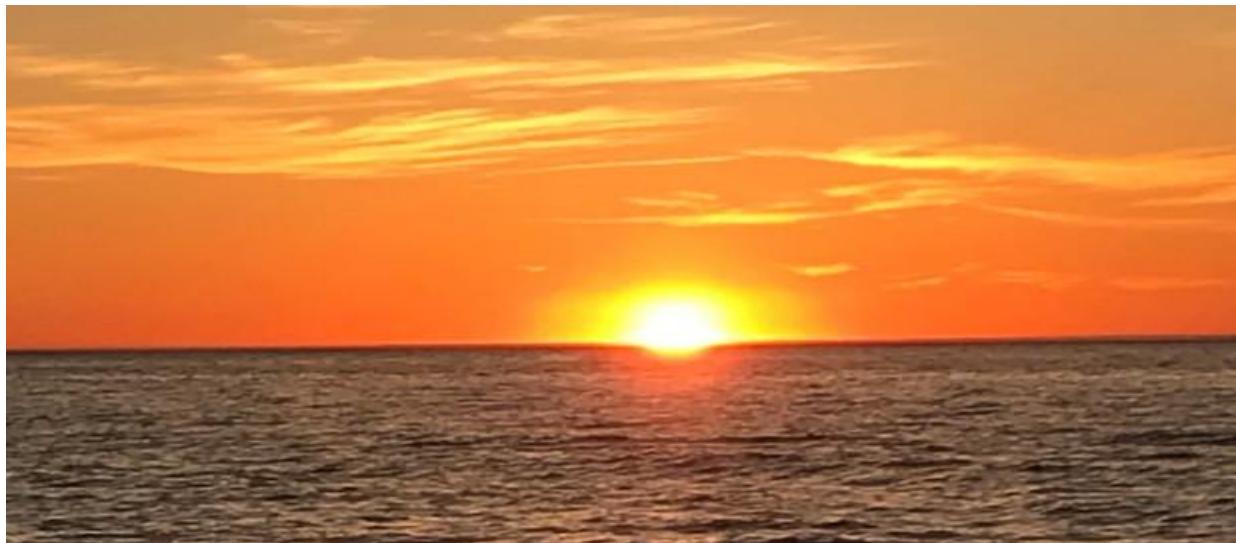
ROC Metaphysical Interview with Jill Mattson

ROC Metaphysical
Interview with
Jill Mattson
January 1 2023

Watch on YouTube

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

fire By Monique Lang



**Fire is considered the great transformer.
Without it's warmth we cannot survive very long.
With too much we also cannot live.**

**What fires you up?
What helps you transform?**

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

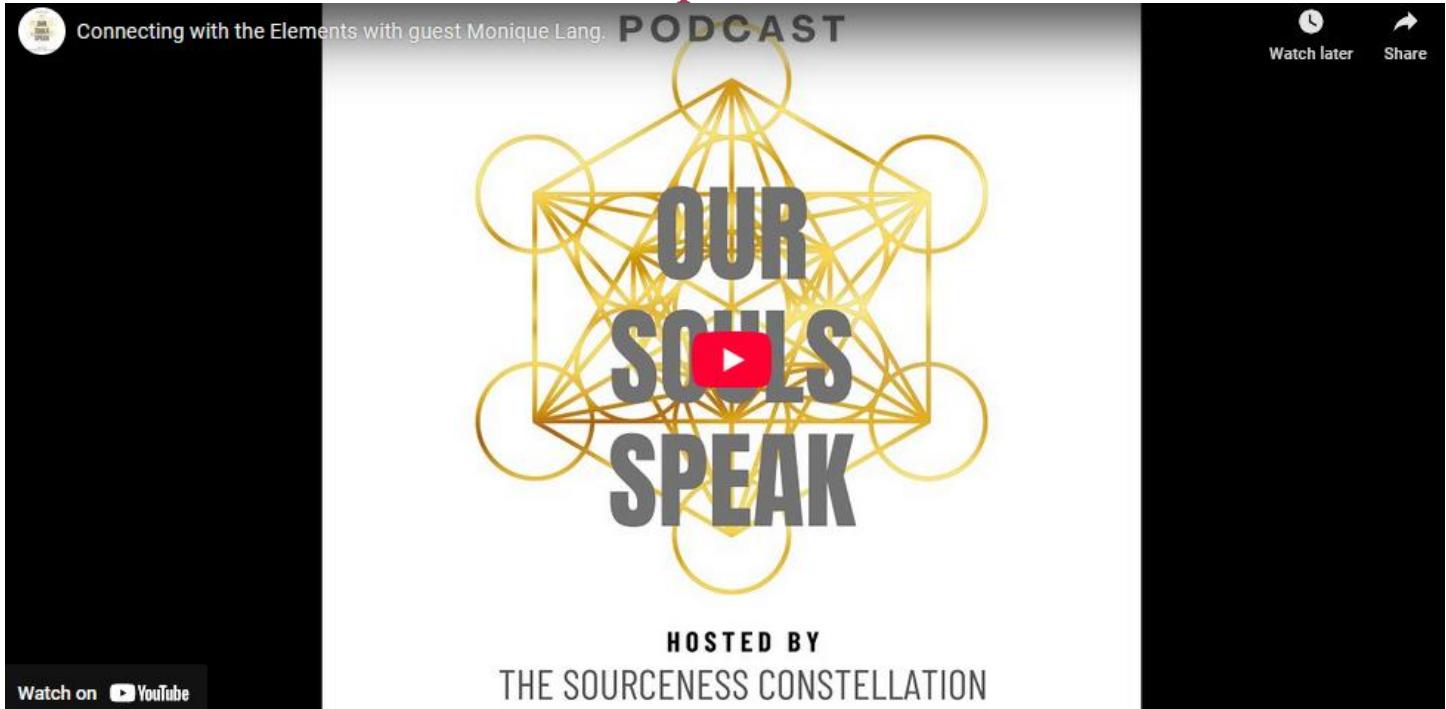
About Monique: Originally trained in psychoanalysis and Gestalt, I am certified in Internal Family Systems, Sensorimotor Psychotherapy, Comprehensive Resource Model and Past Life Regression. I am certified in both Reiki and Shamanic practices and ceremonies. In addition I have been a student of Meditation for over 20 years.

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

Prior to becoming a psychotherapist I was an editor and a security analyst for a financial institution, a translator, an office manager for a community action group and program director in a community center where I developed several programs. These varied experiences have given me a wider lens to understand and connect with my clients. In addition to providing psychotherapy to individuals and couples, I co-leading trips to South America to connect with and learn from Indigenous healers and wise elders, run a variety of workshops, teach clinicians how to use a multi-modal approach in their practices and help individuals and organizations in program visioning and development.

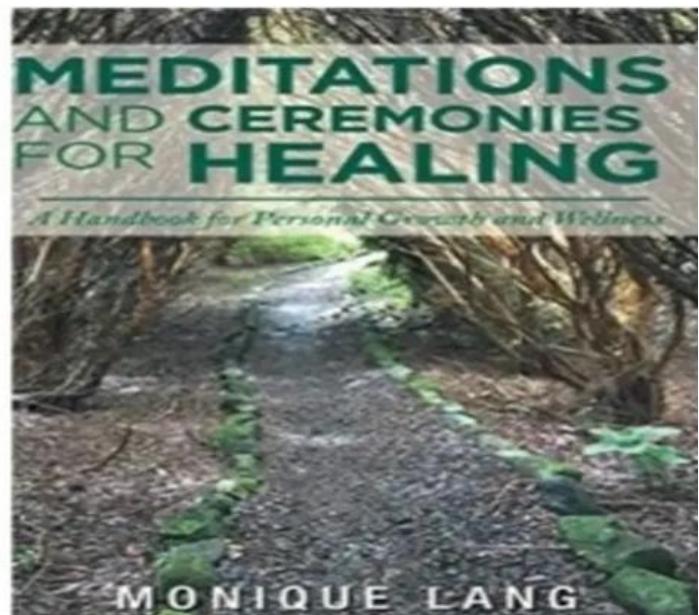
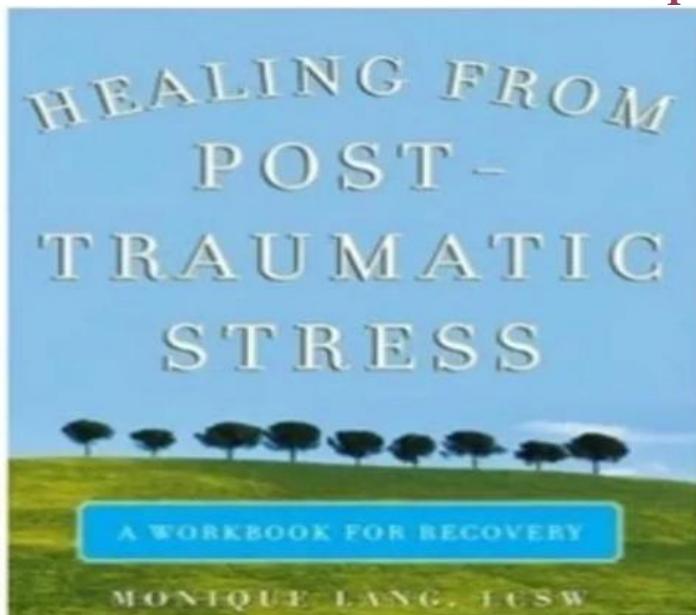
Monique's website: <http://www.moniquelanglcsw.com>

Monique's Video



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

Monique's Books



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

Coming From Very Different Families

By Barry & Joyce Vissell



Barry and I came from very different types of families. In my family, when someone talked, everyone else listened. There was respectful interest in whatever topic someone brought up. No family is perfect, however. Like I said before, my family had trouble accepting my sensitivity. In addition, feelings in general were not acceptable. When my parents were upset with each other, there was an icy silence at the dinner table. It was painful for me to be the only one to feel their invisible anger.

Barry, on the other hand, came from a loud Brooklyn Jewish family. When I first visited his family at age eighteen, I was shocked to observe that everyone talked at the same time. It was like stepping into the movie, *My Big Fat Greek Wedding*. It seemed to me that no one was listening to anyone. If someone really wanted to be heard during a meal, they simply spoke louder than everyone else. But that rarely worked, for eventually, it seemed to me that everyone was speaking in loud voices, almost shouting. I felt intimidated. I felt like hiding in a closet. Barry seemed to not notice any of this and just sat quietly eating his meal. This was “normal” to him.

In my family, the emotions were hidden. In Barry’s family, it felt like they were over-expressed. There was a lot of yelling. Barry apparently coped mostly by withdrawing like a turtle into his shell.

When I first met Barry’s father, he didn’t ask me the traditional questions like, “Where does your family live? What is your major in college? Do you have brothers or sisters?” Instead, he came down the stairs, shook my hand and asked, “Do you know how to make tuna salad?”

I said, “Yes. My mother was a good cook and taught me from the time I was quite young.”

“Please tell me how you make tuna salad.”

I felt embarrassed, put on the spot by someone I had just met, but still wanted to impress.

“Well, I mix the tuna with mayonnaise, and maybe add a little salt and pepper...”

I wasn’t finished, but he waved his hand dismissively and smiled, “You don’t know how to make tuna salad.” He then proceeded in the next half hour to explain how he made tuna salad, even demonstrating with an imaginary knife the special way he chopped up the celery, an important ingredient that I “forgot.”

That was my first contact and conversation with Barry’s dad, and I have never forgotten it. His love for food seemed strange to me at first. His eccentricities were sometimes over the top, but I grew to love these qualities about him. He truly didn’t care what people thought about him, a quality that had its positive and negative sides. Barry seems to have inherited this particular quality, and is one of the things I admire about him, unless it embarrasses me.

Barry’s dad loved to go to the grocery store each morning. He would wake up with a list in his head. Often, while waiting in line to pay for his groceries, he would look into the shopping carts on both sides of him. Once, he noticed asparagus in a woman’s cart, and said to her, “Excuse me, but what are you planning to do with that asparagus?”

The woman seemed at first surprised by his inquisitiveness, but finally said, “I’ll probably just steam them.”

Again, the dismissive wave of his hand, and then, “No, not good enough! Here’s what you should do with the asparagus.” And he’d tell her, in detail, even though it was obvious that she would rather be anywhere but here in line with this strange man.

With Barry’s dad, the main subject of conversation during a meal was the next meal! Not only was he overweight, but he had chronic angina pain and hypertension. Barry’s mother constantly admonished him about his over-eating. Consequently, he often saw people through the filter of weight. If a particular person was brought up in conversation, his typical comment was one of two choices, “He or she has gained,” or “He or she has lost.” When Barry and I would visit their home, he’d appraise each one of us, and announce, “You’ve lost” or “You’ve gained.”

Besides his dad’s preoccupation with food itself, the kinds of foods were also strange to me. I’ll never forget my horror when we sat down to lunch during that same first visit, and yes, there was tuna fish salad on the table. I watched Barry’s dad take a piece of gefilte fish from the jar and slide it into his mouth. With a glint in his eye, he lifted the jar to his lips and drank the slimy gel. “Ahhh,” he said, putting down the jar, with the gel still clinging to his mustache, “That’s the best part of all.” He offered a piece to me, which I politely refused.

Barry’s mom had been a first-grade teacher for twenty years when I first met her. She loved children very much, but she sometimes treated her grown children as part of her first grade. The first meal I had at their house, I was politely told, with a voice that sounded like it was addressing six-year-olds, that I must wash my hands first and not to forget to use soap and scrub carefully until they were “squeaky clean.” Though surprising at first, this quality became endearing to me.

Both Barry and I came from loving families. But as you can see, they were different, as well as having their own share of dysfunction. It was shocking for Barry to sit at our family table and realize that, when he spoke, everyone else would listen to him. At first, it made him uncomfortable, but he got used to it.

Even from the early age of eighteen, Barry knew that part of loving me was also loving my family. He couldn't change how they were, so he found a way to fit in, just as I needed to do with his family. I never did learn how to make tuna salad as precisely as Barry's dad. At first, I was a little intimidated, then, a few years later, we became vegetarians. No, not because of the experience with Barry's dad.

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

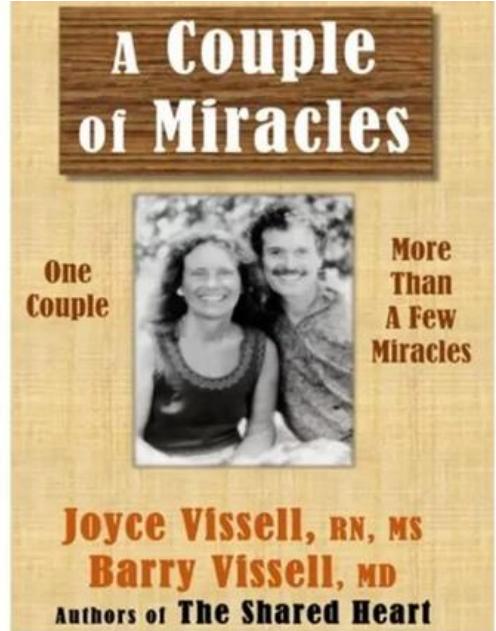
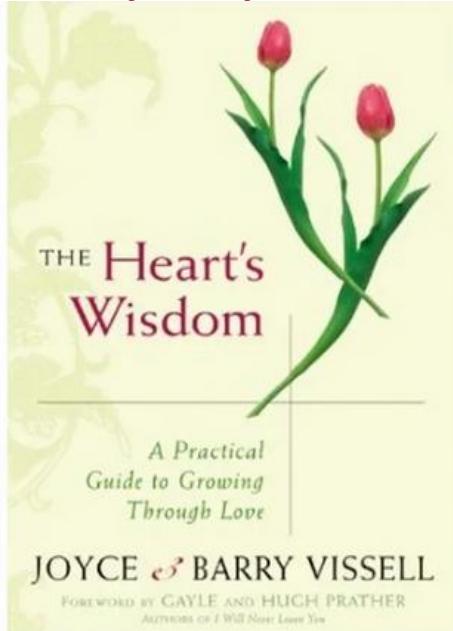
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce's Video



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Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/Bo01K8JARo?ref=dbs_p_ebk_roo_abau_oooooo

The Ache Of Awareness: Moving From Privilege To Purpose

By Rev. Colleen Irwin



It was early, just after sunrise, as I drove my stepson to work. The city hadn't quite woken up. A man sat slumped near a building, his face etched with exhaustion, simply trying to exist. I've seen people without housing before—many times—but that morning, something shifted in me.

What I felt wasn't pity. It was a deeper ache. A knowing. That could be us. The ground beneath us, like so many others, could shift without warning.

We are, for now, financially secure. We own our home. We can afford assisted living for my mother-in-law. We aren't choosing between prescriptions and groceries. But none of that feels permanent anymore.

I've been watching *We Were the Lucky Ones*—a haunting story of war, resilience, and the terrifying randomness of survival. Each episode unsettled something in me. The parallels are hard to ignore: safety snatched from ordinary lives, people doing whatever they can to hold on to dignity, to faith, to one another. There's a particular moment when even those who thought they were "safe" within Poland realize the brutality extends beyond a single group.

And lately, I can't help but feel we are standing closer to that edge than we realize. That morning, Spirit pressed a quiet but firm message into my chest: You will be asked to do more.

Not out of guilt. Not out of savior-ism. Out of readiness. Out of truth.

A Different Kind of Privilege

For years, I equated privilege with wealth. But what I've come to understand is more layered. Privilege is having options. It's living without the constant anxiety of survival. It's having space to reflect instead of react.

I don't say this from a pedestal. I say it from a place of deep awareness—because I know how thin the line is. A few policy changes. A single diagnosis. An economic downturn. A government that no longer values the vulnerable. That's all it takes.

So when I say I live with privilege, I don't mean comfort without consequence. I mean I'm lucky today. I mean I haven't forgotten how fast that luck can change. I mean I can't look away—not anymore. And I won't.

When You Feel the Stirring but Don't Know What to Do

That morning didn't leave me with a task. Spirit didn't drop a job description in my lap. But the stirring hasn't gone away. It lingers. It hums underneath my day. It says: "Pay attention. You'll be needed."

I've tried to "do something" with it. I've been writing more about the shifting political landscape. I've been reflecting, praying, even looking into volunteer work. But nothing has clicked. Nothing has felt aligned.

And here's the hard truth I've had to face: I don't know if I'm waiting on Spirit—or if Spirit is waiting on me.

Is this a sacred pause, or am I stalling in spiritual language? Is my discomfort a nudge toward preparation, or am I protecting myself from stepping into messier service? The "not-yet" space can be honest spiritual waiting. But it can also be ego.

Ego says: "I'll help when I feel totally ready." Spirit says: "Start becoming who you need to be now."

Spiritual Practice: Discerning Between Ego and Readiness

If you're in this space too—the space of sacred uncertainty—here's how I'm moving through it:

- Ask the harder question. Instead of "What should I do?" ask, "What am I afraid to commit to?" Notice your energy. Is your stillness rooted in peace—or avoidance?
- Seek Spirit in the discomfort. Let the ache guide you to what's unfinished inside. Write with rawness. Journal this: "If I knew I wouldn't fail, how would I show up right now?"

This isn't about rushing. It's about being honest. Sometimes waiting is wise. Other times, it's protection in disguise. The only way to know is to listen more deeply.

A Gentle Call to Those Feeling the Ache

If you feel it too—the unease, the pull, the awareness that something is shifting—you're not imagining it. Spirit is stirring many of us. And it's no longer about personal evolution alone. This is collective. This is sacred responsibility.

Especially for those of us in our second season of life, it can be tempting to step back. To believe we've done enough. To hope someone younger will step forward.

But Spirit doesn't work that way. Spirit calls the willing. Spirit calls the awake. Spirit calls the ones who know what it's like to lose, to endure, to remember.

This isn't about martyrdom. It's about showing up from your wholeness, not your wounds. I'm still learning what that looks like. But I know it begins here: with honesty, humility, and a refusal to numb out.

Spiritual Practice: Becoming a Vessel, Not a Hero

We may not know the next step, but we can prepare our hearts to say yes when it comes. Let this be your quiet commitment:

- Tend to your inner life. Not as self-indulgence, but as spiritual preparation.
- Stay alert. Read. Listen. Pay attention to what makes you uncomfortable.
- Offer what you can, when you can. A word. A post. A conversation. A prayer.
- Don't wait to feel perfect. Wait to feel aligned—and then move.

Spirit doesn't need us to save the world. But Spirit does need us awake in it.

A Prayer for the Willing

If these words resonate, speak this prayer—not just once, but as often as you need to:
“Spirit, I am listening.

I do not know what's next, but I am willing.
Let my clarity become someone's hope.
Let my stability become someone's support.
Let my life, just as it is, become useful to You.”

You don't have to be ready. But if you're willing—really willing—Spirit will show you what's yours to do. And that will be enough.

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

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

Colleen's Media Links:

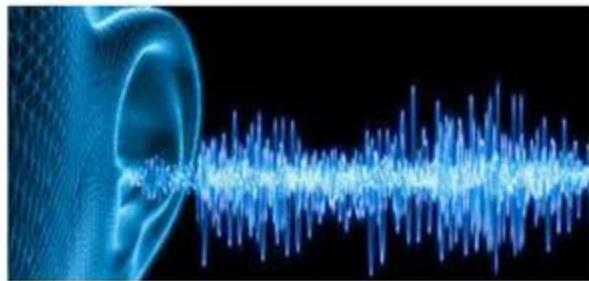
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Pinterest: <https://www.pinterest.com/talkwithcolleen/>
YouTube: <https://www.youtube.com/@talkwithcolleen>
Website: <http://talkwithcolleen.com/>

Interview With Colleen



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

What Can Sound Healing Do For You?



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

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

4 benefits of sound healing

1. It's super-relaxing

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

2. It helps clear energetic blockages

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

3. It boosts your health

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

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

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

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

Learn about 432 hertz.

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

cosmos.

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

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

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

Take some me time and listen to the video.

Listen to the video

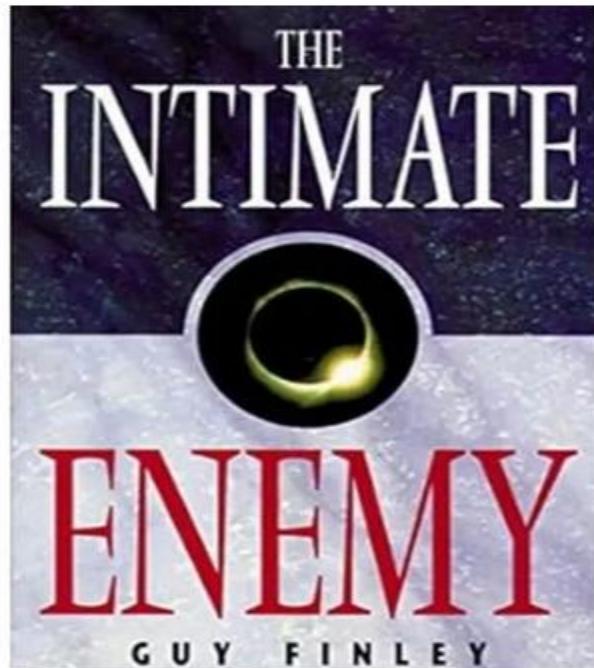


Link:

https://www.youtube.com/watch?v=pnkFJoNQrkM&list=RDpnkFJoNQrkM&start_radio=1

A Revelation To Help You Transcend All Past, Present, And Future Troubles

By Guy Finley



Key Lesson: Our true nature is not discovered by acquiring new knowledge, but by awakening to what has always been present: the light of a living awareness, waiting to be awakened, and realized as being inseparable from one's True Self.

For Further Study

- Once we realize that whatever we will bring into our awareness has always been an aspect of our own consciousness, only not yet awakened to, we also understand this liberating truth: *nothing exists outside of us*. All destinations are already within us, including the Love we are searching for and the unconditional freedom that It alone has the power to grant.
- The secret inlet into the realm of what is timeless and eternally true is our awareness of the present moment; for our awareness of now is not an awareness of a given time, but is vested in that higher consciousness through which the things of time move in and out of creation.
- It is the light of awareness that first reveals to us hidden aspects of our own nature that we can no longer continue being, and that then acts to liberate us from this mistaken identity, leading us to further integrated and higher states of consciousness.
- The mastery of anything, including ourselves, begins with the faith that we are not here on earth to be perfected according to an image we hold of ourselves, but rather to allow Perfection to work its way upon us . . . so that only the awareness of something greater than ourselves can draw us into a greatness beyond ourselves, if we will it so.
- Any weakness we may harbor in our present character persists only because we have yet to see how its presence compromises our happiness, but a growing awareness of this interior shakiness changes

everything. Our awakening stirs within us a Celestial Character created for the purpose of transforming the soul's stumbling stones into the building blocks of a whole new unshakable Self.

· No moment can be any more valuable to us than our awareness of the possibilities unfolding within it, which means that real success in life doesn't so much depend upon what life hands us to work with, but rather into whose hands we place whatever has come our way.

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

Guy is the author of 45 books and video/audio programs including his international bestseller “The Secret of Letting Go” which has been translated into 30 languages and sold millions of copies worldwide. He is the founder and director of Life of Learning Foundation, a nonprofit Center for Spiritual Discovery located in Southern Oregon, with over 40,000 online newsletter subscribers. <https://www.guyfinley.org>

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

Finley holds regular online classes that are live-streamed – to register go to:

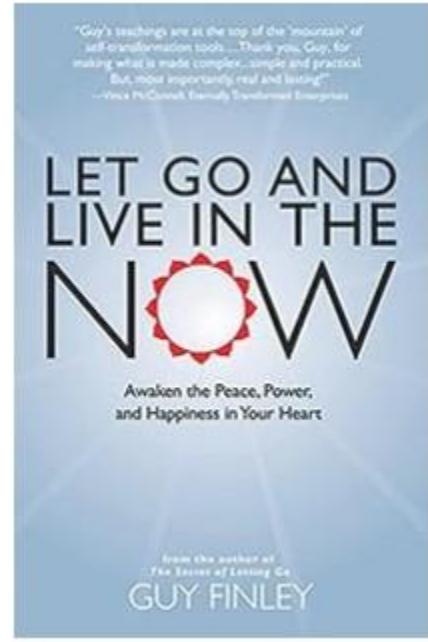
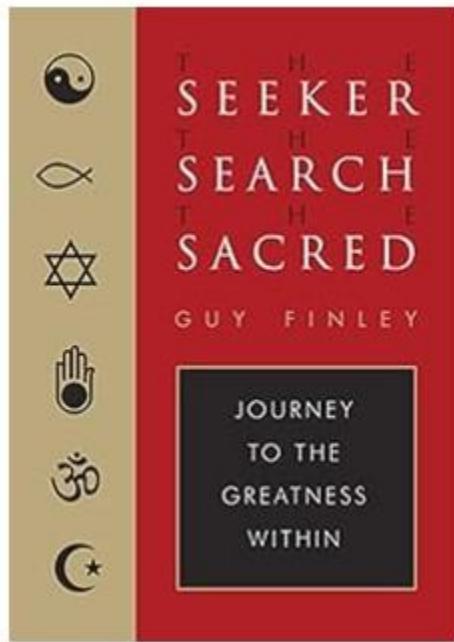
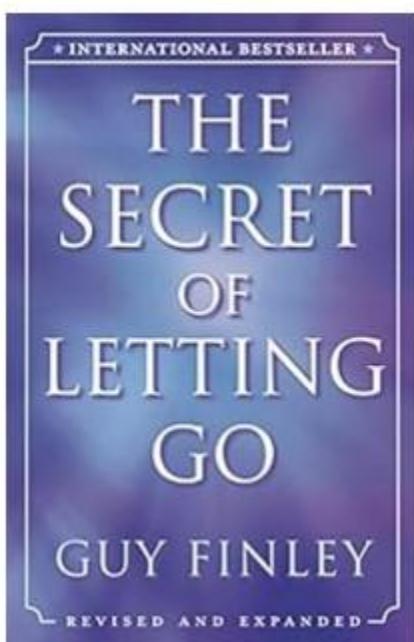
<https://www.guyfinley.org/light> These classes are open to all. For more information about Guy Finley and Life of Learning Foundation visit www.guyfinley.org

Guy Finley's Video



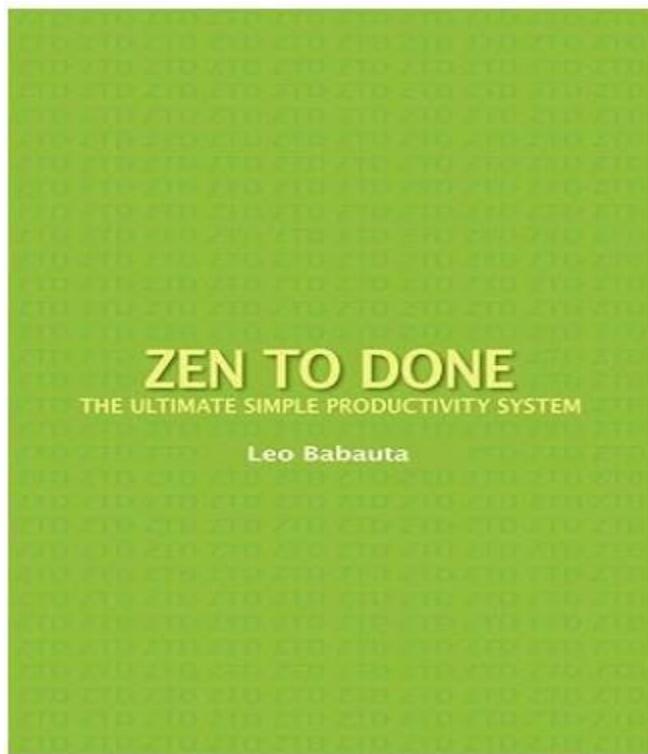
Link: <https://www.youtube.com/watch?v=iI1bzVFcG7A>

Guy's Books



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

Embracing A Slow Life: A Gentle Approach To Productivity By Leo Babauta



A lot of times people want to be more productive in their lives, and in that quest, they push themselves hard. Do more, get on that task list, clear out the email inbox, crush life.

The problem with that is that it abandons our human-ness. We are trying to become productive robots, but what about living a good life?

On the other side of the spectrum, sometimes people want to completely abandon productivity for comfort. In that direction, we get avoidance and a life that might lose its aliveness and creativity. So while I think “productivity” is a misguided aim, I think taking action in our lives is not a bad thing.

How do we balance the desire to take action with wanting to be human and live a good life?

For me, the answer comes in slowing down. Hear me out!

First, let's talk about what slowing down might look like in the context of taking action and slow productivity:

Being intentional: Take a breath as you start a day to set your intentions. What would be a good use of this gift of a day? And before you start a task or meeting or activity, take a breath and set an intention. In this way, we begin to live our lives more intentionally instead of rushing around to do everything.

- Focusing on what matters: Slowing down allows us to not just be reactive, but to take a moment to get clear on what actually matters. What would make the biggest impact in our day, our career and purpose, our lives?

- **Creating focus:** When we take an important task and put it in front of us (writing this blog post, for example) ... we can slow down in order to create some space for focus. Let it be a luxurious gift of space in which we can inhabit our best creativity and focus.
- **Deepening into the activity:** As we create slow focus for a task, what would it be like to deepen into the experience of that activity? To feel the sensations, to breathe slowly, to let your creativity flow?
- **Inhabiting the space between:** In between tasks and meetings, we tend to rush to the next thing. Slowness could be letting yourself take a moment, appreciating the space between, reflecting on what you just finished, perhaps setting an intention for the next activity.
- **Enjoying life:** Not everything needs to be about getting stuff done! What if we could go slower sometimes, and focus more on creating a good day instead of trying to churn through everything. What if we could enjoy each activity instead of rushing through it trying to get it done?

Are you sold on this idea of slowness? Now let's talk about some practical things to move in this direction

1. **Start small:** You don't need to change everything at once. Could you just take a breath and set an intention before an activity or task, a couple times a day? By taking these small steps, it becomes a gradual and lasting change.
2. **Let the breath lead you:** As you move through your day, stop and take a breath. Check in with your intention. Do you need to go slower? Do you want to give yourself more space?
3. **Create space:** To go slower, it can help to reduce your meetings and calls. Create some space in your day to focus on important things, to slow down and not have to rush. See if you can remove anything from your list. Block off focus sessions to focus on what matters to you. Try to be less ambitious in what you're trying to get done each day.
4. **Focus on enjoyment and creativity:** Instead of trying to get a bunch of things done, how can you enjoy everything you do? How can you let creativity flow? This takes a different approach, that needs to be practiced.

What would you like a slow life to look like for you?

About Leo: I am 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.

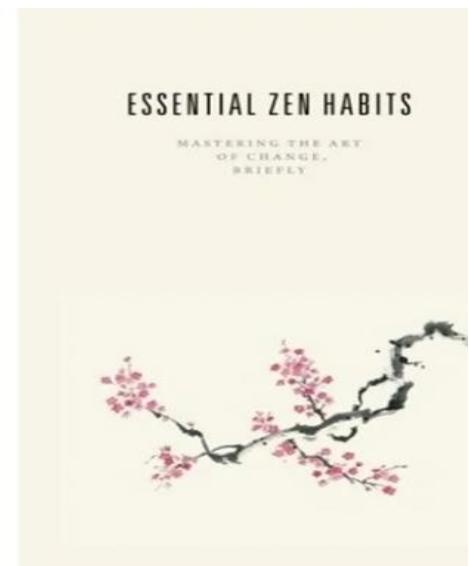
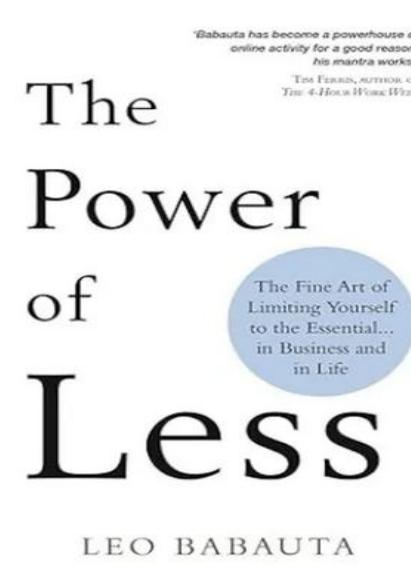
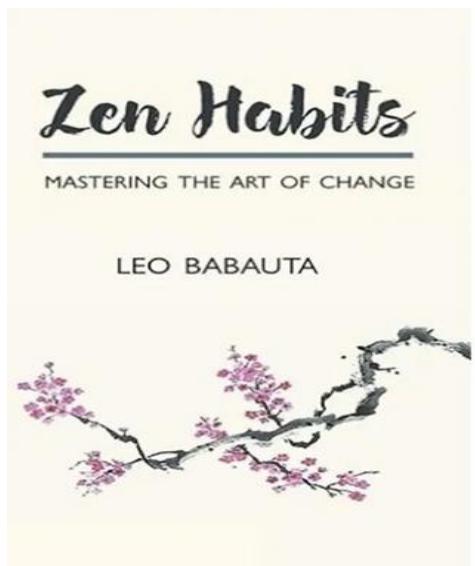
Leo's website: <http://www.zenhabits.net> and <https://seachange.zenhabits.net>

Leo's Video



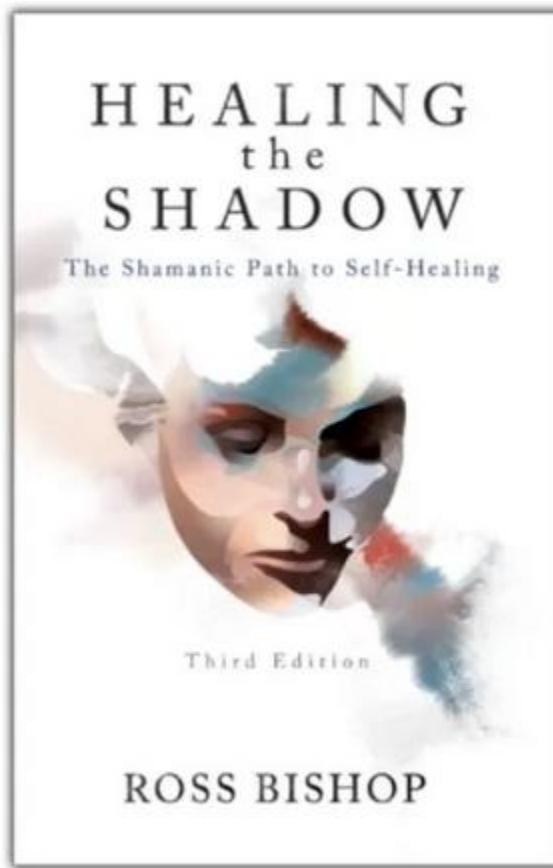
Link: <https://www.youtube.com/watch?v=eghSlmWDeE4>

Leo's Books



Find his books on Amazon: https://www.amazon.com/stores/Leo-Babauta/author/Boo2BO7RLI?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=8abede03-6f32-4dc1-9329-0426ef746df2

What Holds Us Back? by Ross Bishop



If you think about it, it doesn't make sense—a planet full of people trapped by their fears and anxieties. Their fears control their lives, making them miserable and preventing them from expressing their individuality.

Initially, one might think people would work hard to let go of these false and limiting beliefs, but that's not usually the case. People often go out of their way to avoid facing these damaging traits. When something is so widespread, it indicates that much more is happening beneath the surface. This is definitely true here.

You see, all of humanity is enrolled in the School of Spiritual Development. We are here to learn how to confront our tendency to believe negative things about ourselves—"I'm not lovable," "I'm not good enough," "something is wrong with me," etc. Often, we fail to realize that the Creator is guiding us through this process called LIFE. He wants us to learn the truth about ourselves: that we are lovable and worthy.

While it can be burdensome, our beliefs cannot simply be taken away from us because we have free will that must be respected. No matter how we feel about it, we must accept the truth for ourselves. To hold the truth as strongly as possible, we initially need to believe its opposite. Then, through internal conflict or confrontation with others, we eventually abandon our false beliefs in favor of the truth. In doing so, we will hold the truth more deeply than any other method could teach us.

But the path is full of potholes because we get distracted by our negative beliefs. Is the process tough and painful? Absolutely! When asked about the meaning of life, the Buddha replied, “Life is pain.” Every time you act out of fear, anxiety, self-doubt, or similar feelings, you will feel hurt inside, and your relationships will suffer as well. This doesn’t happen as punishment but as a wake-up call that some of your beliefs are out of alignment with the truth. Day after day, encounter after encounter, the Universe sends you messages about your misalignment. However, because we’re attached to our beliefs, we often think our problems come from our being flawed.

We get caught up in our pain and self-blame instead of seeking the harmony that the Creator encourages us to pursue. However, there is wisdom in this process. Through pain, you will ultimately learn to embrace love and compassion; without it, you probably would not.

And there are safeguards in this process. Aside from physical violence (which follows different rules), you cannot be hurt! It may not always feel that way, but those are just bruises to the ego. Nothing that happens here is permanent except what you learn. You carry that with you.

Once again, we must forge our own path. Teachers have tried to assist, but our preconceived notions hold us back. In response, the Universe amplifies the pressure. This effort is not wasted; we are making progress. Although we have our moments, we are no longer the harsh beings we were even in our recent past. Still, there is more work for us to do.

What do you do in this situation? One of the best actions is to notice when you’re being triggered, or in other words, when you feel threatened. If you can recognize this, you’ll see that the current situation isn’t the cause of your feelings; it has merely touched a childhood wound that you haven’t healed. Doing this can help de-escalate the situation. It also alerts you that you have work to do.

A major obstacle is that your ego resists change. It prefers familiarity, even when it involves difficulties and pain. Although seeking the truth can make your life easier and more enjoyable, the ego will try to keep you where you are.

Some strategies to boost your learning can help you understand what is true, which you currently struggle with. They are too complex to explain in a simple article, so I created a three-part webinar called “Unlocking The Secrets To Life And Happiness.” You can find it at <https://www.rossbishop.com/workshop/>. (Sorry for the promotional content. There’s no other way to do this.)

I don’t know if this offers any comfort, but living on Earth is not the end of the journey. Earth is just a way station on our journey to spiritual enlightenment. Your current form is only a temporary home for your spirit. You know you have lived past lives here. What does that tell you?

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/>



Sign Up For Ross' Class

Unlocking the Secrets to Life & Happiness – 3 Classes

Cost is \$150

A 3 Class Workshop

Class I The Role of Conflict in Our Lives.

This is not well understood, but the beliefs we hold about ourselves lead to conflicts either within ourselves or with others. Those conflicts are warning signs that something in us is out of alignment.

Class II Resolving Your Conflicts.

We all have conflicts, and resolving them isn't easy. That's why we often just let them grow toxic and fester. It doesn't have to be that way, and we'll show you how to work with your difficulties.

Class III Living From Compassion.

Learning to live in peace and harmony is why we are here. There are techniques that can teach you to use your difficulties as vital stepping stones on the path to enlightenment.

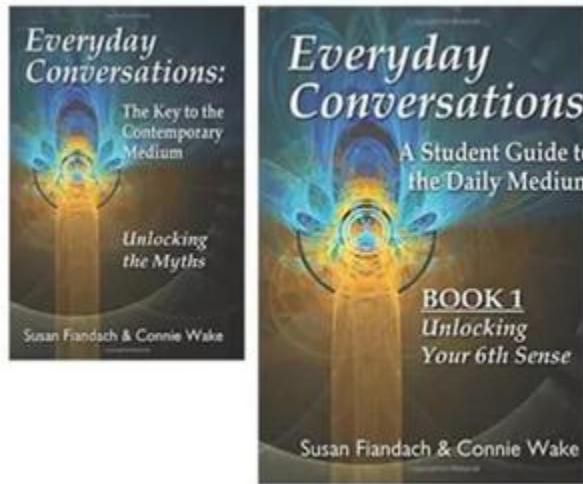
Sign up for his class: <https://www.rossbishop.com/product/unlocking-the-secrets-to-happiness/>

Interview with Ross



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

The Power Of Good Will By Connie Wake & Susan Fiandach



Good will is defined as a “favorable disposition or manner toward a person or situation.” As an expression of a person, this would be expressed as generosity, grace, understanding, helpfulness. In a space, you can say “the vibe” would be felt as open, non-judgmental, friendly. The power of good will creates the potential of these things which can be used to create these things! More than just positive thinking, good will points to the depth of the intention and expression of the feeling as authentic and compassionate.

As human beings, we have that power...as human beings, we are that power.

For psychic-mediums AND as clients, the power of good will is expressed and is responsible for setting up not only the space in which the reading is done, but as in the person-to-person relationship.

It can be easily understood that a benevolent space facilitates ease, trust, and openness to receive and enjoy a dialogue. Psychic-medium readings need to have that space uninhibited by judgement, ego, and fear.

The good will power of the reader is also well understood to provide an authentic connection...soul to soul...as someone who will convey “facts and feelings” of the life being lived (psychic) and of lives lived (medium). The psychic-medium speaks as well as listens with understanding and communion. With the power of good will, the gathering fosters trust and connection, allowing the conversation of spirit and client to evolve.

The good will of the client is also engaged to reap the benefits of the space and the service provider. Good will power facilitates listening and conveying, allowing contact to be made and unfold to deeper meaning and value. From that contact, in an open and positive atmosphere, a psychic-medium reading offers the greatest experience. This is to also say that a skeptic with good will of good intention and openness to let the conversation mature, can be discerning and well served.

The service of the psychic-medium is not only an exchange of information but offers the depth of communion with soul...of loved ones who have passed...of the living people around the client...and of the client themselves. Good will is the powerful landscape of the service...to be enjoyed and remembered.

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." They can be contacted through The Purple Door, at their new location: 3450 Winton Place, Rochester NY. 585-427-8110.

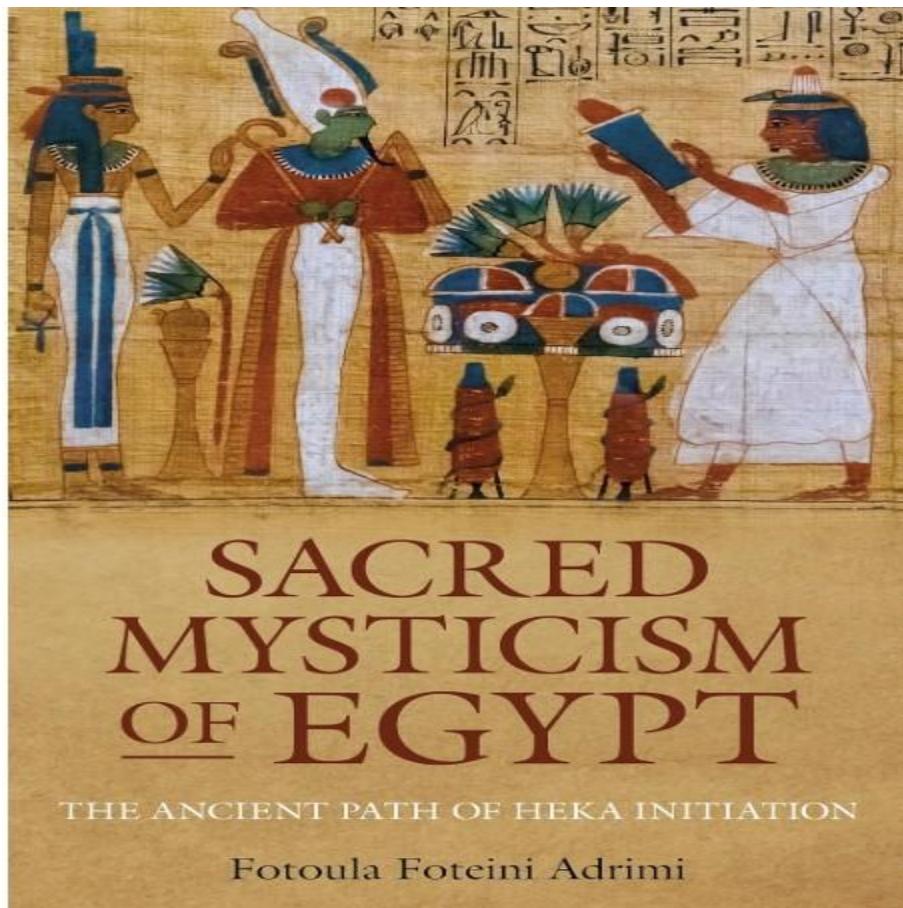
Connie & Sue's website - <http://www.PurpleDoorSoulSource.com>

Interview with Connie & Sue



Link: <https://youtu.be/l6DdLY2dsjo>

By Fotoula Foteini Adrimi



*** Editor's note: What a wonderful interview with Fotoula! Her family lineage has been shamanic work that was only passed on to the men. But thru her persistence she was taught by her father all the knowledge from previous generations.

She has traveled the world learning many types of healing. With her spiritual awakening her abilities, knowledge and skills of healing and esoteric communication she had from other lives were revived. She remembered lives as a teacher in the temples of ancient Egypt during the Golden Times, as well as Atlantis. She also had several lives when she walked the shamanic path and it was a joy to again meet my helping spirits in this life.

Her life before was a more mundane and conventional life, graduating as a town planner landing in Glasgow, Scotland. Life changed and she decided to use her skills to be a spiritual teacher empowering people to expand spiritually. Since 2006 she has trained extensively with other wise teachers, both western and indigenous.

Now she has her own school of training - The Isis School of Holistic Health

Here's a quote from her about the book:

"In this book I share the spiritual heritage of the Living Light as I remember it. I include aspects of history, teachings, and personal experiences from communing with the pyramids and monuments of ancient Egypt in this and other lives. Throughout the book I offer historical descriptions of that time, as well as rich explanations of the ancient Egyptian spirituality as it was taught to the initiates and adepts of the temples. I lead the reader through ceremonies, journeys, and spiritual practices that can help them become acquainted with and access the etheric energy and spiritual path of the Living Light."

Fotoula's book is found on her website and Amazon. Her site:

<https://www.theisisschoolofholistichealth.com/sacred-mysticism-of-egypt>

Amazon: <https://www.amazon.com/Sacred-Mysticism-Fotoula-Foteini-Adrimi/dp/1803417129>

She is also offering a shaman class in September.

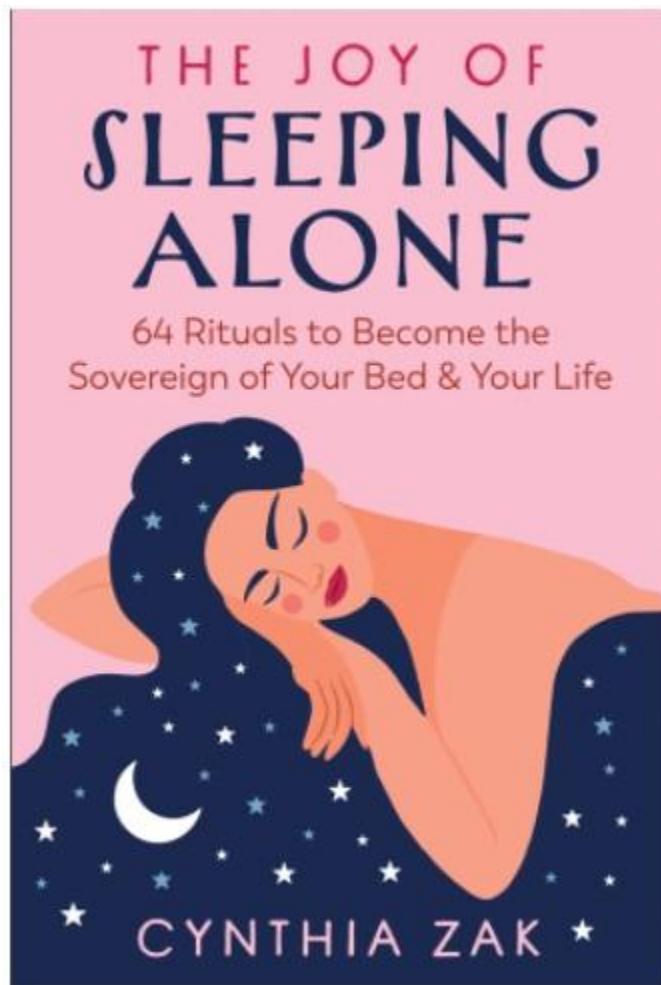
<https://www.theisisschoolofholistichealth.com/introduction-to-shamanism-glasgow-uk>

Interview With Fotoula



Link: <https://youtu.be/z7toe8GNhCE>

The Joy Of Sleeping Alone By Cynthia Zak



About The Author: Cynthia Zak is a ceremonialist, master in yoga and meditation, author of five books, and a singer-songwriter with over 150 published songs and melodies. She is a researcher in the science of sound as medicine, a HeartMath Institute therapist, end-of-life doula, and founder and director of the Yomu Institute. She travels the world teaching her practices to children, teachers, parents, business leaders, and healthcare professionals. Her background is in Sufism, Buddhism, Kabbalah, and shamanism. A mother of three, she lives in Miami Beach, Florida.

Cynthia Zak explains the energetic, emotional, and physical power of having your own sacred space to sleep. These 64 rituals will enable women to reclaim the power of intuition, renew energy, and connect with the intelligence of their hearts. Rediscover sleeping as a spiritual retreat to find answers to your most intimate and complex questions

- Offers 64 step-by-step rituals for women to reclaim the power of intuition, renew energy, and connect with the intelligence of their hearts

- Presents the act of sleeping as a spiritual retreat to find answers to your most intimate and complex questions

The demands of daily life drain our energy and ability to set meaningful intentions. The crucial act of sleeping has become an automatic routine: at the end of the day you fall exhausted into bed, without giving it any thought. Our cultural programming makes us feel that sharing a bed is not only desirable but normal. It is a sign of love and care for partners, children, and others. Breaking free of this routine and claiming a night for yourself is a sublime act to recover your energy and power, to reconnect with yourself, and to re-inhabit your body without the influence of external vibrations.

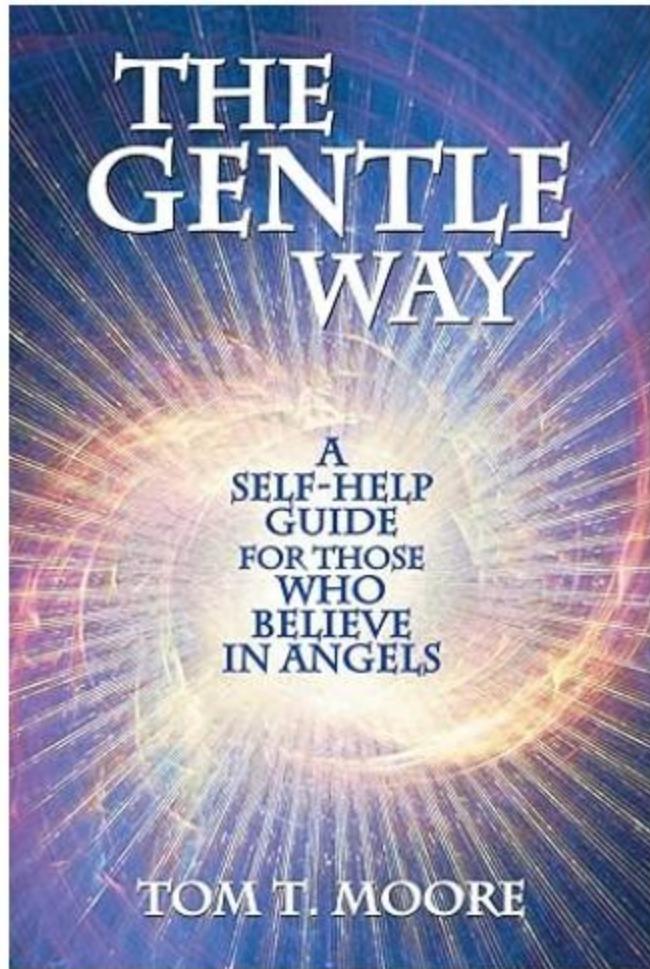
In this book, Cynthia offers women of all ages and relationship statuses practical and accessible rituals for sleeping alone. Discover the biology of your sleeping body and learn sacred mantras to enhance lucid dreaming and calm your mind. Reclaim the privacy that sleep allows to rediscover your intuition and foster a holistic renewal of the self. The author shows how to take ownership of your nightly rest and transform it into a sacred retreat that accelerates your spiritual evolution. She shares that, when women sleep alone, “the electromagnetic field of the heart’s intelligence expands, energy centers balance, and your visions become clear and beautiful, reinforcing the power of your feminine intuition.”

This book describes how the world of dreams will unfold to reveal that you are the most important person in your life’s journey: a woman, a goddess, the sovereign of your bed and your life.

Author’s website: <http://www.cynthiazak.org/>

Find her book at Inner Traditions: <https://www.innertraditions.com/the-joy-of-sleeping-alone>

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



This Blog is for people who wish to learn how to use a very simple, yet powerful and effective spiritual tool every day the rest of your life. It will lessen the stress and fear of life in general, and will make your life easier. It's so simple a lot of people say "It can't be this easy," but it is, because IT WORKS! This reconnects you with your Guardian Angel, or higher power, or whatever your belief is. You simply say, "I request a Most Benevolent Outcome for... thank you!" When you read the stories below, sent from all over the world, we use the acronyms MBO for Most Benevolent Outcomes, GA for Guardian Angel, and BP for Benevolent Prayers (what you ask for other people).

Be sure to participate when I ask you to say a Benevolent Prayer out loud, but are you also saying the Daily BP each morning as I do? Theo says this is one of the most important things you could do for yourself not only for this life, but all the others you have lived or will live on earth, as they are all happening at the same time. Print it out and put it on your bathroom mirror to remind you. Here is the link: <http://www.thegentlewaybook.com/signs.htm>.

Here is an example of a BP for everyone to say today: "I ask any and all beings to intervene in the most benevolent way to stop any terrorist attacks before they happen anywhere in the world, to respect other religions, and for there to be peace in the world, thank you!"

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

Tom asks that we do this each day:

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

MBO FOR CONFRONTATION WITH NEIGHBOR

Vanessa writes: Hi, Tom! Before telling my MBO story I want to say that my husband has had many cardioversion treatments over the years, and they were quick and usually effective. Ultimately he had to have a pacemaker but it was what he needed and is still working at 70! I'll say another MBO for you early the 29th. To your excellent health!!

I walk my very elderly dog every day and absolutely pick up after him if he does his business while out. One day recently a neighbor I don't know came out and said, "Hey ma'am, please pick up after your dog!" I had just checked a text message briefly but was confused by his angry sounding request, thinking I had looked away long enough to miss the big event. 😊 I looked where we had walked and found nothing to pick up. I went to his door to try to smooth things over, but it didn't go well.

This was really upsetting; I didn't want to have to change our routine because of this guy, who seemed unreasonable and a little wacky. Then it occurred to me that he must have been upset about something else and I needed to have compassion for him. I requested an MBO for me to let it go and him to be at peace.

The next day I was out again walking our dog and the neighbor pulled up in his car and rolled down the window. I braced myself for whatever he was about to say, BUT he apologized and said I know it wasn't your dog, and he was sorry if he upset me. Today he came out his front door to wave and say hello when we walked by. I'm so relieved about this outcome! Thank you, Tom, as always.

MBO TO FIND WAY TO DOCTOR APPOINTMENT

Valeria writes: I am getting good at this. I have used them to find parking spaces, etc. Thanks to you, Tom. I read about you on Quora!

On 07/15/2025, I was going to the Doctor, but at a location I was unfamiliar with. I put the address in my GPS. On the way, something happened and I lost Siri's lady's voice. I pulled into the Panera's bread parking lot. I am 65 and I have limited phone and computer skills. My sister, however, is an IT specialist. I called her. She could not get it to work. She had to go to this important meeting; she told me it would be two hours before she could talk to me and fix the problem.

I did an MBO for help. To any and all beings, I ask for an MBO, for help. I am lost. Thank you, in the name of Jesus, and so it is! Just then, 2 women came out of the café door. It was a woman and her college daughter. I stopped them and explained what happened.

Her college daughter could not get the GPS to work either on my car. She tried to get it working on my phone. Neither one would work. So the lady took out her phone and gave me directions.

As they were leaving, I looked at the young ladies shirt. It said UNITY on the front. I started shouting, "I belong to UNITY also. I go to the church downtown. God sent me two angels from my own Religion!" We all hugged and I got to my appointment on time.

MBO FOR CALMING PRESCRIPTION

Candice writes: I have white coat syndrome. The smells, and the sounds of any medical facility terrify me. I was scheduled for a dental appointment in a week, so I called the office to remind them that I would need a prescription for Valium. The receptionist said she would tell my dentist and then call me back. I said several MBOs throughout the day. No response from the dental office until the next day when they decided I should come in days early. I thought I would give it a try using an anti-anxiety meditation and Melatonin. It was a disaster. I ended up crying in the exam chair. The dentist said she never got a message about a prescription for me. She said she wanted me to go home and come back another day, meanwhile she would call in a prescription for Valium. In summary, the MBO worked!

About Tom T. Moore: In 2005, Tom and Dena signed up for a seminar put on by Dick Sutphen to improve one's psychic ability. Tom decided to try and contact an American Indian Shaman that Robert Shapiro channeled for him named "Reveals the Mysteries," while in an altered state. He was successful, and was informed that he was a Shaman living at the same time period in the mid-1600s named "Still Water" and was told he had decided to incarnate in the 20th century to "reintroduce people to The Gentle Way." He received the name of the first book in The Gentle Way series the first time he communicated with his Shaman pal, who is now his main Guide. He was told to write "BOOKS!" and so he wrote the first *The Gentle Way* book in only 90 days.

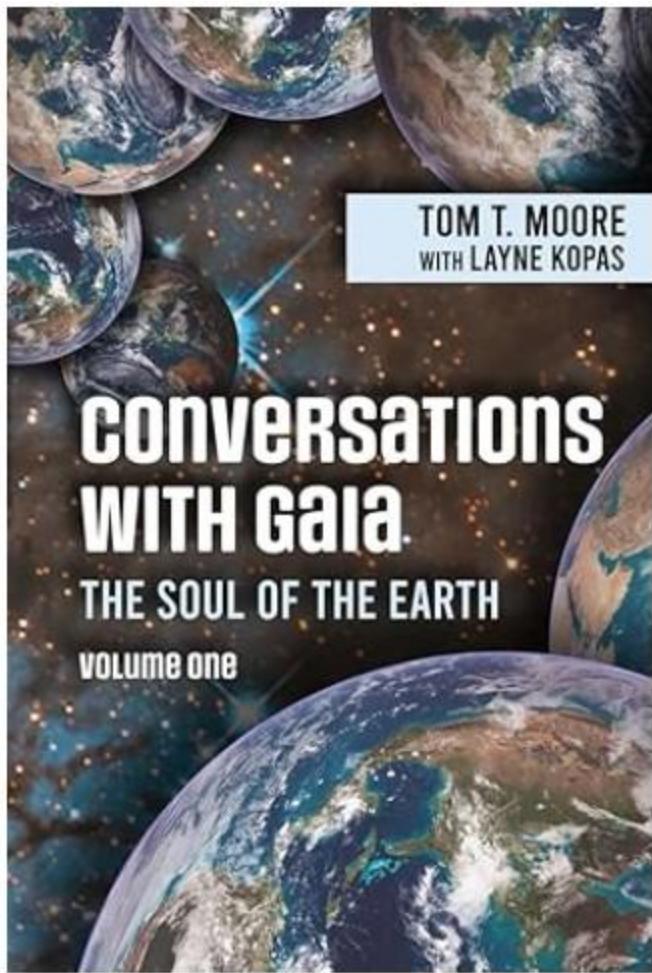
He began asking questions, first of Reveals the Mysteries and then his own Guardian Angel Theo, and Gaia, soul of the Earth. Each time he would ask how his reception was progressing, he was told "Practice, Practice, Practice." It helped that when he started a weekly newsletter questions that he never would have thought to ask were sent in by subscribers.

In 2008, Theo introduced him to a member of his soul group or "cluster," an ET named Antura. Antura is part of a "first contact" team specializing in making contact with evolving societies. Tom asked Antura hundreds of questions over the next few years, which resulted in his fourth book, *FIRST CONTACT: Conversations with an ET*. Just before he sent the manuscript to his publisher, Antura informed him that he and his family would be visiting their huge mothership, with a crew of 900, in 2017 to shoot the first documentary on board an ET ship. This date has slipped to 2023.

Additionally, in 2008, Tom was told that in a past Atlantean life he was "inspired" to create The Gentle Way, and 200 years before they destroyed themselves in a horrific war, he led 25,000 people to resettle in Egypt. Again, he asked hundreds of questions about Atlantis and Lemuria, resulting in his book *ATLANTIS & LEMURIA: The Lost Continents Revealed!* That was published in 2015. And since then Tom has published many more books. Check out his website.

Tom's website – [http:](http://)

Tom's Two New Books



In *Conversations with Gaia – The Soul of the Earth, Volume 1*, renowned author and spiritual explorer Tom T. Moore shares his remarkable dialogues with Gaia, the consciousness of our planet. Through hundreds of profound questions and answers, Gaia offers deep insights into her purpose, the intricate systems that sustain life, and humanity's evolving spiritual journey.

Explore how Gaia came to inhabit Earth, how she works tirelessly to maintain balance, and what it means to live in harmony with her energy. Dive into expansive topics including past lives, karma, soul balancing, timelines, ancient and modern religious practices, and the future of technology—all through Gaia's unique perspective.

Tom also reveals his personal process of channeling and communication, offering meditations and Most Benevolent Prayers to help readers connect with their own spiritual guidance.

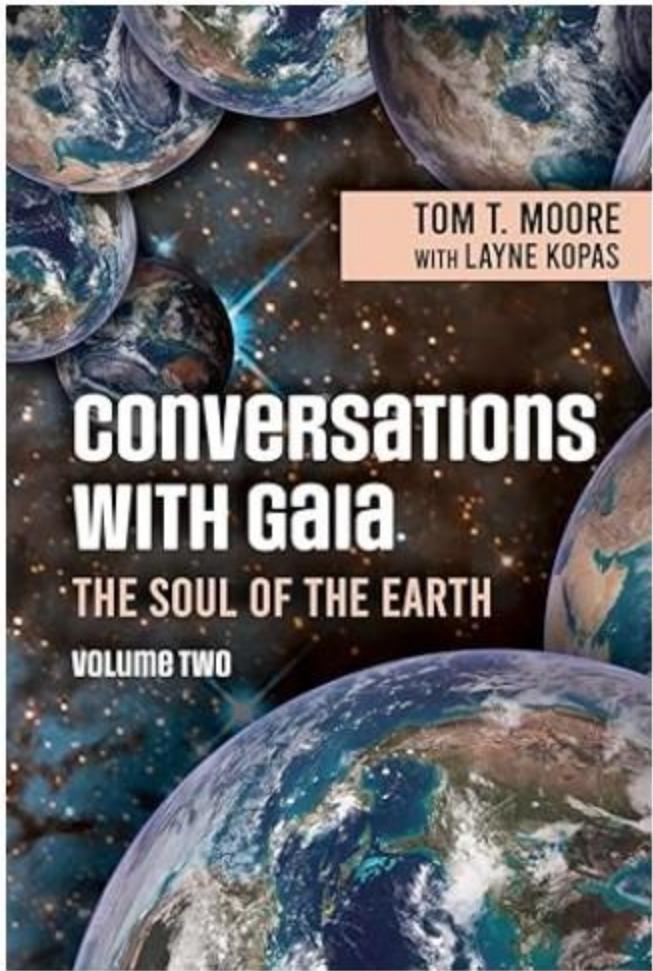
Whether you are newly curious or already on a metaphysical path, *Conversations with Gaia* is a transformative guide for those seeking a deeper understanding of the planet we call home—and the soul within it.

“In this thought-provoking collection, seekers pose timeless questions to Gaia—the living Earth. Her answers, both poetic and profound, illuminate our deep connection to nature and the wisdom it holds. A soulful dialogue for those yearning to listen, learn, and live in harmony with the planet.”

-Steve Rother, Author, seminar presenter, and channel for The Group

“The entire Most Benevolent Outcome (MBO) movement started with Tom Moore. But it’s not just a phrase. MBOs work! I have been using Tom’s method for years and often quote it to those who need to hear it in my work. So, when Tom publishes something new, I absolutely know that it will be about how to create benevolent outcomes for others and yourself. This book is no exception and contains more of his GENTLE WAY PHILOSOPHY. Good work, Tom. You continue to change and affect lives in Most Benevolent Ways.”

Lee Carroll, Author of *The Journey Home*, channel for KRYON



In this continuation of *Conversations with Gaia – The Soul of the Earth, Volume 2*, Tom T. Moore once again connects with Gaia to explore profound truths about our world and beyond. Through hundreds of questions and answers, Tom brings forward Gaia's insights on topics ranging from revolutionary medical breakthroughs and extraterrestrial life to ancient civilizations, mystical beings, and the deeper meaning behind recent world events and controversies.

This volume not only expands the boundaries of spiritual understanding but also offers practical tools for readers seeking a personal connection to the Divine. Tom shares his channeling process and includes powerful meditations and Most Benevolent Prayers, guiding readers to open their own lines of communication with Gaia and other benevolent beings.

Whether you are a spiritual seeker, a curious skeptic, or someone longing for a deeper relationship with the Earth, *Conversations with Gaia – The Soul of the Earth Volume 2*, invites you to journey beyond the physical and into the wisdom of the planet herself.

“In this thought-provoking collection, seekers pose timeless questions to Gaia—the living Earth. Her answers, both poetic and profound, illuminate our deep connection to nature and the wisdom it holds. A soulful dialogue for those yearning to listen, learn, and live in harmony with the planet.” -Steve Rother, Author, seminar presenter, and channel for The Group

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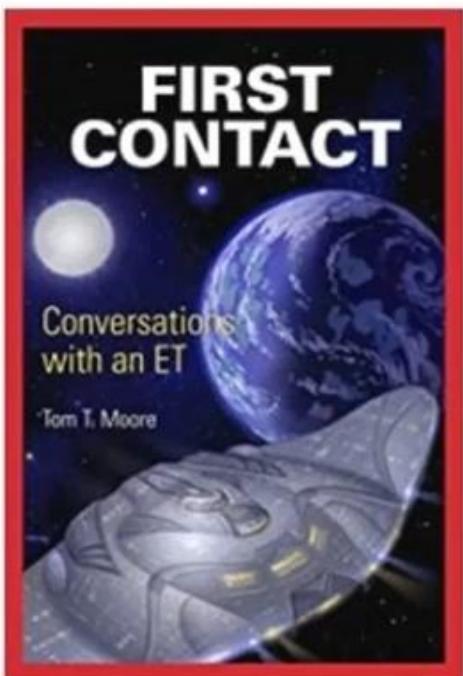
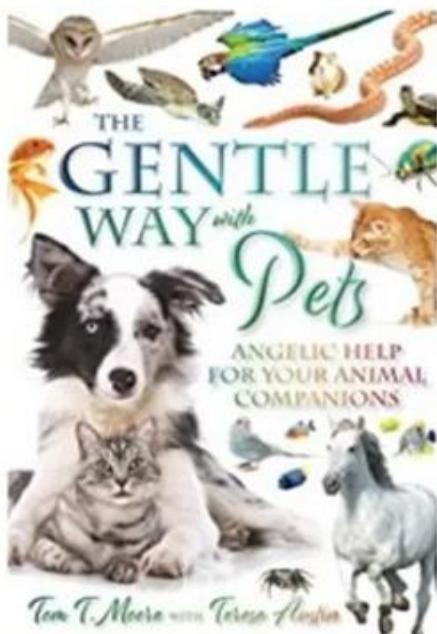
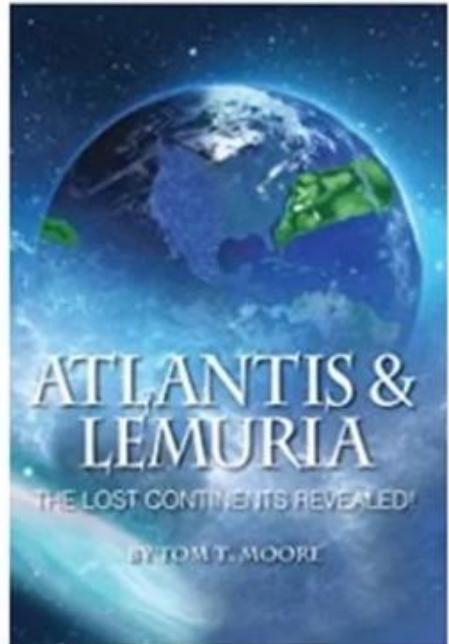
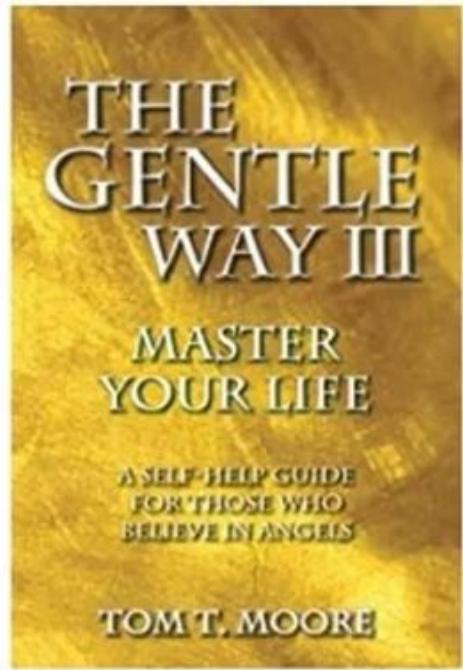
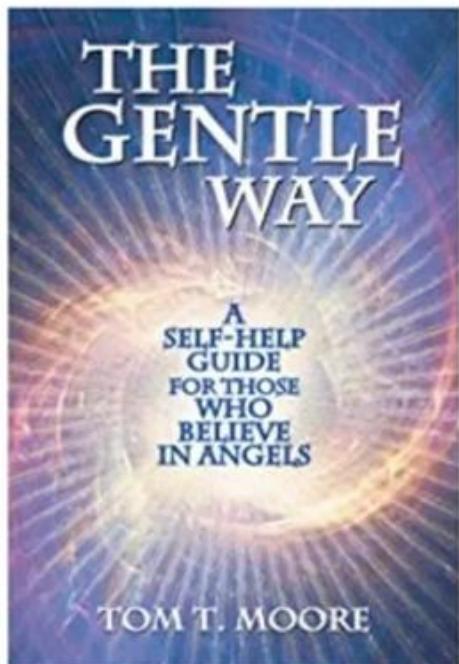
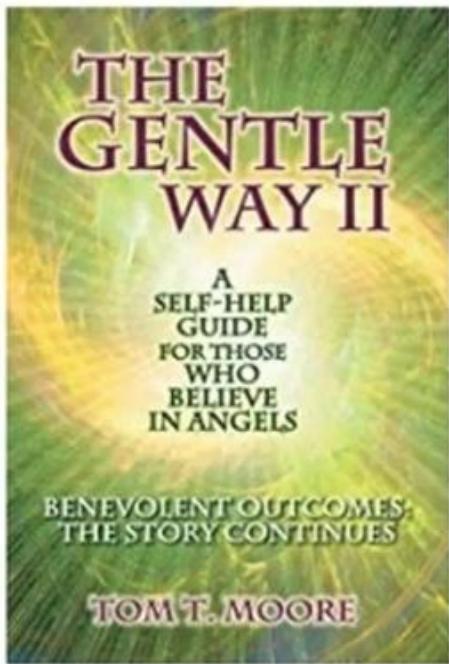
-Lee Carroll, Author of *The Journey Home*, channel for KRYON

Tom's Interview About His New Book Volume 1



Link: <https://youtu.be/8HIQ6xwYpWk>

Books By Tom T. Moore



Tom is also a prolific writer and these books you see can be found on Amazon at:
https://www.amazon.com/Tom-T-Moore/e/B00CR1C231/ref=dp_byline_cont_book

Interview with Tom



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

DAILY AFFIRMATION

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

And so it is.

BENEVOLENT PRAYER

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

TOM T. MOORE

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

Find other signs on Tom's website

Tea Leaf Reading: Predicting The Future One Sip At A Time

By Carmel Brulez



Tea leaf reading, also known as tasseography, is an ancient divination practice that involves interpreting patterns formed by tea leaves in a cup. This article explores the fascinating world of tea leaf reading, its history, and the techniques used to predict the future through the interpretation of these patterns. Discover how this mystical art has captivated people for centuries and continues to offer insights and guidance in the modern world.

Introduction

Tea leaf reading, also known as tasseography, is a fascinating divination practice that involves interpreting patterns formed by tea leaves at the bottom of a cup. This ancient art has been used for centuries as a means of gaining insight into the future and understanding the present. In this article, we will explore the intriguing world of tea leaf reading, delving into its origins and historical background to uncover the secrets behind this mystical practice.

The Art of Tea Leaf Reading

Tea leaf reading, also known as tasseography, is an ancient divination practice that involves interpreting patterns and symbols formed by tea leaves in a cup. This art form has been passed down through generations and is still practiced today by those seeking insights into the future.

Explanation of the process and tools used

To begin the process of tea leaf reading, a cup is typically used that has a wide rim and a plain interior. The cup is filled with hot water, and loose tea leaves are added. The person seeking a reading then drinks

the tea, leaving a small amount of liquid and the tea leaves at the bottom of the cup. The cup is then swirled gently three times to distribute the leaves and create a pattern.

Once the swirling has ceased, the cup is inverted onto a saucer to allow any remaining liquid to drain away. The reader then carefully examines the patterns and symbols left by the tea leaves on the cup's interior. The interpretation of these patterns and symbols is subjective and relies on the reader's intuition and experience.

Importance of the tea leaves' patterns and symbols

The patterns and symbols left by the tea leaves are of great significance in tea leaf reading. Each pattern or symbol is believed to hold a specific meaning or message. These patterns can take various forms, such as lines, shapes, or clusters of leaves. The reader carefully analyzes the size, position, and arrangement of these patterns to derive insights and predictions.

The Interpretation of the patterns and symbols Is not fixed and can vary depending on the reader's personal understanding and cultural background. For example, a cluster of leaves may represent a gathering of people, while a straight line could indicate a journey or a path in life. The reader combines their knowledge of traditional symbolism with their intuition to provide a personalized reading for the individual seeking guidance.

In conclusion, the art of tea leaf reading involves the interpretation of patterns and symbols formed by tea leaves in a cup. This ancient practice relies on the reader's intuition and experience to provide insights into the future. By carefully analyzing the patterns and symbols, tea leaf readers offer a unique and personalized form of divination.

Symbolism in Tea Leaf Reading

Tea leaf reading, also known as tasseography, is an ancient divination practice that involves interpreting symbols and patterns formed by tea leaves in a cup. These symbols are believed to hold significant meaning and can provide insights into the future. In this section, we will explore the interpretation of common symbols found in tea leaves and how they are connected to future predictions.

Interpretation of common symbols found in tea leaves

Tea leaves can form a wide range of symbols, each carrying its own unique interpretation. Here are some common symbols that are often observed in tea leaf reading:

Animals: The presence of animals in tea leaves can symbolize various aspects of life. For example, a bird may represent freedom and good news, while a snake can signify transformation or deceit.

Shapes: Different shapes formed by tea leaves can convey specific meanings. A circle may indicate unity or completion, while a triangle might suggest ambition or conflict.

Objects: Objects found in tea leaves can provide insights into different aspects of life. For instance, a key may symbolize opportunities or secrets, while a clock can represent the passage of time or a deadline.

Nature: Natural elements such as trees, flowers, or clouds can hold symbolic significance. A blooming flower might signify growth and happiness, while a stormy cloud could indicate upcoming challenges or turmoil.

Numbers: Numbers appearing in tea leaves can have numerical or symbolic interpretations. For example, the number seven may represent spirituality or intuition, while the number thirteen might be

associated with transformation or bad luck.

How symbols are connected to future predictions

In tea leaf reading, the interpretation of symbols is highly subjective and relies on the intuition and experience of the reader. The symbols found in tea leaves are believed to reflect the energy and vibrations of the person seeking the reading. By analyzing these symbols, a tea leaf reader can gain insights into the individual's past, present, and potential future.

The connection between symbols and future predictions lies in the ability to interpret the hidden messages and meanings behind the symbols. The reader carefully examines the arrangement, size, and clarity of the symbols to derive insights about the person's future path. The symbols act as a visual representation of the person's subconscious thoughts, emotions, and energies, providing clues about what may lie ahead.

By understanding the symbolism in tea leaf reading, one can unlock the potential for predicting the future. However, it is important to note that tea leaf reading is not an exact science and should be approached with an open mind and a sense of curiosity. The interpretation of symbols may vary among different readers, making each reading a unique and personal experience.

Techniques for Tea Leaf Reading

Step-by-step guide on how to perform a tea leaf reading

Performing a tea leaf reading involves several steps that allow the reader to interpret the patterns and symbols left behind in the tea leaves. Here is a step-by-step guide on how to perform a tea leaf reading:

Preparation: Begin by selecting a loose-leaf tea with larger leaves, such as black tea or herbal blends. Brew the tea in a white or light-colored teapot, allowing the leaves to settle at the bottom.

Cup Selection: Choose a wide and shallow cup with a plain interior. Avoid using cups with patterns or designs that may interfere with the interpretation of the tea leaves.

Brewing: Pour the brewed tea into the cup, filling it about three-quarters full. Hold the cup in your non-dominant hand and swirl it gently three times in a clockwise direction. This helps distribute the leaves and create patterns.

Draining: Carefully drink the tea, leaving a small amount of liquid in the cup. Hold the cup with your non-dominant hand and slowly rotate it counterclockwise three times. Then, quickly invert the cup onto a saucer, allowing any remaining liquid to drain away.

Reading: Examine the patterns and symbols left behind in the cup. Start by observing the larger shapes and formations, such as circles, lines, or triangles. Then, focus on the smaller details within these shapes, such as dots, curves, or specific symbols.

Interpretation: Interpretation is subjective and relies on the reader's intuition and knowledge of symbolism. Consider the placement, size, and clarity of the symbols to derive meaning. Refer to traditional tea leaf reading symbol dictionaries or rely on personal associations to interpret the messages conveyed by the tea leaves.

Tips for enhancing intuition and accuracy

To enhance intuition and accuracy in tea leaf reading, consider the following tips:

Meditation and Relaxation: Prior to a reading, engage in meditation or relaxation techniques to calm the mind and enhance focus. This helps to attune your intuition and connect with the energy of the tea leaves.

Practice and Experience: Like any skill, tea leaf reading improves with practice. Regularly perform readings to develop your interpretive abilities and become familiar with the patterns and symbols that commonly appear.

Trust Your Intuition: Tea leaf reading is an intuitive practice, so trust your instincts and initial impressions. Avoid overthinking or second-guessing your interpretations. Your intuition often holds valuable insights.

Symbolic Associations: Develop a personal understanding of symbols and their meanings. Keep a journal to record your interpretations and observations, allowing you to refine your symbolic associations over time.

Open Mind: Approach each reading with an open mind, free from preconceived notions or biases. Allow the symbols to speak to you and guide your interpretation, even if it may differ from traditional interpretations.

By following these techniques and tips, you can perform tea leaf readings with confidence and unlock the potential for predicting the future one sip at a time.

Cultural Variations in Tea Leaf Reading

Tea leaf reading, also known as tasseography, has been practiced in various cultures around the world for centuries. This section will provide an overview of different cultural practices related to tea leaf reading and compare interpretations and symbolism across cultures.

Overview of different cultural practices related to tea leaf reading

Chinese Tea Leaf Reading: In Chinese culture, tea leaf reading is known as chá yì or chá xiāng. It has a long history and is often practiced during special occasions or gatherings. Chinese tea leaf readers focus on the shapes, patterns, and positions of the tea leaves in the cup to interpret the future. They may also consider the color and clarity of the tea.

Middle Eastern Tea Leaf Reading: Tea leaf reading, known as tasseography, is popular in Middle Eastern countries such as Turkey, Iran, and Lebanon. The practice is deeply rooted in their culture and is often performed by skilled fortune tellers. Middle Eastern tea leaf readers interpret the symbols and patterns formed by the tea leaves, such as animals, objects, or letters, to predict the future.

Russian Tea Leaf Reading: In Russia, tea leaf reading is called zavarka. It is a traditional practice that has been passed down through generations. Russian tea leaf readers pay attention to the shapes and patterns formed by the tea leaves in the cup. They believe that the position of the leaves can indicate different aspects of a person's life, such as love, health, or wealth.

Comparison of interpretations and symbolism across cultures

Symbols and Meanings: While there are some common symbols and interpretations across cultures, there are also variations in the symbolism attached to certain shapes or patterns. For example, a heart shape may symbolize love and romance in Western cultures, while in Chinese culture, it may represent joy and happiness.

Cultural Influences: The interpretations of tea leaf reading are influenced by the cultural beliefs and traditions of each region. For instance, Middle Eastern tea leaf reading often incorporates Islamic symbolism and references to religious figures, while Chinese tea leaf reading may draw upon traditional Chinese symbols and mythology.

Regional Differences: Each culture may have its own unique approach to tea leaf reading. For example, Russian tea leaf reading places emphasis on the position of the leaves in the cup, while Middle Eastern tea leaf reading focuses on the symbols and patterns formed by the leaves.

In conclusion, tea leaf reading exhibits cultural variations in its practices and interpretations. Different cultures have their own unique methods and symbolism associated with this ancient divination technique. Understanding these cultural variations can provide insights into the diverse perspectives and beliefs surrounding tea leaf reading.

Skepticism and Criticism

Examination of skepticism surrounding tea leaf reading

Tea leaf reading, also known as tasseography, has long been met with skepticism and criticism from various individuals and groups. One of the main reasons for this skepticism is the lack of scientific evidence supporting the accuracy and validity of tea leaf reading as a method of predicting the future. Critics argue that the interpretations of tea leaves are subjective and open to personal bias, making it difficult to establish any concrete predictions.

Furthermore, skeptics question the reliability of the practice, pointing out that the symbols and patterns formed by the tea leaves are often ambiguous and open to multiple interpretations. They argue that the same tea leaves can be read differently by different readers, leading to inconsistent and contradictory predictions. This inconsistency raises doubts about the credibility and reliability of tea leaf reading as a legitimate form of divination.

Another aspect of skepticism surrounding tea leaf reading is the belief that it falls under the umbrella of pseudoscience. Critics argue that the practice lacks a scientific basis and relies heavily on intuition and subjective interpretation rather than empirical evidence. They contend that tea leaf reading is more akin to a form of entertainment or a psychological tool rather than a genuine method of predicting the future.

Counterarguments and defense of the practice

Despite the skepticism, proponents of tea leaf reading offer counterarguments and defend the practice as a valuable tool for self-reflection and personal insight. They argue that tea leaf reading should not be viewed as a definitive method of predicting the future, but rather as a means of tapping into one's subconscious mind and gaining a deeper understanding of oneself.

Advocates of tea leaf reading emphasize that the practice is not intended to be a replacement for scientific methods or evidence-based predictions. Instead, they suggest that it can be used as a complementary tool to explore one's thoughts, emotions, and desires. By examining the symbols and patterns in the tea leaves, individuals can gain insights into their own subconscious thoughts and feelings, leading to personal growth and self-awareness.

Furthermore, defenders of tea leaf reading highlight the long-standing cultural and historical significance of the practice. They argue that tea leaf reading has been a part of various cultures for centuries, with its roots in ancient traditions and folklore. This historical context lends credibility to the practice and suggests that it holds value beyond its scientific validation.

In conclusion, while skepticism surrounds tea leaf reading due to the lack of scientific evidence and the subjective nature of interpretations, proponents defend the practice as a tool for self-reflection and personal insight. By acknowledging its limitations and viewing it as a complementary practice rather than a definitive prediction method, individuals can potentially benefit from the introspective aspects of tea leaf reading.

Personal Experiences and Testimonials

Real-life stories of individuals who have had accurate predictions through tea leaf reading

Tea leaf reading, also known as tasseography, has been practiced for centuries and has garnered a loyal following of believers who have experienced accurate predictions through this ancient art. Here are a few real-life stories of individuals who have had remarkable experiences with tea leaf reading:

Sarah's Career Path: Sarah, a young professional, was at a crossroads in her career and unsure about which path to take. Seeking guidance, she decided to consult a tea leaf reader. During the session, the reader interpreted the patterns formed by the tea leaves and predicted that Sarah would soon receive a job offer in a field she had never considered before. Intrigued but skeptical, Sarah kept an open mind. To her surprise, within a month, she received an unexpected job offer in a completely different industry, aligning perfectly with the prediction made during the tea leaf reading.

Mark's Relationship Revelation: Mark had been in a long-term relationship that seemed to be losing its spark. Feeling uncertain about the future of their partnership, he turned to tea leaf reading for insight. The tea leaf reader interpreted the symbols left by the tea leaves and predicted that Mark would soon meet someone who would reignite his passion for love. Skeptical at first, Mark continued with his daily routine. However, a few weeks later, he unexpectedly crossed paths with a person who instantly captivated him. This encounter led to a blossoming romance that revitalized his belief in the power of tea leaf reading.

Emily's Health Journey: Emily had been struggling with a mysterious health issue that doctors couldn't diagnose. Frustrated and desperate for answers, she decided to explore alternative methods, including tea leaf reading. During her session, the tea leaf reader noticed certain patterns and symbols that indicated a potential underlying cause for Emily's health problems. Encouraged by this revelation, Emily sought further medical tests based on the tea leaf reader's insights. Surprisingly, the tests revealed a previously undetected condition, allowing Emily to receive the appropriate treatment and significantly improve her health.

Impact of these experiences on their lives

These personal experiences with accurate predictions through tea leaf reading have had a profound impact on the lives of those involved. The impact can be summarized as follows:

Validation and Clarity: For individuals like Sarah, Mark, and Emily, the accurate predictions provided by tea leaf reading validated their beliefs and provided them with much-needed clarity. It reassured them that there is a higher power guiding their lives and that they are on the right path.

Empowerment and Decision-making: The accurate predictions made through tea leaf reading empowered these individuals to make important life decisions. By gaining insights into their future, they were able to approach their careers, relationships, and health with a renewed sense of confidence and purpose.

Spiritual Connection: Tea leaf reading deepened their spiritual connection and opened their minds to the possibilities beyond the physical realm. It allowed them to tap into their intuition and trust their instincts, leading to a greater sense of self-awareness and personal growth.

In conclusion, these personal experiences and testimonials highlight the transformative power of tea leaf reading. Through accurate predictions, individuals have found guidance, validation, and empowerment, ultimately shaping the course of their lives in meaningful ways.

Tea leaf readings are available from practitioners who advertise and work as a professional. You can find them online through their websites. Type keywords such as accurate psychic email readings into google to find one. Perhaps clairvoyant medium and psychic, or clairvoyant tarot and psychic will find one. Very few of them only do the tea leaf readings.

Conclusion

Tea leaf reading, also known as tasseography, is a fascinating practice that has captivated people for centuries. Its historical background and cultural variations highlight its enduring significance and popularity. By exploring the patterns and symbols found in tea leaves, individuals can gain insights into their future and make informed decisions.

Throughout this article, we have delved into the art of tea leaf reading, discussing the process, tools used, and the importance of interpreting the tea leaves' patterns and symbols. We have explored the common symbols found in tea leaves and how they are connected to future predictions. Additionally, we have provided techniques and tips for performing a tea leaf reading, enhancing intuition, and improving accuracy.

Cultural variations in tea leaf reading have also been examined, showcasing the diverse practices and interpretations across different cultures. This comparison highlights the universal fascination with divination and the unique perspectives each culture brings to the practice.

While skepticism and criticism surround tea leaf reading, we have presented counterarguments and defended the practice. Real-life stories and testimonials from individuals who have experienced accurate predictions through tea leaf reading demonstrate its potential impact on their lives.

In conclusion, tea leaf reading offers a captivating and insightful way to explore the future. We encourage readers to embrace this ancient practice, allowing themselves to be immersed in the rich symbolism and personal revelations that can be found within a simple cup of tea. By engaging in tea leaf reading, individuals can tap into their intuition, gain clarity, and embark on a journey of self-discovery. So, why not take a sip and see what the leaves have to say?

What Is REALLY In Your Akashic Record?

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.

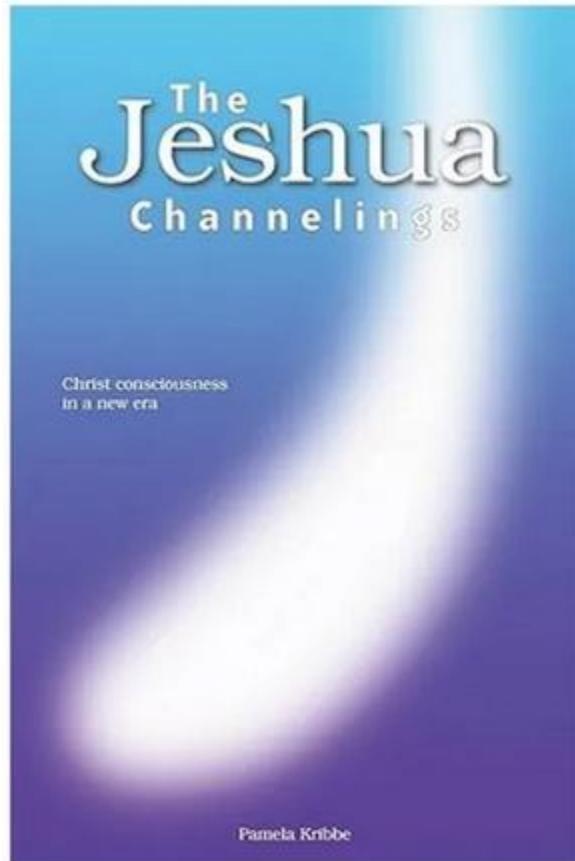
Lee Carroll/Kryon's website: <https://www.menus.kryon.com/>

Kryon/Lee Carroll's Video



Link: https://www.youtube.com/watch?v=HgD2yxFup_w

The Birth Of Love On Earth By Pamela Kribbe



Dear friends,

I am Jeshua, your friend and brother, and a kindred spirit. I am not other than you, for I am in you.

On Earth, I was the bearer of a new energy, of the vibration of the heart consciousness that is now awakening on a grand scale. The heart consciousness in you is becoming increasingly palpable. I am the living voice of heart consciousness, *here and now*, which is why I am not someone other than you – I am *in you*. You know me, because you have already heard the call of the heart. You cannot live with, and in, a consciousness based on fear, on struggle and an ongoing fight for survival, and on emotional poverty. The heart consciousness that you all reach out toward, and of which I was an early representative, is directly connected to your soul. It is essentially a consciousness that is born from the coming together of the soul and the human. Heart consciousness, or love, also exists outside the earthly sphere, but it is only in being human, with all its peaks and valleys, that heart or soul consciousness – love – takes on a form.

Love is a unique energy, the only energy that can encompass, and simultaneously treat as equal, both the light and the dark. In love, there is always a deep understanding of what is “human”, and with a deep acceptance of what that means; for example, what it is like to really love another person. If you truly feel love for someone, then you accept both the light and the dark sides of that person. You see the mixture, the play of light and shadow in the other: both the fears with which they struggle, and also the beautiful, pure qualities in that person; and you accept this entire power play of opposites. You are not just in love with the light in the other; no, you see their entire being and that is what you want to live with.

Nor is love desirous of change. It fully accepts what is, and is satisfied with what is. Love is therefore an energy of fullness. Everything is good, just as it is. I see your beauty, even though you struggle with pain or fear, anger or resistance. Love sees through it all. Therefore, love is not an energy that is within duality. It is an energy that transcends duality and can therefore encompass light and dark at the same time.

This is the consciousness that wants to be born on Earth at this time. First of all, through all of you as unique individuals. Love is not a value that can be imposed from above. It is a living, warm, conscious energy that wants to become established here on Earth. Love is born in the fusion of your soul with being human. In love, you come “home” – you experience the safety you have missed for so long.

Almost all people on Earth lack a basic sense of security. How can you develop yourself – be yourself, as it is called – when you lack a basic sense of safety? This creates a void and an isolation in your heart, and, as a result, you feel estranged from security, from a sense of safety and belonging. This sense of isolation or rejection creates a great amount of turmoil in you, and so it has become an aspect of being human to seek a way out of solitude and alienation by reaching for external sources of safety: acquiring property and possessions, being successful, establishing a career, knowing people and having many friends. But these can be all outer manifestations of an inner lack.. Relationships, family – there are many outer structures in the human world that help to hold off that feeling of inner emptiness, that lack of essential security.

Society, as it is today, is driven by that basic sense of insecurity. Hence the chasing after more, the unrest, the searching, the setting of goals and pursuing them. But if that emerges out of a deep sense of insecurity and lack, it will never be really filled; there will always be that inner void that haunts you, that feels like a gaping wound. Everything that fills it up seems to be temporary, always fading, never permanent. Therefore, all the external goals you set, even when they are lofty and idealistic, cannot really awaken your heart consciousness if you have not first experienced connection with your own soul, with that which has created you, with that of whom you are the outer manifestation.

That outer manifestation, that *is* you – right *here*, right *now* – your body and your personality, which were shaped by your genes, by your family history, and by the country where you were born and its culture. All these factors make you who you are. But in the end, there is an origin of all these elements, and that origin is outside time, outside your personality, and that origin is your soul.

Feel the reality of your soul. First of all, feel the mystery of it. Feel that you do not understand what it is. It is there, even though it escapes every mental concept and all categories. Ask for an image: “Who or what *is* my soul?” See if a spontaneous image comes to you. Imagination or visual thinking often surpasses the mind and, therefore, can say more than words. Feel within yourself: “I am a mystery. There are continual thoughts in me, sensations and emotions which come and go, yet there is also something in me that perceives all this. There is a spaciousness inside me that includes the light and the dark, the positive and the negative thoughts, the emotions, all of it. There is something in me that holds it all together.”

Feel within yourself: “I am a mystery. Everything I do, and everything I think I am, despite the outer form, cannot contain *what I am*.” Feel that you are independent and free of all that. Something in you is so much greater than your earthly personality, greater than what you have been told, greater than what you have taken in from your surroundings. Call up that free, independent being in you. *Summon your soul*. It wants nothing more than to join you.

The soul is mysterious, but not abstract. The soul is very present, has clear goals, is very concrete and focused. But you are often lost, cast out into a world that is unfamiliar with the soul, that denies that mystery, a world that wants to explain everything with words through theories and rules and laws. Yet the soul wants to come down *into* this world – it wants to inspire you. Feel the power of your soul. Your soul is also connected to your body. Were it not for your soul, you would not be breathing, you would not be alive.

You were not born of a seed or an egg; you were born of a Divine Power, of a Divine Will, and so you are a part of that Divine Power and that Divine Will. Feel how powerful and beyond words is your origin. Imagine it before you as a source of sparkling and fresh clear water that flows through you. You can think of it as a shower, or you can imagine sitting in a mountain stream and feeling the clear water flowing around and through you. The water reminds you of your origin, and that you are independent and free from all worldly, restrictive ideas.

Feel that you are young, no matter what your age. Feel again your youthfulness. There was a discussion today about the inner child. The child symbolizes the eternal youth of the soul. The deepest desire of the soul is to always live; to discover, to experience, to become aware of the divine in itself in every way, and to reveal itself to you and to others. The deepest impulse of the soul is *joy*, and joy belongs to youth and spontaneity. Move back into the realm of the soul. Let yourself be touched by the living water, that source within you. Throw all the fatigue and negativity you have experienced recently into the water and let all that simply wash away.

Become young again. It is your destiny to be young. The idea of getting old is a fiction, something that was conceived by humans. Life is an ongoing cycle of growth and rebirth. Anything that is old and can die is not essential to you. Remember that within you, you once felt completely free, independent, powerful, and, at the same time and because of that, so secure, so connected to the whole and free to explore, to investigate – after all, you never really left home, left your source. You are not really alone, lonely, or rejected. As soon as you feel the living light within you, you will remember this. It is natural to feel this way, not something you have to acquire through all kinds of courses, trainings, or workshops.

Feeling your inner light is the most natural thing there is. The fact that you often do *not* feel this way shows just how incredibly unnatural the energies are in this often fear-based reality. But you are here to change that. By listening to the voice of your soul, you create change. First of all, for yourself, because you come into a deeper connection with your spontaneity and your individuality. And, at the same time, this connection has a real effect on the world around you, without your having to participate in that world, and without your intending to have an effect — *so focus on yourself*.

Listen, remember that freedom is in you, and also security. The voice of your soul is like music. Music can bring you back to your center in a few moments, back to truth, to clarity. This is how you recognize the voice of the soul: you calm down inside and know again “Oh yes, that’s the way it is”. It is simple; the soul is not complicated.

I want to tell you something about your destiny on Earth at this time. I spoke at the beginning about heart-consciousness, of which I was an early representative, and that is now starting to awaken more and more. That is why we are here. There is a cry in your hearts, and that is why *I* am here. I, and many with me, are deeply involved in the changes on Earth. Human consciousness, the collective or mass consciousness, has stalled, and people have become stuck. The Earth, as a whole, is threatened by the disrupting of the balance in nature, of the unity of all life. People are yearning for change, for a new beginning. You can sum it up this way: humanity longs for *love*, and change is born of love. And you are the ones who come to bring something new. From the depth of your heart, from your understanding of

what it is like to be human, you come to bring a consciousness that transcends duality.

What do I mean by that? I am saying this to you, as well as addressing it to a group of souls who, for many lifetimes, have been deeply committed to the transformation of human consciousness. And by that I mean the transcending of fear and struggle. Many of you have been disappointed in life on Earth and feel distraught. You experience that your own natural energy does not match that of the world around you. That is one of the causes of your sense of feeling rejected and your loneliness, your feeling of not belonging and not fitting in, your sense of being different. But it is from that place that you are able to judge this worldly reality, which is exactly what you did.

I am here also to talk about past lives. You have been on Earth trying to bring the light into the dark, although your input often was rejected. Your commitment to the light you wanted to bring was not sufficiently seen and heard, and you were even condemned or punished for being a lightworker. This has caused trauma in your heart and mind, making it difficult for you to now connect with this world. I speak to those who feel and experience this trauma and who are struggling to spread their wings, to truly feel their inspiration and to follow it on Earth. This is a time of much needed change. You are now called to show yourselves, and not through struggle, not through duality, but through the voice of love.

The very first, and actually the only step you have to take, is to free yourself. Then you can hear the music again, the song of your own soul, and follow the joy of your desires, that of which others might say: "That can't be done. You are foolish. It doesn't fit in." *Have faith.* Dare to walk off the beaten path. Dare to show your light through what you say and you do, through your eyes and your voice. *Be yourself.* Which, in fact, you already are. Everything you talk about – enlightenment, elevation of your vibration, purification – is already in you, it is just covered over by fear. It takes courage to be different in order to prepare for the new. But that is essentially the purpose of your soul: to believe in "being different". That connects you to your soul, to the living source.

Do not succumb to the laws of fear, coercion, and adaptation – hold on to your originality. That is *love* – the fusion of the soul and human in you. A loving human spreads light, but does not do so through persuasion or preaching, or through being an activist. There is indeed a profound, active impulse in loving, but it happens peacefully. You have become peacemakers; you no longer have to fight for the light. You are here to be at peace with yourself and to accept yourself. From there, a light radiates outward that will touch and change this Earth, as well as the people and institutions around you. Love melts things, softens, eliminates barriers.

Feel the love that is already in your heart. Feel the *flame* in your heart. Feel how all the lack, all the fear, disappears. Now focus very deeply on that flame in your heart, that heart consciousness that has long been yours. Sink with your consciousness entirely into the light in your heart. Your energy field is pure. The water has washed away everything that keeps you away from yourself. As a result, the light in your heart, the flame, shines brightly throughout your entire body and energy field. Feel the warm light of your heart.

You are not alone – that is an illusion. You are connected to deep and great forces that are much stronger and greater than those born out of fear and restrictive laws. You are much freer than you think. Allow your soul to sink into your heart, for the soul brings joy, light, lightheartedness, playfulness. The soul is a young child – joyful, spontaneous – and that all belongs together.

Now ask yourself, "What can I do in my life, something concrete that supports this soul stream?" What helps you? Joy, playfulness, creativity, experiencing abundance? Everything in you, everything in your life – including the forces around you, your guides and helpers – want to support and encourage you to

connect with your soul. And if you stumble for a moment, that is okay. There are always gentle hands around you to help you up again.

There is so much respect for you and for what you do here on Earth. You are a bringer of the new, and that requires courage and perseverance. You have been through so much fear, but we are always there for you. And if you temporarily no longer hear the voice of your own soul, we will *sing* it to you.

Finally, connect with the Earth through your feet. Go there with your attention. Feel the living Earth through the floor of this room, and know that she is alive. *The Earth is alive*. There is nothing dead in your reality – everything is alive. The Earth is animated, matter is vibrant. Earth welcomes you, she wants to experience and support the light of your soul. Truly, there are so many forces around you who want each of you to flourish as individuals and to be happy. Believe in the Power of the Earth, in the Power of Heaven, and trust it.

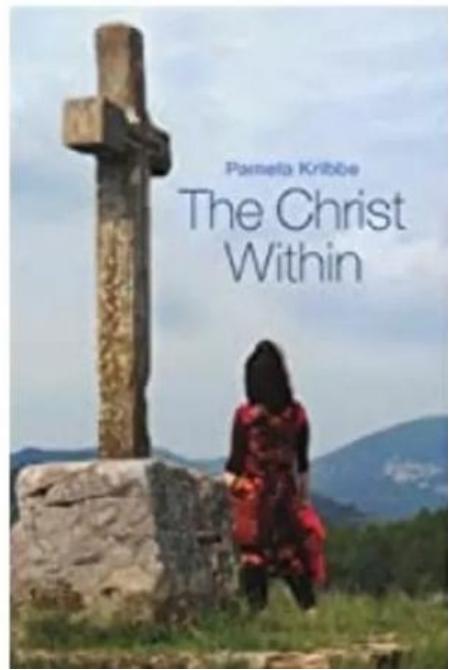
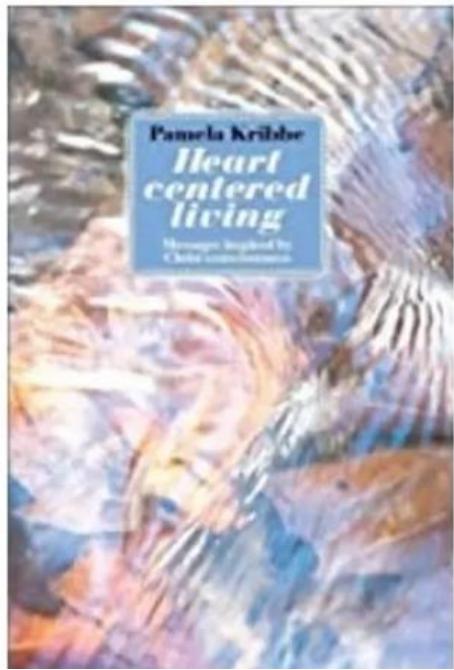
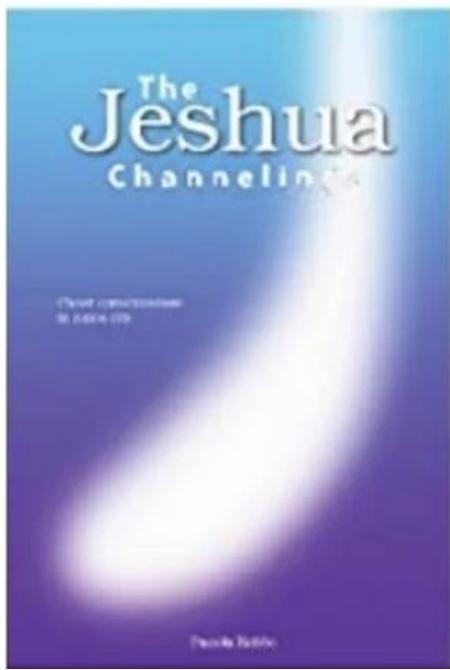
I welcome you all, and I love you all. I am not separate – we are one.

q

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. Pamela's website: www.jeshua.net Translation by Maria Baes and Frank Tehan

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Pamela's Books



Find Pamela's books on Amazon: https://www.amazon.com/stores/Pamela-Kribbe/author/B00J2DHIRY?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=34be7407-ff3f-447e-985a-0317b2e617f7

A Wise Visitor By Geoff Hindmarch

Geoff Hindmarch

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



Geoff shares his messages with all. As you see below he uses shorthand - Geoff (G) and Sharon (S) meditate daily. Geoff either talks with spirit thru "Instant understanding" or one of the Guides/Teachers takes over and talks through him.

S: Welcome. Where do you come from?

Spirit: I have come to explain your thoughts, and dilemma of alien species, and where they fit into your teaching. For me, I'm putting together many parts of history, of many regions, of many dimensions, of many species, to try and give you an overall picture to solve the problem, the concerns that you have.

If you'd like, you would consider me to be a custodian of many collections of memories. There are so many different, not just planets, not just species, not just dimensions, but experiments, lifetimes, life cycles. There is such a huge variety.

S: Mmm.

Spirit: So, what I would like to say to you is, if you can just imagine for one moment, your galaxy, let's just say the Milky Way, as you know it, and if you can imagine that in your mind, and then imagine going to the left and to the right, other Milky Ways going for as far as you can see, until they are the tiniest of pin pricks in the distance, and the same going in front of you, and behind you, and so on, and everyone having the same scenario of having millions of different possibilities, and species, and life styles, and developments and all sorts.

So, that's how big it is. What I want you to do now is just forget all of that. We narrow it down to what's important to you is just simply what's happening on this Earth at the moment. The species that are around here, the species that are with you, the species that are altering, trying to alter your development, all play a part, and they're all part of the evolving of your particular planet.

I'm going to take an example that this person actually used today to describe the Earth, because it was an example that we gave him. South Africa is developing, and you want to develop South Africa, but on one hand you have the British who want to colonize the country, you have the Chinese who want to bring in the laborer's, the Japanese who want to bring in the technology, the Americans that want to bring in the money, and so on. And they all want to change the country to what they believe is the best way, but what you want to do is you want to develop South Africa.

And that is the same as where we are on this planet today. What you want to do is develop this planet, this is your world. All the species out there that are with us, that are helping us, that have the best intentions, they're on the perimeters. You want to concentrate on developing South Africa. So they're all

there, and they always will be. As you evolve more, you automatically introduce other species, or get to know other species.

If you go right back to your caveman days, of course there was none of this. And it was only when they started to develop and started being able to talk to their ancestors, etc, that the tiniest fragment was developed and expanded from there. Now that the whole world is at a stage of evolving, and there's so many different people, tribes, religions, that talk to our side, and talk to a variety of other people as well. And there are many, many aliens on this planet. But then you must remember that we are all aliens.

And the majority of people on this planet, the majority by far, have had lives on this planet and on other planets as well. Because that's simply the way it operates.

S: Mmm.

Spirit: So, don't be concerned about all the different species, the interplanetary species that are out there. Let them develop on their own. And they will take care of themselves. Those who believe in going in that direction will go in that direction, and so on.

S: But it goes back to the same thing of when people are in a rut, or whatever, you've got to take them back to themselves. So, when people are all like, hmm, about every other planet, focus on your own planet first.

Spirit: Yes, quite right. Yes, and look after yourself first. Once you look after yourself, then you can expand, you can do the same thing for others, and so on. It's just that in this particular era, you've been bombarded with so many different possibilities, and people come out with all these different ideas.

S: Yeah. And curiosity as well.

Spirit: Yes, and your scientists are coming across different things, and once they're introduced to the public, the public are saying, well, that could be this, that could change this, that could change that. And there's just too much, they've got too far away from the stability of having love, family life, emotion, looking after each other, and satisfaction of being, as you say, in the now, in the now. Enjoying the moment. Far too much, and that's what we need to get back to, to get a comfortable movement to the next stage.

S: Absolutely.

Spirit: Now, I will be helping you in the future. You will have to give me a name at a later stage, which will come to you. But I'll be helping you in as much as explaining things like this, mainly to do with extraterrestrials, alien species, whatever you want to call them. It's all part of one creator, even all the planets, everything is part of one creator.

S: Thank you. Yes, yes. So thank you, and I will definitely think of a name.

Spirit: I'm sure you will. And I've already been told about your custom of saying goodnight. Lol.

S: lol. Thank you so much.

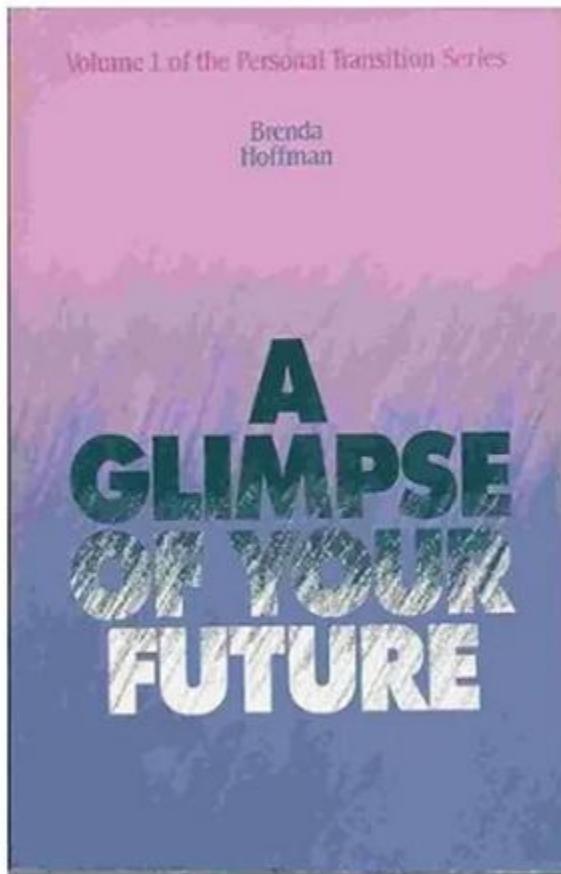
Spirit: Thank you, and goodnight.

S: And goodnight.

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

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

It's Over By Brenda Hoffman



Dear Ones,

Until now, the transition shifts have likely seemed exceedingly slow as you slogged through phase after phase with your goal of peace and joy somewhere out there.

Over the next three weeks, you will experience such rapid shifts that you may struggle to understand your own needs as well as those of others. It will be as if you entered a time zone as a child and exited as an adult.

Many of you will pooh-pooh this message, relaying to others that it is merely a figment of your imagination that all that seemed wrong yesterday is now acceptable or changeable tomorrow. But so it will be. This junction will be the last bastion of 3D negatively affecting you.

Initially, it will seem as if you have given in to the erratic behavior of those in 3D, only to discover that you no longer care. That what 3D finds essential, you find silly or bothersome, but not frightening.

You will expand your explorations to the point where 3D is no longer your focus, interest, or concern. While those of 3D will shrink physically, emotionally, intellectually, and numerically. As if the 3D curtain has been pulled back to expose a badly malfunctioning computer. A computer that you are no longer interested in using or attempting to repair.

The 3D act is over – not for everyone, but for those of you who have tapped into your new being. Those who wish to remain of 3D will scream, holler, rant, and rave, insisting that you must follow their dictates.

The school yard bullies are exposing their limited skills and powers for all the world to see. Only those who wish to remain under their spell will not notice. It is over. The school yard bully has no control over or interest for you, as will be true for millions around the globe.

Most of you will ponder the ramifications of what we of the Universes are relaying, while simultaneously questioning your ability to exit the 3D world of fear within days, rather than the years you expected.

It is over.

In a sense, you have clicked your heels together as was true for Dorothy in *The Wizard of OZ*, and you are on your way home. A home that you created through the eons of preparation for this time. It is over.

You will no longer need to question your motives or responses. You will just know. And you will not attempt to curtail or redirect others because you will not be interested in doing so. Nor will you quiver in your being, waiting for the next adverse 3D action.

You have completed your fear-to-love assignment, as have millions of others, not through fist-to-cuffs or armaments, but by accessing your skills instead of waiting for someone to give something to you or allow you to be.

It is over. You have completed the strenuous course from 3D to self-hood that you have been preparing for eons. No longer are you a student of who you should be. You are now you in all your glory. So be it. Amen.

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

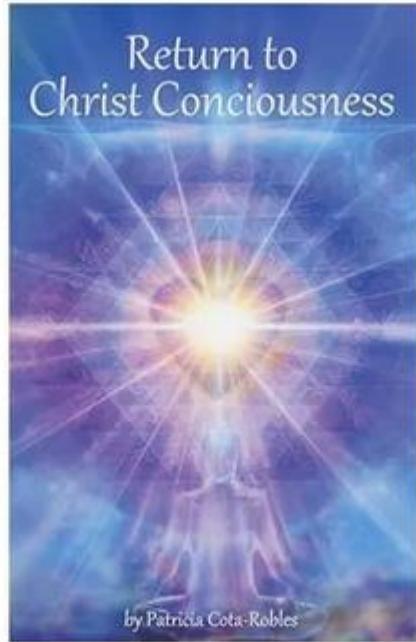
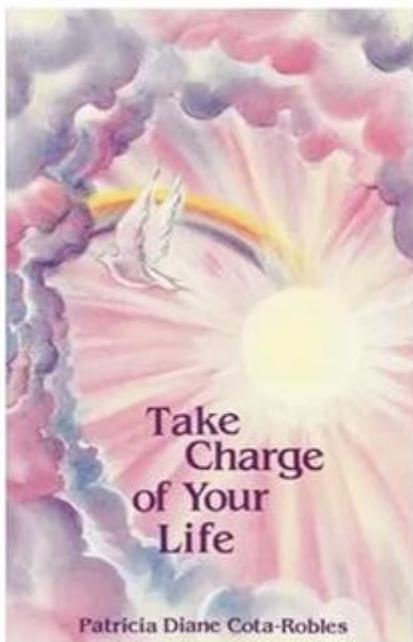
Before she and her husband retired from the work-a-day world to South Carolina, USA, Brenda held positions in corporate marketing, business management and social services. She has a Master of Science degree in sociology. It is her great joy to share her insights through Brenda's Blog - her weekly, channeled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

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

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Preparation For The Opening Of The Lion's Gate

By Patricia Cota Robles



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

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

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

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

Interview with Patricia



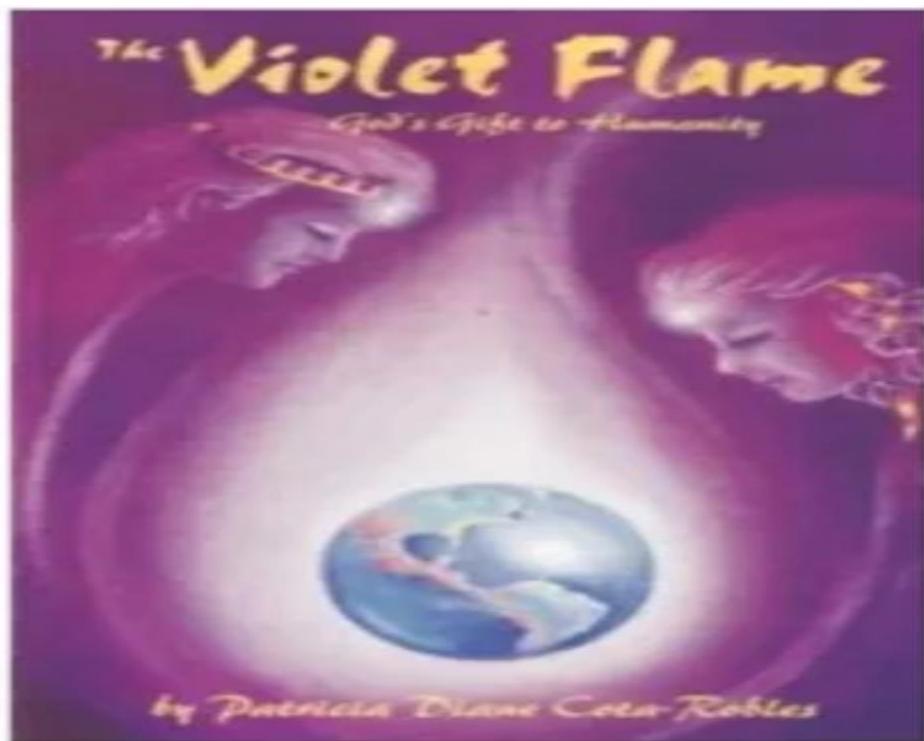
ROC Metaphysical

Interview with

Patricia Cota-Robles

Watch on YouTube

Link: https://youtu.be/hTX11kQV_2A



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



Link: <https://www.youtube.com/watch?v=wM55IL1KNvM>

ROC Metaphysical Event Advertising

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

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

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

Mythic Treasures Faire



Come to the Henrietta Store on Jefferson Road for second Saturday

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

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

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

Experience Psychic Fair is Back in September



Step into a world of healing, beauty, and empowerment at The Goddess Experience — your all-in-one destination for rejuvenation and self-discovery. Join us September 26, 27, & 28 in The Grange Building at The Hamburg Fairgrounds- Friday and Saturday 11 am to 6 pm, and Sunday 11 am to 5 pm.

Sample a wide variety of holistic practitioners offering everything from reiki and energy healing to reflexology and soothing massage. Whether you're seeking deep relaxation, emotional balance, or just a peaceful escape, you'll find exactly what your soul craves. Discover the bliss of a head massage, the grounding of reflexology, and the powerful shifts that energy work can bring.

But that's just the beginning — embrace your inner goddess with playful and beautiful enhancements like henna art and sparkling fairy hair. These enchanting touches let your spirit shine on the outside as brightly as it does within. Between sessions, relax and learn in our lineup of free lectures and workshops, where knowledgeable guides share insights into wellness, mindfulness, and personal growth. Sign up for a personal reading with one of our amazing Psychic Mediums and Spiritual Mystics and shop for Metaphysical supplies, Crystals, Jewelry and everything in-between. It's a safe, supportive space to connect with others and expand your journey.

Best of all, The Goddess Experience is designed to be accessible. All offerings are priced affordably, so you can explore freely without breaking the bank. Whether you're a seasoned seeker or simply curious, this event welcomes you with open arms. Come for the healing, stay for the transformation — and leave feeling like the goddess you truly are.

Events At ONE Wellness



Gratitude Circle

Walking the Path Together



Join us at ONE Wellness Center for this free, monthly spiritual discussion group. It is a space to discuss your own journey, learn from others, and make meaningful connections within ONE's spiritual community. All are welcome. Attendees are invited to share at their comfort level- participation is voluntary.

Please do rsvp via email (onewellnesscntr@gmail.com) or via phone 585-645-4221, so that we can assure adequate space.

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

All are welcome! Free of charge!



<https://onewellnesscntr.com>

Follow us on Facebook

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

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

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

Peace Meditation at ONE Wellness with Robyn

Peace Meditation

with the Love Peace Harmony Calligraphies



CREATE HARMONY

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

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

FREE - All Are Welcome

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

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

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

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

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

Classes with Sheila Tillich

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

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

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

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

Register Now WWW.SHEILATILICH.COM/EVENTS

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

What is Integrated Energy Therapy® (IET®)?

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

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

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

What are the benefits of IET®?

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

What can I expect from an IET® session?

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

What is the difference between IET® and Reiki?

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

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

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

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

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

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

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

Free Events with Robyn At One Wellness

The Soul's Sanctuary:
Finding Peace Amidst Life's Storms

A 2-hour class, Tuesday August 12, 6-8 PM **FREE**

INTRODUCING THE SACRED TAO CALLIGRAPHY GREATEST LOVE

Please register for head count.

ARE YOU READY TO:

- Transform your journey from anxiety and apprehension towards a profound state of inner peace?
- Discover lasting inner calm and expansive joy?
- Rediscover your innate capacity for serenity?

THIS IS AN INVITATION TO:

- Release the burdens of the past.
- Quiet the noise of the future.
- Embrace the present moment with grace.

Through guided meditations, mindful movement, reflective exercises, and insightful discussions, you will cultivate a sanctuary within, a space where true peace can flourish.

SOUL MIND BODY WELLNESS
@ ONE Wellness Center
2349 Monroe Ave, 2nd Floor
Rochester, NY (Entrance in back.)

READY TO TRANSFORM?
For more info and FREE registration:
[HTTPS://WWW.SOULMINDBODYWELLNESS.COM/BOOK-ONLINE](https://www.soulmindbodywellness.com/book-online)

2-hour class*,* Tuesday August 12, 6-8 PM

*Optional: Bring a journal to take notes.

Anxiety is a common human emotion characterized by feelings of fear, dread, and uneasiness. It's often a normal reaction to stress, like when facing a difficult problem, taking a test, or making a big decision. In some cases, mild anxiety can even be helpful, providing motivation or helping you focus.

However, when anxiety becomes excessive, persistent, and interferes with daily life, and it is disproportionate to the actual situation, it can be overwhelming; leading to distress, avoidance behaviors, and a range of physical symptoms.

Let's journey inward and rediscover the profound spiritual resources available inside. We'll explore practices using the Tao Calligraphy Greatest Love, to gently guide you from the grips of anxiety towards a state of divine calm and expansive joy, helping you remember your true nature as a being of light and love. Prepare to awaken to a deeper connection with yourself and the universe, allowing your inner radiance to shine through.

This is a free class.

Please register: Class & Workshop registration is at: <https://www.soulmindbodywellness.com/book-online>

2-hour class*, Tuesday September 9, 6-8 PM

In this illuminating two-hour class, we invite you to embark on a gentle yet powerful journey toward renewed hope and inner strength. While depression can feel isolating and overwhelming, it is often a call from within to reconnect with deeper spiritual truths and your innate capacity for healing.

We will explore the spiritual dimensions of emotional well-being, offering practical insights and compassionate guidance to help you navigate challenging feelings. Through guided reflection and simple, accessible spiritual practices, you'll begin to shift your perspective, cultivate self-compassion, and tap into the profound resilience that resides within your soul. This class is an opportunity to plant seeds of hope, remember your inherent worth, and take the first steps toward reclaiming your vibrant spirit.

Cost is free.

Please register -Class & Workshop registration is at: <https://www.soulmindbodywellness.com/book-online>
Info@SoulMindBodyWellness.com

About Robyn:

Robyn's journey in the Healing Arts began during her college years. After earning her MBA from UMass/Amherst, she moved to the San Francisco Bay Area, where she balanced an accounting career with her continued metaphysical pursuits.

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

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

The Compassionate Spirit: Nurturing Self-Love from Within

Introducing the Tao Calligraphy Greatest Compassion

FREE

You are invited to explore the profound power of compassion, starting with yourself.

Life can often feel demanding, and we frequently extend kindness and understanding to others while neglecting our own inner world.

A perfect starting point for anyone seeking to foster a deeper sense of inner peace and self-acceptance.

Tuesday October 7, 6-8 PM

R.S.V.P.

ARE YOU READY TO WITNESS THE STRENGTH THAT FLOWS FROM A COMPASSIONATE HEART?

For more information or to Register Now:
<https://www.soulmindbodywellness.com/book-online>

SOUL MIND BODY WELLNESS
@ ONE Wellness Center
2349 Monroe Ave, 2nd Floor
Rochester, NY (Entrance in back.)



Questions? Reach Out!
Email: Info@SoulMindBodyWellness.com
Website: SoulMindBodyWellness.com
Phone: 1.585.582.6194



THE SOUL'S AWAKENING:

Please register *Journeying Beyond Depression* **FREE**
for head count. INTRODUCING THE TAO CALLIGRAPHY GREATEST FORGIVENESS

- In this illuminating two-hour class, we invite you to embark on a gentle yet powerful journey toward renewed hope and inner strength.
- We will explore the spiritual dimensions of emotional well-being, offering practical insights and compassionate guidance to help you navigate challenging feelings.
- Through guided reflection and simple, accessible spiritual practices, you'll begin to shift your perspective, cultivate self-compassion, and tap into the profound resilience that resides within your soul.

READY FOR THE JOURNEY?

FOR MORE INFORMATION AND TO REGISTER NOW:
[HTTPS://WWW.SOULMINDBODYWELLNESS.COM/BOOK-ONLINE](https://www.soulmindbodywellness.com/book-online)



Workshop Details:

Date: Tuesday, September 9

SOUL MIND BODY WELLNESS

@ ONE Wellness Center

2349 Monroe Ave, 2nd Floor

Rochester, NY (Entrance in back.)

Time: 6 - 8 PM

Questions? Reach Out!

Email: Info@SoulMindBodyWellness.com

Website: SoulMindBodyWellness.com

Phone: 1.585.582.6194

Classes with Robyn
August Event With Robyn

THE SOUL'S SANCTUARY: FINDING PEACE AMIDST LIFE'S STORMS

ARE YOU READY TO:

- Transform your journey from anxiety and apprehension towards a profound state of inner peace?
- Discover lasting inner calm and expansive joy?
- Rediscover your innate capacity for serenity?

BY THE END OF THIS TRANSFORMATIVE DAY YOU WILL:

- Possess a deeper understanding of your own spiritual architecture.
- Gain practical tools to navigate life's challenges with greater poise & calm.
- Allow your natural joy to emerge effortlessly.

This workshop is perfect for anyone yearning to move beyond disabling anxiety and embrace a life filled with spiritual richness, emotional freedom, and an enduring sense of well-being.

Join us to step into your full light and illuminate your path to profound inner peace.

Workshop Details:

Date: Saturday, August 23

Time: 10:00 AM – 5:00 PM

Early Bird \$75 / \$88 on Aug 23

Includes: Lunch break (Bring a bag lunch or explore nearby eateries.)

What to Bring (Optional):

A journal for notes

Wear comfortable clothing

READY TO TRANSFORM?

FOR MORE INFORMATION OR TO REGISTER NOW:

[HTTPS://WWW.SOULMINDBODYWELLNESS.COM/BOOK-ONLINE](https://www.soulmindbodywellness.com/book-online)



SOUL MIND BODY WELLNESS
@ ONE Wellness Center
2349 Monroe Ave, 2nd Floor
Rochester, NY (Entrance in back.)

Questions? Reach Out!

Email: Info@SoulMindBodyWellness.com

Website: SoulMindBodyWellness.com

Phone: 1.585.582.6194

1-day workshop, Saturday August 23, 10 AM – 5 PM w/lunch break.

Bring a bag lunch or explore nearby eateries.

***Optional: Bring a journal to take notes. Wear comfortable clothing.**

In our fast-paced modern world, the echoes of anxiety can often overshadow the natural joy and tranquility that reside within each of us. This comprehensive workshop offers a transformative journey designed to gently guide you away from the grips of worry and apprehension towards a profound, lasting state of inner calm and expansive joy. Far beyond mere coping mechanisms, this experience delves into the spiritual roots of our being, inviting you to rediscover your innate capacity for serenity and reconnect with the divine light that is your birthright.

Throughout our immersive day together, we will explore a rich tapestry of ancient wisdom and contemporary practices, including using sacred Tao Calligraphy; all aimed at fostering a deeper spiritual

connection and re-calibrating your energetic state. You'll learn to identify the subtle ways anxiety manifests within your mind, body, and spirit, and discover powerful techniques to transmute these challenging energies into sources of resilience and wisdom.

This workshop is an invitation to release the burdens of the past, quiet the noise of the future, and fully embrace the present moment with grace and conscious awareness. Through guided meditations, mindful movement, reflective exercises, and insightful discussions, you will cultivate a sanctuary within, a space where true peace can flourish.

By the end of this transformative journey, you will possess a deeper understanding of your own spiritual architecture and practical tools to navigate life's challenges with greater equanimity. You will learn to recognize anxiety not as an adversary, but as a messenger, guiding you towards areas within that seek healing and integration. More importantly, you will cultivate a profound sense of self-compassion and unshakeable inner peace, allowing your natural joy to emerge effortlessly. This workshop is perfect for anyone yearning to move beyond disabling anxiety and embrace a life filled with spiritual richness, emotional freedom, and an enduring sense of well-being. Join us to step into your full light and illuminate your path to profound inner peace.

Cost is \$75

Workshop registration is at: <https://www.soulmindbodywellness.com/book-online>

THE SOUL'S AWAKENING:

A Deep Dive into Transcending Depression

This immersive workshop is a comprehensive journey designed to facilitate profound healing and spiritual liberation from the pervasive weight of depression. This day-long session offers a sacred space for exploration, understanding, and transformation, moving beyond conventional approaches to embrace a holistic, spirit-centered path to well-being.

Through a series of transformative practices designed to release stagnant energies, integrate past experiences, and cultivate a vibrant inner landscape; we will explore how spiritual principles such as self-compassion, forgiveness, presence, and purpose can become powerful allies in your healing journey.

This is an invitation to gently release the burdens that have held you captive, rekindle the flame of hope within, and awaken to the boundless joy and peace that are your inherent nature.

Workshop Details:

Date: Saturday, September 27

Time: 10:00 AM – 5:00 PM

Early Bird \$75 / \$88 on Sept 27

Includes: Lunch break (Please bring a bag lunch or explore nearby eateries.)

What to Bring (Optional):

A journal for notes

Wear comfortable clothing

READY FOR THE JOURNEY?

FOR MORE INFORMATION OR TO REGISTER NOW:

[HTTPS://WWW.SOULMINDBODYWELLNESS.COM/BOOK-ONLINE](https://www.soulmindbodywellness.com/book-online)



SOUL MIND BODY WELLNESS

© ONE Wellness Center

2349 Monroe Ave, 2nd Floor

Rochester, NY (Entrance in back.)

Questions? Reach Out!

Email: Info@SoulMindBodyWellness.com

Website: SoulMindBodyWellness.com

Phone: 1.585.582.6194

**1-day workshop, Saturday September 27, 10 AM – 5 PM w/lunch break.
Bring a bag lunch or explore nearby eateries.**

***Optional: Bring a journal to take notes. Wear comfortable clothing.**

This immersive workshop is a comprehensive journey designed to facilitate profound healing and spiritual liberation from the pervasive weight of depression. We understand that depression is more than just a mood; it can be a deeply spiritual experience, a "dark night of the soul" that, when navigated consciously, can lead to incredible growth and renewal. This day-long retreat offers a sacred space for exploration, understanding, and transformation, moving beyond conventional approaches to embrace a holistic, spirit-centered path to well-being.

Throughout our time together, we will delve into the multifaceted nature of depression, examining its spiritual origins and the ways it can obscure our connection to our authentic selves and the divine. You will be guided through a series of transformative practices, including deep meditations, energy work, and contemplative exercises, all designed to release stagnant energies, integrate past experiences, and cultivate a vibrant inner landscape. We will explore how spiritual principles such as self-compassion, forgiveness, presence, and purpose can become powerful allies in your healing journey, helping you to reframe challenges and discover profound meaning in your experiences.

By the end of this heartfelt workshop, you will not only gain a deeper understanding of your own spiritual architecture but also acquire a rich toolkit of practices to navigate emotional complexities with grace and wisdom. This is an invitation to gently release the burdens that have held you captive, rekindle the flame of hope within, and awaken to the boundless joy and peace that are your inherent nature. You will emerge with renewed clarity, strength, and an illuminated path forward into a life truly lived from the heart and soul.

Workshop registration is at: <https://www.soulmindbodywellness.com/book-online>

Cost is \$75

October Event With Robyn

Self-love is an appreciation for one's own worth and well-being, encompassing actions that support physical, psychological, and spiritual growth. It's about prioritizing your happiness and needs, accepting yourself with kindness and compassion, and nurturing a positive relationship with yourself. It's not about perfection, but about valuing and accepting yourself even when things are difficult or you experience self-doubt. Core values of compassion include empathy, kindness, understanding, and a desire to alleviate suffering. These values are often expressed through actions like providing support, offering help, and creating a safe and inclusive environment. Compassion also involves being non-judgmental and recognizing the shared humanity in others. Embark on an enriching journey to discover the boundless wellspring of self-love within you. "The Compassionate Spirit" is designed to guide you through mindful practices and transformative insights, helping you to release judgment, embrace vulnerability, and cultivate profound self-compassion. This workshop offers a sanctuary for introspection and growth, allowing you to nurture your spirit and blossom into your most authentic, loving self. We will take a deep dive into the Universal Law of Shen Qi Jing (Soul Mind Body) and experience how negative information creates challenges in our lives, while positive information promotes healing & flourishing in every aspect of life. We will do practices with the Tao Calligraphy Greatest Compassion to power through our blockages.

The Compassionate Spirit: Nurturing Self-Love From Within

Self-love is an appreciation for one's own worth and well-being, encompassing actions that support physical, psychological, and spiritual growth. It's about prioritizing your happiness and needs, accepting yourself with kindness and compassion, and nurturing a positive relationship with yourself. It's not about perfection, but about valuing and accepting yourself even when things are difficult or you experience self-doubt.

- Embark on a journey to discover the boundless wellspring of self-love within you.
- Experience mindful practices and transformative insights, serving you to release judgment, embrace vulnerability, and cultivate profound self-compassion.
- Take a deep dive into the Universal Law of Shen Qi Jing (Soul Mind Body) and experience how negative information creates challenges in our lives, while positive information promotes healing & flourishing in every aspect of life.

Workshop Details:

Date: Sunday, October 27

Time: 10:00 AM – 5:00 PM

Early Bird \$75 / \$88 on Oct 26

Includes: Lunch break (Please bring a bag lunch or explore nearby eateries.)

What to Bring (Optional):

A journal for notes

Wear comfortable clothing

**ARE YOU READY TO WITNESS THE STRENGTH THAT FLOWS
FROM A COMPASSIONATE HEART?**

For more information or to Register Now:

<https://www.soulmindbodywellness.com/book-online>



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Questions? Reach Out!

Email: Info@SoulMindBodyWellness.com

Website: SoulMindBodyWellness.com

Phone: 1.585.582.6194

Unity Field Healing Class Nov 8-9

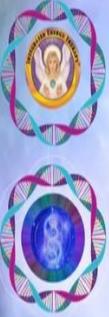


Sheila Tillich is offering this class in November. See info on her website at sheilatillich.com

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

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

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



HEALING SESSIONS

SPECIAL OFFER

Rejuvenate with Reiki, IET, and UFH

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

Contact: sheila@sheilatillich.com

Are you in need of Stress Relief and a little Pampering?

Have you ever had an energy session with Galactic Master Energy Healer - Teacher/Trainer, Rev. Sheila B. Tillich?

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

~ REIKI

~ Integrated Energy Therapy® (IET®)

~ Unity Field Healing (UFH)

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

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

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

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

Cost for 60 Minute Session:

1 Modality - \$80

2 Modalities - \$100

3 Modalities - \$122

Remote appointments are available, too.

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



Sheila B.

Divine Angelic Gathering

Enjoy a magical time with friends!

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

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

What is included:

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

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

WWW.SHEILATILLICH.COM

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

Ideal for those seeking an extraordinary twist on girls' nights out, a soulful birthday celebration with friends, a mystical alternative for a bachelorette party, or an invigorating work event, this gathering promises an experience like no other.

Immerse yourself and your loved ones in the ethereal embrace of angelic blessings and healing, orchestrated by the renowned Sheila B. Tillich, a Recovery Metaphysician & Galactic Grandmother known for her profound connection to the angelic realms.

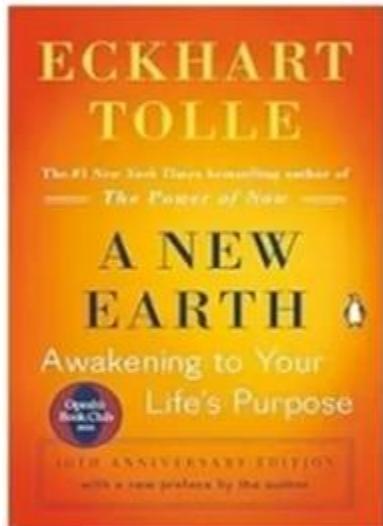
Find out more about these in-person or online gatherings at
[**https://sheilatillich.com/product/divine-angelic-gathering/**](https://sheilatillich.com/product/divine-angelic-gathering/)

ONE Wellness Center Book Club



September Book Circle

A New Earth: Awakening to Your Life's Purpose



In *A New Earth*, Eckhart Tolle shows that transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world.

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

When: September 13, 2025, 1:00p-2:30p
Where: ONE Wellness Center
Institute for Spiritual Integration
2349 Monroe Avenue, Rochester 14618
All are welcome! Free of charge!



<https://onewellnesscntr.com>

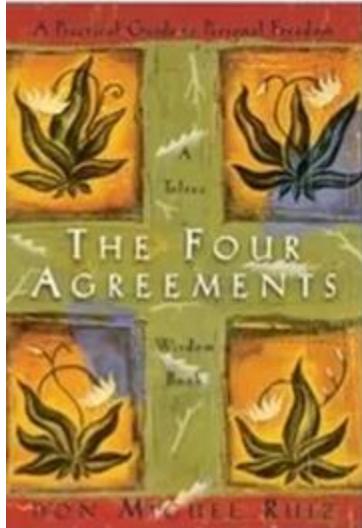


Follow us on Facebook



October Book Circle

The Four Agreements: A Practical Guide to Personal Freedom



The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. It is a New York Times and international bestselling guide to true happiness.

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

When: October 11, 2025, 1:00p-2:30p
Where: ONE Wellness Center
Institute for Spiritual Integration
2349 Monroe Avenue, Rochester 14618

All are welcome! Free of charge!



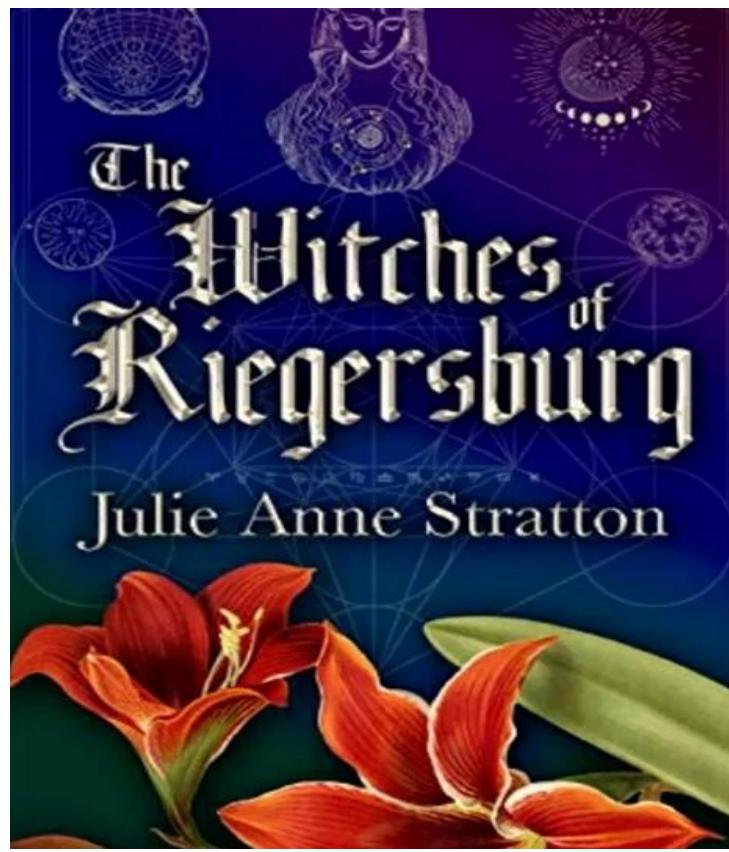
<https://onewellnesscntr.com>



Follow us on Facebook

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

Books That Are a Must Read!



The Witches of Riegersburg by JA Stratton

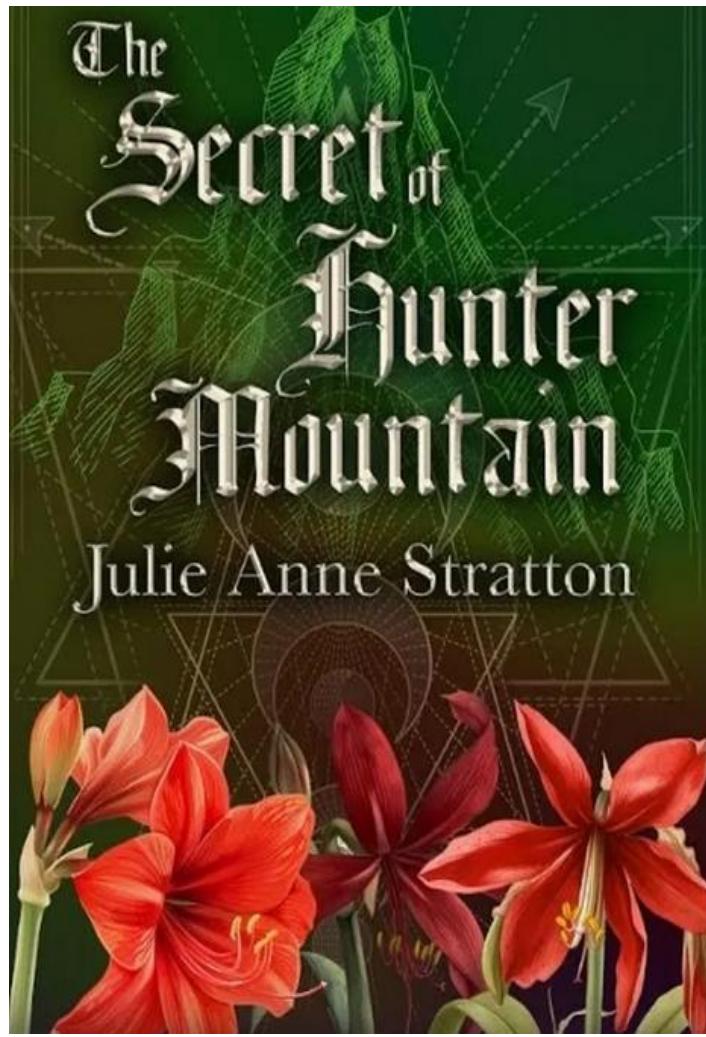
-- For fans of *The Da Vinci Code* and historical intrigue, *The Witches of Riegersburg* is an unforgettable ride through time, magic, and resilience.

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

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

-reviewed by Mansi Rawmani

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



The Secret of Hunter Mountain by JA Stratton

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

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

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

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

More about Julie and her Books



About Julie:

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

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

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

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

ROC Metaphysical Alternative Businesses & Provider Directory



Rev. Vicki Snyder-Young

**Spirit and Tarot Connections
The Park at Allens Creek
100 Allens Creek Rd.
Suite 216
Rochester, NY 14618
585-354-6907**

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

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



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

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



The
PurpleDoor
Soul Source LLC



**The Purple Door
The Plaza in Win Jeff Plaza**

**3450 Winton Rd South
Rochester, NY 14623**

Connie Wake and Sue Fiandach

585-427-8110

<http://www.purpledoorsoulsource.com>

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



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

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

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



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

**585-266-8350
Sue Stephens**

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

Sue has been in business and an anchor in the metaphysical community since 1990. Over the years her store has evolved into a mythical wonderland carrying a variety of Incense and Candles to calm your spirit. Energize yourself with our large selection of crystals and stones. Empower yourself with charms and amulets. Dragons, Fairies and ancient Gods will inspire you.

Expand your mind by browsing through our books and glimpse into the unknown with tarot cards and other divination tools. This store is about you and the tools you need to create and walk your own path. The store has a new location - so much bigger with a wide variety of all kinds of items, there is shopping carts to help with your shopping.



The Lotus Blossoms



**The Lotus Blossoms
100 White Springs Ln**

Geneva, NY

315-789-4650

<http://www.thelotusblossoms.org>

<https://www.facebook.com/TheLotusBlossoms5/>

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

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



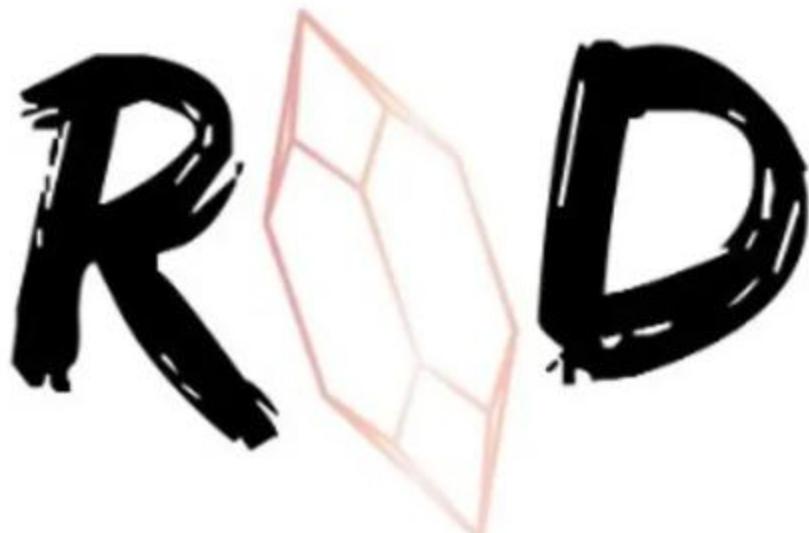
Sage Walker, RMT Master Teacher IET, BARS
The Angelic Link
2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618
585-317-4374
<https://www.theangeliclink.com>

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

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

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

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



ROCK DUDE

Rock Dude

Lee Parker - OWNER

795 Waterman Rd

Forestville, NY 14062

<https://www.rockdudestore.com/store/about/>

<https://www.facebook.com/rockdude68>

716-679-8544

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



Healthy Alternatives Wellness Center

Carol Scheg-Morissette

4358 Culver Rd

Rochester, NY

www.meetup.com/Rochester-Friends-Who-Meditate

www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

Theressa Johnson, Psychic Medium teaches Psychic and Mediumship Development classes at several locations in and around Buffalo, NY. She loves reading at Psychic Fairs in and around Buffalo, Niagara Falls and Rochester, NY and Erie, PA and also holds specialty classes including Past Life

Regression, Meet Your Spirit Guide, Meet your Guardian Angel, Learn to Read Tarot Intuitively and more ! She became aware of her abilities at the age of 6 and teaches others to develop their own abilities and awareness because she was helped to do this. Look for her live video's and astrology reports on Facebook. She can also be seen on the Youtube Channel Psychic Inspiration: <https://www.youtube.com/channel/UCNlx19eoFgnHnsUlR63ejJw> and can be contacted for a telephone or private reading at psychic fairs or her home via her website.

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



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

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

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



Janice McNamara, RN Intuitive Healer
585-455-1953
<https://www.nextstepholistic.com>

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



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

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



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

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

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



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

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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

Fairport, NY 14450
585-313-3996
<https://sheilatillich.com>

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

<https://sheilatillich.com>

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

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

Join the Lightworkers Connection Circle Facebook Group:

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

Follow me on Instagram: https://www.instagram.com/sheila_b_he...

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

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



Rev. Bunny DuPuis
716-241-1414
revbunnydupuis@gmail.com
http://www.bunnydupuis.com

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

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



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

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

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



Judy Lynn
**5 East Main Street
Earlville, NY 13332
www.judylynn.org
jlspiritualadvisor@gmail.com
607-316-3260**

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

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

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

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

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



Michelle Brzezniak EEM-AP

Eden Energy Medicine Advanced Practitioner and Authorized Teacher

585-730-2762

eembymichelle@gmail.com

<https://eembymichelle.wixsite.com/hope>

669 State Rt 31, Macedon, NY

By Appointment Only

The legendary Donna Eden's simple, yet effective Daily Energy Routine relieved Michelle's chronic migraines and changed her life dramatically. She was gifted a renewed sense of vitality and life purpose and driven to help others with this new discovery. She completed the rigorous 4 year hands on Certification Program for Eden Energy Medicine, and became the first advanced practitioner in the Rochester area. Michelle also has a diverse background in Reiki, Therapeutic Touch, Intuitive Consulting, Teaching and the Graphic Arts.

Donna Eden's Energy Medicine gently balances the body's 9 subtle energy systems so your body can restore itself to a natural state of well-being. It can be done as simple self care at home or with the help of a qualified practitioner. Michelle teaches introductory classes and does private sessions.

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

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



B&R CRYSTAL
CAVERN

B & R Crystal Cavern

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

LifeForce Rejuvenation



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

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

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

Alternatives For Healing

An Alternative Medicine & Holistic Directory

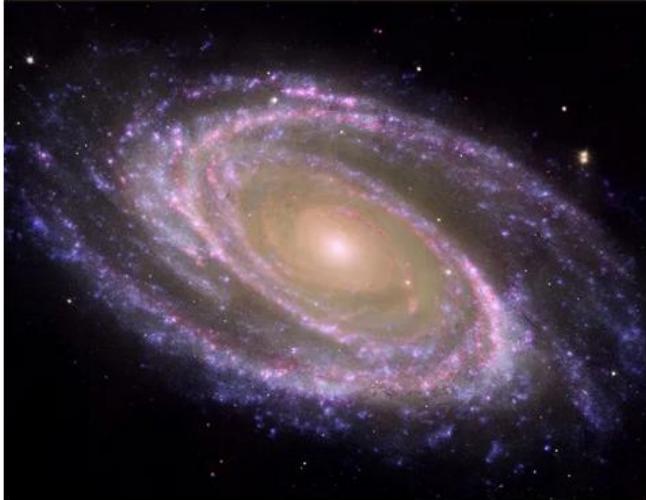


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<https://www.alternativesforhealing.com/>



Sacred Light of Cosmic Awareness Community

3961 E. Chandler Blvd.

#Ste. 111-198

Phoenix, AZ. 85048

Tel: (480) 273-4577

Sacredlight777@proton.me

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

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

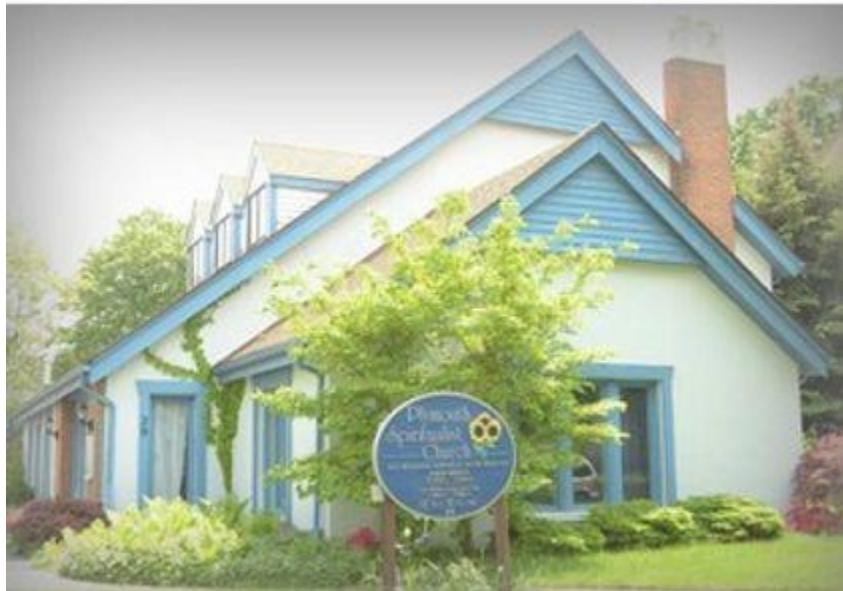


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Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

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

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

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