

ROC *Metaphysical*

Our Mission is to Enlighten and Inform

February 2025

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for the month:

Take Your Rightful Place In The Divine Revelation Of Life

By Guy Finley

Visions Of The Dearly Departed By Jessica Bryan

The Wisdom Of Energy: Living A Meaningful Life In The 21st

Century By Anthony Talmage

Radical Awakening & Opening To The Heart Consciousness

By Ramana

Reconnecting With 'The Nurturer' This 2025 Being So Good

To You Starts Now! By Christianne Asper-Contant

The Year Of Unique Awakening And Manifestation

By Patricia Cota-Robles

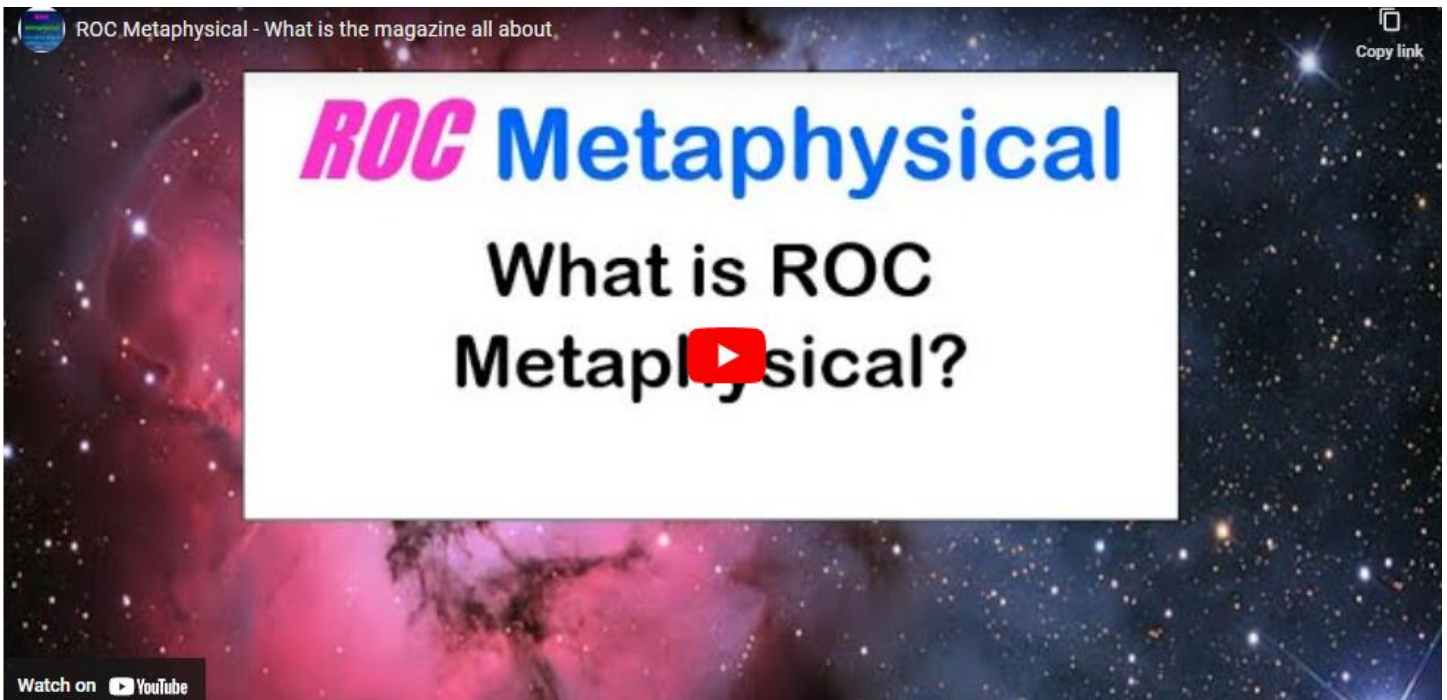


ROC Metaphysical

February 2025

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What Is ROC Metaphysical All About?



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

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

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

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

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

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

comes to my email.

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

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

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

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

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

Find ROC Metaphysical At These Sites



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



pinterest.com/rocmetaphysical



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



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



Now that Google+ is gone the next generation is MeWe. Find us at:
<https://mewe.com/profile/5caba69765a0815f48d3d128>

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Highlights of The Magazine



Read Interesting and Informative Articles

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



Read Channeled Messages

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



Learn About Incredible Alternative Businesses

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



Lots of Interesting Events

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

We Have A YouTube Page



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



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



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

Go To Our YouTube Page



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

ROC Metaphysical Online Magazine Articles for February 2025

LonerWolf



6 of the Most Powerful Questions to Ask For
The Awakening Soul
By Aletheia Luna & Mateo Sol

World Sound Healing Day



Celebrate World Sound Healing Day

Guy Finley



How To Unlock The Treasure Of Your True Self
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Ellie Blair



What is Imbolc? By Elie Blair

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ROC Metaphysical Book Review



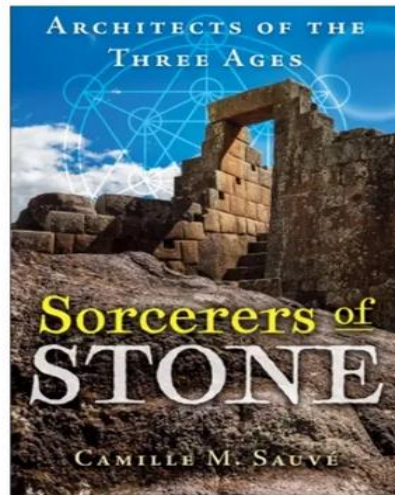
Breakfast With Bluebirds
By Mary Grace

Doreen Scanlan



Tarot Tendencies For February
By Doreen Scanlan

ROC Metaphysical Book Review



Sorcerers Of Stone
By Camille M. Sauvé

Sound Healing



What Can Sound Healing Do For You?



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

Shelly Dressel



The Heart Of Your Soul
By Shelly Dressel

Kryon/Lee Carroll



Is Sound A Sacred Energy?
By Kryon/Lee Carroll

Nancy Leilah Ward



Above And Beyond By Nancy Leilah Ward

Patricia Cota-Robles



Powerful Celestial Opportunities In 2025
By Patricia Cota-Robles

The future depends on
what you do today
- Mahatma Gandhi

"
SOMETIMES IT TAKES ONLY
ONE ACT OF KINDNESS AND
CARING TO CHANGE A
PERSON'S LIFE.
"

6 of the Most Powerful Questions to Ask for the Awakening

Soul By Aletheia Luna and Mateo Sol



I want to share with you one of the most beautiful experiences that I’ve ever had.

It occurred two days ago as I was sitting down quietly, listening to the sounds of the night. As I looked up at the white walls and ceiling encircling me, I was suddenly overcome with a strange sense of “waking up” from a very long and intricate dream that I had been taking part of for my entire life.

Sol – who was in the room with me – seemed to merge with me so there was no “me” or “him,” there was no “self” or “other,” just an inexplicable vastness, an endless wholeness. For those few moments, everything was an expression of perfection and underneath all that I saw was an infinite stillness and silence; a purity of unity.

And it was in that moment that everything I have ever looked for, everything I have ever intuitively sensed and desired, was fulfilled.

Here’s what I have taken away from that experience to share with you:

Our Quest to Build the Ideal Self

When we begin our spiritual journeys of inner growth, we discover many things about ourselves, other people and the world.

We uncover the lies we tell ourselves and others, the lies the world tells us, we work on exploring our personalities, we work on improving our personalities, we heal our wounds, we try to make peace with ourselves, we try to make amends with others ... and many more things that go hand-in-hand with the cultivation of self-awareness, self-discovery, self-understanding and self-transformation. These are all

very useful practices.

Eventually, we develop a pretty good understanding of ourselves – of our flaws and strengths, of our core wounds and shadow elements and of our true dreams and gifts. We nourish our bodies, change our diets, create healthy personal boundaries, cut away toxic habits, say goodbye to destructive people, build new friendships and relationships, and eventually develop love and respect for who we think we are. This is all imperative.

And yet ... we always feel as though something is missing in our lives.

We still work to pursue creating an “ideal self,” that always feels happy, that never suffers and that is constantly at peace. We still work to build and enhance our identities, whether through identifying as vegans, as yogis, as empaths, as intuitives, as Buddhists, as healers, as spiritual students or teachers, as Old Souls, as shamans, as eco warriors, and as any of the other hundreds of identity labels we love to collect and embody.

And yet ... we are never happy. We always seek more – we always seek to “be” more. Our quest is never-ending. We think that we can “defeat” the mind by using the mind ... but have you ever questioned the validity of this? Have you ever asked yourself the following question:

“Will I ever be enough?”

Will You Really Ever “Be Enough”?

The question may seem absurd: “Of course I am enough!” you might think as I once did. “I am a smart, attractive, intelligent, kind and loving person – of course I am enough!”

Yes, yes you are. And to achieve this kind of self-respect is an important part of the growth process away from self-hatred to self-love.

But there comes a time after you have cultivated self-love and self-respect where you come to realize something miraculous:

You will never be enough because who you “think” you are is not truly “who” you are.

All of the memories, all of the beliefs, all of the associations, all of the spiritual and worldly labels, all of the tastes, all of the traumas, all of the loves and hates, all of the insecurities and strengths, they are not truly “who” you are.

And no matter how highly you regard yourself, no matter how popular, liked, celebrated, or lovable you are – your identity remains as a burden; a barrier that prevents you from the purest self-realization which is that you are an expression of Oneness. Your true nature has no name, no form, no identity, no limits. You are everything and nothing at the same time.

6 Powerful, Paradigm-Shifting Questions

Six of the most powerful questions you can ever ask yourself in any moment are to do entirely with who you “think” you are. They include the following:

Am I this emotion?

Am I this thought?

Am I this physical sensation?

Am I this circumstance?

Am I this body?

Am I this personality?

At first these question might sound strange, overly simplistic, and even bizarre. But the more self-aware you become of your thought processes which give birth to your feelings, perceptions, assumptions and beliefs about the world, the more you will come to see how closely you identify with all of these six elements.

When I first started asking these questions, I was immediately uncomfortable and unwilling to completely follow through all the way to the end with such self-inquiry. I thought, “If I’m not this emotion, thought, physical sensation, experience, circumstance, body and personality because they are all transient and subject to growth, change and decay ... what am I?”

My conclusion was, “I am none of these things – I am nothing!” And because of my dark and miserly associations with the word “nothing,” I have neglected to ask these questions seriously.

But I have recently experienced otherwise. I have discovered the truth which is that being “nothing” is paradoxically being everything. Being empty of your fabricated identity is paradoxically being completely full and whole again. Far from being desolate and void, being “nothing” is existing in a state of immense rest, of endless peace and profound liberation.

Once you investigate the true depths of the question, “Who am I?” you come to a fascinating realization: “you” are not who you think you are, what you assume you are, what you have been taught you are, or what you have come to believe you are, and you never have been. Why? Because all of these things are temporary, passing and transient.

For the soul experiencing a spiritual awakening, this opens the final door to liberation; from the belief of “I am this or that,” to the realization of “I am.”

If you would like to experience the reality that you are not who you think you are, if you would like to experience spiritual Oneness, I encourage you to make a habit out of asking the six questions above. Bring them into your meditation practice each day, and see what happens.

At first you may feel bored, tired, even annoyed by the practice. But with time, with self-discipline, you’ll come to truly and deeply understand and embody your True Nature.

May you awaken. May you grow. May you taste truth.

About Aletheia and Mateo: Aletheia Luna is a prolific psychospiritual writer, educator, and intuitive guide whose work has touched the lives of millions worldwide. As a survivor of fundamentalist religious abuse, her mission is to help others find love, strength, and inner light in even the darkest places. She is the author of hundreds of popular articles, as well as numerous books and journals on the topics of Self-Love, Spiritual Awakening, and more. See more of her work at lonerwolf.com.

Mateo is a spiritual educator, guide, entrepreneur, and co-founder of one of the most influential and widely read spiritual websites on the internet. Born into a family with a history of drug addiction and mental illness, he was taught about the plight of the human condition from a young age. His mission is to help others experience freedom, wholeness, and peace in all stages of life. See more of his work at

lonerwolf.com and his premium offerings.

Aletheia & Mateo's website: <https://lonerwolf.com/spiritual-journey/>

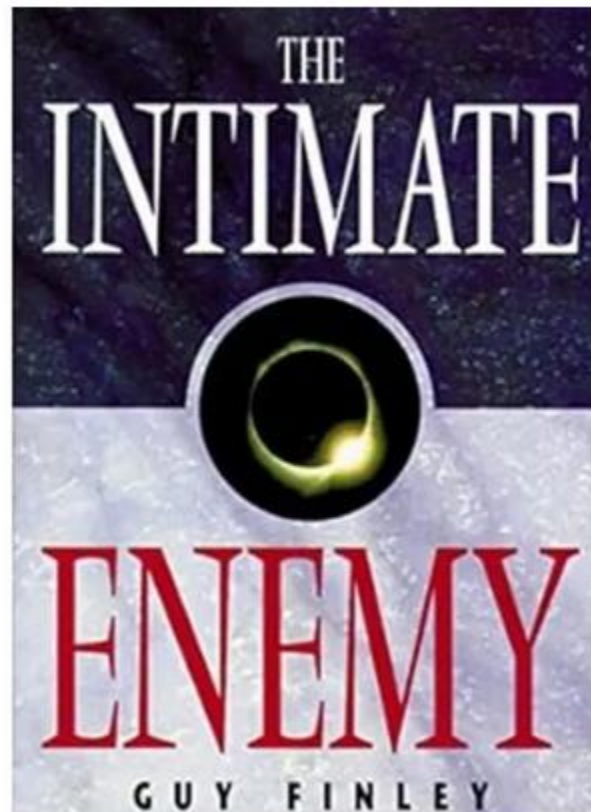
Lonerwolf's Video



Link: https://www.youtube.com/watch?v=5ZvpO2_vTYI

How To Unlock The Treasure Of Your True Self

By Guy Finley



Key Lesson: Actively at rest in the unseen space between "here" and "there"... between "now" and "then"... dwells a Timeless Realm that is "all" and "everywhere" at once; it cannot be seen with the eyes; it is beyond anything the mind can imagine; and yet... because this Kingdom resides in the heart, it can be realized in any moment when all three parts of oneself - body, mind, and heart - are gathered together in the silent light of higher self-awareness.

For Further Study

Our attention is *precious*. Our attention may be the most important thing that we own, and almost none of us own any of our own attention. Anybody can take it. A phone call can take it. The news can take it. Look in the mirror and it can be stolen. I'm looking in the mirror and I don't look anything like I'm supposed to look, and if I look in the mirror and I don't see what I like, where does my attention go? Does it go to, "Don't worry about this; you're 69 years old. You're not supposed to look that good," or does it go to, "Holy, mother of pearl, what happened to you, man? You better go buy something. You better go eat something. You better go take a drink. You better blame somebody... it's your parents that gave you bad genes!"? All of these things belong to our attention being where it's intended to be – which is present to the interruption produced by a mind reacting to life and resisting it – or a mind that is attentive to that nature that only knows itself *through* those reactions... and therein lies the great difference.

The reason that it's hard for us to have a quiet mind is because most of our parts – our mind, our heart, and our body – are in a war with each other. How many – in your mind – want to be a gentle, quiet person? "I'd like to be kind." My mind is thinking, "Be kind. Be kind. Be kind," and my emotions are reliving what somebody did to me this morning, and I'm still vibrating. So, my mind and my heart are in conflict. My body is retaining the tension from a meeting. I'm sitting here trying to be quiet and my mind is clinging fast to something that is producing an identity for me that I've carried everywhere I went today... because when I was tense and it gave me that strong identity and maybe a strong path to take, I knew who I was.

Something in us wants to be that kind of Moses, wants to be someone who leads ourselves out of the desert of a mind and a heart that don't know anything about what is true and good... so our parts fight with each other. Just the simplest example: how many of you decide that before you eat the three dozen cookies, you are going to have a carrot because that reconciles the issue? Yes or no? The body is going, "I want cookies. I want cookies. I want cookies." The mind goes, "Yeah but, don't do that." The mind goes, "Yeah, yeah, it's OK. Let's go eat carrots too." So, there is this struggle going on in our psychic system that we don't know about.

We are unconscious of the way in which these parts are not integrated, not working together for a single purpose. That single purpose is to be in relationship with the Divine so that we, as men and women, can be reflections of a kindness, a generosity, and a compassion that we share amongst each other instead of being in competition with each other because each of us wants to be Moses leading the tribe.

The task of these meditation exercises, as you'll see, is to slowly begin to help you first understand that you have your own attention. Now I know that some of you think, "Well, of course I do," but desire takes your attention and puts it on things. The way you know that your attention isn't yours when desire puts it on something is that you can't take it off what desire has put it on. You struggle then to try to reclaim yourself and don't understand that your attention has never belonged to you.

The beginning of this relationship where you discover a capacity to be the one who places your attention where you want it to creates a separation so that little by little, you start to understand, "I never knew that I had my own attention and that I don't have to think about what my mind is telling me I have to think about. I don't have to relive what happened yesterday just because the feeling in my body is still clinging to it, saying *you need to pay attention to this.*"

I can gradually take my attention back because it is a gift of God. It is *through our attention* that we enter into relationship with what is holy, true, and good. Remember what I said? *As goes my attention, so comes my experience.* If I can keep my attention on this silence, on the movement, on any of these parts, I can begin to see how they're working, and slowly produce moments in my life where my mind, heart, and body are all doing the same thing – all wanting the same thing.

I cannot tell you any greater power there is in the Universe than when a man or a woman inwardly has brought their parts together so that then there is an alignment between the will that establishes that integration and the will of the Divine that needs that integration in us so that Its will can be enacted in Heaven as it is on Earth.

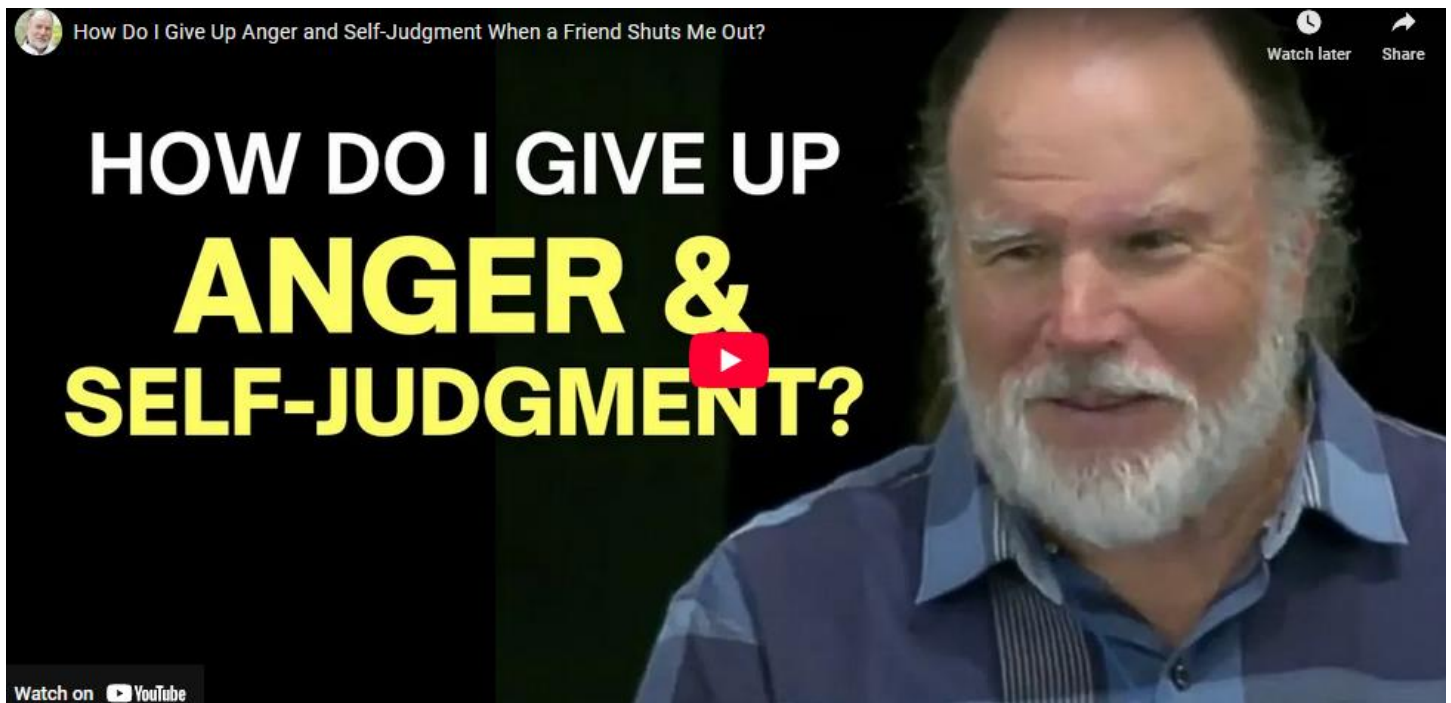
About Guy Finley: Guy is the author of 45 books and video/audio programs including his international bestseller "The Secret of Letting Go" which has been translated into 30 languages and sold millions of copies worldwide.

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

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

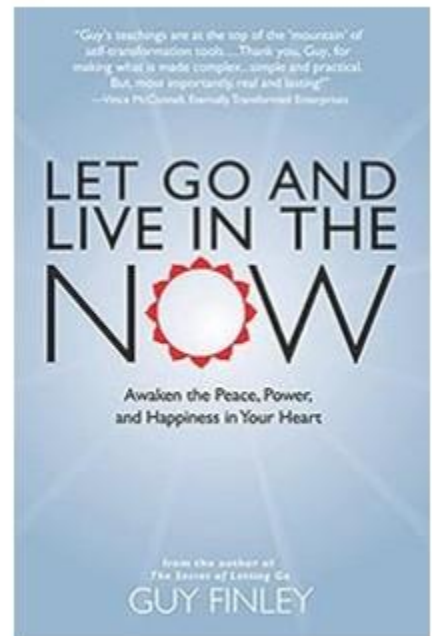
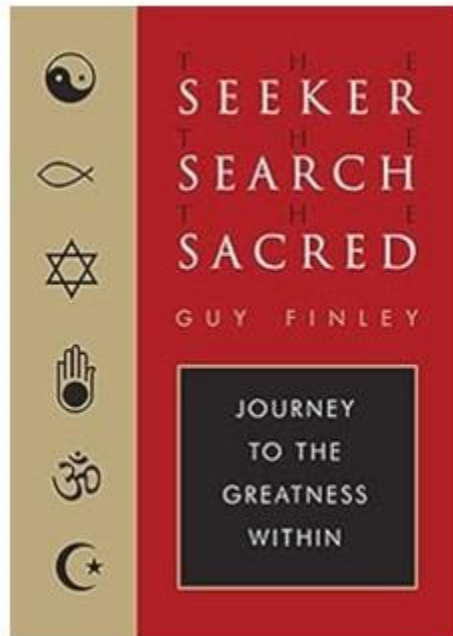
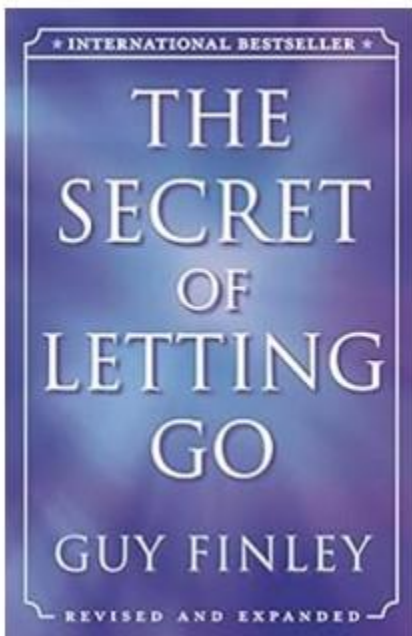
Finley holds regular classes at Life of Learning including two free talks each week that are live-streamed <https://www.guyfinley.org/lettinggo> These classes are open to all. For more information about Guy Finley and Life of Learning Foundation visit www.guyfinley.org

Guy's Video



Link: <https://www.youtube.com/watch?v=oyonmxpZ-uw>

Guy's Books



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

What Is Imbolc? By Ellie Blair



Imbolc is a Pagan holiday celebrated from February 1st through to sundown February 2nd. Based on a Celtic Tradition, Imbolc was meant to mark the halfway point between winter solstice and the spring equinox in Neolithic Ireland and Scotland. The holiday is celebrated by Wiccans and other practitioners of Neopagan or Pagan-influenced religions. Imbolc is just one of several pre-Christian holidays highlighting some aspect of winter and sunlight, and heralding the change of seasons.

Origins of Imbolc:

The celebration of Imbolc dates back to the pre-Christian era in the British Isles.

The earliest mentions of Imbolc in Irish literature date back to the 10th century. Poetry from that time relates the holiday to ewe's milk, with the implication of purification. It's been speculated that this stems from the breeding cycle of sheep and the beginning of lactation. The holiday was traditionally aligned with the first day of Spring and the idea of rebirth.

Brigid the Goddess

Imbolc celebrations took the form of a festival in honor of the pagan goddess Brigid, who was evoked in fertility rites and oversaw poetry, crafts and prophecy. Brigid was worshipped by the Filid, a class of poets and historians among the Celts of ancient Ireland and Britain.

Brigid was considered one of the most powerful Celtic gods, the daughter of the Dagda, the oldest god in the Celtic pantheon Tuatha de Danann. She had two sisters also named Brigid (though it's speculated that these sisters are meant to symbolize different aspects of the same goddess.) Brigid appears in the saga Cath Maige Tuired and the Lebor Gabála Éirenn, a purported history of Ireland collected from various poems and texts in the 10th century.

Myths about Brigid's birth say she was born with a flame in her head and drank the milk of a mystical cow from the spirit world. Brigid is credited with the very first keening, a traditional wailing for the dead practiced at funerals by Irish and Scottish women.

Ancient Imbolc

In pre-Christian times, Imbolc observance began the night before February 1. Celebrants prepared for a visit from Brigid into their homes by crafting an effigy of the Goddess from bundles of oats and rushes. The effigy was placed in a dress and put in a basket overnight.

The day of Imbolc was celebrated by burning lamps and lighting bonfires in tribute to Brigid.

Brigid Becomes St. Brigid

Over the centuries, Brigid was adopted into Christianity as St. Brigid.

One of Ireland's three Patron Saints, the Catholic Church claims St. Brigid was a historical person, with accounts of her life written by monks dating back to the 8th century. Brigid (or Bridget) is the Patron Saint of Irish nuns, newborns, midwives, dairy maids and cattle.

Whether or not she existed, these stories contain aspects in common with the details of the Pagan Goddess and illustrate the transition from pagan to Christian worship.

Like the goddess Brigid, St. Brigid is associated with milk and fire. Born in Ireland around 453 A.D., St. Brigid was the Daughter of a slave and a chieftain who was celebrated at an early age for her agricultural knowledge.

With no interest in marrying, Brigid's goal was to create a monastery in Kildare, supposedly the former site of a shrine to the Celtic goddess of the same name. Brigid lived her entire life there.

She was renowned for her charity to the poor and stories abound about her healing powers. St. Brigid was a friend of [St Patrick](#), whose preaching set her on a course at an early age, and she became Ireland's first nun.

St. Brigid is said to have died in 524 A.D. The remains of her skull and hand are claimed to be in the possession of churches in Portugal.

In the 12th century, legend holds that the nuns in Kildare attended to a fire built in St. Brigid's honour. The fire had burned for 500 years and produced no ash, and only women were allowed in proximity to the fire.

The celebration of St. Brigid's Day on February 1st was put in place by the church to replace Imbolc. On her feast day, an effigy of St. Brigid of Kildare is traditionally washed in the ocean and surrounded by candles to dry, and stalks of wheat are transformed into cross talismans known as Brigid crosses. To celebrate Imbolc, some modern day Pagans focus on celebrating Brigid. They do this by setting up an altar with the symbols of Brigid, like a corn husk doll, white flowers, a bowl of milk, and candles. If there is a group gathering, they might cast a circle, and recite a prayer to receive a blessing from Brigid.

About Ellie Blair: Ellie Blair lives in Derbyshire, England. She is a Published Author and has been involved in the field of Mindfulness for over 35 years through her Reiki, Massage, and Writing, and Mentoring.

She lived in New Mexico for 12 years where during that time she worked with the Native American Red Willow Tribe at Taos Pueblo. Ellie aspires to use her healing gifts and writing skills at every opportunity for the Spiritual Growth and Wellbeing of others. She continues on her path of learning and personal growth, working always from a place of gratitude and integrity. She can be contacted at: auquael@gmail.com

Find her at: <https://www.facebook.com/ellie.blair.94>

Celebrate World Sound Healing Day



Join us on February 14, 2025 for the 23rd Annual World Sound Healing Day. On this day, many thousands of people through our planet will be creating Healing Sounds encoded with the intention of Love & Compassion to send a sonic valentine to the Gaia Matrix, our beloved Mother Earth, with the intention of raising the consciousness of all sentient beings.

Thank you for your participation and support! Please feel free to join one of the many sonic events that are occurring on the [World Sound Healing Day Events Portal](#). If you feel inspired—please create one of your own! Participate in these events in any way that feels appropriate. Together we will be contributing to a co-created evolutionary vibrational field of Global Harmonization, planetary peace, and healing for our planet. Together, we can make a difference. Remember—we heal the planet, we heal ourselves. We heal ourselves and we heal the planet.

In addition to the scheduled online events, sounding anytime, anywhere, during February 14, 2025 will help create positive shift and change for our planet on World Sound Healing Day!

The purpose of World Sound Healing Day is to:

1). Heal Our Planet 2). Heal Our Waters 3). Raise Our Consciousness

The power of collective groups of people working with sound, prayer, and meditation to bring peace and harmony to the Earth is a compelling and resonant idea. When individuals come together with a shared intention to harness the transformative potential of sound, prayer, and meditation, they create a harmonious synergy that can resonate not only within their group but also radiate outward. The collective energy generated through these practices has the capacity to create a profound and positive ripple effect, fostering a sense of unity, empathy, and interconnectedness among participants and, potentially, throughout the global human consciousness. This shared intention can be a catalyst for change, promoting inner and outer peace, harmony, and a deeper understanding among diverse communities, ultimately contributing to the well-being of the planet as a whole. Scientific research by organization such as the Global Consciousness Project (GCP) has explored the potential interconnection between human consciousness and global events and through their research has validated this

phenomenon.

The Global Consciousness Project uses a series of random number generators spread throughout the world to collect their data. When events of great compassion occur, the numbers become less random and they can be charted—what should be a relatively straight line because a rather mountainous looking peak. You can clearly see such a rise in the peak shortly after the noontime event on February 14, 2009. As Roger Nelson, Director of the GCP, observed: “This looks like a confirmation of the idea that large scale communal thought and emotion may show up as structure in our data.” Later World Sound Healing Day charts have also shown similar activity.

For More Info go to: <https://www.worldsoundhealingday.org/>

Sound Healing Day Video



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

The Practical Spirituality of Santa By Richard Hughson



I've been portraying Santa for over twenty years. I don't know if my beard turned naturally white because I was meant to play Santa or, if because of playing Santa, my beard decided to join in the fun. Either way here I am, and delightfully so.

I was too busy during the Christmas season to even think of writing down all that happened. Now however, in January, I find myself reflecting on why an old man, perhaps old enough to begin having medical difficulties, would sit in a noisy mall for hours on end, in a hot red suit, and let every kid who comes along cough, gag, and choke right in front of him.

First, many people who've had a Near Death Experience (NDE), and which included a life review, report back that it's the little things, things you typically don't even remember doing, that can make the biggest difference in someone's life. And it's the accumulation of all those little things, over the course of your time on Earth, which adds up to a huge difference in the spiritual progress of humanity.

With that in mind here are a few instances of 'little things' which I was involved in while performing the lowly job of being a mall Santa.

Two years ago a family of three came in looking a bit despondent. The 'child' was a young adult at the time. They stood next to me, telling me they had exhausted all other avenues, and decided to try asking Santa because, "Why not?" The only thing they wanted in the whole world was a kidney.

I don't mind telling you that it was pretty intense. I often surprise myself with how quickly I can reply to almost any request. But not this time. I had no words. I stood up and we all joined hands. After standing there for a while with our heads bowed I finally said, "I'll see what I can do." Then added, "I'll put my elves on it." It was the best I could come up with.

The same three people came back this year, all smiles. "We got a kidney!" They told me.

It feels like the edge of arrogance to say, "I am humbled." Who am I to know what true humbleness is? Perhaps a saint would have the perspective to be able to discern true humility from simple gap mouthed awe. I'm just a guy in a Santa suit. But, I was humbled. Hugs and smiles were shared, and a deep appreciation came to me. These people thought enough to come back and tell a mall Santa that they'd gotten their wish.

As I finished writing that last sentence my cat, a renowned hunter and fighter who has scant time for silliness, jumped up on my lap for a long session of petting. It was good.

Quite often I'll get up out of my seat to stop someone passing by in the aisleway. I can't really say what gets my attention every time but older people and wheelchairs are easy marks.

An older woman pushing a very elderly woman passed by one day. I walked out to chat with them. The woman in the wheelchair bragged she was in her 90s. "That's a good start," I said, "but you've got a way to go to beat 1,745 years."

Being a good sport she shook a finger at me, "I'm much older than you."

I shook my finger right back at her, "I remember you when you were only this high." Holding my hand around waist height. "You were quite the little dickens, weren't you?"

She laughed, "Well, yes I was, but don't tell my daughter," motioning to the woman behind the chair.

"No, no, this'll be our little secret." Then to the daughter, "She was never bad enough to get a piece of coal, but I wondered a few times." They both laughed and went on their way.

The following year the daughter came in alone. I had kids all around me. She talked to one of the helpers, "I don't know who it was but a Santa from here came out to talk to my mother and I last year. I just wanted to say thank you. That was my mother's last Christmas.

There are always teenagers in the mall. Little kids and shy people get treated gently. On the other hand groups of chatty, talkative teenagers, who are far too mature and sophisticated for Santa, get the big booming voice, "What are you doing walking by with a cell phone in your hand? Get over here for a selfie!" They come running, all excited like the little kids they really are. I love doing that.

Groups of developmentally challenged adults come in quite often. They're a big, loving, pain in the butt. They have no idea how big they are. They're just kids in large bodies. I slide over and pat the chair seat next to me, "Come on, have a seat right here." They back up and jam themselves in. So far no one has actually knocked me out of the chair. Once settled they tell me their deepest desires. It might be a starry eyed dream of a favorite toy or place to go visit. Oftentimes though, it's a quiet wish to be with family.

One young fellow had very limited physical movement. They wheeled his chair in, next to me, and we made eye contact. In that brief moment I saw intelligence, and desperation. There was a lot of commotion trying to get the other clients arranged for a group picture. That allowed me time to just 'be with' the young fellow. He slowly edged his hand over to touch mine on the armrest of his wheelchair, grasping my hand, one finger then the next. I held his hand as things got arranged and the picture was taken.

I don't recall all I said to him. I felt a connection of some kind so I kept calling him my buddy. As the aide began moving people along I fussed around to spend more time with him. The aide began moving his

wheel chair and he tightened his little grip. It really was time to let go but neither he nor I wanted to. By way of reassuring him I finally said, “It’s ok. We’re buddies now. I’ll see you again.” At that he was willing to release. I look forward to seeing him again some day.

I do my best to help them all feel loved in the moment. But my greatest appreciation is for the aides who care for them day by day. They’re my heroes.

Remember the 'little things' I mentioned in the beginning of this?

A family came in; Mom, Dad, three little ones, and a fourteen year old without a hair on her head, not even eyebrows. She was obviously dealing with some sort of cancer treatments and wasn't having a good day in any way. She stayed way back by the camera table, arms crossed, looking as glum and miserable as any fourteen year old could.

I chatted with the little ones, all excited, as Mom and Dad stood by smiling. A brief respite from hauling kids through the mall traffic? The little ones told me everything they were looking forward to, hoping for, and dreaming of. They began to walk away when I stopped them with, “Hey, hey, hold on a minute. Don’t you want to know if you’re on the Good List?” That caught their attention and caused some confused looks.

“Line up in front of me so I can see you all.” The fourteen year old watched. “There are three tests you have to pass to be sure you’re on the Good List. Are you ready?” They all nodded, knowing nothing of what was to come. “The first test is easy. It’s just a high five.” Tap, tap, tap, they all passed, of course. “The second test is also easy. It’s just a bump of the knuckles.” Again, they all passed. They’ve got this in the bag, right? “The third one is the tough one. You have to pass this one in order to be sure you’re on the Good List. It’s knuckles again, but the knuckles have to squeak.”

Their faces dropped at this challenge as the oldest one twisted his fingers around trying to figure out how knuckles could possibly squeak. I gave them a break, “Mom, remember how scared you were when you had to do this with me at their age?”

Now you would think that a woman who is raising four kids, one of whom is undergoing cancer treatments, would be able to handle anything – and you’d be right. I held my fist out and she gamely, knowing nothing of what was to happen, gave it a bump.

Squeak! The sound came right from the knuckles themselves – because I have a palm squeaker hidden inside my glove.

This broke the spell of worry and they all jumped at the chance to get a squeak for themselves. The fourteen year old cracked a half smile. “Come on, Dad. Show them how you do it.” He casually reached out and gave me a fist bump.

Nothing, not a sound.

They exploded in laughter, including the fourteen year old. I blamed the Dad. “Come on, Dad. Do it right this time.” He does. Squeak! “He’s always been a teaser.” I explained.

As they walked away the fourteen year old was looking up smiling, laughing, and chatting with her father, just like the kid she really was.

That's why I sit around in a hot red suit.

I feel quite blessed to have the opportunity to touch thousands of lives every Santa season.

It's a good thing.

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>

Synchronicity - Two Entwined Hearts By Jamie Linn Saloff



An amazing sequence of events entwined two hearts with love, surprise, and synchronicity. It did not start out that way, though.

A few years ago, I left for a ten-day trip to Florida with my BFF leaving Dear Hubby, Tim, home alone to care for the cat, manage the house, and go to work. All should have been well, but ten days, it seems, was way too long for the both of us to be apart. (Later we realized, neither of us had ever been apart that long in over 45 years.)

He ended up facing the week from hell; one of those weeks where every imaginable thing that could go wrong—did—including spilling his coffee while driving (not once, but twice). This is something he's probably never had happen in all his years of driving.

On my side of things, between chilly temperatures and red tide, I ended up sick as a dog, spending the eighth night in the bathroom floor, praying to God I could survive whatever bug or ill food I might have eaten. Though I could think of no reason to be so. I lost three pounds that night.

Meanwhile, Mother Nature decided to help out by covering our area with snow. Remember when Buffalo shut down due to the 2014 blizzard? Yeah, that was the day I was to fly home... into Buffalo. (That wasn't happening. The Buffalo Airport closed.)

Gratefully, understanding my dire desire to "just get home," my BFF got up out of bed at 3 a.m., and transported me to the airport. I changed my flight from Buffalo to Pittsburgh, and flew home, while she waited another five days until the Buffalo Airport cleared.

Hubby drove through the snow and nine-below temperatures to pick me up that day. Neither of us barely spoke to the other on that long drive home. The tensions of being apart, my having been ill, his terrible week, seemed to be without words.

It would take weeks, months even, before we could finally talk about it, laugh about it, and admit—we were never meant to be apart. Ten days is just too long, we determined, and vowed never to do that again. From that ugly chain of events, love resprouted, and like the coming spring, bloomed brightly once again.

Then recently, through a strange coming together of odd, totally unrelated events, something wonderful and amazing occurred.

One of my Facebook groups posted that we should find a key. "Creative Play Day," the group leader declared. I told her the story about a skeleton key I wore religiously in my youth in defiance of a trying adolescence. I declared this as the key to my private, creative world where I could escape the difficulties of real life. Of course, I had given it to my husband after we met. He wore it for a time, then, after we were married, it hung on his jewelry rack for years, until one day we noticed it had somehow disappeared. "It's time to find a new one," the Facebook leader declared. But I had my doubts. What key could replace that one?

Around that same time, Hubby had his own key encounter and slyly made a purchase. He said nothing. It would be a surprise he would keep for "someday," he thought.

Shortly after, I attended a writer's meeting. We were looking for speakers for a fall event. I mentioned a local venue where a new speaker would be talking the next day. Though unsure that I really wanted to go, I volunteered to scope it out and report back if I thought she would be a good candidate.

Driving through a downpour (I probably would have opted out had I not promised), I found the people and talk warmed my heart, made me laugh, and assured me that, if she were available, Chris Sparta would make a delightful speaker for anyone's event. But something more surprising happened than that. I found myself incredibly drawn to taking her workshop two days later. I didn't know why, I just knew I had to be there.

Chris offered a wonderful class about writing cards, mailing real letters (no emails, please), and on the heart-touching, closet hoarding of these sentimental bits. We were each reminded of this by the cards and letters we brought in to share as participants. We were then asked to select cards from a stack on the table and write someone.

I wrote my sons, but couldn't get my eyes off a heart-laden card that seemed to smile at me from across the table. "Write more than one!" Chris encouraged us all. So, I latched on to the card, wrote a heartfelt message to my husband, addressed it, stamped it, and put it in the mail.

A few days later on my daily post office run, the card reappeared. I had hoped he would have been the one to do the pick up, but no matter. I stuffed it in between the bills, the flyers, and a small box that arrived for him. (Getting boxes from Ebay is a common occurrence at our house.)

Once home, I tossed the mail on the counter hoping he would see it. Although he always grabs the mail right away, sorting it for bills, for some reason on this day, it sat. The purple corner of the envelope teased me from its hiding place, but I promised myself I would not crack. He had to find it.

He did. But before he had held it in his hand for more than ten seconds, he disappeared. Where had he gone? When he re-emerged, he had a small wrapped box in his hand. "I bought this for you the other day," he said. "You just carried it in from the mail. It's perfect," he added.

Well, that was an unexpected twist.

I held the box in my hand. What could it be? He was always finding the most unique things. When I opened it, we both laughed. A heart, nearly matching the one on my card exactly, lay in a box. Attached was a key (it becomes a kind of stand for the heart), replacing the one we had long-ago lost.

It's hard to imagine how all these pieces had come together, yet there they were in both our hands.

Maybe I should go away more often—just not for more than a few days.

About Jamie Linn Saloff: Jamie Linn Saloff is passionate about aiding fiercely independent, misfit, square pegs trapped in an unfulfilling life. Author, teacher, story weaver, spiritual counselor, seer of visions, pathfinder, for over thirty years Jamie's taught how to reignite your heart by listening to your body groan and your soul weep. She is the author of twelve books including her *Marvelous Messages™* series.

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

Jamie Linn's Books

Marvelous Messages
from Your Body



JAMIE LINN SALOFF

Marvelous Messages
from Your Childhood



JAMIE LINN SALOFF

Marvelous Messages
from Your Faith



JAMIE LINN SALOFF

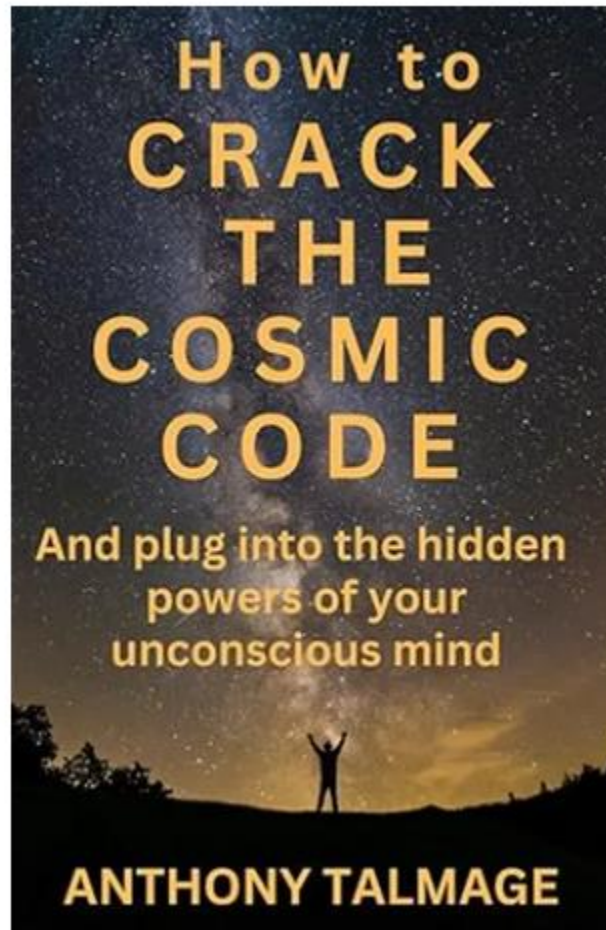
Find Jamie's Books on Amazon; https://www.amazon.com/s?i=digital-text&rh=p_27%3AJamie+Linn+Saloff&s=relevancerank&text=Jamie+Linn+Saloff&ref=dp_byline_sr_ebooks_1

Interview with Jamie Linn



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

Take Care Or You Might Become A Genius By Anthony Talmage



Imagine waking up one day a genius! Suddenly you have the ability of a concert pianist or a mathematical prodigy. It couldn't happen, could it? Well, yes it could. In fact, for a rare few it's an astonishing reality. These one-time ordinary people have become members of an exclusive elite who, through a sudden trauma, have developed what psychiatrists call "Acquired Savant Syndrome."

In fact these abilities are not "new." They have been unlocked - as if the brain already contained them and was only waiting for the right conditions to reveal its secrets. Could it be that all of us harbour similar hidden talents?

Neuroscientists call this idea "disinhibition", suggesting that parts of our minds act as "gatekeepers," keeping certain abilities suppressed, unless released by trauma.

Though the talents unleashed by Acquired Savant Syndrome are as varied as the individuals themselves, most fall into one of five categories: Music, often piano or composition; Mathematics, lightning-fast calculations or deep numerical insights; Art, intricate painting, drawing, or sculpting; Calendar Calculations, instantly determining the day of the week for any given date; and Spatial Skills, measuring distances with uncanny accuracy, without tools.

These phenomena defy conventional understanding and hint at the extraordinary complexity of the human mind.

For those affected, the brilliance of newfound abilities often comes at a cost. The same injuries that unleash genius sometimes also bring headaches, memory loss, or emotional turmoil.

Take Derek Amato for instance. He couldn't remember things, had a hearing impairment and suffered persistent headaches after hitting his head when diving into a swimming pool. The impact caused a severe concussion but it also left him with something astonishing. A few days after the accident, with no knowledge of music, he sat down at a piano and began producing intricate, emotional compositions as though guided by an unseen hand. "It felt like the tunes were bursting out of my skin," he says. Derek doesn't read music but "sees" the notes as black-and-white patterns in his mind.

While Derek did have some memory loss, Orlando Serrell became "the man who remembers everything." He was just 10 years old when, during a baseball game with friends, he was knocked unconscious by a baseball. When he recovered Orlando discovered he could recall every detail of his life with uncanny precision.

Ask him about any date since his injury, and he'll tell you the day of the week, the weather, and what he was doing - instantly. Scientists have tested him extensively and found his memory to be infallible. "I don't calculate or memorize," Orlando insists. "It's just there."

Before September 13, 2002, Jason Padgett's world revolved around the shallow pursuits of a party animal. He enjoyed drinking and flirting and had no interest in academics, let alone mathematics. But that night, a violent assault outside a karaoke bar changed his life forever.

After a vicious mugging, in which he was hit on the head, he lost all confidence and isolated himself from friends and family. Yet, amid the darkness, a peculiar light emerged. He began seeing the world differently - literally. Clouds, puddles, and sunlight streaming through trees took on mesmerizing geometric patterns. He became consumed by fractals - intricate, repeating shapes found in nature - and he felt a persistent urge to draw them.

"I didn't know math before, and suddenly I'm drawing geometric shapes and talking about quantum physics," Jason recalls. His crude sketches, inspired by this newfound vision, eventually caught the attention of a physicist who urged him to study mathematics formally. Today, Jason is a recognized mathematical savant, touring the world to share his story and inspire others to see the beauty hidden in the universe.

Another member of the 'accidental genius' club is Liverpool builder Tommy McHugh who suffered two strokes, one on each side of his brain. When he awoke, he couldn't recognize himself in the mirror, let alone his wife or surroundings. His life, as he knew it, was gone. But from the chaos, a creative force emerged.

Tommy became consumed by an irresistible urge to paint and write poetry. He covered every surface of his home - walls, doors, ceilings - with vivid, intricate patterns and verses. The man who once worked with bricks and mortar now created masterpieces of colour and emotion. "It was as though a balloon had popped," Tommy explained. "I could see the beauty of the world."

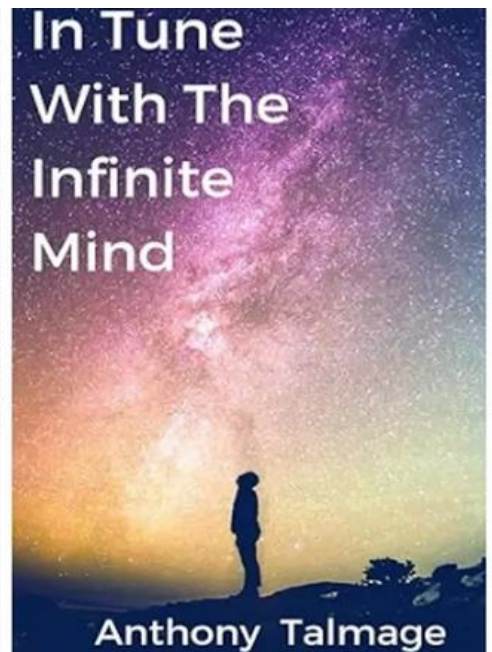
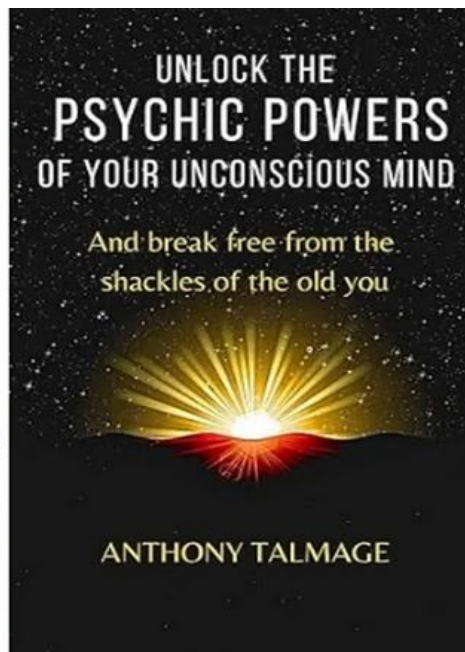
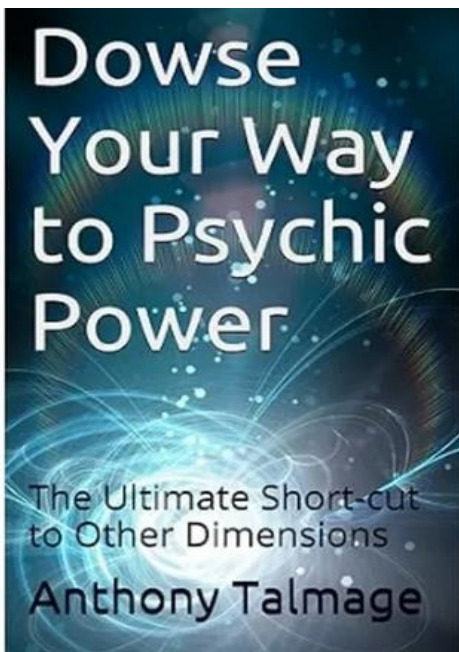
Before his stroke, Tommy had no artistic inclination, let alone talent. Yet, his post-stroke creations captured something profound - an expression of the human spirit's ability to transform adversity into

beauty.

So, the next time you marvel at a beautiful melody, a stunning painting, or an elegant mathematical solution, consider this: what if you, too, have an untapped genius, quietly waiting to awaken? The Acquired Savant Syndrome suggests that the human brain is far more powerful than we understand - an untapped reservoir of creativity, knowledge, and skill. And a treasure trove of possibilities.

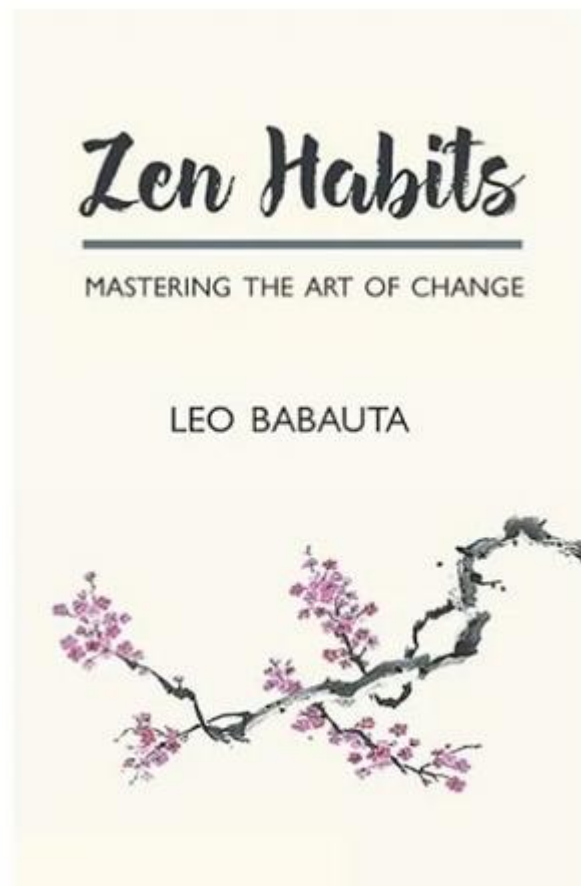
About Anthony Talmage: Anthony Talmage is author of four books in his Psychic Mind series, *Dowse Your Way To Psychic Power*, *In Tune With The Infinite Mind*, *Unlock The Psychic Powers Of Your Unconscious Mind* and *How To Crack the Cosmic Code* (And plug into the hidden powers of your unconscious mind) all available in Kindle, printed and audio versions from Amazon here: <https://bitly.ws/3doHM> Page | 33 Anthony covers more of the above themes in his first podcast, available absolutely free. Just click on this link to listen or download: <https://www.buzzsprout.com/1742930> So far it's had 18000 downloads and counting.

Anthony's Books



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How to Become Enchanted by Life By Leo Babauta



The human mind likes order and certainty, and so it turns the miracle of life into the mundane.

The mind often doesn't want to see things anew each moment — it wants to categorize everything and feel that life is predictable. Now, I'm not saying that's how the mind always is ... but it does have this tendency.

We turn magic into dullness. The divine into the routine.

This isn't a problem, but rather a chance to fall in love with life anew, each day.

Let's talk about how to become more enchanted by life, every single day.

How We Turn The Magical into the Mundane

The world is naturally a place that can evoke wonder.

Evidence #1: a child when she first sees a bunny, a dandelion, a rainbow. The child lights up in delight! This is our natural state, to find delight and wonder in things. We read books about magic, and play make believe games with knights and princesses and dragons and wizards. It's not until later that the

world teaches us to not believe in magic.

Evidence #2: traveling to a new place, you might find wonder in the new landscape, the incredible buildings, the art, the creativity of the people in that area. Even as adults, we can be filled with wonder, in so many ways!

Then why don't we feel it on a daily basis? Because it's safer to see things as ordinary, dull, boring. It's a form of control: I already know this stuff, it's no longer in the unknown for me.

And so we turn off our curiosity. We lose the ability to really see something, to really try to know someone new.

It's easier if we categorize things into the known, and turn it into the mundane. It's comfortable. And that's completely fine! There's nothing wrong with the mind's powerful tendency to turn the miraculous into the ordinary.

Unless you'd like to feel enchanted by life again.

How to Start to Reverse Our Tendency

If you wanted to stop thinking everything is so ordinary and boring ... how could you change that tendency?

Start to see things with new eyes ("beginner's mind") — as if seeing things for the first time. See people you pass on the street with fresh eyes as well, and wonder what they're like.

When you walk around your house, notice things as if you'd never encountered such magical objects before.

When you go outside, imagine this were the first time you'd ever seen a tree, a cloud, a car. What magical things!

When you do a video call, or message someone, or see a social media video online ... imagine how your great grandparents would feel about such magic!

When you're flying in the sky, or traveling in a vehicle that goes faster than the fastest animal, or have a thousand things on your to-do list ... can you realize the miracle of that?

How to Practice Becoming Enchanted

You start by noticing how ordinary you take everything to be. How much you assume you know something. How un-special things have become to you. And how that affects you each day.

Then set a reminder of some kind (i.e. a note that says, "Yer a wizard, Leo!"), and practice opening your eyes with wonder. Practice experiencing things as if for the first time. Taste your food as if this were the first time you'd ever tasted food!

And then see what happens. Can you fall in love with life, and recapture a sense of magic and wonder? Can you feel a sense of the enchanted all around you?

It's there, waiting for you to see it.

About Leo Babauta: Zen Habits is about finding simplicity and mindfulness in the daily chaos of our lives. It's about clearing the clutter so we can focus on what's important, create something amazing, and find happiness. It has over a million readers.

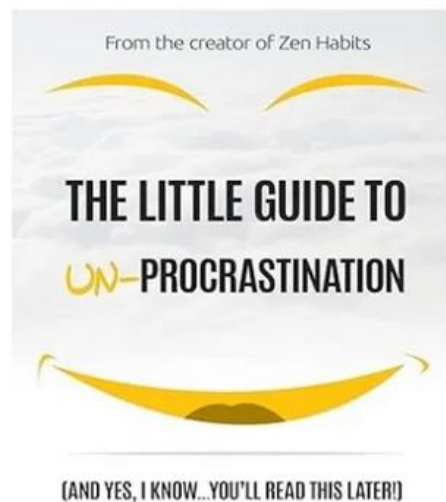
My name is Leo Babauta. I live in Northern California with my wife and our two teenage kids (we have 4 adult kids, for a total of six!), where I eat vegan food, write, run, and read.

Sample of Leo's Books

The Little Book of Contentment

*A guide to becoming happy with life &
who you are, while getting things done*

by Leo Babauta



LEO BABAUTA

"BABAUTA HAS BECOME A POWERHOUSE OF ONLINE
PRODUCTIVITY FOR GOOD REASON: HIS MANTRA WORKS."
—TIMOTHY FERRIS, AUTHOR OF THE #1 NEW YORK TIMES BESTSELLER
The 4-Hour Workweek

The Power of **LESS**

*the fine art of limiting yourself to the
essential . . . in business and in life*

Leo Babauta

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

Leo's Video



Link: https://www.youtube.com/watch?v=a_Bz-R3S1X8

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

This Blog is for people who wish to learn how to use a very simple, yet powerful and effective spiritual tool every day the rest of your life. It will lessen the stress and fear of life in general, and will make your life easier. It's so simple a lot of people say "It can't be this easy," but it is, because IT WORKS!

This reconnects you with your Guardian Angel, or higher power, or whatever your belief is. You simply say, "I request a Most Benevolent Outcome for... thank you!" When you read the stories below, sent from all over the world, we use the acronyms MBO for Most Benevolent Outcomes, GA for Guardian Angel, and BP for Benevolent Prayers (what you ask for other people).

Be sure to participate when I ask you to say a Benevolent Prayer out loud, but are you also saying the Daily BP each morning as I do? Theo says this is one of the most important things you could do for yourself not only for this life, but all the others you have lived or will live on earth, as they are all happening at the same time. Print it out and put it on your bathroom mirror to remind you. Here is the link: <http://www.thegentlewaybook.com/signs.htm>. Here is an example of a BP for everyone to say today: "I ask any and all beings to intervene in the most benevolent way to stop any terrorist attacks before they happen anywhere in the world, to respect other religions, and for there to be peace in the world, thank you!"

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

Tom asks that we do this each day:

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

MBOs FOR SOUND SLEEP & RAISING VIBRATIONS

Gabrielle in Melbourne Australia writes: Going to bed at night, for better sleep: "I request a Most Benevolent Outcome for falling asleep as soon as possible, for sleeping soundly, uninterrupted, and for waking at [time] feeling warm, cozy, comfortable, safe, happy and well-rested, thank you!" This MBO usually works. I've even (many times) woken at exactly the time I requested—or a minute or two either way. Amazing, Guardian Angels!

A good MBO to say every day: "I request a Most Benevolent Outcome for my vibrations to raise, and for guidance to say the best possible MBO requests for myself, today and every day, thank you!"

It really helps me and inspires me, reading other people's stories. I started saying MBOs and BPs in 2009 but I stopped and started, off and on. I think I must be a slow learner! It took a couple of years for things to start to flow.

I suppose the best thing to keep doing is MBOs for my vibrations to raise. That seems to help everything else fall into place.

Thank you, Tom, for sharing this “Law Of Attraction, The Secret,” and all the rest combined, but with no work required, just say a sentence and get quick results” method! It’s the best method for busy, confused people like me! And thank you for publishing thousands of success stories. I have your The Gentle Way books. I found it raised my vibrations just reading them. They bring a very high vibe/feeling into my home.

Would readers like to join me in saying aloud this BP? “I ask any and all beings to end the conflicts in Ukraine, Palestine, Israel, Sudan and South Sudan, and everywhere in the world people are fighting each other and harming each other, and for all leaders to actively create peace for their people and for other nations, as soon as possible, and for all beings to receive ample food, medicine, water and safe shelter, and for all beings to be protected from harm, thank you!”

MBOs FOR WORK AND FOR DOGS

Carrie writes: MBO for a good day at work turned out exceptionally well yesterday. On the first of the month we always have extra duties taking vital signs on all of our residents in addition to our other tasks. Which puts me behind and likely to end up having to work late. But yesterday my coworker came up to me and said she was so bored and asked if I needed any vital signs taken or anything! She was able to do almost all of them for me and even entered them into the computer for me.

Another MBO in general. My dogs have been getting into stuff lately and they knocked down a container with chocolate while I was at work. Fortunately one of my roommates saw in time and picked it up. I still found a couple of pieces of candy around but at least dogs hadn’t eaten them!

BPs FOR GRANDSON’S DRIVE TO PHOENIX

Sharon writes: I Value your insights every week!

My grandson Trey and his cousin Antonio just finished a drive from Lowell, MA to Phoenix, Arizona with a kitten (given as a Christmas gift).

I said MBOs and MBPs on each leg for good weather, safe traveling, safe stops, safe overnights, easy traffic and safe traveling for the kitten during the long 3 day trip. They left 10:15 am on January 2 (EST); all arrived safe at 12:30 am on Jan 5th (EST)! Family members in the east are greatly relieved!

Now I will ask for continued help and protection in their new home and jobs!

I know my work helped and also was instrumental in keeping me positive while tracking their progress. I use them daily!

About Tom T. Moore: He is an author and speaker. His books include THE GENTLE WAY series, plus FIRST CONTACT: Conversations with an ET and ATLANTIS & LEMURIA: The Lost Continents Revealed. He was voted "Best Self-Help Author" for the past three years by the readers of a health magazine. He is a telepath and answers questions sent to him from all over the world in his weekly newsletter, which can be subscribed to at www.thegentlewaybook.com. His series THE TELEPATHIC WORLD OF TOM T. MOORE is on YouTube. My new book, “ATLANTIS & LEMURIA—The Lost Continents Revealed!” has so much information that has NEVER BEEN PUBLISHED in any other book on the subject! Read the REAL history of two societies that existed for over 50,000 years each.

Tom's website - <http://www.thegentlewaybook.com/blog/>

Interview with Tom

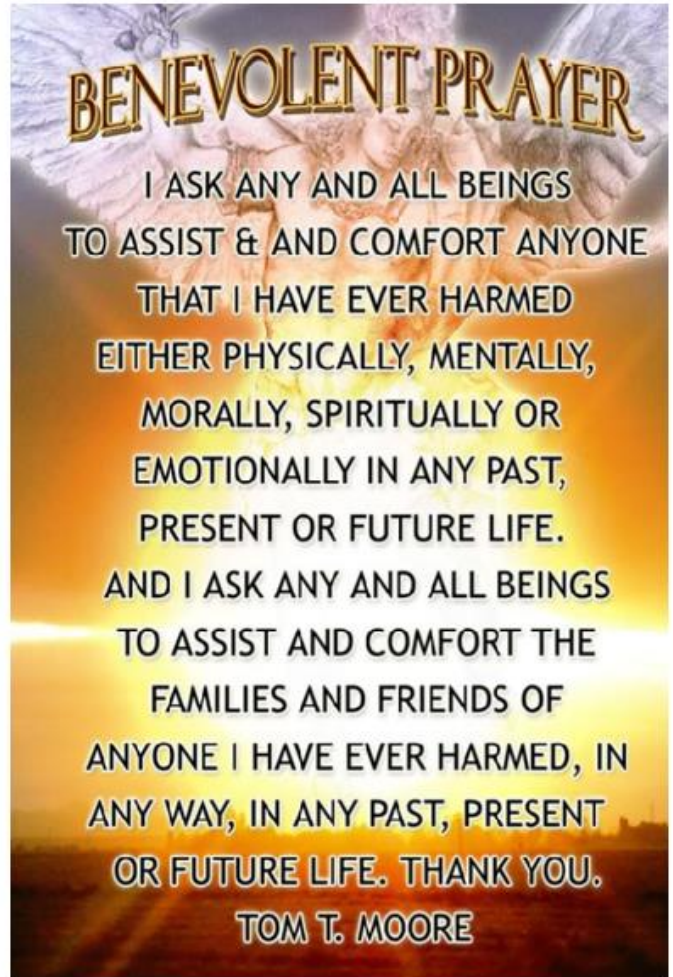
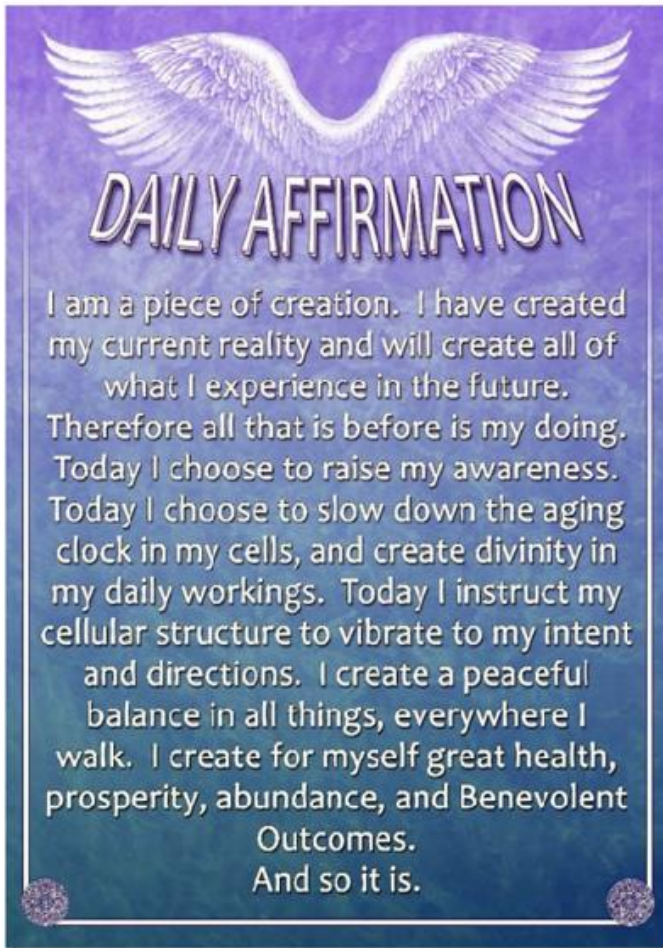


Link: <https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s>

Tom T. Moore's Books



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



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

Find other signs on Tom's website

silly By Monique Lang



As we age we are taught - or intuit - that being silly is not ok.

And yet, when we lose our capacity for spontaneity and silliness, a part of us goes underground or even dies.

How/when did you learn that being silly was not ok?

What stops you now from letting your playful silly part out?

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.

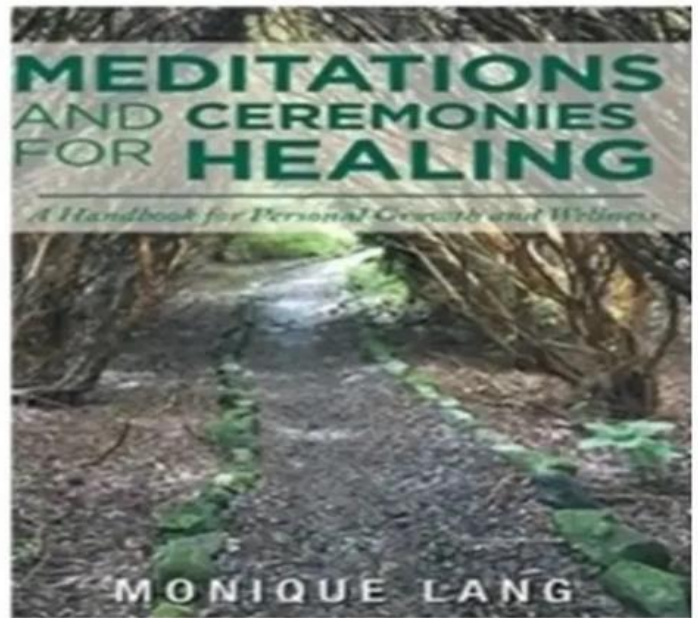
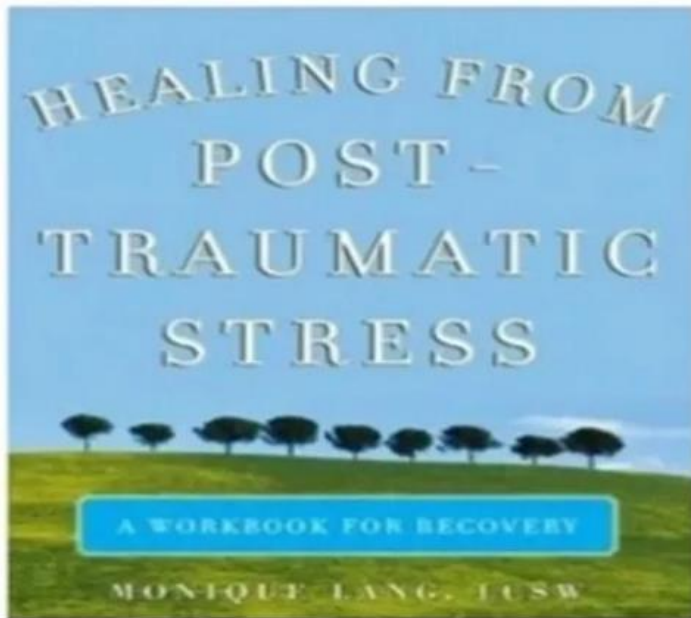
Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual 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 Books

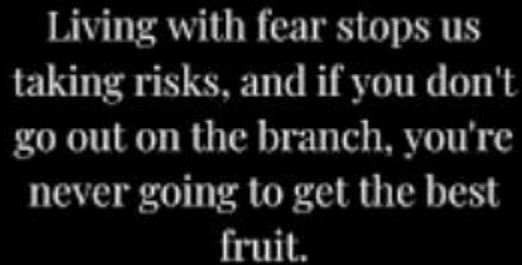


Find her books on Amazon:

https://www.amazon.com/stores/author/Boo1ITVXR6/about?ingress=o&visitId=b292bea4-663b-4fa0-8ce9-52f8e6fca27a&ref=ast_author_cp

Healing In The Shower: Forgiveness And Taking Risks

By Barry & Joyce Vissell



Living with fear stops us
taking risks, and if you don't
go out on the branch, you're
never going to get the best
fruit.

Every once in a while, someone will enter your life and leave a lasting impression. They are remembered even long after they die. The lessons learned from them become a permanent part of your heart. This is the case with a woman named Charmaine. When we received the call that she had died, I felt sad. She was a truly unique woman who gave so much in the sixty years she graced this earth. I wished that she had more years to give her wonderful gifts.

I have never met a person who has had a harder childhood and early adulthood. Charmaine experienced repeated sexual abuse, betrayal, violence, neglect, emotional abuse and years of addiction. If the average person had experienced even a quarter of the things that she did, they might not even be able to function. But Charmaine took all of that pain and made it into something good in her life. She did this through a willingness to take risks to heal, and through the power of forgiveness.

We met Charmaine when we first started doing our workshops away from our home in the mid 1980's. She attended that first workshop in Buffalo, New York, and instantly I was drawn to her. She used to laugh as she would describe how I actually hid behind Barry because of shyness, and how much I have grown. Since that time, she had come to a retreat of ours every year since, sometimes on the east coast, sometimes in our home, or in Oregon or Hawaii.

Charmaine was an asset in our workshops. Whatever pain someone was experiencing, Charmaine had gone through it, and much more. With so much compassion she would talk about the power of forgiveness and the risk to bring healing to any emotional pain. There were times we had the thought that we probably should start paying her to attend. She was a living example of how a person can use their past traumas to bring beauty and strength into their lives. Charmaine helped and influenced hundreds of people by her example. Her past pain and trauma became her service to the world.

Barry and I helped Charmaine in unusual ways, and that is why she kept returning to our workshops. She would grow every time she was with us, and would receive an unexpected lesson. Some of these lessons were rather serious, like when she was close to dying fifteen years earlier. And other lessons came when Barry and I were totally unaware of our impact on her. The story below is about one of those unexpected lessons, showing how taking risks can help a person heal painful wounds.

For years, we held a retreat for adults, children and teens at Breitenbush Hot Springs in Oregon. Charmaine often attended this retreat. The first year she came, she knew there were beautiful tubs and pools with natural hot mineral water. She wanted very much to have a soak, but there was one problem. The soaking areas were clothing-optional. Most, but not all, of the people went into the pools without swimsuits or any other clothing. Charmaine had never allowed anyone to see her body without clothes. When she was married, she would insist on making love in the total darkness. When she was first married as a young woman, her husband made fun of her body and pointed out imperfections. (She later found out that her husband was gay and also gave her HIV from affairs he had been having in secret with men.) But this knowledge did not take away the wound she felt from the things he had said about her body. Not only was she determined to never show a man her naked body, she was even embarrassed to go down to the tubs in her swimsuit.

One afternoon, even though she wanted to soak in the tubs, she decided instead to take a shower in the women's shower house. Meanwhile, Barry and I were in a hurry to take a shower. When we got close, we discovered that the men's side of the shower house was closed for a few hours due to repairs. We both needed a shower and our next session was scheduled in half an hour. Barry said, "I'll just take a shower in the women's side."

I was surprised. "Barry, you can't just use the women's shower house! It would be upsetting to women."

Barry was reluctant to give up his shower, so he said, "I'll ask the first woman who shows up if she'd mind if I am in there as well. If she has any hesitation, I'll drop it and not take a shower."

I reluctantly agreed to this plan. One minute later, Charmaine walked up to take her shower. Barry very politely said, "Hi Charmaine. Would you mind if I joined you and took a quick shower? The men's side is closed."

Charmaine took a deep breath and was silent for a moment. Then with a big sigh she said, "Yes." (We had no idea about her internal struggle with nudity.)

All three of us went into the shower house and Barry and I shared a shower while Charmaine took her own. We were six feet apart from one another and completely visible. Barry and I dried off and left quickly.

Later, in the afternoon session, Charmaine said she wanted to share an important gift she had received. She then proceeded to share the shower incident with the group. That it was the first time since her ex-husband had made such cruel remarks about her body, that she had trusted enough to allow a man, Barry, to see her without clothes. She told that, as she was showering, Barry talked with her no differently than if she were clothed. She realized in that moment that there was nothing wrong with her body. That night she went in the hot tubs without clothes for the first time. And from then on she enjoyed them every time she came to Breitenbush.

Though Charmaine is now gone from this world, what lives on is her spirit of forgiveness and eagerness to take risks and grow. I shall never forget her and the grace with which she overcame so many difficult obstacles, and lived a truly fulfilling life. Neither will the many people whose lives were changed by her example.

Couples: Want a real communication breakthrough? The Couple's Journey Feb 12-16 Aptos, CA

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

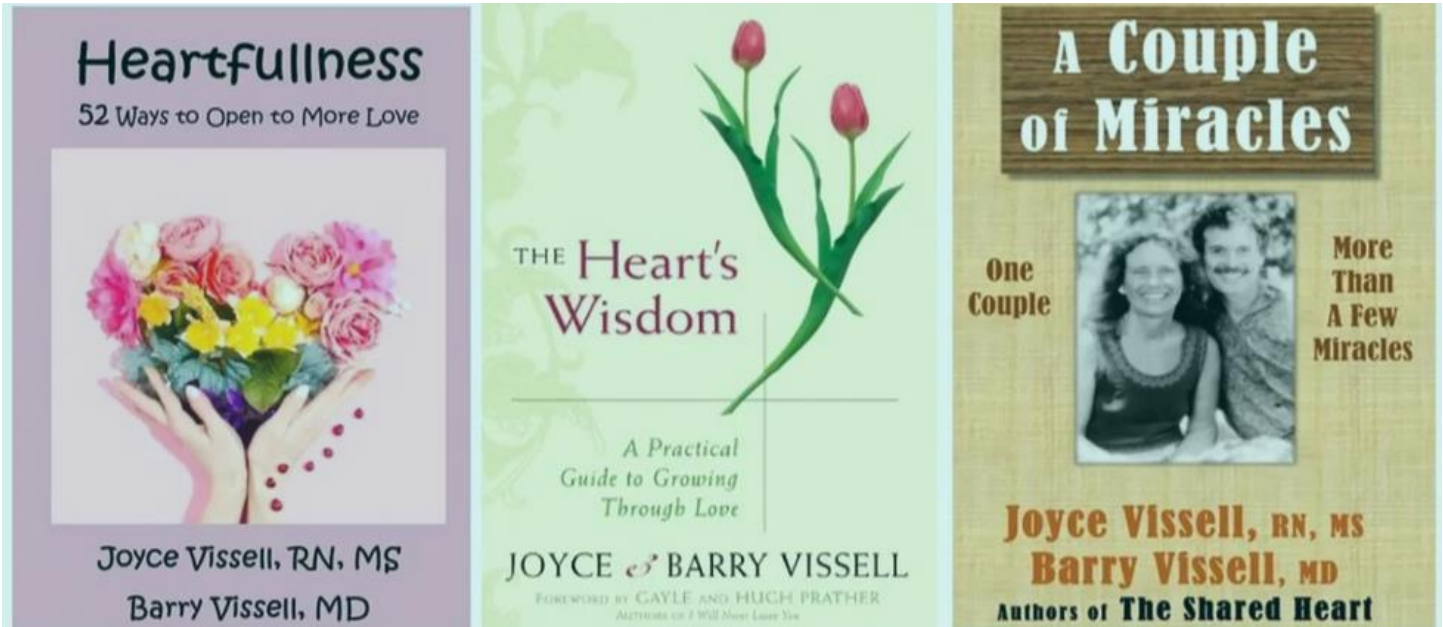
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce Vissell's Video

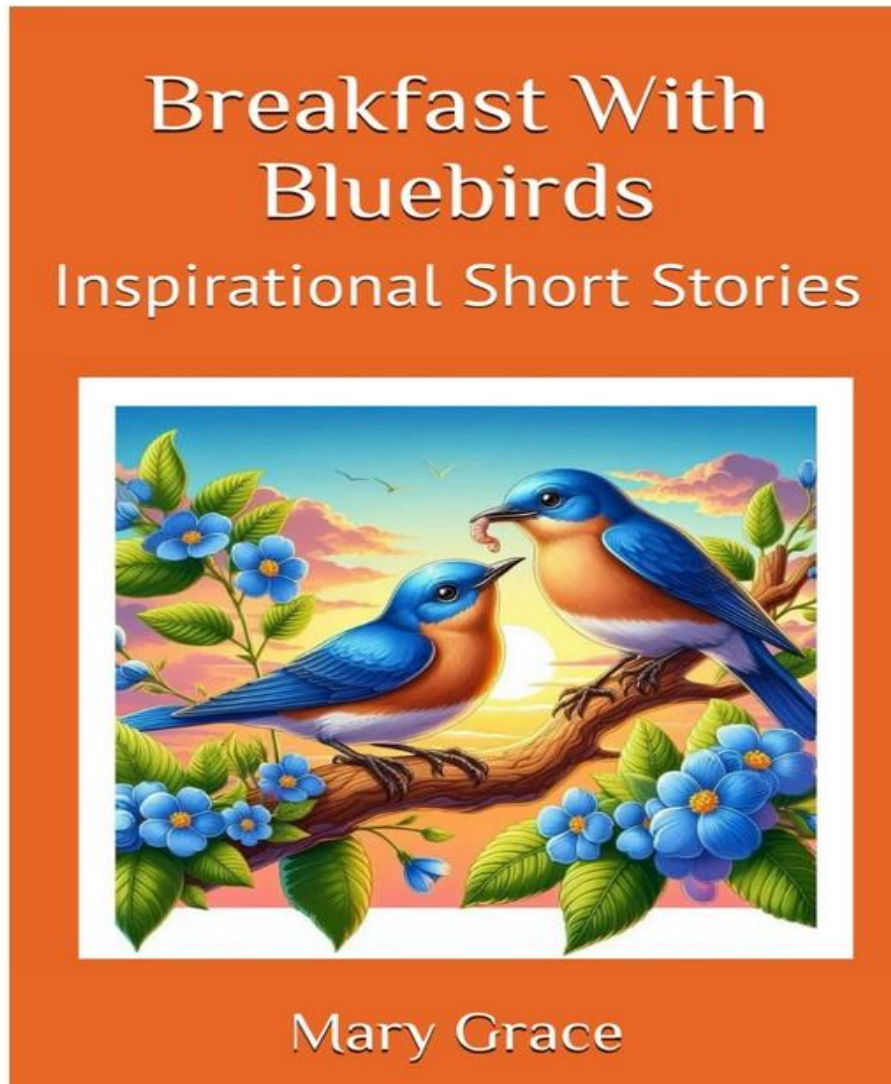


Link: <https://www.youtube.com/watch?v=q43Dq6Jrxo>

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref=dbs_p_ebk_roo_abau_000000



***** Editor's Note: I have known Mary Grace for over 20 years as our paths have crossed many times. She's written another inspirational book that is moving and reminds us to look for small messages for the Universe. Her stories are so relatable, as I thumbed thru looking at the short story of "A Covid Christmas." Of course I had to do a zoom interview to learn more about her and her new book.**

Mary Grace is a Spiritual Counselor, Parapsychologist, and founder of Gifts of Grace Ministry. She has a BA in psychology and sociology from the State University of New York at Geneseo, where she also studied parapsychology. She is a retired mental health professional, as well as a certified student medium from Plymouth Spiritualist Church in Rochester, NY, and from Lily Dale, NY.

Here's the Amazon Review: Mary Grace invites you on a voyage that will take you through many humorous and poignant anecdotes about life, death, and life after death. Explore a treasure trove of entertaining and moving stories that empathize with the reader by relating personal tales of doubt and faith, despair and hope, sadness and joy, and anguish and peace. The heartfelt adventure will lift your spirit and bring hope and healing to the hurting soul. Following an after-death visitation from her

mother and her own near-death experience, Mary Grace was spiritually transformed. Through her new awareness, she had an overwhelming sense of connection to everything in the universe. Her reality radically shifted, which allowed her to communicate with spirits and the Divine. These short stories are a result of her otherworldly experiences and a mystical journey down a sacred path.

Find her book on Amazon at: <https://www.amazon.com/Breakfast-Bluebirds-Inspirational-Short-Stories/dp/B0D64JCZHD>

Interview with Mary Grace



Link: <https://youtu.be/6fr4KQcUGu8>

Tarot Tendencies For Februry By Doreen Scanlan



It is really important for us all to vibrate at the highest level possible. This is not only for you but as a collective to be able to balance out the lower vibrational energies around us.

If you are having a hard time doing that, find a spiritual buddy so you can work on doing it together. We are going to need that high vibration to pull us out of self limiting aspects of ourselves that may be holding us back. We may find we need to dig a little deeper to find the courage to grow.

February is also a great time to put latent talents to work for you. Spread light wherever possible. Find the courage to step out of your comfort zone before you are pushed to it.

This is not the time to be lackadaisical. Rise up!

Blessings!

Doreen Scanlan

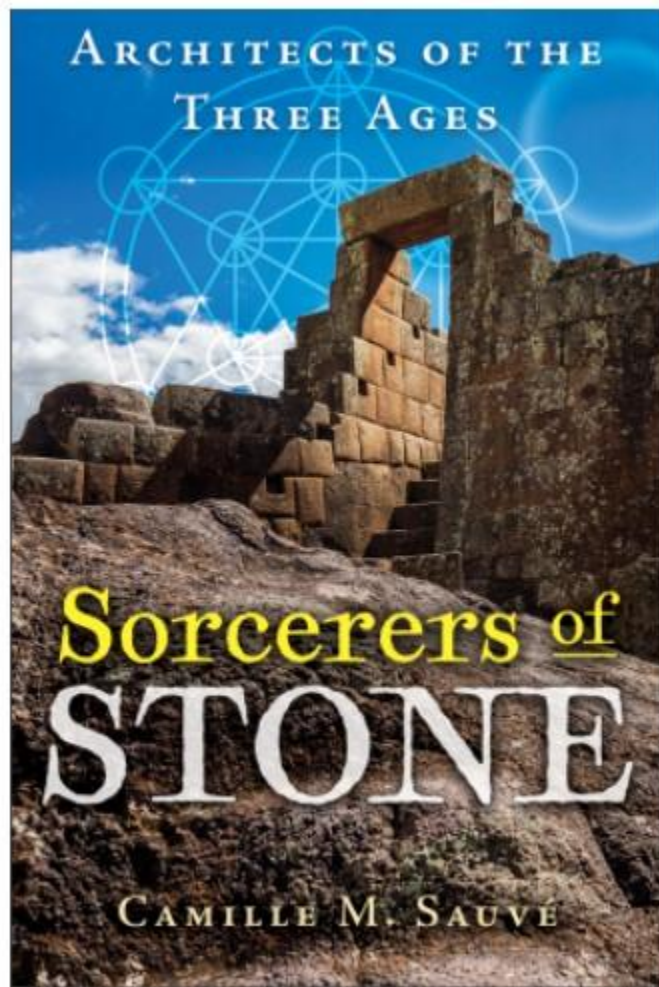
About Doreen Scanlan: I am pleased to have been asked to join the ROC Metaphysical Family. I have been doing Tarot readings for over 20 years both through local shops and festivals and on my own. The past 2 years I have been invited to the Gypsy Camp at the Sterling Renaissance Festival. I have a very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

Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to provide a general monthly forecast to help everyone understand the tone of the month. If you are interested in a personal, more in depth reading please email me at doreenscanlan at [yahoo.com](mailto:doreenscanlan@yahoo.com) and we can schedule one.

Interview with Doreen



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



Camille M. Sauv  examines sacred sites in Peru and their counterparts around the world, revealing how they share specific architectural characteristics that point to their creation by the same ancient culture. She explains the three architectural styles found at the majority of sacred sites and the sophisticated science behind their construction.

- **Explains the three distinct architectural styles found at the majority of sacred sites, representing three ancient world ages**
- **Examines evidence of the two oldest architectural ages at sites in the Sacred Valley of Peru in depth, connecting them to other sites around the world**
- **Explores the sophisticated science behind the construction of these stone sites, including modern research on acoustic levitation and ancient use of geopolymers**

All around the world are mysterious ancient monoliths with strange features—perfectly carved terraces, massive steps, basins, and abstract forms with underground grottos and cave systems. Most archaeologists have a hard time explaining them and attribute their construction to the earliest known cultures in the area.

Examining sacred sites in Peru and their counterparts around the world, researcher and journalist Camille M. Sauv  shows how these sites share specific architectural characteristics and reveal evidence of a very ancient culture that once existed worldwide. She examines the work of Peruvian researcher Alfredo Gamarra, who first described in detail the three distinct building styles and construction methods of these sites and how they represent three ancient world ages. She explains how Hanan Pacha ("heaven above") constructions, the oldest style, are universally revered as sacred by the civilizations that came after them. Weaving together a tapestry of what early humanity looked like, Sauv  examines the writings of famous clairvoyants like Rudolf Steiner, Madame Blavatsky, and Edgar Cayce who recorded the works of early man through the Akashic records.

Besides the more esoteric questions about who could have built these wonders, Sauv  also examines the unique properties of the monoliths themselves and the sophisticated science behind the construction of these stone sites. She shows how they seem to be placed on earth power spots and how most of the rocks have significant piezoelectric properties from high quartz and silica content.

Revealing that many sacred sites are much older than previously thought, Camille Sauv  shows that Peru may hold the secret to remembering our forgotten prehistory.

Find the book at: <https://www.innertraditions.com/books/sorcerers-of-stone>

Camille's Video



Link: <https://www.youtube.com/watch?v=fqkBRZhaU8w>

What Can Sound Healing Do For You?



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

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

4 benefits of sound healing

1. It's super-relaxing

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

2. It helps clear energetic blockages

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

3. It boosts your health

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

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

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

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

and happiness.

Learn about 432 hertz.

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

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

The symbolism of the 432 Hz frequency extends to the present day. The number 432 is closely linked to the number 9, as $4 + 3 + 2 = 9$. The number nine is considered a symbol of completion and spiritual awakening in many spiritual traditions. The 432 Hz frequency is believed to create a harmonious balance with the natural rhythms of the universe and thus has profound spiritual significance. There's all kinds of sound healing on the internet and loads of people who offer sound healing or sound baths where you live. Try it, you'll love it.

Take some me time and listen to the video.

Listen



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

The Heart Of Your Soul By Shelly Dressel



Can you imagine a greater start to the year the connecting with the heart of your soul? This is a meditation that will have a massive impact on people and it has the potential to change everything in your life.

When we first arrived in the All That Is, the Goddess wanted us to make note of the changes that have taken place. We looked at it now, last year, and then two years ago. This gives us the opportunity to see, feel, or experience things from different frequencies. We all have different frequencies around us, this gives us the practice to become accustomed in our everyday life.

The Goddess began by looking at this as if it is a clean slate as if you are starting fresh. She then brought in people's desires, intentions, etc. We could look at life and at things from the everyday perspective. Each person then opened up to their soul and it changed everything. It was literally as if you were connecting to your own soul, through the heart of the center of your soul. It is very powerful, filled with love and creates a whole new perspective on life.

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

I greet you, beloved family. I reach out from my heart to yours. I reach out at this now moment, at the beginning of this new year on your Earth and send waves of energy to each one of you.

As you feel these energies moving in and around you, you will begin to find changes are taking place. You may already be aware of it, or this may be something new to you. How-so-ever it may be.

Take a breath in, allowing that focus of your awareness to go within you, and then breathe out. You recognize that your breathing becomes a way of not only clearing your energy but focusing your energy, and then allowing changes to take place.

You are here at this time when there is a much greater amount of light frequency coming in. As this light frequency is coming into you you may feel it as if your whole body is expanding. You may feel it as if the energy is zipping up and down through your body. Sometimes people feel the change of the transition in the energy as being the time when they need to just sleep as they integrate, or it may be that they're suddenly very hyper and filled with energy as they become activated in this new frequency.

More than ever, you are each going to become attuned to your body. Sometimes people have things going on in their physical energies and you're very aware of what's happening in your body but I'm not talking about that per se. The energy bodies, your chakras, have always had an intercommunication between the chakras, your physical, your mental, your emotional, and your spiritual energies. It is what takes all of

those non-physical parts of you and allows them to be integrated inside your physical body. I know many, many of you are well aware of this.

With the activation of the higher frequency, this interaction is going to become more and more something that goes from your unconscious to your conscious. This is why you may feel the movement of energy more often. This is why you may have headaches and then you can expand your energy bodies. This is why your focus may feel different at different times because all of it is here, not only in support of you but as creating that opening to your Higher Self and your Divinity so that you may live more so as your Souls experience on Earth. Instead of this human separated from your Soul, it's now much more deeply integrated, so it is your Soul shining forth in all that you do.

So with that in mind, create that ball of energy inside your heart center. Just imagine, if you will, your heart center, and you can see that energy as it spins. There is a depth to it that goes forward, backward, side to side. As you connect it within that energy, then send it down into your solar plexus. You may feel as this strengthens that it is creating a greater flow of energy moving through you. Send it down into your sacral center, your root center, and then allow it to move into the Earth.

As this anchors into the Earth, as you connect to Gaia, feel your energies going in every different direction. And as you do so allow for this to be your interaction with Gaia. Allow for this to be an anchor that brings your energy grounded down within you and then let it just flow back up through all those energy bodies and go up into your throat. At your throat center, once again, you're connecting with that. You're connected with your third eye, with your head center, there is your crystalline body and all of it moves up to the space of your Higher Self.

Look around or feel what this space is for you. As you are looking around at your Higher Self, you begin to see some of what your Soul is sending to you. You may see that you have projects that you are seeking to manifest here within this space. You feel that connection.

If you notice over to the side, there are things that you no longer wish to manifest. Clear them out. Just let that go. You then send your energy further up. It comes up through that thread that connects you directly into your Soul.

Look around at what this place is for you. You may see other lifetimes that you've experienced or are experiencing. You may see your Soul as his massive light that you are reaching out to connect with.

I the Goddess walk in and amongst all of you. I reach out to merge my energies with yours. As our energies blend together, it immediately moves you into the All That Is. Take a moment to look around.

This space has shifted into a higher frequency so as to be of support to you in your everyday life. To give you that perception of looking at dimensions. As if you take a step back before you enter the space, that's the All That Is. Ask to see what this place looked like six months ago, last summer, or winter as the case may be. Ask to see what this place looked like a year ago at the beginning of 2024. Ask to see the beginning of 2023. Then come back around to where we are at the beginning of 2025.

I know you each may have your own perception, but what I saw as I was looking at that is that 2024 started at a higher frequency and then it dipped down a bit and now we're back up again, but even higher than we were before. However, when we looked back two years, we are significantly a higher vibration than two years ago.

You may ask, what does this mean? This is an indication of how humanity is moving through the ascension process. This is how each one of you has not only moved through your own personal process but what we've created is a place where humanity can receive information as they awaken. This is a space that is created for the Earth plane and humanity. However, if you look at the other end of what this place is, you can see the Universe, as if you are looking out a massive window you see this Universe.

That is one of your links into not only the aspect of you that may be living out there but it's your link into the Solstice, the Equinox, the Solar Flares, and the full Moon. Anytime there is something that is coming in that is of influence to the Earth you have access from here in the All that is.

As I speak of this I notice many of you are walking around and it's created in such a way that everyone is a part of the whole, but you each have your own space so that you may work on your own things. So when they talk about the plasma as you touch the walls here, as you wander around, it almost feels like there is somewhat of a cushion, or as if you could push your hand inside. All of this is giving you much greater insight so that you understand how important this place is, but also how you can utilize it, be it in your prayers and meditations; be it in your everyday life; or even just during the times of these channeled meditations.

Look around at your own space is there anything that you brought with you from last year, two years ago, five years ago, whatever it may be? I'm laughing because many of you decided this is a clean slate. There are others of you who say I just have one or two issues I still feel as if I have not fully healed. What makes me laugh is that for others as you look down at your ankles and your feet it's like this smoky energy and that's what you're bringing forward, but it has no specific definition to it it's just old energy.

Take this chance. Take this moment and just clear this place out, because we talked about so much, just clear it out with the intention of making this a new beginning. Yes, indeed for those of you who are still in the process, you still have things that you would like to heal or transition, they're still here but you are allowing yourself a clean slate.

Looking at the year to come. At this time, many people have intentions that they put forth. They might have what are those things? Ordinance. That's not the word. People frequently will look at the new year and make a list of things that they might want to incorporate into their lives, but it's gonna be something that they forget about in a week or two. So, as we stand at this moment considering what the past year has been, considering where you may see yourself moving in the future. Just take a moment and take stock of where you are.

Phew~

As I said that it felt like somebody had some sort of energy that just came in and then I just helped them to clear that.

There are so many different experiences that I see people tapping into right now. I still see a great many of you putting forth, "Well, I still haven't gotten this, so I'm still putting it up again." Let it go, Just let it go. If there's something you've been seeking for more than, say, a few months, maybe a year, just let it go. Frequently it will come back around to you, but at this moment just let it go so that it is not something that is pulling you down but instead comes back around as something that will fully support you.

Take a deep breath in and breathe out.

As we are here within this space let's just run through a few things. Everyone when we ask about manifesting, it's so often your everyday reality. So, what I think I would like to do instead of those things that you put forth, they can say stay right here beside you, but if you were to manifest a deeper alignment to your Soul or to source energy what would that look like to you? Here within the All That Is as if you are opening up your heart, as if you are opening up your consciousness if you had a more open flow to your Divinity, your Soul, or your God's source, whatever phrase works for you what does it look like?

I notice that the majority of you are looking at this light in front of you and for some, it feels like that light is now coming out from within you. But in just about every case, it looks bigger, brighter, or more expanded than they anticipated. So, push out your boundaries if you need to. Let this all expand into something more.

Indeed as you widen any boundaries that you may have upon yourself suddenly you begin to see things differently. What I notice is that many, many of you are experiencing this deeper connection or this deeper awareness as you're tapping into your Soul, as if you are looking inside of your Soul and inside this brilliant light you see this year unfolding.

I saw some of you, it was like you were walking down a pathway and you would stop and get one experience, and then you'd stop and receive another experience. I could see others of you as you're really looking inside this energy of your Soul are receiving great ideas. I hear multiple people saying I never thought of it that way. Or maybe that would work better if I chose that route. So, open up.

So, looking at your life through the heart of your Soul if that is only showing you activities ask how is this going to affect me in my everyday life? Some I heard I'm much calmer than I was before. Others I heard, I'm just going to let it go, I'm finally just going to let that go. Things that they've been working on for years, in some cases, they're just going to let it go.

There's the heart of your Soul you can not only see potential for how things are going to happen, but you can see what integrating this within you also does to you. So in other words, as you are looking through the heart of your Soul at you in this lifetime, I know that may be abstract, let it move through the cells in your body, and let it bring greater peace and love. Clear your mind and then feel the waves of love that move through your thoughts, your emotions, your physical.

As people, I'm looking at their life through the heart of your Soul. Express love. Feel love. Now look at your relationships. There's such a wide variety of reactions I've seen some people moving out of a relationship, and others it's like they're standing there looking around saying where is my relationship? I invite you to just magnetize it so that it comes and is present within you. Others I see relationships with children's parents, coworkers, and friends. There are very few people that are only 100% by themselves. The vast majority of you are here to be in relationships with others, in relationships to support one another, to express love in one form or another. Let this move through.

Do you have a goal? You don't have to have a goal in your life. But if you do look through this heart of your Soul at whatever goal you either might have set up for yourself or that your heart or your Soul is setting up for you now. You just feel this as it moves through you, bit by bit by bit.

What I notice is taking place is some of you are so focused on goals and focused on certain things that you don't see what else is around you that's breaking down. You can still have your goal or your intention, but you can now see other things that are around you.

I also am noticing that there are others of you that have been so scattered you didn't know how to focus your energy. You are now seeing the ways to pull all those little pieces, all those little particles together.

This energy of your Soul. Each one of you is connecting to only your Soul. If it feels awkward to you, then open up your consciousness and let that alignment be created within you so that you recognize, ah yes, I do know this energy.

So many people have things that are stressful in their everyday lives, recognize how this is where you can let that go. As if you're taking it off your back and you're handing it over, let it go. As you look around understand that this is your doorway to anything that you seek to manifest. Or even this is your doorway to simply feel the blessing, the love, that overwhelming acceptance that you are you.

Ohh it's like there's so much that is happening around each one of you. This is a place where some of you may stay for a while. This is a place where some of you may need to just soak in that energy so that it can be supportive of you. Be present in this moment.

I invite you to gather together as a group. For some, it's like you're turning around and this group is separated in your space, although it is within the All That Is. As you gather as a group, look at each other, Soul to Soul to Soul. These are the people living on Earth. These are the people anchoring these high vibrational energies and these are you, or this is you.

You see coming up within the center of this group, there's a column of light and as you look at the Hologram of the Earth take a moment and look at it through new eyes, through the eyes of looking through your Soul, and through the eyes of the new year, the eyes of the new frequency. This Hologram is no longer just one-dimensional, you can see depth and changes that have taken place within it. Infuse that intention of looking at your life through your Soul, through the heart of your Soul (I like that.) into this Hologram.

This Hologram integrates what everyone is sending into it, and there's a piece that goes out into the Universe. The remainder of that comes down. It comes down from the All That Is, it moves through the collective consciousness of the planet, and then it anchors within the center of the Earth. As it anchors within this energy it's blending and merging with the other frequencies that are down here, and then it comes back up. It comes back up through every level. It comes back up through each one of you where you are anchored into Gaia. It comes back up into the Collective Consciousness and it is not only going to strengthen people connecting to their own Divinity but looking at the world through the heart of your Soul.

You bring the remainder of those energies down. You come down from your space in the All That Is. It swirls back down through your Higher Self. It comes down within you and your physical reality, and just as we spoke of your energy bodies at the very beginning, take a moment and take a deep breath and feel how it's all integrating within you through each of those energy bodies, through your physicality, your emotions, your thoughts, and beliefs. Let it all simply become a part of you to live in your everyday life.

Alright, beloved family starting fresh in a new year. Looking down through the months of this year to come, be ever-present in the heart of your Soul. Be ever present in your life, as you look outward, knowing that you are looking through the eyes of love, knowing that you are looking through the eyes of your Higher Self and your Soul. Allow that to be the way in which you live your life this year. The energies coming in will continue to support that expanded consciousness.

Beloved know that I am ever within you.

Ansaluia

About Shelly Dressel: Shelly first began channeling in 1995 as means of seeking a deeper connection to her own divinity as well as to that of the angels, guides and teachers who surround her. She is now known worldwide and works one on one with people from many countries. Shelly has been a registered nurse for most of her adult life. Following her divorce in 1989, she began a path of seeking to find her inner truth and to put an end to loneliness. Along her path of discovery, she received attunements in Usui, Shambhala and Celtic Reiki. Through varied interests she took classes in yoga, meditation and aromatherapy, to name a few. Each step has opened a door to something new!

When Shelly began receiving messages from her guides, she chose to talk with them directly, which evolved into the type of channeling she does today. In the ensuing years, she's channeled innumerable angels, teachers, masters, ET's, the dolphins, people's pets and those who have crossed over. Early on, Shelly was also drawn to the divine feminine energies and, subsequently, in 2001, she brought through the Goddess of Creation; the feminine aspect of Source energy. This high vibrational energy was able to be communicated directly through humanity only since the year 2000, when our planetary consciousness reached a frequency with which the Goddess could interface.

Shelly is a clear channel who is able to tap into situations from a soul perspective. This perspective is higher than the plane in which our mental activity takes place. Shelly's channeled information always comes from a place of love and acceptance. She can assist you in receiving helpful information, shifting negative or stuck energies, and with healing your energy fields from the physical to the spiritual. Any changes that you make originate from within you; Shelly merely facilitates connecting you with your greater potential.

This is Shelly Dressel channeling the Goddess of Creation; the feminine aspect of source essence, for the free teleconference offered on the first and third Sundays of each month. All rights are reserved. You are welcome to share this information; we just ask that you keep it intact. For further channels and information on both the Goddess and Shelly.

Shelly's website: <https://goddesslight.net/>

Shelly's Video



Link: <https://youtu.be/S9NRmCtvxao>

Is Sound A Sacred Energy? By Kryon/Lee Carroll



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

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

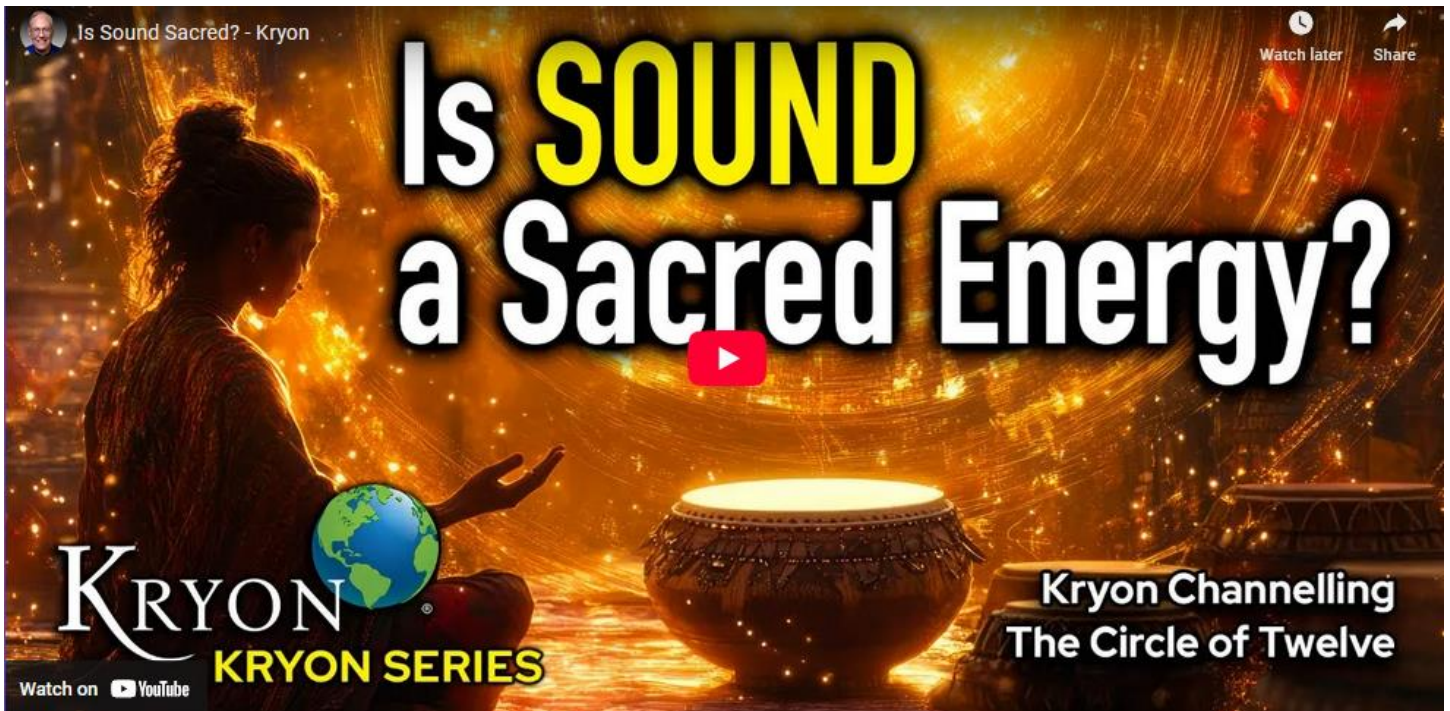
As an award winning audio engineer, where does channelling and Indigo children fit into all this? As Lee tells it, Spirit had to hit him "between the eyes" to prove his spiritual experience was real. The year 1989 was the turning point when finally came together, after some years earlier a psychic told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

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

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

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

Kryon/Lee Carroll's Video



Link: https://youtu.be/_h6EoOfFn44

Above And Beyond By Nancy Leilah Ward



A conversation with the Vastness of Being.

Through the months of November and December, my ability to create felt stagnant, like I was frozen in suspension. The vibe of the world has also felt this way, suspended, hanging in the balance before the chaos creators take over and begin their messy, stumbling, noisy march into the darkness of their own demise, taking with them some of the structures that need to be released. I see, in the future, green shoots of new beginnings growing out of the ashes. But for now, I see those ones marching forward dragging sledges of debris with them into the fire. It is a symbolic vision. Some of what they throw into the fire will be impervious to its flame and heat.

We are being called to release attachments to beliefs we've held closely because all will be changed, challenged and exposed. We came here, to be here in this time to witness and release the untruth and to one day rise up in the renewal, rebirth, and reconstruction.

We are in the pause before the storm, getting ready to release that which is not in true heart alignment. Each person is facing this on a deeply intimate level of their being. I see a woman standing on a hill in the wind. The mighty wind is whipping her dress and hair and blowing dark elements off of her. Dark splotches are being carried away on the wind, turning into wisps of black smoke and dissipating. Allow this to be. Observe what you are attaching your thoughts to. Observe what you want to hold onto and see if you can release your hold and just be in the stillness of non-attachment. Watching the drama unfold, standing in your stillness, connected to earth, to your path of light.

Civilizations have come and gone. Ruins of once great cities are scattered over the earth and buried within her. Release your identity for a moment and stand within the wind, allow it to blow through you. Allow it to blow away words and thoughts that cling to what is passing away, what is collapsing. Notice what you feel within your being. Do you sense the eternal truth of your soul? That sparkling essence of you that is immortal, that has seen so much more than you have remembered. Colors you have never seen. The sky is turning pink, the sun is coming back a new dawn arises within your being.

Cannot sleep. Why so much trouble sleeping lately?

Fires in Los Angeles... utter devastation.

You are in the ascension. It is upon you. Deep changes within are occurring. The changes are inner and outer. This is miraculous. It is a time like no other. Self-care is important for you to maintain your center. Going through your daily life from that place of stillness is important for you to maintain equilibrium. Poised on the tip of a pin, the wind rises up whipping around. Wind could knock you off, blow you away but you are aware within the swirling of your soul self fully embodied within you and this awareness helps you to anchor, to be stabilized within the blowing currents of swift changes. Your ancient, timeless soul has experienced so much more than you may realize at present. The wisdom within your soul is available to you energetically at any moment you wish to receive it, to look in the direction your inner knowing is pointing you to. Blocks of information settle in, landing within your being, without words, it is a frequency of energy carrying wisdom, memories of ancient times and of the inter galactic experiences of your soul. Open to the vastness of your being.

There is a singular moment in time where forces of knowing will meet on a battlefield of ideas, a clashing of intellects will shatter and fall like shards of a mirror, scattered on a field of vision that will tilt sideways and flip into a new reality. The natural world, the beautiful Earth will pulsate and breathe freedom and joy into all of life. You are invited to participate in this unfolding. Unexpected, unfathomable change is upon you. What did we decide when we got here on Earth? We knew it could go in many probable directions. It, the path of Humanity on Earth, the path of Earth's evolution itself, holds many choice points. Short-sighted choices have been made by many. Others sink in despair and hopelessness and yet there are other choices.

Some are seeing with long vision above and beyond the tumult and the density of beliefs to a horizon of possibility, of mystery and blossoming creativity where Humanity chooses to rise into unity and consciously create a thriving, joyful being. This, too is available to you. Heightened telepathic communication will catapult you into joyful creation and expansion which takes you above and beyond the current story being told through a limited lens that ignores the gifts Humanity holds but has not yet fully grown into. In years past, those who cultivated these gifts were punished and held in suspicion. The time is at hand for the gifts of intuitive clarity to be awakened within all Human beings. Some will cultivate and expand these gifts; others will fear and cower in the radiance that will be bestowed upon them. Bask in the radiance, allow it to fill your being and you will be lifted into greater awareness and an abundance of creative ecstasy which is the birthright of every Human Being.

We offer this bigger picture, this broader view for you to contemplate on to help you to rise above the chaos and move forward into enlightenment, deep love and revelation of your true nature.

**Blessings,
Leilah and the Vastness of Being**

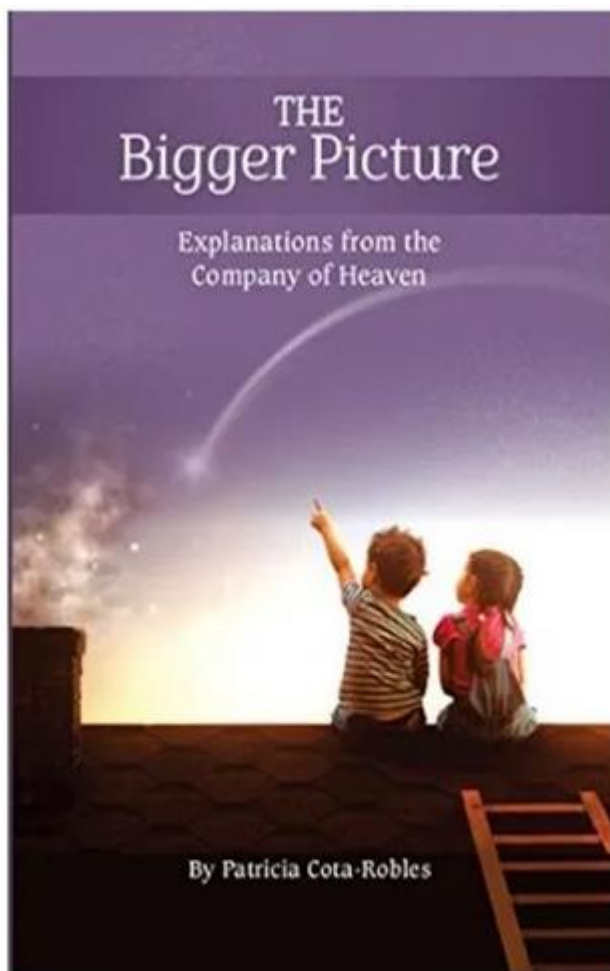
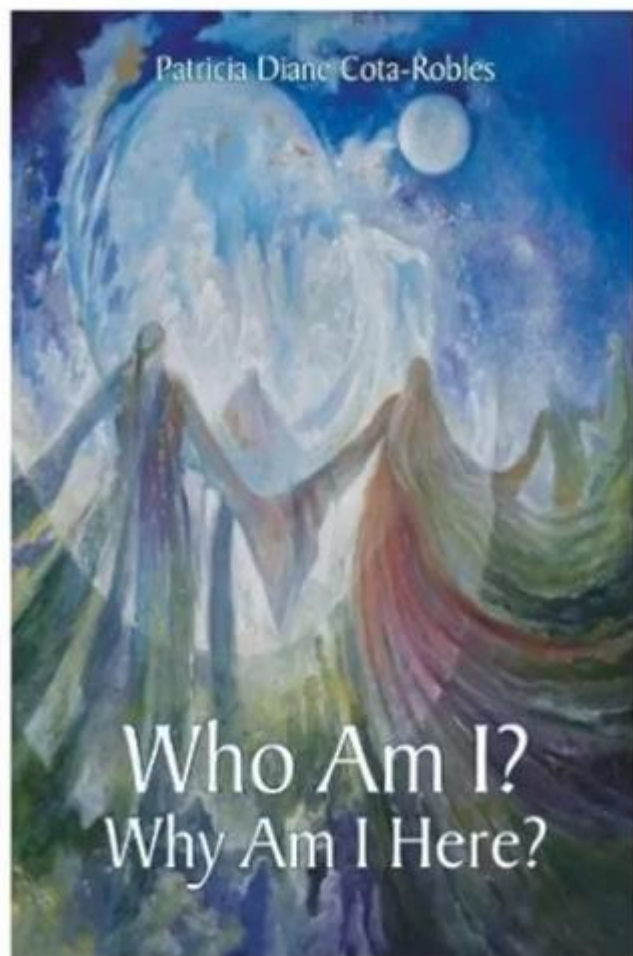
About Nancy Leilah Ward: Leilah is an intuitive empath and seer and has been providing soul guidance for people worldwide since 2005. In 1981, when living in Brooklyn, NY, she experienced a spontaneous awakening, which led her onto a path of healing the pain of self-loathing, unworthiness, self-criticism, shame and guilt. This eye-opening journey awakened her psychic-intuitive and empathic abilities as she learned to listen to and trust her heart, body and mind. In this process, she came to a realization that Humanity is wounded and traumatized from eons of teachings and dogma which instilled the very aspects she had been focused on healing within herself. Through trainings that began in 1990 including Usui Shiki Ryoho Reiki I, II and Master, mediumship, channelling, and reading the Akashic Records (she was a Soul Realignment™ practitioner for 10 years), she has gained much wisdom and developed her own process of seeing inner visions and deep listening to guidance from her – and her client's – spirit guides, angels and soul essences. She has authored the blog The Vibe Report since 2003 and shares wisdom from The Vastness of Being, a group of Arcturians and other intergalactic and interspecies souls

that are part of Leilah's soul family. Leilah is a mystic, seer, visionary artist, musician and writer and currently resides in Ontario, Canada.

Nancy's website: <https://www.integralsoul.love/>

Powerful Celestial Opportunities In 2025

By Patricia Cota Robles



Books By Patricia Cota Robles

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

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

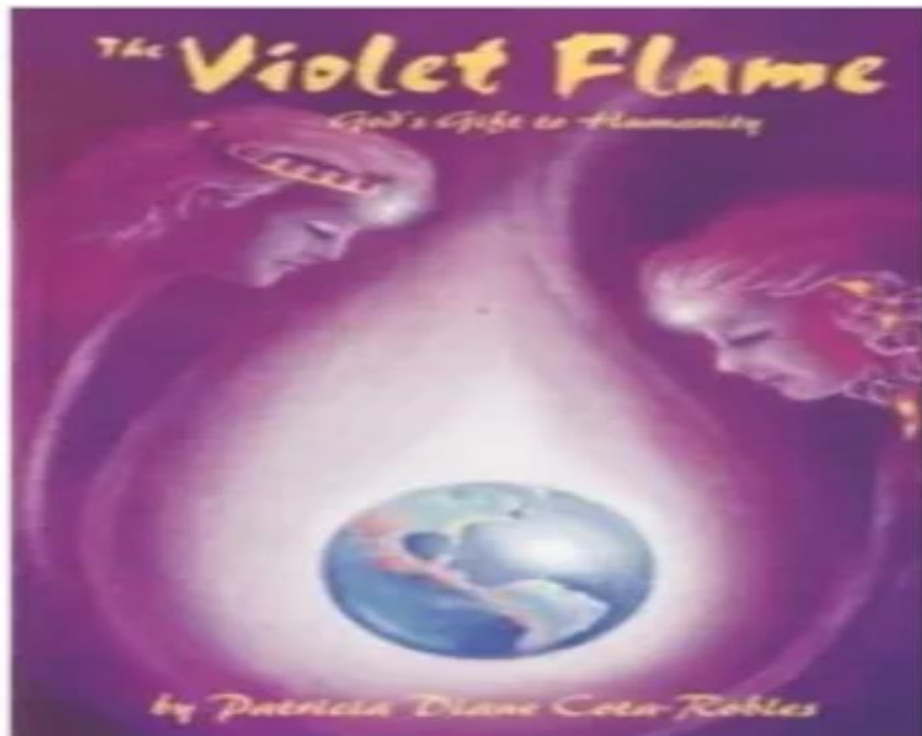
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program,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

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A



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

Patricia's Vlog



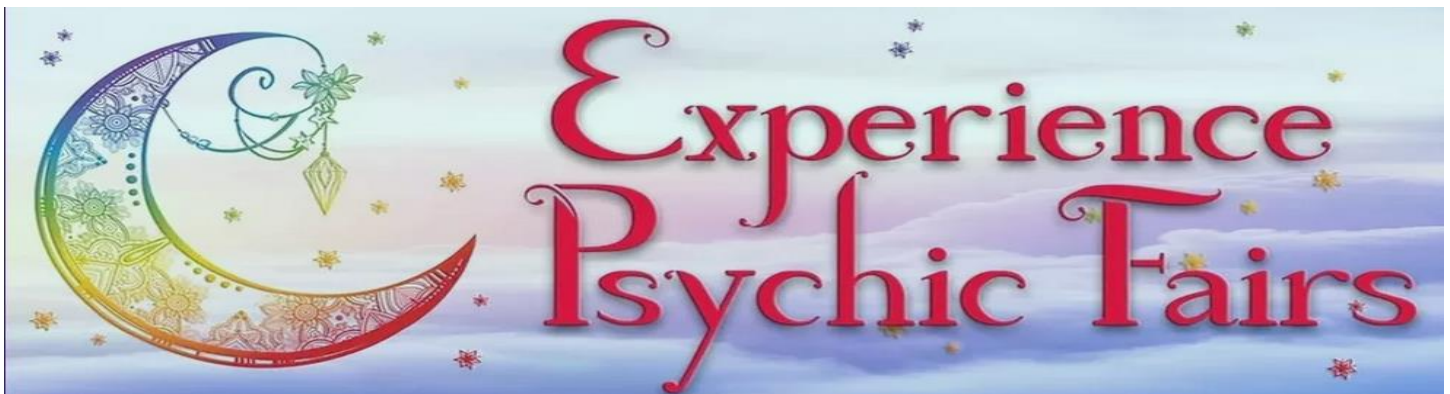
Link: https://youtu.be/wU6c4zcwB_s

ROC Metaphysical Business Advertising

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

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

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



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

March 8 & 9

Port Watson Conference Center

131 Port Watson Street

Cortland, NY 13045

March 29 & 30

Finger Lakes Gaming & Racetrack

5857 NY Rt. 96

Farmington, NY 14425

April 11, 12 & 13

Batavia Downs Gaming and Hotel

8315 Park Road

Batavia, NY 14020

April 26 & 27

Embassy Suites

6646 Old Collamer Rd. South

East Syracuse, NY 13057

Mythic Treasures Faire



Come to the Henrietta Store on Jefferson Road for second Saturday

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

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

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

Sign Up For this Class



IET CLASSES

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

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

About IET® Intensive Workshops:

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

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

Register Now

WWW.SHEILATILLICH.COM/EVENTS

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

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

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

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

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

Go to www.sheilatillich.com to sign up

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

 Sheila B.

Divine Angelic Gathering

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

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

What is included:

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

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

WWW.SHEILATILLICH.COM

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

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

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



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

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

**Choose your modality for One Hour (60 minutes) Energy Healing Session. ~ REIKI
~ Integrated Energy Therapy® (IET®)
~ Unity Field Healing (UFH)**

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

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

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


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

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


Remote appointments are available, too.

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

ONE Wellness Center Book Club


ONE
WELLNESS CENTER

March Book Circle
The Inner Work: An Invitation to True Freedom and Lasting Happiness






The Inner Work
An Invitation to True Freedom and Lasting Happiness

The Inner Work guides you on a journey into your subconscious, helping you confront your shadows and uncover your true potential. By addressing limiting beliefs and transcending patterns that cause suffering, you can achieve genuine freedom and lasting happiness. Through radical self-analysis and a practical three-step method, the book encourages you to release your struggles and embrace a happier life.

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


When: March 8, 2025, 1:00p-2:30p
Where: ONE Wellness Center
Institute for Spiritual Integration
2349 Monroe Avenue, Rochester 14618

All are welcome! Free of charge!

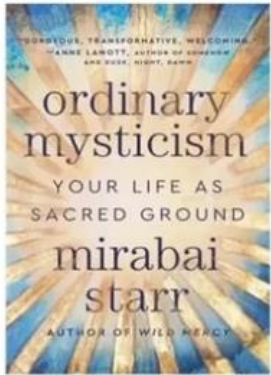


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WELLNESS CENTER

April Book Circle
Ordinary Mysticism: Your Life as Sacred Ground



ordinary mysticism
YOUR LIFE AS
SACRED GROUND
mirabai starr
AUTHOR OF WILD MERCY




In Ordinary Mysticism, the author encourages readers to connect with their inner mystic, redefining spirituality as accessible beyond traditional worship. She highlights that the sacred can be found in everyday moments—like gardening or family meals—revealing the extraordinary in the mundane.

Alongside storytelling and teachings, she offers practices and writing prompts to deepen this spiritual exploration. Embracing this perspective transforms ordinary experiences into miraculous ones, turning flaws into valuable gifts.

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

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

All are welcome! Free of charge!

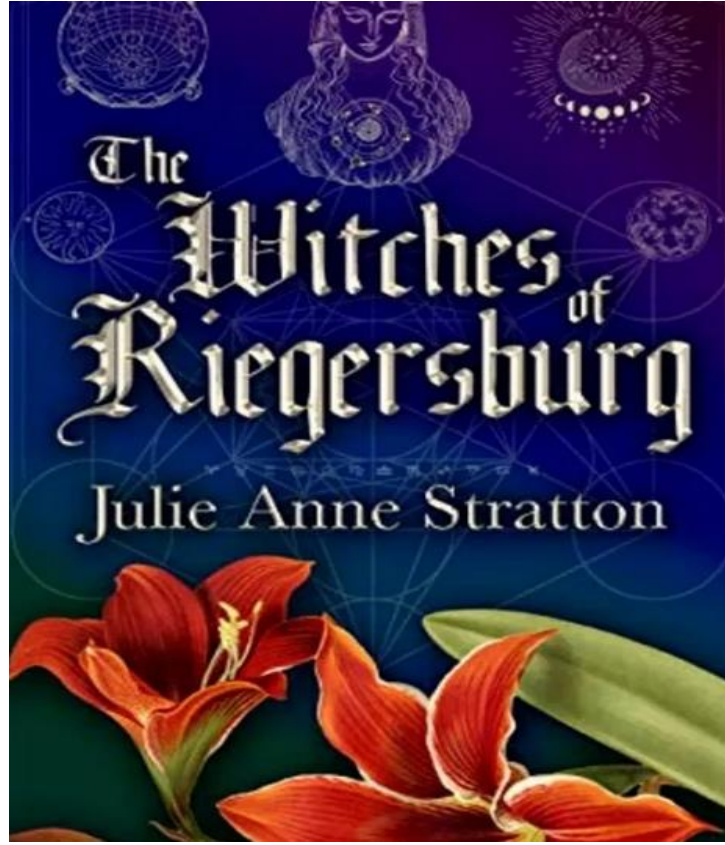


<https://onewellnessctr.com>

Follow us on Facebook

At 1p, the Book Circle will meet to discuss the monthly spiritual book selection. For February, the book is *Project 369: The Key to the Universe Evolved Consciousness*. Free copies of the monthly book are available to borrow in advance for those who wish to do so. Watch our facebook page and website for a list of upcoming book titles. Purchase your own. We recommend that you read it as it has alot of info but it's not required.

Books That Are a Must Read!



The Witches of Riegersburg by JA Stratton

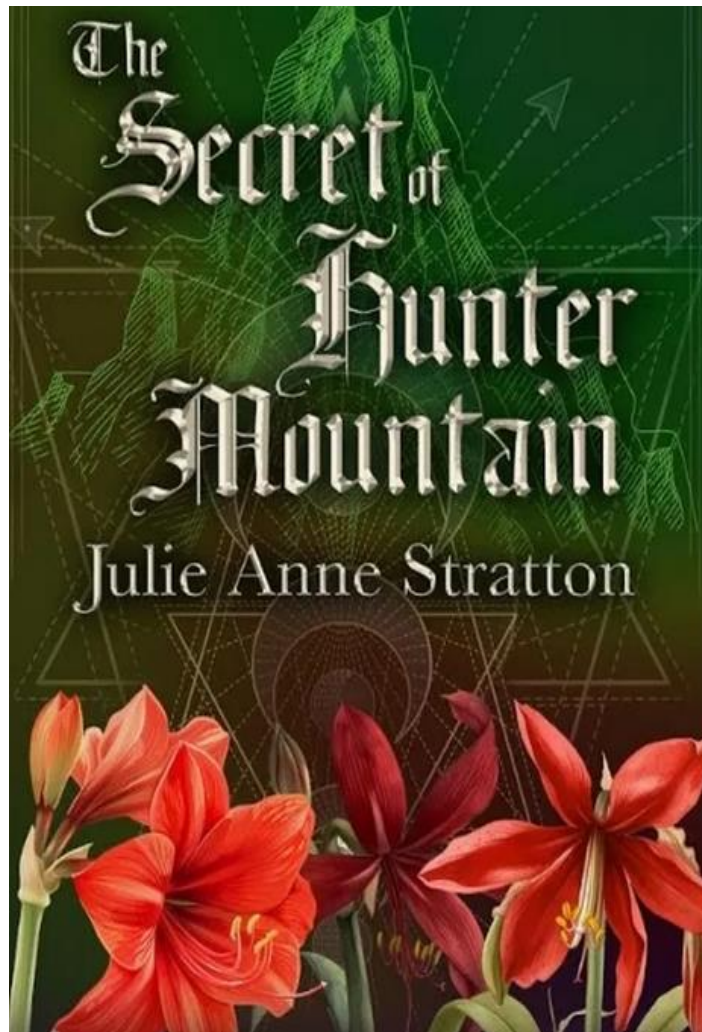
-- For fans of *The Da Vinci Code* and historical intrigue, *The Witches of Riegersburg* is an unforgettable ride through time, magic, and resilience.

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>

Magical Writing- Let the Spirit of Creativity Fill Your Cup



This workshop is designed so you can tap into your inner muse and creative flow. We will fire up our inspiration to express ourselves in writing and words. Everyone can be a writer. Whether it's journaling for yourself, writing poetry, short stories, memoirs, or novels. We all have a story to tell.

We will be using different writing prompts to awaken the flow of words and strengthen your writing skills. This class is not about grammar, sentence structure or what you learned in school. It is about letting your words pour onto paper without judgement.

Using our visions and dreams we will be writing about the world we envision for the future. Where do ideas come from? Let the Goddess "in-spire" to claim our voices.

Julie will provide small journals & Pens

We will also create sacred space & call on the Goddesses and Gods to help us in our work.

There is a Min. of 4 persons & Max. of 20 folks. Must sign up in advance at:

<https://www.eventbrite.com/e/magical-writing-let-the-spirit-of-creativity-fill-your-cup-tickets-1223800774059?aff=ebdssbdestsearch>

Julie Anne Stratton has 2 novels published and is a witch, author and musician.

More about Aurora Raven/Julie Stratton: www.julieannestratton.org

JOIN US FOR A GREAT NETWORKING EVENT



ROCHESTER, NY METAPHYSICAL: THINGS TO DO! PRESENTS:

JOIN US FOR ROCHESTER PRACTITIONERS DAY!

Are you a local practitioner in the Rochester area? Don't miss this incredible opportunity to connect, network, and share your services with the community!

This Meet and Greet event is designed for local practitioners to:

- Introduce themselves to the public.
- Promote their services by sharing brochures, business cards, and more.
- Build connections with like-minded individuals in a welcoming and professional space.

Date: Saturday, April 26, 2025

Time: 1-3 pm

Location:

Frequency Wellness Space

34 Elton Street, Suite 103

Rochester, NY 14607

www.frequencywellspace.com

IG: @frequencywellspace

Organizers: Sheila Tillich and
Gloria Thayer (FB Rochester, NY
Metaphysical: Things to Do!)

For questions or to participate,
reach out to Sheila at
sheila@sheilatillich.com

Calling All Rochester Practitioners!

Rochester, NY Metaphysical: Things to Do! Presents:

Join us for Rochester Practitioners Day! Are you a wellness practitioner in the Rochester area? This is your chance to connect, network, and share your services with the local community!

Saturday, April 26, 2025 Time: 1-3 PM Frequency Wellness Space, 34 Elton Street, Suite 103, Rochester, NY

This Meet & Greet is the perfect opportunity to: Introduce yourself & your offerings, Share brochures, business cards & more, Build connections in a welcoming space

Note: This is a promotional event (not a selling event), so bring materials to highlight your services!

Want to participate? Contact Sheila with a brief bio & service description to be included in event materials!

RSVP & Questions: sheila@sheilatillich.com

ROC Metaphysical Alternative Directory



Rev. Vicki Snyder-Young

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

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

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



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

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



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

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



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

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

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



727 E Main St
Rochester, NY 14605

and the NEW LOCATION
1225 Jefferson Rd
Henrietta, NY

585-266-8350
Sue Stephens

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

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



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

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

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

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



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

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

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

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

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



ROCK DUDE

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

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



Healthy Alternatives Wellness Center

Carol Scheg-Morrisette

4358 Culver Rd

Rochester, NY

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

www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

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



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

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



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

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

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



Marjorie Baker Price , RN

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

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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

Fairport, NY 14450

585-313-3996

<https://sheilatillich.com>

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

<https://sheilatillich.com>

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

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

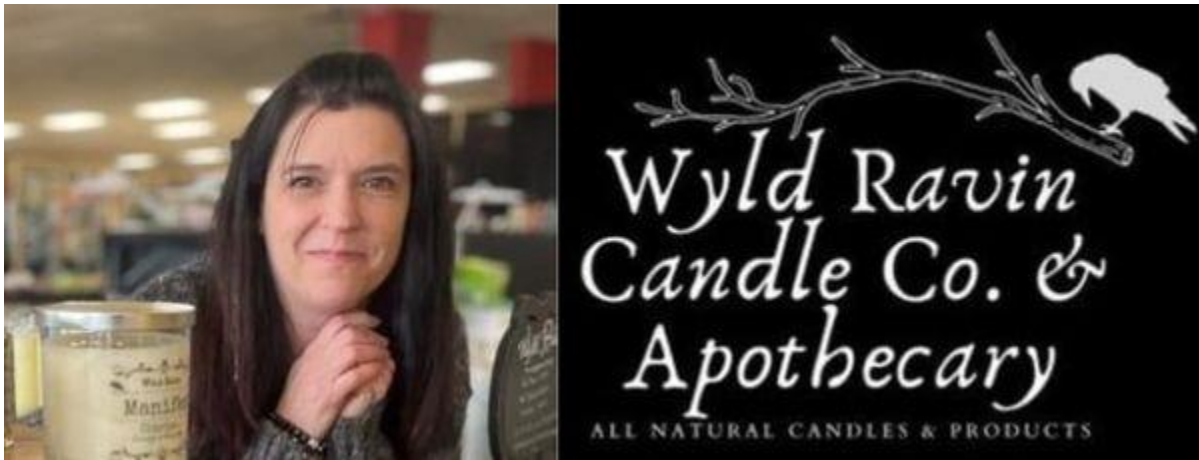
Join the Lightworkers Connection Circle Facebook Group:

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

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

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

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



Wyld Ravin Candle Co. & Apothecary
<https://wyldravin.com/pages/about-us>
<https://www.facebook.com/wyldravin>

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

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

To contact email at wyldravin@yahoo.com

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



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

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

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



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

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



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

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

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

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



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

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

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



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

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

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

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

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

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



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

LifeForce Rejuvenation



Jon Kotowski

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

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

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

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

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

Alternatives For Healing

An Alternative Medicine & Holistic Directory



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

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



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These are all Brick & Mortar businesses.

Some may have limited hours or by appointment only

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

Majestic Hudson Lifestye Boutique 223 Katonah Ave Katonash, NY 10536

Demure Lyfe 27 Main St Chester, NY 10918

Moonstone Melody 24 N. Main Street Florida, NY 10921

Sunshine Studios 563 E Main St Middletown, NY 10940

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

The Open Spirit 55 Burd St Nyack NY 10960

Crystals On The Rocks 11 S Broadway Nyack, NY 10960

Modern Druid 60 S Broadway, Nyack, NY 10960

Light Club Curiosity Shop 1379 Kingshighway Sugar Loaf, NY 10981

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

Light Club Curiosity Shop 40 Main Street Warwick, NY 10990

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

Magical Vibes 215 Main St New Paltz, NY 12561

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

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

The Emerald Lotus 82 Broadway Ste 222 Greenlawn, NY 11740

The Mindful Rabbit 146 Main St Northport NY 11768

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

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

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

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

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

The East Witchery 661 Lansing Rd, Glen, NY 12072

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Rocks/Crystal Stores

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

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

Spiritualist Churches

Temple of Truth Church 2 Cook St Freeville, NY 13068
Attunement Spiritualist Church Southtowns Salt Cave, 140 Pine Street, Hamburg, NY 14075
1st Spiritual Temple 29 Temple St E. Aurora, NY 14052
Plymouth Spiritualist Church Vick Park A Rochester, NY 14607
Fellowship of The Spirit 282 Dale Dr Cassadaga, NY 14718
Lily Dale Assembly Lily Dale New York 14752
City of Lights 10 Buffalo St, Lily Dale, NY 14752
Santosha 8201 Main Street, Suite 6 Williamsville, NY, 14221

Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

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

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