

ROC *Metaphysical*

Our Mission is to Enlighten and Inform

October 2024

[**https://www.rocmetaphysical.com**](https://www.rocmetaphysical.com)

Here's a Sampling of Articles for the month:

Choosing To Heal By Ross Bishop

**Cosmically Speaking Alpha Centaurian Starseeds: Incarnations
From A Neighboring Star By Judy Lynn**

A Short Guide To Dealing With Discouragement By Leo Babauta

Accepting Very Different Families By Barry & Joyce Vissell

Learning To Sense With Your Third Eye By Geoff Hindmarch

**ROC Metaphysical Book Review Myths of the Sacred Tree
By Moyra Caldecott**

**Trust, Growth, and Connection: Why You Need a Mediumship
Development Circle By Rev. Colleen Irwin**

Ladybugs And Spiders: Surviving Adversity By Jamie Linn Saloff



What Is ROC Metaphysical All About?



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

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

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

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

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

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

comes to my email.

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

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

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

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

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

Find ROC Metaphysical At These Sites



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



pinterest.com/rocmetaphysical



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



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



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

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

ROC METAPHYSICAL LIST OF ARTICLES NUMBER	PAGE
Highlights of the Magazine	7
We Have a Youtube Page	8
List of Metaphysical Articles	9
Channeling	11
Channeling Articles	12
Choosing To Heal By Ross Bishop	13
Living With Love By Ellie Blair	16
Tarot Tendencies For October By Doreen Scanlan	18
Cosmically Speaking Alpha Centaurian Starseeds: Incarnations From A Neighboring Star By Judy Lynn	20
Blocking A Psychic By Richard Hughson	23
A Short Guide To Dealing With Discouragement By Leo Babauta	26
Most Benevolent Outcomes or MBO's By Tom T. Moore	29
Trust, Growth, and Connection: Why You Need a Mediumship Development Circle By Rev. Colleen Irwin	34
Accepting Very Different Families By Barry & Joyce Vissell	37
I'll be There In Spirit... By Susan Fiandach & Connie Wake	40
Egyptian Magic By Jill Mattson	42
Ladybugs And Spiders: Surviving Adversity By Jamie Linn Saloff	46
Mind the Gap! This Is What The Windier, Cooler, And Lighter Season Calls Us To Do By Christianne Asper-Contant	49
ROC Metaphysical Book Review Myths of the Sacred Tree By Moyra Caldecott	52
What Can Sound Healing Do For You	54
Your Camera / Your Lens / Your Life! By Ann Albers	56
Learning To Sense With Your Third Eye By Geoff Hindmarch	62

The Divine Government Timeline Has Been Activated	
By Patricia Cota Robles	68
Adjusting By Brenda J. Hoffman	71
Does God Like Music? By Lee Carroll/Kryon	73
ROC Metaphysical Business Advertising	75
ROC Metaphysical Alternative Directory	82
Shops All Around New York	110
Spiritual Churches & Retreat Centers	115
Discernment/Disclaimer	116
Contact Us	119

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

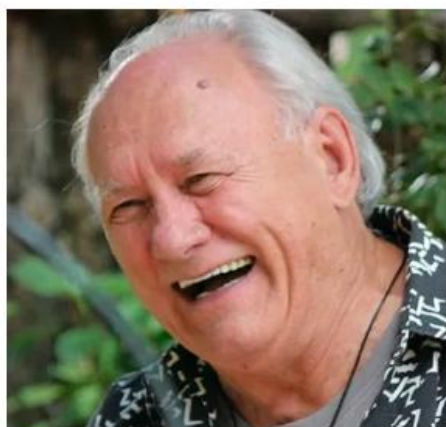
Go To Our YouTube Page



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

ROC Metaphysical Online Magazine Articles for October 2024

Ross Bishop



Choosing To Heal
By Ross Bishop
Judy Lynn

Ellie Blair



Living With Love By Ellie Blair
Richard Hughson

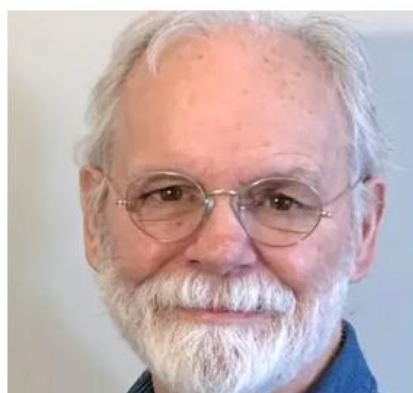
Doreen Scanlan



Tarot Tendencies For October
By Doreen Scanlan
Leo Babauta



Cosmically Speaking
Alpha Centaurian Starseeds: Incarnations
From A Neighboring Star
By Judy Lynn



Blocking A Psychic
By Richard Hughson



A Short Guide To Dealing With
Discouragement
By Leo Babauta

Tom T. Moore



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

Rev. Colleen Irwin



Trust, Growth, and Connection: Why You Need a
Mediumship Development Circle
By Rev. Colleen Irwin

Barry & Joyce Vissell



Accepting Very Different Families
By Barry & Joyce Vissell

Connie Wake & Susan Fiandach



I'll be There In Spirit...
By Susan Fiandach & Connie Wake

Christianne Asper-Contant



Mind the Gap! This Is What The Windier,
Cooler, And Lighter Season Calls Us To Do
By Christianne Asper-Contant

Jill Mattson



Egyptian Magic By Jill Mattson

ROC Metaphysical Book Review

Jamie Linn Saloff

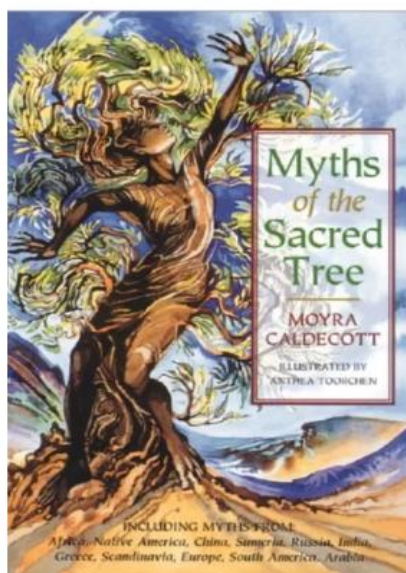


Ladybugs And Spiders: Surviving Adversity
By Jamie Linn Saloff

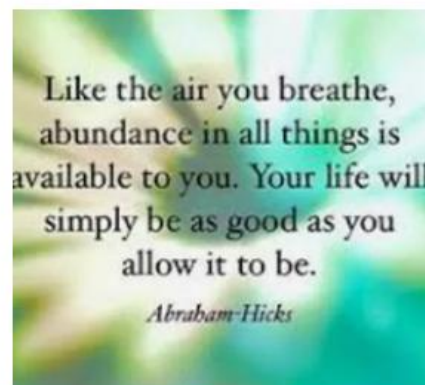
Sound Healing



What Can Sound Healing Do For You



Myths of the Sacred Tree
By Moyra Caldecott



Channelings



Channeling is a natural form of communication between humans and ascended masters, angelic beings, nature spirits, or non-physical entities. A channeler is very similar to a language translator or interpreter. They allow themselves to sense the non-verbal communication from another being and then translate it into human words.

Channeling is often defined as the act of allowing a spiritual entity (e.g., angel, archangel, ascended master, guide, deceased loved one) to merge, join, or enter your body and use your vocal cords to communicate directly with those on the Earth plane or provide knowledge and the channeler can write down the shared information. For some people who channel, the entity will also move the channeler's body (e.g., open your eyes, move your arms/legs, have you walk around).

Channeling can be done in two different ways:

Conscious channeling is done while being fully aware of what is happening, including being able to stop the experience at any time. The channeler can remember what was said to varying degrees. Often conscious channels will say that they hear themselves speaking as if they were at a distance . . . as if they were listening from another room. When told about what was said, they often feel as if they are remembering a dream. There are many people currently alive on the Earth plane who consciously channel. For example, Esther Hicks brings through the group of entities that refer to themselves as Abraham (no relation to the Old Testament). They speak about the Law of Attraction.

Trance channeling is channeling done while in a deep trance state. Arguably one of the most famous trance channelers was Edgar Cayce. He was referred to as "The Sleeping Prophet" because he only channeled when he was in a deep trance state. This meant that he lost all muscle tone and had to be lying down. He was also unable to remember what he said, which meant that his secretary had to be present to take dictation and then transcribe the notes from the channeling session.

Our channelers are providing their information to help us on our path.

Channeling Articles

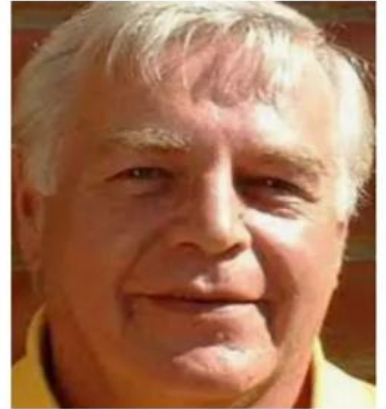
Ann Albers



Your Camera / Your Lens / Your Life!
By Ann Albers



Geoff Hindmarch



Learning To Sense With Your Third Eye
By Geoff Hindmarch

Patricia Cota Robles



The Divine Government Timeline Has
Been Activated
By Patricia Cota Robles

Brenda J. Hoffman



Adjusting By Brenda J. Hoffman

Lee Carroll/Kryon



Does God Like Music?
By Lee Carroll/Kryon

“
**To improve is
to change; to
be perfect is to
change often.**

Winston Churchill

*Transformation is an
ongoing process that
tends to appear ordinary,
when, in fact, something
extraordinary is taking
place.*

- Judy Brown

**“CHANGE IS
HARD
AT FIRST,
MESSY IN THE
MIDDLE AND
GORGEOUS
AT THE END.”**



I have spent most of my adult life to helping people heal their emotional wounds. What continues to confound me is how few people really want to heal. People feel inherently defective, and it is difficult to convince them that this is not permanent. Most people are convinced that this is who they are and that this is what they deserve. We are held hostage by the beliefs that are created from our deep-seated feelings of unworthiness and unlovability. We know we are not who we could be, and yet. . . . There is more, much more, to all this.

The way humans hold on to woundedness is intriguing. On the surface, it makes no sense. You would expect to see intense motivation for everyone to rid themselves of their limiting and restrictive negative influences. After all, they are an enormous source of pain. Our beliefs, driven by our fear of unworthiness, stifles our natural passion and causes us to be miserable. These things inhibit us, wreck our lives and keep us from being happy.

Some people have read books, done therapy, and gone to workshops and although these things have helped, they have provided few ultimate answers. We cannot seem to transcend our fears and limiting beliefs to find peace. We are being asked to change, to venture into an unfamiliar state, which goes against what we believe.

Why are we so powerless against these forces that so profoundly affect and, in many cases, control our lives? We are told that being happy is possible, but we find that achieving it can be difficult. We would be happy to become enlightened if it didn't require us to go through the dark swamp of our shadow selves, and that is where the train comes off the tracks.

Most people settle into a marginally satisfying routine and get by as best they can, blaming themselves for their inadequacies and failures, filling themselves with self-condemnation and self-criticism and creating

lives that fall far short of their potential.

Whether we realize it or not, we are being urged by The Creator to put our lives into a more meaningful context that provides some idea of why we are here. Putting people here to be unhappy and stifle their passion seems futile, yet that is exactly what happens. But this is not accidental. It is purposeful. We were not put here simply to be blissful but to learn the truth about ourselves, which is contrary to what we believe, and that, in turn, leads to natural happiness.

What is ironic is that people don't want to believe that happiness is a choice, because that then makes them responsible for the outcome. And if you believe that you are unworthy or unlovable, you certainly would not want to put your worth to the test because, after all, what if your belief turned out to be true?

But, there is even more to this. To understand LIFE, we have to shift our perspective and see things from a much wider frame of reference, i.e., God's point of view. The human outlook is simply too limited and fear-based. In that same light, becoming enlightened is perplexing largely because we do not understand it. A puzzle or a riddle is baffling until you figure it out. Life is puzzling until you see it from a broader perspective.

God created LIFE on Earth as a workshop – an environment – that would challenge us to find the truth about ourselves. He could not just give us the truth because that would have violated our free will. As a result, we have to make a choice – to decide for ourselves – that we are worthy and lovable. To restate: The purpose of LIFE is to make you realize that you are worthy so you do not have to live in fear, anxiety, and longing. And, we had to hold that truth at the deepest level possible in preparation for what was to come.

LIFE is not what most of us have taken it to be. We are enrolled in a unique learning environment with a remarkable curriculum and an unconventional learning process. Nothing about the process is accidental. Nothing is random.

We don't realize it, but each step of our life process has been carefully designed to nudge us to find our way home. You are being helped to find the place where your truth and happiness reside. It is a bumpy path because we resist change and also because we primarily learn through our mistakes. Do something right and you don't learn much. But screw up and all hell breaks loose!

Consider your childhood. Everyone comes into childhood feeling inadequate and comes out feeling wounded. EVERYONE! What are the odds of that? Each young person is set up in childhood to believe the exact opposite of what they need to learn. Childhood wounding is purposeful because it sets us up to learn what we came here for, later in life. Three billion people, all engaged in the same struggle. When you see the perfection of this process you stand back in awe!

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

Adding to the problem is that living from your false beliefs gives you an out. You don't have to step up if you are defective. You get to duck from having to expose your vulnerable places. The thing is, those vulnerable places exist only in your mind. They are fictions created by your beliefs! And The Universe is going to pull on every one of those strings until you come into harmony.

These unfinished areas of awareness cause us to be afraid, keep us living in the shadows and prevent us from living with compassion. We generally view these as flaws in ourselves, but they only reflect where we are in our development.

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

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

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

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

Interview with Ross Bishop



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

Living With Love By Ellie Blair



The power of love is held within each of us every moment. This wondrous energy is available merely by our use and conscious recognition. When we choose to allow light, kindness, acceptance, and the opening of our heart to live through us, and when we choose to love one another, we transcend our perceptions and rise to a higher truth. We recognise our oneness, our wholeness, and interconnectedness. This is not a conditional love or the type of love one may use to earn favours, or expect validation, rather this is a spiritual and unconditional love that recognises the beauty in life every moment.

It is of a higher nature. It's a natural expression that doesn't expect an outcome. Give love and surely you will experience love itself. Express love to the world around you and the world will reflect back to you, the power of love. Each one of us desires to better understand and realise this experience of giving and receiving love. Just listen to the lyrics of music for example, and you will quickly see and feel how much the notion of love plays a part in our personal journey of life. We seek it in our families, relationships, careers, religions, in nature. All the while, it is right there, within us, ready to be given out and experienced.

When you are clear and receptive to your own loving higher nature, you can direct this love to people, animals, and places around you and beyond. Your peace becomes the peace of others. Your love becomes the love others will feel.

Let love manifest and shine through you

In the truth of your words

In your vision of hope for a better world

In your random acts of kindness

In deep gratitude for the precious life you have been given

Let love manifest through you.

About Ellie Blair: Ellie Blair is originally from Scotland and has been walking the path of Spirituality and Mindfulness for over 30 years both in her working and personal life. She is a Reiki Healer, Massage Therapist, Eastern Acupressure Facial Practitioner, and Published Author. She studied Social Psychology, opening the doors to what she refers to as the beginning of ‘Her Life’s Journey’.

Travelling around the world has contributed greatly to her personal growth and Cultural and Anthropological knowledge. She lived in Taos New Mexico for 12 years where part of that life enriching experience was spent working at World Heritage site Taos Pueblo, with The Red Willow Tribal People. One of her Mantra’s is, my life is my education. Ellie aspires to using her many healing and writing skills at every opportunity, for the Spiritual growth and wellbeing of others. In her own words, I am here to learn, I am here to share.

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

Tarot Tendencies for October By Doreen Scanlan



Focus your attention so you don't miss deadlines. You are better off doing things in advance than waiting until the last minute.

This is also a good month to start exploring different points of view. The national political stage is a great place to start. Do your research to see who truly represents your point of view.

Find the inspiration you need to start putting latent talents to work for you. It's time to pull away from excuses why other people aren't doing things and make what improvements you can make in your life and the lives of others.

We need to move away from a fear based mentality to one that encourages us all to thrive.

Happy Samhain!

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.

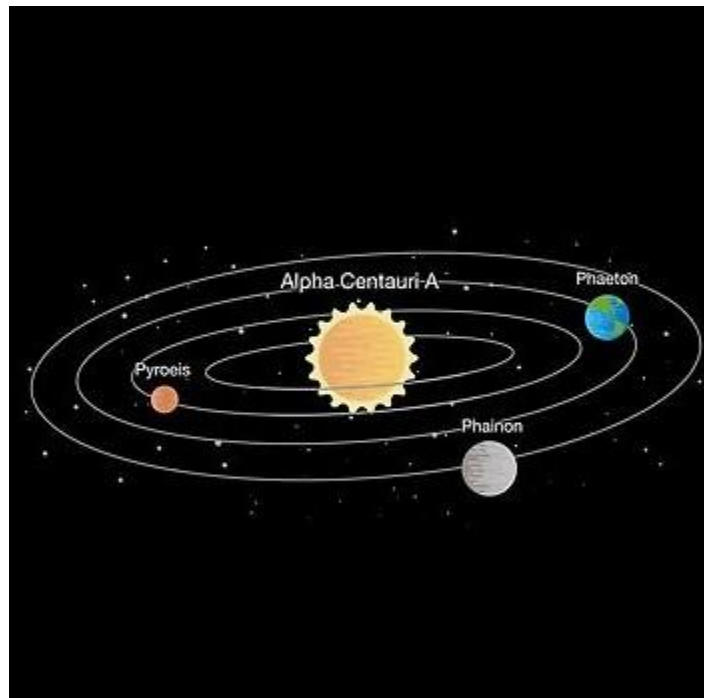
Interview with Doreen



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

Cosmically Speaking Alpha Centaurian Starseeds: Incarnation From

A Neighboring Star By Judy Lynn



This post and those that will follow over the next few months on Starseeds, are my interpretation through the research I have done. I must add also with help from my spiritual team of guides who always assist me down the rabbit holes of life.

Join me as I delve into the characteristics attributed to over 20 Starseed archetypes. As we explore their physical, emotional, and energetic makeup, while acknowledging the lack of scientific evidence to support their origins and mission on Earth. They are in no particular order, accept maybe Alphabetically. The concept of starseeds, souls originating from other star systems reincarnated on Earth, has captured the imagination of many. Among these starseeds, Alpha Centaurians, believed to hail from the closest star system to our sun, hold a particular fascination. While the idea lacks scientific backing, exploring the characteristics associated with Alpha Centaurian starseeds can be a fascinating foray into new age beliefs. Here, we delve into the characteristics – physical, emotional, and human – attributed to these supposed visitors from afar.

When Did They Arrive?

The arrival time of Alpha Centaurians is a point of speculation. There's no scientific evidence to support the existence of starseeds, and theories on their arrival range widely. Some believe they've been present throughout human history, while others posit a more recent influx, perhaps coinciding with periods of significant technological or social upheaval. Maybe they came to assist humanity's evolution, guide us towards technological advancement, or simply experience a different kind of existence.

Human and Physical Traits

Alpha Centaurians are depicted as possessing a strong intellect and a thirst for knowledge. Often described as tech-savvy and drawn to innovation, they might exhibit a natural aptitude for science, engineering, or anything that pushes the boundaries of human understanding. They might also possess a keen intellect, reflected in features that convey focus and curiosity. Their physical appearance can vary, but some sources suggest they may be athletic or have a youthful vitality.

Emotional Traits

The emotional landscape of Alpha Centaurians is a complex one. They might struggle with expressing emotions openly, finding comfort in logic and reason. However, beneath the surface, a strong moral compass and a deep desire to help humanity are said to reside. This can manifest as a dedication to social justice or a championing of environmental causes.

Challenges and Integration

Feeling like outsiders on Earth is a common theme associated with Alpha Centaurians. Their advanced perspective might lead to a sense of isolation or a disconnect from the emotional complexities of human interaction. Embracing their emotional nature and finding ways to connect with others are often seen as key aspects of their integration on Earth.

As I stated earlier, it's important to remember that the concept of starseeds is not a scientific one, but rather part of a belief system. The characteristics described above are based on my personal exploration and channeled information. However, the idea of Alpha Centaurian starseeds offers an interesting lens through which to explore themes of human potential, the search for meaning, and our place in the universe.

If you find the concept of Alpha Centaurian starseeds resonates with you, delve deeper to learn more about their purported traits and experiences. Remember, it's a personal exploration, and the most important aspect is whether it brings you a sense of purpose and connection.

Enjoy your journey of exploration!

Blessings

Judy Lynn

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

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

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

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

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

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

Interview with Judy



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

Blocking A Psychic By Richard Hughson

**Tom Sawyer was the most psychic person I've ever met. Here are a few basic examples:
He claimed that if someone ever mentioned his name he would know about it, especially if what they said was untrue.**

**He would give personal weather reports as in, "Hey Tom, is it going to rain today?"
His answer, "For you it will rain at 2:30pm," and that would be the exact moment the person would feel the first drop of rain.**

He was once on the phone with Carol Schoville on October 17, 1989 when he suddenly said, "I have to go. The bridge is coming down." Carol turned on the national news and fifteen minutes later a report came on about the Cypress Freeway collapse in Oakland, California which killed 42 people.

Time and time again he'd make a comment, or give an answer, referencing some thought or question I happened to have been turning over in my head – but had never spoken to anyone.

Someone Tom knew was also quite psychic. Tom mentioned that he had to be very careful in order to have thoughts which that other person wasn't aware of. The idea that you could block a psychic from knowing something which you were thinking was a clue I needed – because I intended to steal Tom's truck.

At that time, in the 1990s, Tom had severe back problems. He had bought a one-ton pickup truck, planning to drive it over one hundred and thirty miles up to see his mother in Sackets Harbor, NY. The thing about a one-ton pickup truck is that it is designed to carry up to two thousand pounds of payload without buckling. That requires an extremely stiff suspension, which doesn't move much when empty. The truck would be empty for this trip, meaning it would bounce, bounce, bounce all the way for over two hours, not a good thing for someone with a bad back. I didn't want him to go nor did his wife Elaine.

The helpful thing was that his truck and my van were of similar vintage, and both made by GM, so the keys appeared identical.

I made up a spare set of keys for my van and put them on an identical key ring that I had seen holding his truck keys.

Project 'truck switch' was on.

All I had to do was duplicate his mind blocking technique, figure out how to swap keys, then drive away with his truck leaving him with the keys to my van. Simple, right?

No, it turns out that nothing was ever simple with Tom.

I went to his house the night before he was to leave, parking my van next to his truck in his driveway. During the evening, I mentioned that I'd never driven a one-ton truck and wondered if he'd let me take it for a spin around the block. It was an odd request which aroused a bit of suspicion in him. After a while he allowed me to drive it, mostly out of curiosity over what was going on, I think. I didn't get far.

I made it to the corner of the block, turned left, and got to the next corner when I was suddenly consumed by how strongly I could feel him all around me, breathing down my neck, so to speak. I had barely gotten through the first step of stealing his truck and he was all over me. It was like being in an “oven of Tom”, with the heat cranked up to 500 degrees.

I turned back and parked his truck.

“You were stealing my truck!” He demanded. He was a little mad that I hadn't been fully honest with him and a little confused that I'd managed to pull it off that far. Under the heading of 'forgiveness is easier to get than permission' I confessed. I then reached into my pocket, quietly switched his truck keys for my van keys, and handed my keys to him. I was fortunate he understood that I was doing it to save him from worse back pain.

So here is the situation at that time. He was a little mad. I was kind of giggling. He said, “Do you know what would have happened if you had kept driving? Let's just say that that truck doesn't owe me anything. If I had lost it in an accident, it wouldn't have bothered me at all.”

Ok, so then I realized that this could have been quite serious. And, in his mind, I'd have fully earned my karmic comeuppance. The conversation then turned to my concern, and Elaine's, that he was intending to drive that heavy-duty “bounce wagon” up to his mother's place. He was unmoved.

This now became a serious consideration for me. I had the keys to his truck in my pocket. He had the keys to my van but didn't know it. I could have driven away in his truck again, taking my chances with karma, but also completing my mission of providing him with a better vehicle for the trip. Or, I could confess the further subterfuge, hand him back his truck keys, and let him make his own choices in life.

That is what I chose, and I still enjoy the memory of the look on his face when he realized he had been fooled again by the key switch.

The end result was that he didn't make the trip. I think Elaine got him to change his mind, which was all that was really needed to begin with.

But I learned some things:

First, karma really can be instant.

Second, creating a mental block is possible when dealing with psychics.

Third, Tom could reach me any time he wanted.

Fourth, and most importantly – never underestimate the power of a wife's concern.

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.

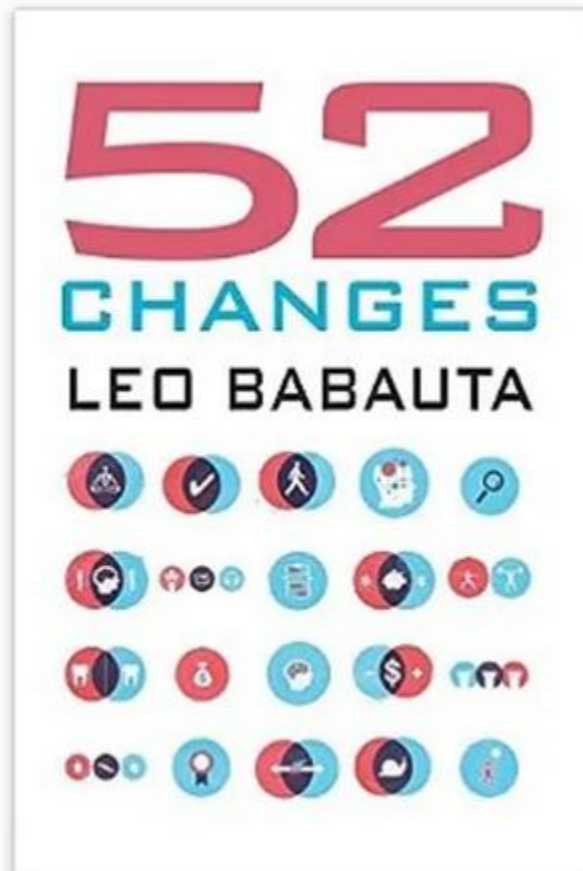
Their adventures included healing the Dalai Lama and a healing by Mother Meera. All have relevance and deep implications for personal growth and the future of humanity. Richard shares the joy of his spiritual growth as a healer through storytelling, hospital clowning, and even as Santa. He leads workshops 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 Hughson



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

A Short Guide To Dealing With Discouragement By Leo Babauta



One of the biggest obstacles standing in the way of our personal progress is discouragement. Whether you're trying to form a new habit (reading, meditation, exercise, waking early) or taking on a meaningful project, or just getting your life in order ... discouragement is one of the biggest reasons you'll get stopped.

Here's the "bad" news: discouragement is unavoidable. You will encounter it on your path, if you're taking on anything challenging or meaningful. It's a part of the meaningful path. I actually don't think it's really bad news, it's just how the path looks.

And here's the good news: discouragement isn't a problem. It's a property of learning, of growth, of trying. Just like heat is a property of the sun or fire.

Discouragement is a property of caring and having hope.

So with that in mind, how do we deal with it when we encounter discouragement on our path?

Some people will just crush hope, and try not to care or get optimistic. If we don't hope, we can't get let down right? But that just means our hearts are shut down. Similarly, they might not even try ... because

if you try, you might fail, right? But that just means we can't create any new possibilities that we care about.

The way to deal with discouragement isn't to shut down our hearts to trying or caring or hoping ... it's to take it as part of the package. Just like a hurt heart is a part of loving, or soreness is a part of exercising. When we care, and hope, and try ... we will get discouragement.

Then when it comes, just let yourself feel it. Take care of it — do you need a hot cup of tea, a talk with a friend or a therapist, some love? Let discouragement be an opportunity to practice loving yourself and taking care of yourself.

Then care and try again. Get your heart back to hope & possibility. Take the next small step. Create something new, one tiny motion at a time.

Discouragement isn't the end of the journey — it's a place to stop and lick your wounds, tend to your heart, catch your breath, and then start again.

You've got this. 🔥

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

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

Leo's Books



Find his books on Amazon: <https://www.amazon.com/stores/author/B002BO7RLI/about>

Leo's Video



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

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 AND BPs FOR FEUDING NEIGHBORS

Lee in New Jersey writes: Good day Tom! Hope your birthday celebrations are continuing! A simple MBO for you. My neighbors across the street have become mortal enemies because one reported the other to the HOA so the other made a report back on her. It is just slamming doors, banging on walls (it is a duplex) ugly words, etc. it is very uncomfortable when both of them are outside at the same time to say the least.

I started by saying an MBO that they would resolve their differences and at least be civil to each other if they were to see each other. I then sent white light to both of them to heal the anger that was permeating the neighborhood. I followed that up with pink light for good measure! Finally after several months they had a breakthrough and are at least civil now to each other. I think one neighbor was very resistant to ending the feud out of embarrassment for her behavior thus taking a bit longer. All is now well in the neighborhood! Thank you for the gift of MBOs!

BPs FOR TWO MISSING RINGS

Dottie writes: Greetings of love & light:)

My birthday on August 27 was especially exciting, because my son found my two special, favorite rings on it! Please thank everyone who said MBOs [BPs] for me to find them after missing them for months. Also thank you for posting the request for the MBOs on your Facebook page! Here's a picture of the two rings, which were found by the cleaning staff in the room I stay in at my son's home! [Photo will be in the Newsletter.]

BENEVOLENT PRAYERS IN A HOSPITAL

Tanya writes: You have been on my mind recently. I've had major health issues for over a year now and I ended up in hospital for 2 months in critical care. I was even on life support for 4 days. I almost died a couple of times.

Anyway I wanted to share an amazing experience I had during this very difficult and painful time. Right before I was put on life support I really felt I was going to die as I could not breathe any longer. I could not even speak or open my eyes. I surrendered and called upon benevolent beings to remove me from the hospital. I did not want to witness my own death and the physical pain was too bad to cope with. My prayers were answered instantly and I left my body. It was magical and peaceful. I saw past lives and my perception of life instantly changed. I had a major spiritual awakening. Days later I woke up, zip-tied to the hospital bed with tubes going down my throat into my lungs with machines breathing for me. It was as a very emotional experience (in a joyful and peaceful way) reentering my body.

Anyway I just wanted to share my experience with you as I asked for very specific help and they heard me.

MBOs FOR DEBBY'S PASS BY FLORIDA

Laurie in Florida writes: Before Tropical Storm Debby ever developed, while it was still a disorganized "tropical wave" out in the eastern Caribbean, weather forecasters were saying that it was heading in the general direction of Florida (where I live). That's when I started saying MBOs! I requested a Most Benevolent Outcome for the storm system to do what it needed to do, but to stay out over the water, and to have minimal impact on land, especially over where I was (West Palm Beach area on the Atlantic coast). I was grateful to see that the storm headed into the Gulf of Mexico (away from me), and that the center did, indeed, stay out over the water until eventual, inevitable landfall. My area experienced minimal wind and rain impact, just a few rain bands (although they were strong). I firmly believe that my MBOs protected me from Tropical Storm Debby.

Some of Debby's circulating rain bands produced periods of serious weather over my area, but I could see them coming on the radar on my weather app. That's when I'd request an MBO for gentle rain and gentle wind, and for any strong storms to weaken or dissipate before they reached me. I got some downpours and some gusty winds, but nothing severe. MBOs work!

WHITE LIGHT AND LOVE TO NEIGHBORS

Diana writes: I had to share this story with you because it had me smiling. My neighbor across the street always double parks his car. Our street is narrow and if I have to back out of my driveway it's a little hard trying not to bang his car. He has not been doing it for a while, but on Friday, when I had to get out, there was his car. I tried but stopped and called my son. He is a better driver of course, and it would be easy for him to get the car out. No sooner that I called

him my neighbor came out, waved at me....which he never does, and got in his car to move it. I was surprised and waved a thank you.

Then I remembered.....he did this kindness because every morning, in my morning prayers, I send white light and love to my apartment complex, and all the people who live here. This really made me feel good.

MBO FOR UNEXPECTED WEALTH

Jay in Brush Prairie Washington writes: I have worked on straight commission for instrument sales for the past 35 years at my 2 person company. In early April, of this year, I decided to try out your MBO for unexpected wealth. "I ask for unexpected wealth to come my way as quickly, successfully and as easily as possible or even better than I could have imagined. Thank you!"

Within a few weeks I had orders coming in that I had not been working on and I was working harder to support and process these orders, train their staff and provide support for their success. Which was Great! While I was having to work harder, I continue to express gratitude for this unexpected wealth and the fact that these unexpected orders are still coming in!

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

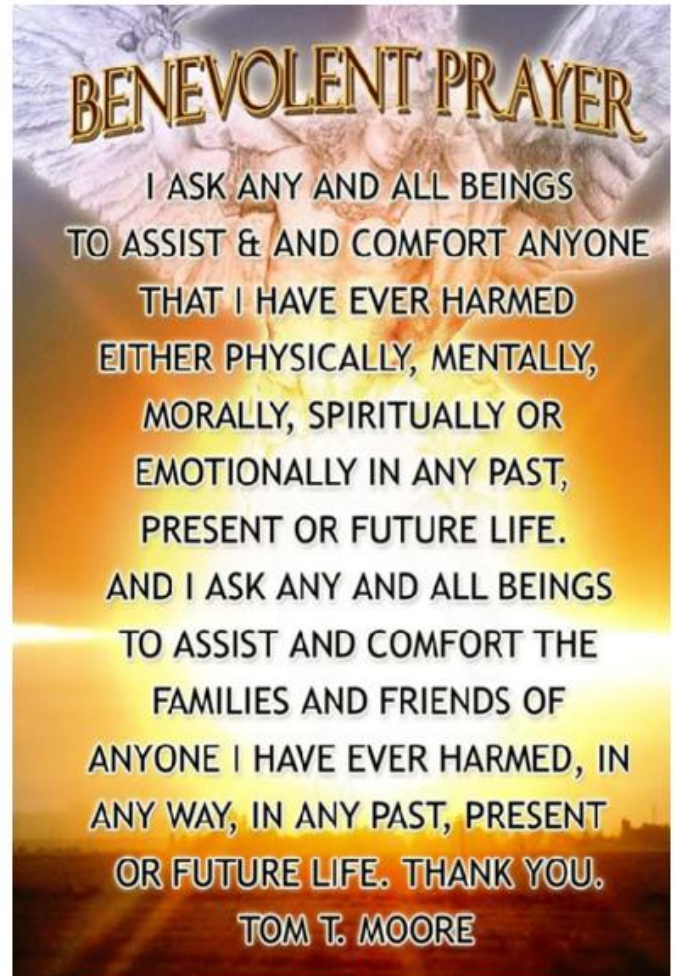
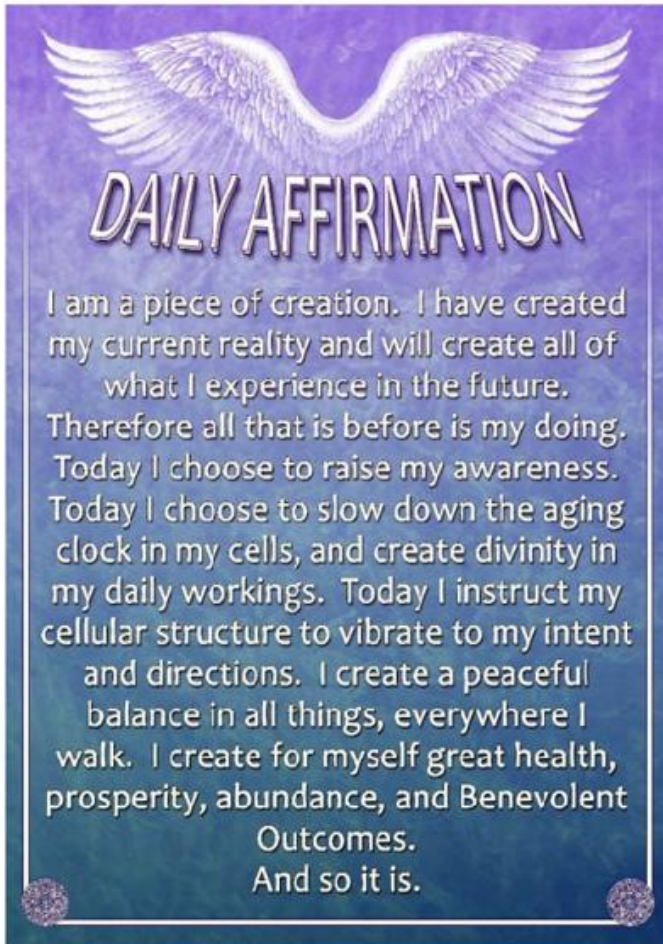


Link: <https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s>

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

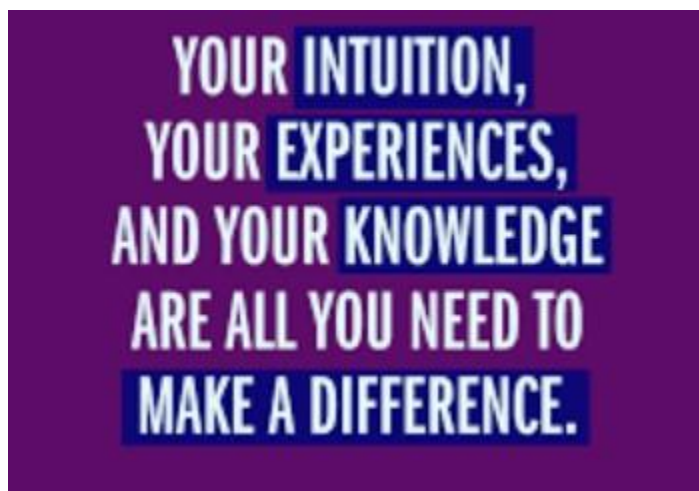


<https://www.thegentlewaybook.com/PDF/1.pdf>

Find other signs on Tom's website

Trust, Growth, and Connection: Why You Need A Mediumship

Development Circle By Rev. Colleen Irwin



Mediumship is a journey of growth, practice, and deepening connection with Spirit. Whether you're a seasoned practitioner, an emerging facilitator, or a beginner, being part of a Mediumship Development Circle offers invaluable support and fosters an environment where trust and confidence are built. Mediumship development is not linear—it's a spiral. You'll return to the same concepts from a different perspective, each time with more depth and understanding.

For the Beginner: A Foundation of Trust and Learning

Starting as a beginner can feel overwhelming, but a development circle offers a safe space to explore your abilities without fear of judgment. Trust is a key component of this journey. Trust in yourself, trust in Spirit, and trust in the group. In a circle, beginners are surrounded by people who share their experiences, which helps foster confidence and openness.

The spiral nature of development means that you'll keep returning to key foundational concepts, such as grounding, protection, and interpreting signs. But with each revisit, your understanding deepens, and your trust in Spirit grows stronger. The support and feedback from the circle build trust not just in your own abilities, but in the collective energy of the group.

For the Experienced Practitioner: Growth Through Giving and Revisiting

For experienced practitioners, development circles provide an opportunity to give back while continuing your own journey of growth. Even after years of practice, returning to foundational concepts like energy management or intuitive development brings new insights. You'll find yourself revisiting these areas with fresh eyes, discovering deeper layers of understanding.

Trust plays a significant role at this stage, too. Trust in your abilities is reinforced as you mentor and guide others. By sharing your wisdom and watching others grow, your own connection with Spirit deepens. The circle becomes a space where you not only continue to develop, but also help others build the same trust in their own gifts.

For the Facilitator: Building Trust and a Safe Space for Growth

As a facilitator, you play a pivotal role in creating an environment where trust thrives. A key part of your responsibility is building a space where each person—no matter their level—feels valued, safe, and supported. Trust within the circle begins with the facilitator, who sets the tone for openness, respect, and inclusivity.

You'll also experience personal growth as a facilitator. Revisiting foundational topics with your group strengthens your connection to these concepts, and the trust you build with circle members enhances the collective energy. Your role is not just to teach, but to create an atmosphere of trust where Spirit can move freely, and participants can explore their abilities without hesitation.

Not All Circles Are Equal: Finding the Right Fit

It's important to acknowledge that not all development circles are created equal. The quality of the circle depends on the facilitator, the structure, and the commitment of its members. Some circles are highly structured, led by experienced facilitators who provide clear boundaries and guidance, while others may be more casual with varying levels of support.

Trust is essential when finding the right circle. A well-led circle will build trust among its members, encouraging everyone to open up and share without fear of judgment. If you don't feel a strong sense of trust in the circle, it might not be the right fit. The best circles foster trust and create a space where everyone feels safe to grow.

The Spiral of Collective Energy and Trust

One of the most powerful aspects of a Mediumship Development Circle is the collective energy that develops over time. As members work together, trust is built not only in themselves but in the group as a whole. This trust is the foundation for deeper spiritual exploration and growth.

The spiral nature of development means that the circle will continually revisit core concepts, each time gaining a deeper understanding. With each revisit, the trust in Spirit and in each other grows, enhancing the circle's collective energy. This shared trust allows for more profound spiritual connections and a heightened sense of community.

The Spiral Path of Mediumship Development

Mediumship development is not a straight line; it's a spiral that continually brings you back to core concepts with new perspectives and greater trust. Whether you are a beginner building trust in your abilities, an experienced practitioner deepening your connection with Spirit, or a facilitator creating a safe space for others to grow, a Mediumship Development Circle provides the support and trust needed for personal and collective growth.

But remember, not all circles are the same. Trust your instincts when finding the right fit. Seek a circle that nurtures growth, builds trust, and creates a safe, supportive environment. The right circle will help you spiral upward in your development, offering both challenges and support as you continue your journey.

Are you ready to find your circle and trust in your journey? Reach out to me today for more information about how you can join or facilitate a Mediumship Development Circle. Together, we can explore how to take the next step on your spiritual path.

About Colleen: Rev Colleen is a natural born medium. Discovering how to share this knowledge with others has been an adventure that she captured in her book "Discovering Your Stream". In addition to

volunteering time at Lily Dale, her speaking engagements, private readings, and spiritual classes she teaches across the country, Colleen is also a volunteer Docent sharing the experiences of Susan B. Anthony to visitors of the Susan B. Anthony Museum.

In 2019 she joined a long line of women as a Previvor – Preventing Cancer before it appears as she carries the BRCA2 gene mutation. She now uses her platform to educate others about the BRCA genetic mutation and how one can take control of their health and well-being.

Colleen's Media Links: <http://talkwithcolleen.com/about/>

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

Twitter: <https://twitter.com/talkwithcolleen>

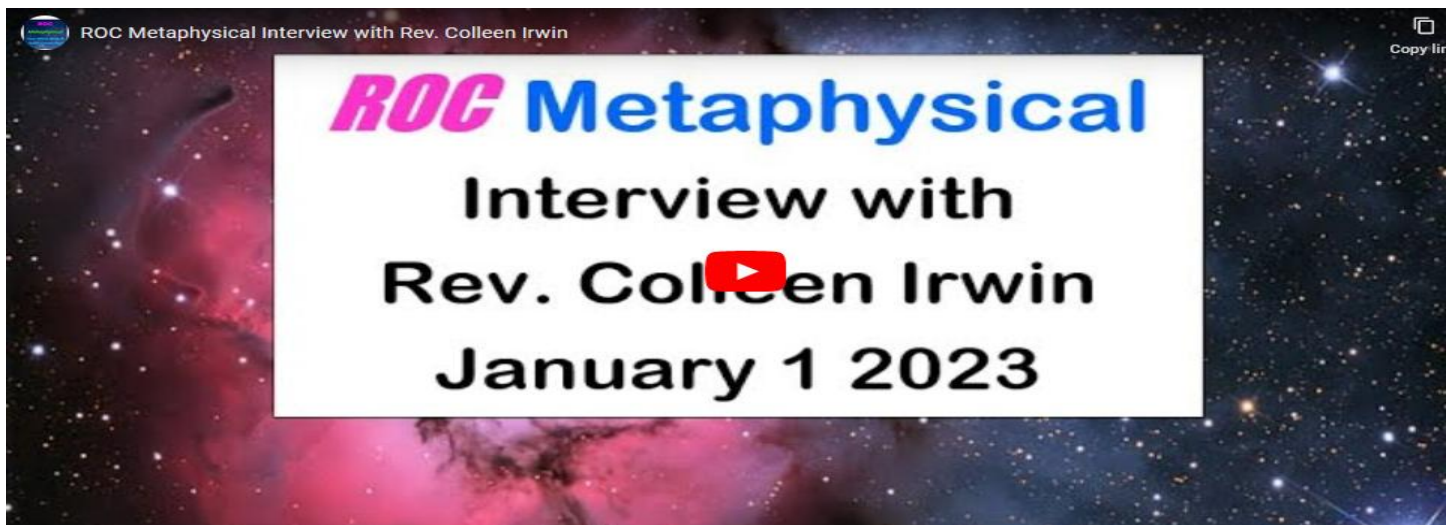
Linkedin: <https://www.linkedin.com/in/colleen-i-a563251b0/>

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

YouTube: <https://www.youtube.com/channel/UCyqiREJNkKCEenfDWeTozCQ>

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

Interview with Colleen



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

Accepting Very Different Families By Barry & Joyce Vissell

We must learn not just to accept differences between ourselves and our ideas, but to enthusiastically welcome and enjoy them.

The following is excerpted from the Vissell's new book, *A Couple of Miracles: One Couple, More than a Few Miracles*.

In my family, when someone talked, everyone else listened. There was respectful interest in whatever topic someone brought up. No family is perfect, however. My family had trouble accepting my sensitivity. In addition, feelings in general were not acceptable. When my parents were upset with each other, there was an icy silence at the dinner table. It was painful for me to feel their invisible anger.

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

In my family, the emotions were hidden. In Barry's family, it felt like they were over-expressed. There was a lot of yelling. Barry apparently coped mostly by withdrawing like a turtle into his shell. When I first met Barry's father, Michael, he didn't ask me the traditional questions like, “Where does your family live? What is your major in college? Do you have brothers or sisters?” Instead, he came down the stairs, shook my hand and asked, “Do you know how to make tuna salad?”

I said, “Yes. My mother was a good cook and taught me from the time I was quite young.” He pressed, “Please tell me how you make tuna salad.”

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

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

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

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

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

She seemed at first surprised by his inquisitiveness, but finally said, "I'll probably just steam them." Again, the dismissive wave of his hand, and then, "No, not good enough! Here's what you should do with the asparagus." And he'd tell her, in detail, even though it was obvious that she would rather be anywhere but here in line with this strange man.

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

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

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

Standing from left: Barry's uncle Ralph; Joyce's mom Louise; Joyce

Sitting from left: Barry's dad Michael; Joyce's dad Hank; Barry's mom Helen; our son John-Nuriel

Both Barry and I came from loving families. But as you can see, they were different, as well as having their own share of dysfunction. It was shocking for Barry to sit at our family table and realize that, when he spoke, everyone else would listen to him. He wondered if he were on a different planet.

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

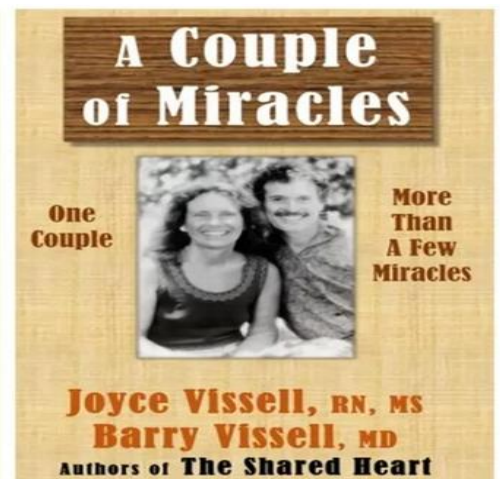
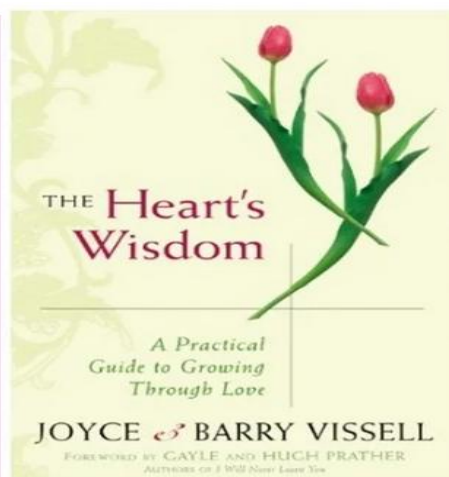
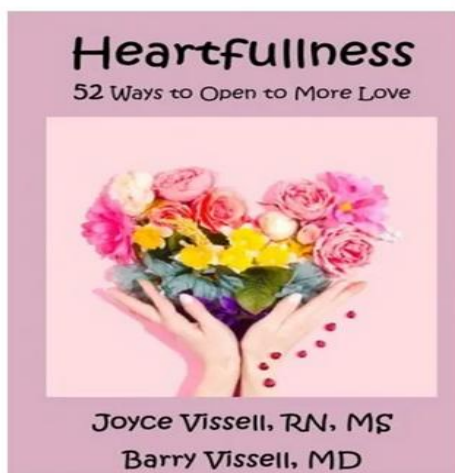
About Joyce & Barry Vissell: Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Visit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

Barry & Joyce's Video



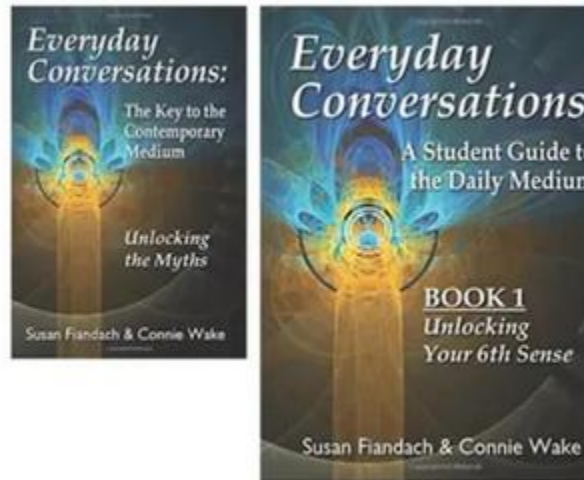
Link: <https://www.youtube.com/watch?v=cGQn58K0sLY>

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref=dbs_p_ebk_r00_abau_000000

I'll Be There In Spirit... By Susan Fiandach & Connie Wake



You've probably heard that phrase, or something similar, when someone can't be with you physically, but they are thinking of you during a situation or event. This is from the point of view of someone living to another person living.

From the medium's point of view, this takes on a different, and powerful, meaning. From "I'll be there in spirit" to "I am (was) there in Spirit" the medium passes on a very important message from the loved ones passed who present themselves in a reading.

In our "Everyday Conversations" style of psychic-mediumship, we pursue quality evidence to introduce the message during the reading. We use these "points of proof" to allow the client to understand the source of the connection as their loved one such as relationship, the times of passing as well as times of life and memories.

And those who have passed show their love by sharing their continued presence with their loved ones after passing, whether in weeks, months, or years. The powerful message of continued life allows an individual and family to not only hold dearly to memories but to continue to keep their loved ones in the present and future of life.

What makes "I was there in Spirit" powerful are the points of proof, the evidence, the reader shares first, such as describing events like milestone celebrations, important decisions, and even hardships. Examples such as the reader sharing "the diploma on the wall," "the 50th anniversary party" or "the new baby named after me" strongly confirm the "I am there in Spirit" message.

The psychic-medium reading sharing "I am there in Spirit" evidence and message creates a strong connection of loved ones passed with their loved one present...love is truly eternal.

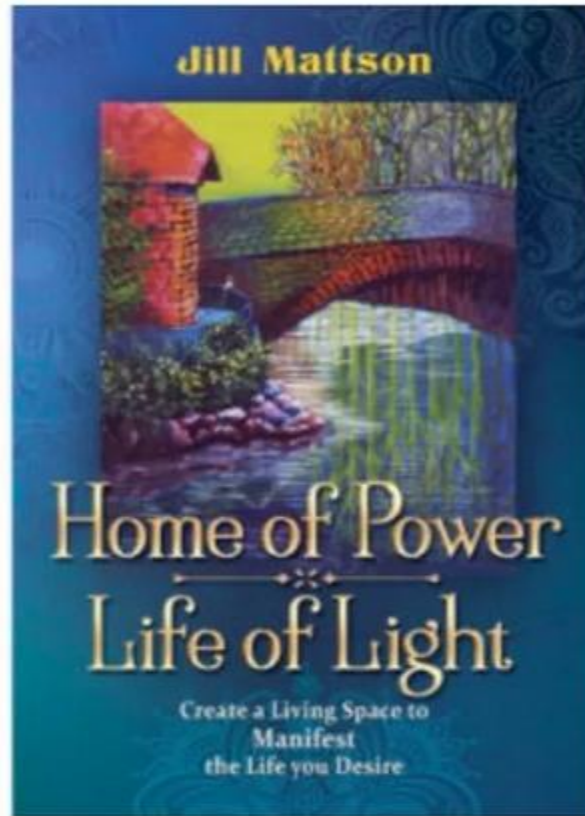
About Connie Wake & Susan Fiandach: Susan Fiandach and Connie Wake are owners of The Purple Door in Rochester, NY. They are professional psychic-mediums and teachers of psychic-medium studies on a mission to de-mystify our psychic sense. They are co-authors of "Everyday Conversations: The Key to the Contemporary Medium – Unlocking the Myths" and "The Student Guide to the Daily Medium – Unlocking Your 6th Sense." They can be contacted through The Purple Door, at their new location: 3450 Winton Place, Rochester NY. 585-427-8110.

Interview with Connie And Sue



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

Egyptian Magic By Jill Mattson



Magical words, rhythms and tones were critical in casting spells. A magician began a spell with incanting the words, peret herou, meaning "that which comes forth from the voice" or the "word is the deed." The spells for crossing over to the other side were initially used for the Pharaohs. Spells were written on tomb walls and in papyri to aid the spirit of the Pharaoh. Over time the Egyptian tombs were robbed and this information spread to the general population. Common people then inscribed these spells in their coffins or had them written on papyri and tucked in with the cadaver. Over time this collections of papyri and information became known as The Book of the Dead.

Magic's potency was based on the spell, verbal incantation, the ritual and the magician.

Three Components of Magic

Spell Formats and Instructions - There were logical rules for creating spells, such as beginning with the words peret herou. Other words, sounds and directions were prescribed.

2. A Ritual - Rituals worked subtly below the consciousness. Such as:

Burning incense - creates a frequency that people smell, influencing their feelings and thoughts. For example, studies have shown the smell of cookies improves people's moods enough to increase their tendencies to spend money. Fragrances are subtle energies that affect us.

Creating subtle energies. For example, drawing a circle around your sleeping spot for protection against scorpions. You can observe these subtle phenomena by using a dowsing rod, a devise that is sensitive to subtle energy. Try it! First insure that a dowsing rod freely moves in an area. Then have two people sing

facing each other. Their voices create a line between them. The sound will create a subtle energy wall between the singers. The dowsing rod will not be able to move through this subtle energy line, but before the sound was uttered it could. This wouldn't stop a person, but it would a small insect. In this manner sound can be used to create subtle energy lines and circles, providing protection from small creatures such as scorpions.

Putting written words in water and drinking the water to ingest the energy and intent of the words. Using subtle energy ingredients from objects such as colors, sounds, rhythms, shapes, objects and different elements.

Using information from dreams.

Eating herbs and plants containing active ingredients.

Inducing trances with rhythm and music to clear or build energy within the subconscious mind.

3. The Power of the Magician - Today, studies show that one's belief affects his physical healing. The faith, will, knowledge and beliefs of the magician affect the outcome of his spell, because his personal power and intent are ingredients in the spell.

Imagination was a technique used to create subtle energies. There are many examples of this practice used at various times. The ancient Druids pretended to be a bird to experience its consciousness. Next they pretended being a bear and so on. In imaginative voyages they acquired unique perspectives and understandings. They used energy from their imaginative experiences to expand their consciousness. A similar process may be found in child's play. As a child imagines pretending to be a mother, fire fighter, or a Rock and Roll singer, she is practicing for such a role and building required energy.

Saying affirmations can be a similar process. By imagining and believing that you already have what you want, you build energy to attract that very thing to you! One's belief in himself and his power was prized by magicians. For example, some people walk into a room and everyone notices them, because their energy (or power) commands attention.

Historian Layne Redmond described the purpose of ancient rituals and compared them to today's psychology. "There was no prayer without ritual, and the simplest ritual a libation of wine and sprinkling frankincense in the flame. Ritual behavior was a means of focusing the mind. The process of invoking the goddess through ritual and prayer, often accompanied by the powerful music of flute and the frame drum, was a means of visualizing what was hoped for. The use of creative visualization in contemporary therapeutic practices as a means of programming thought processes is very much the same technique." [1]

Oracle statues were said to tell the future, decide legal cases and even solve crimes. The Greeks also had oracles at Delphi. In a modern comparison Edgar Casey was a channeler that can be compared to an oracle. Faqbién Maman stated that a normal person vibrates at about 7,000 hertz. A channeler vibrates at about 14,000 hertz during the channeling, which enables him to connect with higher vibrational energies. [2]

Methods of prophesy in ancient times encompassed techniques other than channeling. Author Layne Redmond described some of these methods. "Methods of divination were numerous. Priestesses and priests looked for patterns in the entrails of sacrificial animals or the flight and calls of birds. They drew lots. They interpreted prophetic dreams of petitioners who had spent the night in a temple sanctuary after ritual purification." [3]

Ecstatic prophesy shares similarities with shamanism. Oracles sought divine communication by using external stimuli, including fasting, ingesting honey, inhaling burning herbs, using essential oils, intoxication through alcohol or psychotropic plants, and trance-inducing properties of rhythm, music and dance. [4] The music released emotions, called catharsis.

The ancient Egyptians were masters of magic. This magic was an integral part of their music and drew upon the creative aspects of sound.

[1] Redmond, Layne. When the Drummers were Women: A Spiritual History of Rhythm, Three rivers Press: N.Y., 1997, Pgs. 116-117.

[2] Maman, Fabien. Raising Frequencies, The Way of Chi and the Subtle Bodies, Tamo-Do Press: Boulder Colorado, 1997, Pg.21.

[3] Redmond, Layne. When the Drummers were Women: A Spiritual History of Rhythm, Three Rivers Press: N.Y., 1997, Pg. 122.

[4] Redmond, Layne. When the Drummers were Women: A Spiritual History of Rhythm, Three Rivers Press: N.Y., 1997, Pg. 123.

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

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

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

Interview with Jill Mattson



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

Jill's Art and Music



Go to Jill's Website to see her art www.jillswingsoflight.com



Go to Jill's website to view her music www.jillswingsoflight.com

HATCH

A Change Your Life Guide



JAMIE LINN SALOFF

It's bug season. Spiders are hanging in fruitful crops from our front door awning, while ladybugs are moving out in formation searching for suitable hibernation before the snow hits. (It typically snows before Halloween here.)

This morning, we scrubbed down the front door area as spiders dive bombed us and ran for cover. One landed on my husband's arm and he flicked it away. Sometime later, one fell out of my hair. (Eeew! How long had it been hiding there?) "They're just trying to survive," my husband reminded me. (Uhg!)

We have a rule at our house that spiders are not permitted inside, and if they break that rule, they have sealed their fate. (Though I sometimes find it's easier to evacuate them rather than killing them... squishing them gives me the creeps.) Outside, we are on their turf, but dropping on us from the awning is kind of a grey area.

After scrubbing the house, I had errands to run. I noticed while pulling out of the driveway that at least ten ladybugs were on the windshield. They may have liked the bright Voodoo Blue of my FJ. Several "abandoned ship" while at least five didn't leave in time before I was on the road, speeding along at 70 mph.

I tried not to be distracted by them while driving, but found them curious. While some people would have just turned on the wipers and swept them away, I tend to admire ladybugs, who unlike spiders, seem less harmless and are cute. I started feeling sorry for them out there. I kept pulling for them to make it.

In between passing cars and heading into town, I watched as they hunkered down. Two of the little fellows crawled closer to the wiper blades which may have cut the wind they were taking full force. I couldn't see what happened to those on the passenger side, I was driving after all, but one hung on with

all its might, front and center, as if glued to the windshield. It must have been a tremendous force against it.

I got to thinking about how we sometimes face a head wind. We're just going about our business and then, all of a sudden and without any warning, we're caught in an updraft. Life gets messy or takes a foul turn. Adversity never comes at a convenient time.

As I pulled off the highway and caught a stop light, I noticed quite a few of the ladybugs flew off, even more than I had visibly seen on the windshield. They may have been surprised to find themselves in a new location (now some 20 miles away from where they started), but they had survived the big wind. They were free to continue their hibernation hideaway. By the time I got to my destination, most of the initial visible ladybugs had flown. One hadn't. Maybe it still feared what had transpired. It stayed down by the wiper blade. I guess it felt safe there.

I took this all in and decided they had provided me with good advice for facing adversity. When things get tough, you can bail (like the spiders) or you can hunker down until the worst has passed, like the ladybugs. Neither answer really seems better or worse than the other. In the spiders' case, the power surge of water probably left bailing as the only course of action, while bailing for the ladybugs might have torn their delicate wings.

Mostly, when the unexpected happens, you have to make a quick decision and just go with it. Later, after you have time to think it through, you may decide it might not have been the best answer, but keep in mind that you did what you had to at the time. Whether you bail or hunker down, you make a decision based on what was in front of you at that moment. When adversity subsides, pick up and move on. Don't dwell on it. Except for that one, neither the spiders or ladybugs did. They just continued doing what bugs do after the worst had passed. That's pretty good advice.

Have you recently been in a place where you had to make a quick decision? Did you bail or hunker down? Have you moved on or are you still stuck like the lone ladybug?

About Jamie L. Saloff: Author, teacher, story weaver, spiritual counselor, seer of visions, pathfinder. For over thirty years Jamie has taught type-A driven free spirits how to be happy, healthy, and wealthy by listening to their body groan and their soul weep.

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

Jamie's Books

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

Marvelous Messages from Your Body



JAMIE LINN SALOFF

Marvelous Messages from Your Childhood



JAMIE LINN SALOFF

Marvelous Messages from Your Faith



JAMIE LINN SALOFF

Interview with Jamie



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

Mind the Gap! This Is What The Windier, Cooler, And Lighter Season

Calls Us To Do By Christianne Asper-Contant



Look at nature and see that each seasonal change brings distinct gradual yet steady shifts. Like it or not, this also applies to us!

The cooler, windier air signals a shift away from the warmth and activity of summer is a transition that can bring both opportunities for transformation and challenges. So, it's essential to slow down and 'mind the gap'.

Nature calls us to notice the temperament of the Season. Primarily made up of the Air Element, Wind is Autumn's mood.

When we know how to manage this particular temperament, here are the characteristics that stand out: creativity, flexibility, and enthusiasm. When on the other hand we let ourselves be taken by 'The Wind,' unpleasantnesses such as insomnia, bloating, dizziness, lowered immunity, dryness such as crackling skin, or constipation manifest.

You see, Vata — one of three Doshas — is the ruler of Autumn. Dosha is the word used to describe the subtle energies that give shape and form to all there is, including our physical bodies and mental tendencies. The other two Doshas — Kapha and Pitta — are responsible for storing and transforming energy respectively. Vata's role is to spread and move energy.

It's during Autumn that this spreading and moving energy challenges your well-being, and if you let this wind get out of control, it will cause havoc to the mind and body. This is unless we heed the advice given when exiting London's public transportation — "mind the gap"!

This often difficult transition from warm to cold is supported by routines that help you slow down and nourish yourself with warm and cozy everything.

Where to begin?

Here is a 2-part exercise

Pt 1 — Observe nature’s way of shifting from summer to winter and reflect on what about this new season ahead is similar to summer. Include here what you’ve been cultivating over the summer that is most worth keeping.

Pt 2 — Contemplate what is different. If a certain change in lifestyle is calling to you, take the time to strategize how you will implement this change.

I can anticipate your mind’s resistance to doing an exercise that requires considering the bigger picture. Especially around something as constant and ever-changing as the changes in seasons.

The nature of the mind is also like the wind. It wants to spread and move. It does not want to be caged in reflection! Yet, Ayurveda, like her sister Yoga, call us to cultivate consciousness.

This means that to embrace the beauty of a ‘Season’, even the most challenging ones, you are willing to steadily direct the wind of your attention.

For specific dietary tips, daily routines including how to prepare for sleep, and so much more to help you navigate seasonal changes, I point you in the direction of [Excel In Balance](#) — an easy-to-follow 14-minute-a-day program. Crafted to familiarize you with Ayurveda’s most foundational principles while allowing you to explore dozens of yummy ancient rituals to cultivate a sense of balance and harmony all year through. It’s a gem!

As the leaves fall and the air grows crisp, take a deep breath, embrace the change, and commit to ‘minding the gap’ this autumn.

It will be well worth it!

**Thank you for reading!
Be Present Be Joy Be YOU**

Christianne

For more info on classes: <https://well-beingcompass.thinkific.com/courses/excel-in-balance>

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

Christianne’s unique approach empowers individuals to navigate life with lightness, grace, and resilience by addressing their overall well-being, including physical, emotional, mental, and spiritual aspects. Her credentials include being a Clinical Ayurveda Specialist since 2003, certified by The California College of

Ayurveda. She has studied under renowned teachers like Dr. Vasant Lad and Dr. David Frawley (Pandit Vamadeva Shastri).

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

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

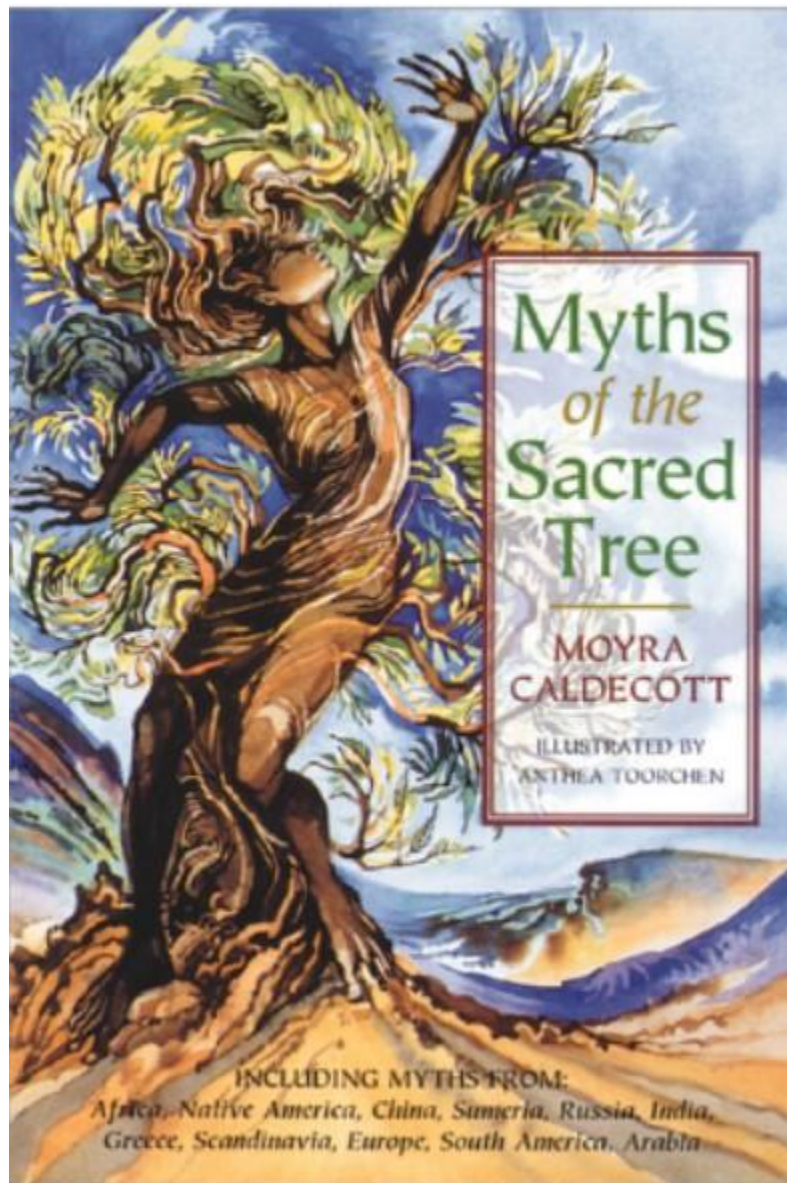
Contact Info: <https://linktr.ee/wellbeingcompass>

Christianne Asper-Contant's Video



Link: https://youtu.be/_1Yepf-_oAs

ROC Metaphysical Book Review



A reverence for nature is found throughout this illustrated collection of enchanting myths from around the world that celebrate the symbolism of trees.

Essential to life on earth since the beginning of time, trees hold a special place in our collective consciousness: rooted in the earth, reaching skyward, nourished by the elements, and enlivened by the sap running through their veins, they provide a metaphor for what it means to be human.

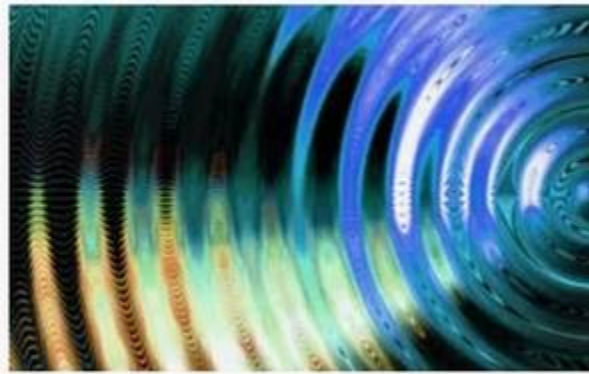
Moyra Caldecott has gathered here a collection of myths celebrating the rich symbolism of trees, all bringing to life a time when the natural world was deeply respected and trees and forests were thought to be inhabited by spirits and divine beings.

Bound by the organized structure of modern life, the human spirit yearns for the wildness and freedom of primal nature represented by forests in their natural state. Caldecott's book has captured and given voice to this spirit.

Moyra Caldecott (1927-2015) was the author of more than 17 books and novels, including *Women in Celtic Myth*. With degrees in both English literature and philosophy, she devoted the major portion of her life to collecting and examining myths and legends across the world. Born in South Africa, she was married to the late painter and publisher Oliver Caldecott.

Find the book at: <https://www.innertraditions.com/books/myths-of-the-sacred-tree>

What Can Sound Healing Do For You?



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

4 benefits of sound healing

1. It's super-relaxing

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

2. It helps clear energetic blockages

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

3. It boosts your health

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

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

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

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

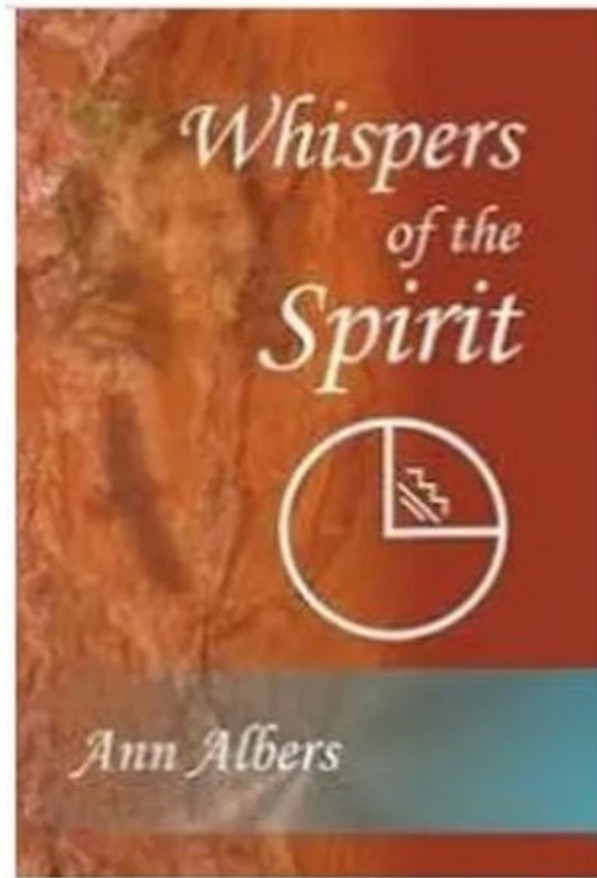
There's all kinds of sound healing on the internet and loads of people who offer sound healing or sound baths where you live. Try it, you'll love it.

Take some me time and listen to the video.

Video



Link: <https://www.youtube.com/watch?v=hPQ79rrkziM&t=3018s>



Hi All,

Happy Winter Solstice! Can you believe it? Autumn is upon us here in the Northern Hemisphere, and I'm celebrating the start of pumpkin season. That said, today's recipe is a soup that tastes like pot pie, which is equally yummy!

And, oh yes, the newsletter! Today the angels came up with a beautiful metaphor from photography on how we can point our camera and choose our lens to get the best from life. I'll share how that worked so well for me when my Ann-volcano nearly went off after seeing an interview that rubbed my fur the wrong way :) As always, tips are included!

Have a blessed & beautiful week, and if you're inclined to join us in Phoenix on October 12th (in 3 weeks!) for Living in the Flow of Grace, of course, I'd love to see you :)

**Lots of love,
♥ Ann**

Message from the Angels

My dear friends, we love you so very much,

It would be easy to look at some of the things going on in your world and become discouraged, but take a step back and ask yourself, "What am I looking at most often," and "How am I perceiving what I see?" These questions will dictate your life experience.

You can't necessarily change external reality, but you can change what you look at, how you look at it, and how you interpret the experience. You can look at life and your world from many different angles. You can filter your experience through many different perspectives. Like a photographer selecting the proper scene and the most desirable lens, you can become the curator of your life experience.

A good photographer who sees a less-than-desirable scene through their viewfinder would change one of two things. They would point their camera at a different scene or change the lens through which they look.

One photographer can capture the gloom of a cloudy day, while others will take advantage of the clouds to capture the contrasting beauty of a tree or the mystery of hills shrouded in mist.

Just like that photographer who can't change the day's weather or move a cell phone tower out of an otherwise beautifully natural scene, you can't always change a situation or a person. Sometimes, you work with people who are real characters. Sometimes, you live with an angry spouse. Sometimes, your news is bombarding you with unpleasant situations. However, you can always "point your camera" elsewhere. You can always change the lens through which you look.

"Pointing your camera" elsewhere is a metaphor for choosing something different to observe. On a cloud day, you can focus on your cozy home. When your spouse is grumpy, you can focus on the reasons why you love them to begin with. When the news bombards you with unpleasantness, you can "point your camera" at better news and kind people.

Your lens, metaphorically speaking, is how you choose to view a situation when you look at it. It is how you choose to "filter" the reality that you see in front of you. If you look at someone doing something unthinkable, feel hatred, and can't find a better lens, "point your camera" elsewhere!" If you can look at this same person through the lens of your soul, you can say a prayer, emanate some compassion, or choose to look at something good about this individual. If you can't do these things, then "point the camera" elsewhere.

You will have a much greater quality of life if you learn to change the lens through which you look at life or "point the camera" elsewhere. Your soul always looks through the lens of love and compassion. Sometimes, you can see through this lens, and other times, it feels too difficult to align with that view. It is OK.

When you look at anything through the lens of love, compassion, or appreciation, you will feel better, emanate a higher vibration, and attract better. When you "point your camera" at something you like, you will also feel better, emanate a higher vibration, and attract better. Either choice will bring you a better life and improvements in any situation you face.

In this fashion, dear ones, you create your own reality. A photographer creates their own reality in the same manner, looking at life, choosing the scene, and choosing the lens.

You don't change external reality by trying to change it, but sometimes, you can influence external reality by choosing a better scene or a better lens. Your view of another's goodness can help them choose better behaviors. Your confidence in another's ability can help them find more of their own confidence. Your focus on what is good in the world or even what could be an improvement will give energy to those better situations.

You can't change a difficult person, but you can look at kind people or change the way you view this difficult individual. You can't bring someone back who has transitioned, but you can look through the lens of eternity and reach for the connection you so dearly desire. You can't change your finances immediately, but can count your blessings. You can't change the politicians or governments all at once, but you can have a beautiful influence in your own sphere of influence.

Dear ones, become the curators of your own life experience. Earth offers more contrast and variety than any other system in the created universe. You came here knowing this. You came here for the variety. You came here understanding that you would "point your camera" at those things you wanted to activate in your own personal reality and that you could "choose a lens" that would help you see and attract more beauty, love, grace, and kindness in your own life. You need not let the world point your camera and choose your lens. This is your life and your experience to create.

God Bless You! We love you so very much. -- The Angels

Message from Ann...

Hi Everyone,

I love the angels' analogy of photography in their article today. I started sharing photos of nature years ago when I realized the amount of beauty all around me. A walk in the woods while talking or thinking about challenges is just a walk, but a walk spent looking for beauty is a magical, enchanted journey of life, moving through life and appreciating life. My quest for good things to photograph years ago has helped me search for good things in all aspects of life, and life keeps presenting more.

I've been sharing the story of converting my business structure to an LLC. The legal stuff was handled in record time. However, the bookkeeping, converting thousands of teeny tiny charges to the new cards and banking, is a lot of work. So, I'm "pointing my camera" and "choosing my lenses" carefully in order to stay in a higher vibe.

When I'm up to my eyeballs in checking numbers on spreadsheets to make sure they all balance, I remember how good it will feel in the future to have everything in a new level of order. Changing the "lens" through which I look at this helps me return to work with renewed vigor and purpose. When I can't find that good feeling, I take a breather, get a good cup of tea, wander in the yard, and just "point the camera" elsewhere for a bit till I'm ready to get back to my tasks and actually enjoy them.

Likewise, I saw an interview with the former head of a huge corporation the other day and was horrified to hear this man say that he left because the company was promoting more work-life balance. He made it clear that he believed this was ridiculous and that you never "win" or "beat the competition" by doing so. He proceeded to talk about the work "ethic" needed to "win." I nearly went into a fit of disgust. I was ranting in my own mind. What type of "ethic" kills people to make money? What kind of person wants to turn human beings into robots to build robots so robots can make you more money that you won't even give a rip about on your deathbed if you have not loved? What kind of "win" is it if you lose your

soul along the way? He wants to turn people into sheeple. My mind was like a runaway train, and it felt terrible. My vibration plummeted.

Thank God, I have practiced feeling good often enough that it was unacceptable to feel so bad. I caught myself and "changed the lens." I asked God to show me this man through the lens of love. I saw a little boy whose parents' version of success was being smart and materially savvy. I saw his concern about being seen as someone who wanted to make a difference. I saw his beliefs around money being tied to human worth. And I felt compassion. Nothing had changed. I disagree with his perspective so vehemently that I could write a whole book on the subject, but that train of thought—that lens—does not make me feel good. That lens doesn't contribute to a kinder energy in the human race. The lens of love and compassion does.

And then, before my mind went back to its old habits, I "pointed the camera" elsewhere. I looked at all the amazing people I know who care about their souls and the souls of others. I looked at the fact that this old-school notion of success being tied to dollars is slowly but surely being replaced in the younger generations by a more humane definition of success as having what you want and being happy. I looked at the amazing companies that now care about their workers as human beings. And I felt wonderful again.

It is so easy to get sucked into "pointing your camera" at things you don't want to see. The world offers us a lot to look at! It is easy to look through the "lenses" we've practiced looking through. In things both great and small, however, we can improve our lives by looking elsewhere or perceiving differently.

Here are a few ways you can shift your focus in life for a better experience of it.

1. Practice using different lenses Some of you have heard this. I have a class where I have people look at challenges in their lives in three different ways. First, they tell the story the usual way (often negative). Next, they tell it with a neutral lens (just the facts). Finally, they share the story through an empowered "God's eye" lens by putting a more positive spin on it, including what they're learning, how it will help them in the future, etc.

It is amazing to feel the energy in the room go from dense to pure joy as people simply change the lens.

You can play with this in your own life. When something unpleasant happens, and you know you're looking through a negative lens, see if you can view it through a more neutral one by sticking only to the facts. Then, see if you can't find an even better lens. By challenging ourselves to do this, we practice and become stronger at seeing through our "God's eye" lens!

2. Practice "Pointing the camera"

Play, as I did years ago in the woods, by challenging yourself to find pleasing things to observe. While waiting in line at the post office, see if you can find a kind soul or a pretty stamp on the wall. While dealing with someone who is intolerable, look in their eyes and challenge yourself to find some light of Divinity there. Or, look around the room and see if you can find something more pleasing. That failing, think of a thought that makes you feel better than this person's behavior or conversation!

The more we practice "pointing the camera" at something more pleasing, be it a thing in the external world or a thought inside of our own minds, the better we get at raising our vibe easily.

3. Choose the lens of love when you can

I always ask God and the angels, "How do you see this?" Whether I lose my keys or see someone saying something that strikes me as incredibly unkind or ridiculous, I know that God, my soul, and the angels have a better view of it than I do. I sometimes ask them, "How do you see me right now?" when I'm not at my highest. When I sit quietly and wait for the answer, the love that pours through is amazing. The kindness through which the Divine and the angels look at life is mind-blowingly beautiful. Their compassion is unequalled. Like parents who can always see the good in the child underneath any behavior, they can see the love we or others are reaching for.

Years ago, an energetically powerful person became jealous of my friendship with a man. Unfortunately, this person played with darker energies and sent me all manner of nonsense. I was newer at this and didn't understand that my fears allowed the mischief. When the angels finally told me about this individual's childhood abuse, I suddenly found myself in tears of compassion. I began to pray for them. I was no longer afraid. The dark energy could no longer reach me, and it all stopped. I've had several such things over the years, and in each case, when I ask to see through the "God's eye" lens, the compassion completely prevents the lower vibes from getting in. If you ask for this kind of help, you will receive it.

We can't change the world. There's a lot of anger going around as people resist the inevitable growth and evolution of the human race. There's a lot of fear as people give their power to other human beings instead of God. There's a lot of concern about the future, the economy, etc., But these fears have existed for centuries. These upsets will come and go. What remains constant, as the angels say, is our power to curate the human life experience, "pointing our camera" (mind) and choosing our lens (perception) to have a better or even joyous experience of life.

Have a blessed week,
Love, Ann

About Ann: She has written several books & meditations, including: [*Bridging the Gap Between Christianity & Mysticism*](#), [*Love is the River: Learning to Live in the Flow of Divine Grace*](#), and most recently, [*Whispers of the Spirit*](#) which documents her journey from avionics engineer to angel communicator. Ann has been published in many other books and ezines, has been interviewed on national radio programs, and has spoken at conferences featuring some of the foremost spiritual authors of our time, including Wayne Dyer, Marianne Williamson, James Van Praagh, and more.

Her mystical training involved apprenticing to a traditional Reiki master for one year to learn how the emotional, mental, physical, and spiritual energies affect your everyday life. She has since trained under shamans, mystics, channels, mediums, and a variety of other spiritual teachers. Her constant mentors, she says, are the angels that work with her during her readings for others and guide her in her own life. *"If everyone could experience how deeply they are loved, there would be no more greed, no more pain, no more lack mentality. We could erase fear if we could only tap into the immense love that is available to us all. Wars would end and we would celebrate the infinite variety of ways in which God expresses love through life."*

"If I can assist you in discovering your own Divine Spark, your awesome power to create life as your heart wishes it to be, and your passion and purpose for living, then I am humbly and deeply grateful for the opportunity to do so."

©Ann Albers

Go to Ann's website: <https://www.visionsofheaven.com/>

Ann's Video



Link: <https://www.youtube.com/watch?v=zlxsyH-PWjA&t=2s>

Learning To Sense With Your Third Eye By Geoff Hindmarch

Geoff Hindmarch

082 325 6889

Geoff@SpiritualDictionary.com

For those who are Ready to Learn

www.SpiritualDictionary.com



Geoff shares his messages with all. As you see below he uses shorthand - Geoff and Mariam. Geoff either talks with spirit thru “Instant understanding” or one of the Guides.

In this meditation a Guide called Running water who is channeling through Miriam is taking me into astral to learn “Sensing”.

Geoff – What I started off with was a long trail of feathers, and these feathers are all planted upright in the ground, and they form a zigzag pattern, it goes for a long way, and I sort of went up to the end and stopped and turned back. Then I went off somewhere else and I came back and these feathers were still there. I’ve run my hands along the tops of these feathers to feel them. And I think it’s to do with sensing. The texture of the feathers I can see very clearly; I know what they feel like and what they look like and what they smell like. It’s a form of exercise with senses. The feathers are not stuck in the ground; they’re stuck in what looks like some brown sacking material. And that, in turn, is lying on sand. The texture of the sand – I can feel the warmth of the sand. There’s grass next to the sand, which I can see very clearly. When I run my fingers through it I can feel the parts that are wet.

Miriam (Running Water) Isn’t it wonderful what you can experience now with your third eye?

Geoff – Yes.

Miriam (Running Water) And this is Running Water.

Geoff – Oh, welcome!

Miriam (Running Water) My pleasure.

Geoff – They are your feathers, are they?

Miriam (Running Water) Yes, they are my feathers.

Geoff – Right.

Miriam (Running Water) They are there for a reason.

Geoff – The feathers are some of the lightest things to learn with.

Miriam (Running Water) They are.

Geoff – And through thought I can actually sort of destroy one feather at a time. Which I did accidentally just now. But if I take a feather out, I can make it hover or move up and down. Of course, this is in astral

which is different than physical.

Miriam (Running Water) It is!

Geoff – To do that in the physical, I would need to have absolute faith to make it work.

Miriam (Running Water) Well, you have done this with a cloud!

Geoff – Oh, right. Yes, I was thinking about that today. I've tried doing it since. I tried once after that and it didn't work. I think that was because I believed it didn't work. When I first tried it on a cloud, I'd read in a book that it was possible, so therefore I believed it was possible and maybe that's what made it happen.

Miriam (Running Water) Yes.

Geoff – So if I had enough faith, I could do all sorts of things. Which is where I'm trying to get. I was thinking about that this morning. I know that what I experience through meditation like this is quite genuine, true, but that's in a different dimension. To work the same thing in THIS dimension I haven't had any experience in, and therefore I need to do something to create a little bit of faith so I can see the energy work, and then build it up.

Miriam (Running Water) Yes.

Geoff – What is the best thing to do to start with?

Miriam (Running Water) Oh, no; you work that out for yourself! I'm not going to tell you! I only come here to observe and make sure you're picking up the power. It's for you to do the lesson and we will correct you if you want.

Geoff – Right. Well, what if I started with a feather?

Miriam (Running Water) Yes, that's a good idea.

Geoff – So if I kept it in the palm of my hand with my palms facing upwards, and tried to project energy through my hand to raise the feather... It would only have to raise a fraction of an inch...

Miriam

(Running Water) Yes.

Geoff – ... for me to have the belief that it worked, which gives me the faith – which means I can do more after that. So that's what I can start with: the feathers.

Miriam (Running Water) And something else you could start with quite easily, that you tried the other day and it did not work. Now, what was it?

Geoff – Oh, the cloud?

Miriam (Running Water) Yes. I'm afraid it was too far gone for you to do anything, it really was.

Geoff – Oh, right. Yes, I worked on a plant back home, on the morning of Sharon’s birthday, which was a drooping lily, and I worked on it just for five or ten minutes, and at the end of the day it did look better. There definitely was an improvement.

Miriam (Running Water) Well, you get quicker results by negative thought – but we don’t want you to do that.

Geoff – You get QUICKER results by negative thoughts?

Miriam (Running Water) Yes. You will notice that, it will droop quicker, than it will IMPROVE quicker.

Geoff – Oh, I see. So again, with negative energy, it will sort of die and droop?

Miriam (Running Water) Yes.

Geoff – Oh, right. I never thought of that.

Miriam (Running Water) Unfortunately it doesn’t work with weeds! [WHICH RAISES A LAUGH] I could guess what your mom was thinking when she worked in the garden, and I think your father was thinking the same thing.

Geoff – All right, well, we’ll start with the plant and the feather. And, with just a little bit of concentration every day... I think probably how it would work is, if I concentrate every day, till eventually it gets boring, and then one day I’ll just be concentrating and it’ll just happen.

Miriam (Running Water) Yes.

Geoff – Right.

Miriam (Running Water) But your mind must be clear. It’s no good having one ear open for the telephone. You must concentrate on what you’re doing.

Miriam (Running Water) Right. Okay, I’ll go back to the feathers that I saw on the ground and the grass. And being able to sense that so clearly in meditation.

Miriam (Running Water) Makes it so much worthwhile.

Geoff – Makes what worthwhile?

Miriam (Running Water) It makes it so much more worthwhile when you can sense and feel it.

Geoff – Oh, yes.

Miriam (Running Water) It’s better than just visualising.

Geoff – Yes, that’s right. Now, I’ve got some water, and I’m playing with that. And I can feel the coolness of the water and the wetness on my hand. I’m picking up stones a little bit below the water, which I can feel, and, of course, the air. If I concentrate, I can feel the air around. Now, it is always a sort of constant cool temperature – the air, whenever I’m in meditation. But yesterday, for instance, when I was on top of the mountain, I knew that it was cold and windy. But, of course, you can’t feel it. I can still feel cool,

comfortable air.

Miriam (Running Water) But there will be times when you are doing meditation that you'll find it very, very hot – for a particular reason.

Geoff – That's energy going through you, isn't it?

Miriam (Running Water) Yes.

Geoff – Yes, I've done that on a few occasions. In the beginning, when I used to do rescues, I used to build up a tremendous amount of heat. And now, just with practice, it doesn't build up the same amount of heat, or my body can control that more because I've practiced enough.

Miriam (Running Water) Yes, you can control it.

Geoff – Yes, let's just see what else I can see with the senses. I'm trying to sense a sort of not just grass or feathers or whatever but whole areas. I'm sitting on the top of a hill at the moment, looking down, and it's very grassy. And there's a big hill going up the other side, to a small mountain. I'm trying to sense, for instance, how the mountain feels. And I can, to a degree: I can sense the immovability of it, the solidness and the actual mass.

Miriam (Running Water) That is good.

Geoff – So I presume if it was night-time and I couldn't see, I would be able to SENSE that it was there.

Miriam (Running Water) Yes, you would.

Geoff – Now, looking up at the stars, it's certainly night-time. I'm lying back and looking up and I can sense distance.

Miriam (Running Water) That is excellent!

Geoff – It's like a sort of vacuum in front of me. I'm trying to explain what it feels like.

Miriam (Running Water) I understand what you mean. It is an emptiness.

Geoff – Yes.

Miriam (Running Water) And do you have any big boulders around you?

Geoff – I can always put some there. [WITH A LAUGH] Yes.

Miriam (Running Water) Fine. What do you feel from that?

Geoff – What I'm looking at, at the moment, is not a loose boulder; it's connected to the ground and looks like a boulder. And I can feel the connection, feel it being PART OF.

Miriam (Running Water) Yes.

Geoff – Now, if I try a loose boulder, it seems lighter and greyer but it doesn't feel so solid and fixed. It doesn't feel immovable like the mountain did just now.

Miriam (Running Water) Yes.

Geoff – Although it's huge.

Miriam (Running Water) It feels perhaps more porous?

Geoff – Yes, it does.

Miriam (Running Water) Now I'm going to ask you a question. Imagine that you are an Indian and you are living in a very barren territory with just a few boulders and the little bit of grass that you have seen.

Geoff – Yes.

Miriam (Running Water) Now, the Indian is learning directions but he has his eyes bound. This is something he has been taught.

Geoff – Yes.

Miriam (Running Water) Can you imagine how he finds his way? First of all, in the daylight, with the sun, and then in the darkness?

Geoff – Without light?

Miriam (Running Water) Without light. Just the senses.

Geoff – Yes. I can see, like you were saying, the porousness of things.

Miriam (Running Water) Yes.

Geoff – The Mountains are rock solid; the boulders are slightly more porous. But where you've got a cactus – and there's a big one in front of me – it is more porous still, a lighter material.

Miriam (Running Water) In other words, you are feeling what a blind man would feel. Would you feel the same in the dark, when it was really night-time?

Geoff – More or less the same

Miriam (Running Water) Now remove the blindfold and I want you to start tracking. Something has gone ahead of you – or someone – now try and see if you can pick out which way they have gone.

Geoff – No.

Miriam (Running Water) No footsteps.

Geoff – No, right. I can see WHERE they are ahead, because I can see the grayness.

Miriam (Running Water) Ah.

Goff – It's a different composition.

Miriam (Running Water) Yes, it is. But your eyes have got the length, from the third eye, that you would not have normally.

Geoff – Aha.

Miriam (Running Water) The distance is greater. And this is cultivated amongst the Indians. They have to do a lot of traveling – and where there is no civilization, they have none of the amenities that you have today.

Geoff – Yes.

Miriam (Running Water) This is something that we are taught.

Geoff – When I normally go into meditation, I sense specific things and I'm drawn towards specific things. For example, I would be able to sense a cave. I don't know how I do that; I just sense it and know it's there. Now, is that the same sort of thing?

Miriam (Running Water) It is.

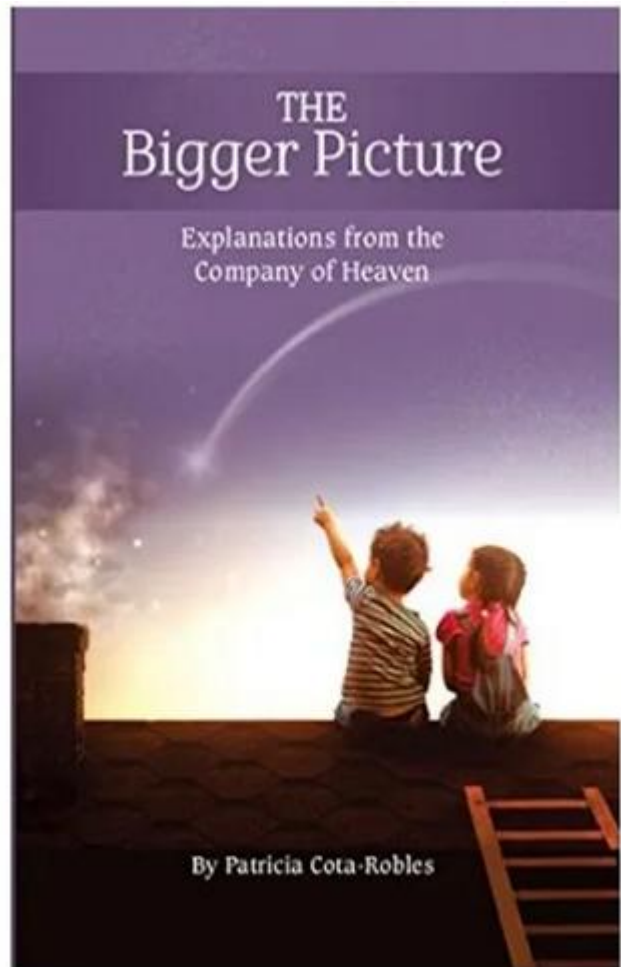
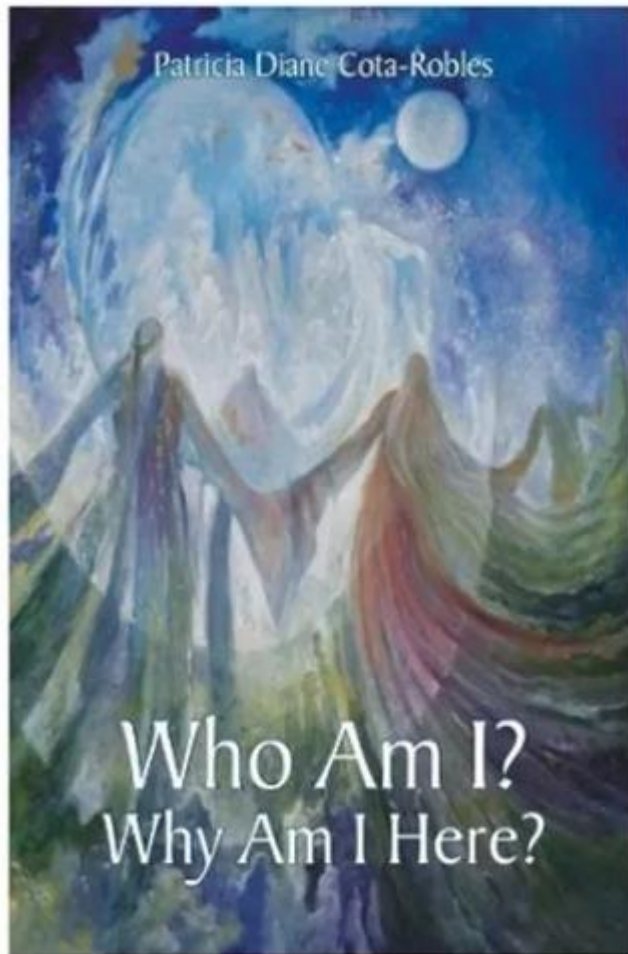
Geoff – Right. That was excellent. Thank you.

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

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

The Divine Government Timeline Has Been Activated

By Patricia Cota Robles



Books By Patricia Cota Robles

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

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

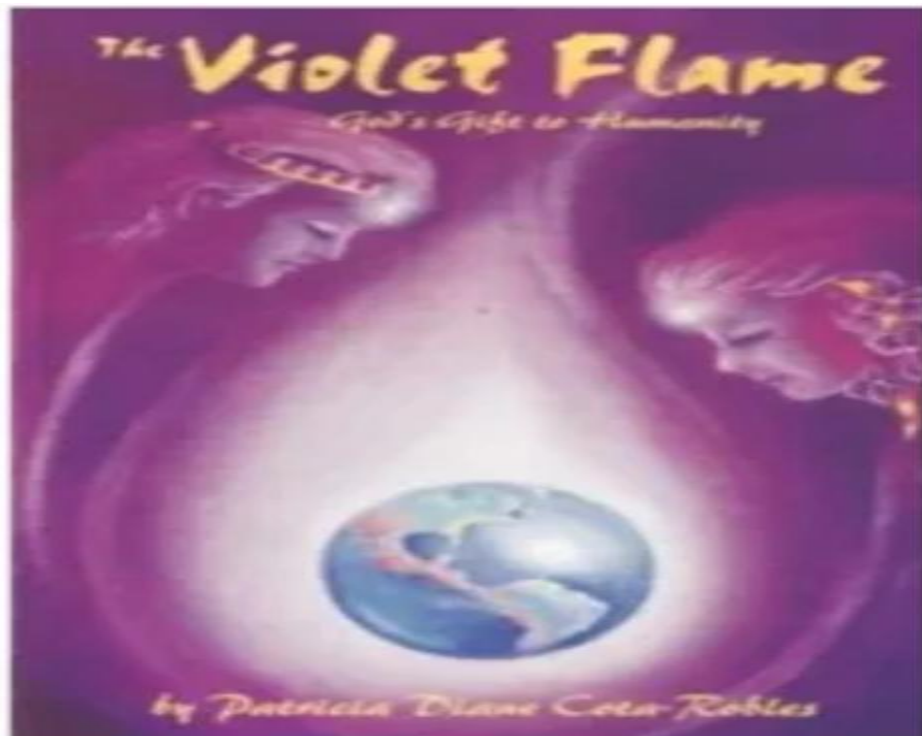
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program,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

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A



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

Patricia's Vlog



Link: <https://youtube.com/watch?v=2wD6LchnaoA>

Adjusting By Brenda J. Hoffman



Dear Ones,

Perhaps you are concerned that the future holds minimal joy for you, or you are exhausted by the shifts occurring within your being. It does not matter. All you know is that your life seems more complicated than you hoped for once you moved beyond 3D.

Your fears are similar to those you likely had during the first few days of a new job.

Everything is new and unexpected. Your former activity or event touchstones are no longer there. So you feel burdened by activities with minimum meaning that continue to be shoulds because those activities encourage you to believe they will provide the peace and joy you once felt.

You are in a new world, or, if it is easier for you to accept, a place that you have not yet experienced. The clues that helped you move through 3D activities are no longer there. What are you to do? A much better question now is, “What do you want to do?”

You find yourself frozen at certain times and out of place at others. Even though you smile and participate in a conversation, you are most often waiting for that interaction to end so you can do something – something that does not seem readily available or even that interesting. Your mind is racing, but your body remains solidly of the earth. Or your body requests certain activities that your mind finds bothersome. And on and on it goes as you wrestle with the last remaining pieces of 3D shoulds trying to find a kernel of honesty within you. An honesty that seems to be shifting daily.

Your sleep patterns are also disruptive to your inner and outer worlds. Some days, you wish you were here; others, you want to be there. But even if you move or think accordingly, it is never quite enough. You are tired and anxiety-ridden, wanting this to be over so you can try something else that also does not feel right once you access it.

Nothing feels right or interesting enough to pursue, and everything seems beyond your reach. What was once exciting is no more; what will be exciting has not yet arrived.

This quandary, this hesitation to explore, is a short-lived event. Perhaps an easier way to understand is to imagine that you have waited for years for the perfect job. But now that you have that perfect job, you must adapt to the idiosyncrasies of that position to feel comfortable – perhaps interactions that seem overwhelming or task requirements that appear beyond your skills. So it is now. You are expected to adjust immediately to your new attributes even though those expectations are skills you have never used while of the earth.

The freedom to be is a process—not necessarily a long process—but a process. Over the next few days, you will adjust to the new being you have become. Some days, that adjustment will be easy; other days, it will be exhausting.

Allow yourself to be frightened as well as adventurous. Just as you expected months or years ago, you will adjust to new you in a new world—but not necessarily easily for the next few days. You will think that you will never achieve any comfort in your new life—until you do.

As has been true throughout your 3D Earth lives, you will adjust. Many of the pieces you now have within you are segments from various lives in various places – all blending together into a peaceful whole. The current solar and lunar activities are, in a sense, a life glue that binds everything together into a cohesiveness that directs you to new feelings and activities.

You are in a tremendous inner growth spurt that will evolve into your new world. A world that feels like you have come home to yourself. And so it will be. Not within months or years, but days. Allow yourself to be as you maneuver through this astrological quagmire of self.

You are in exactly the right place at the right time – it merely feels as if you are not. A feeling that will dissipate within days. So be it. Amen.

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

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

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

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

Copyright 2009-2024

Does God Like Music?

By Lee Carroll/Kryon



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

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

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

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

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

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

Lee Carroll/Kryon Video



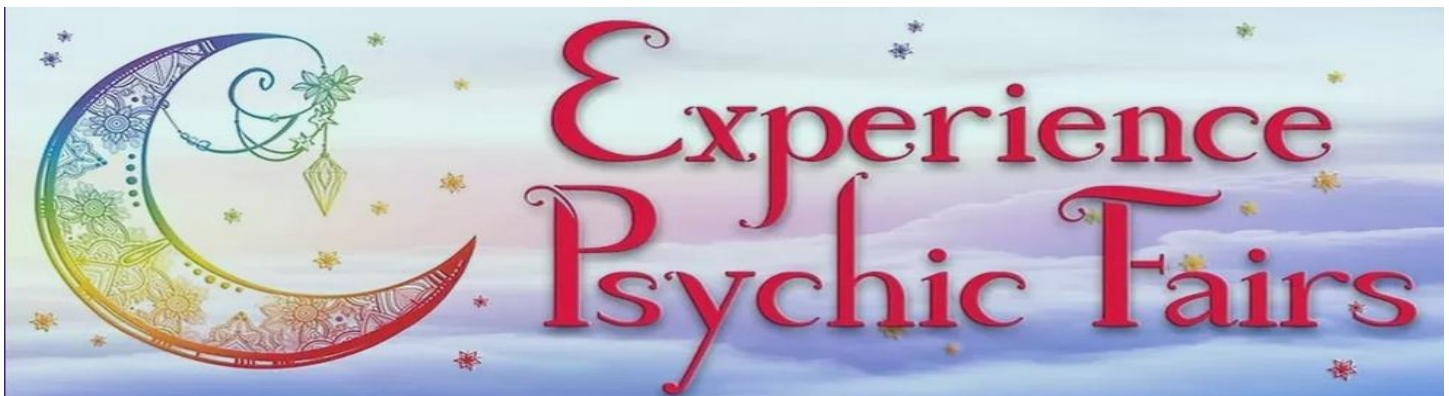
Link: <https://www.youtube.com/watch?v=KAcngaxug30>

ROC Metaphysical Business Advertising

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

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

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



Come To The Fair

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

**SYRACUSE, NY
November 2 & 3
Embassy Suites
6646 Old Collamer Rd. South
East Syracuse, NY 13057**

Healing Messages From Spirit



The Body Oracle will be bringing the best of 'Healing Messages from Spirit' to the local vegan Café, Eden at 242 Ellicott Street, Batavia, New York 14020 during the hours of 2:00-6:00 pm on Wednesdays.

You can book a 15-min taster and grab a drink or snack while you get your reading for Health + Self-Empowerment just before the spring equinox. Or double up your appointment and choose from some of the offerings below...

The spring equinox bridges and balances the light and the dark with equal length of days as nights here in the northern hemisphere. What are you looking to bring balance to in your life? What questions or health concerns have you stressed or anxious?

With 30 years experience developing personal intuition, studying advanced metaphysics, and culinary herbalism, Brandie is a fantastic guide, emotionally sensitive, and attuned facilitator of shifting the vibes to the highest most ideal state. Also trained + certified in multiple healing traditions from around the world to find the common thread among these sacred traditions.

The bio-scans for health can include kinesiology (muscle testing) for reading your food sensitivities/allergies, energetic blockages from a medical intuitive point of view, and give you insight into what types of chemicals or environmental issues present.

Mediumship is messages that come through from guides, angels, ancestors, and potentially loved ones that have transitioned. Delivered with grace, ease, and Unconditional Love.

Numerology life path is discovered by sharing your birthrate, and is totally optional. You choose what kind of messages you'd like to receive by coming in open to receiving. No information shared necessary for reading and all messages delivered are 100% confidential. Brandie is also a certified Usui Shiki Ryoho Master Teacher in the third degree and has been training healers and intuitives in the WNY area since 2013 through co-creative energy medicine.

For bookings email oracleofwny@gmail.com

Or just walk-in to inquire.

Website: www.thebodyOracle.com

Phone: +1 585.993.3723

Mythic Treasures Faire



Come to the Henrietta Store on Jefferson Road for second Saturday with vendors, readers and great shopping.

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 a sale 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

APR 06-07th, 2024	IET® Master-Instructor Class - Rochester, NY
MAY 17-19th, 2024	IET® Intensive Workshop - Rochester, NY
JULY 13-14th, 2024	IET® Master-Instructor Class - Rochester, NY
AUG 16-18th, 2024	IET® Intensive Workshop - Rochester, NY

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

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

Register Now WWW.SHEILATILLICH.COM/EVENTS

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

**If you're interested in expanding your abilities, now is the time!
(if you didn't know yet, Angels are Our Galactic Ancestors)**

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

Ready to take your healing practice to the next level? Join us for our life-changing IET® Master-Instructor Class! Over two empowering days, you'll deepen your understanding of Integrated Energy Therapy and unlock the secrets of the sixth pair of DNA. With

prerequisite levels completed, you'll gain the skills to attune others to the Basic, Intermediate, and Advanced Levels, empowering them to live in alignment with their soul's purpose. Step into your magnificence and become a beacon of light in the world!

Go to www.sheilatillich.com to sign up

A flyer for 'Divine Angelic Gathering' by Sheila B. Tillich. The background is a soft, ethereal blue and white with a subtle starry pattern. At the top left is a small circular logo with a star and the text '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/>

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>



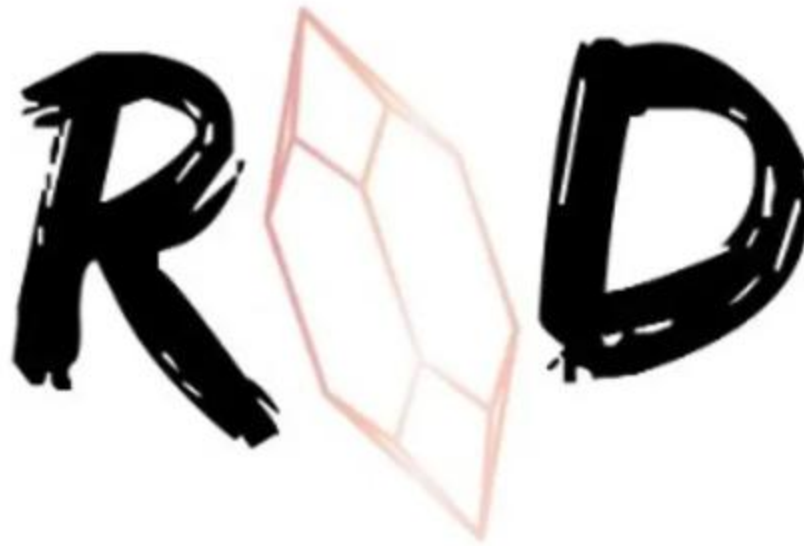
Sage Walker, RMT Master Teacher IET, BARS
The Angelic Link
2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618
585-317-4374
<https://www.theangeliclink.com>

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.



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

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

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



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

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



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

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

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



Marjorie Baker Price , RN

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

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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

Fairport, NY 14450

585-313-3996

<https://sheilatillich.com>

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

<https://sheilatillich.com>

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

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

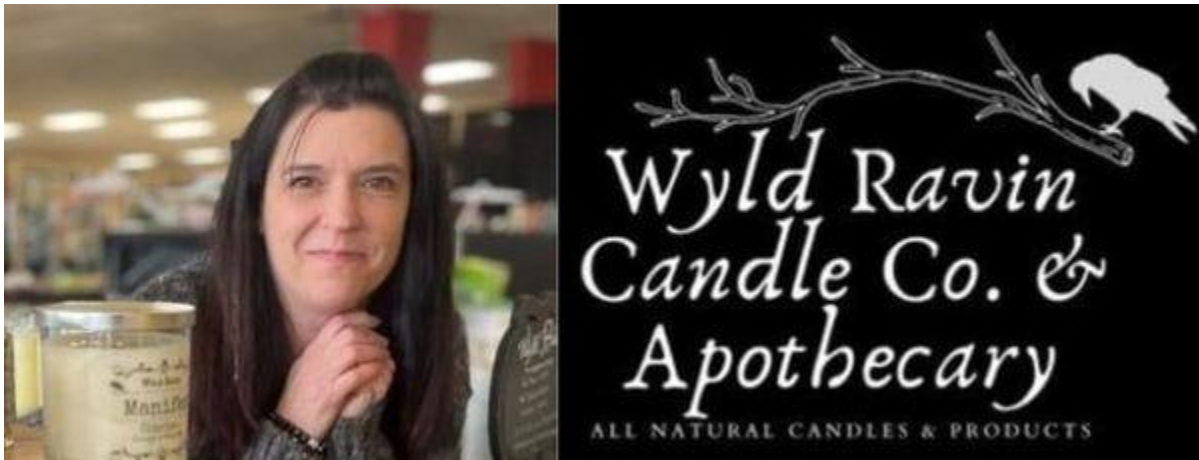
Join the Lightworkers Connection Circle Facebook Group:

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

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

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

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



Wyld Ravin Candle Co. & Apothecary

<https://wyldravin.com/pages/about-us>

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

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

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

To contact email at wyldravin@yahoo.com

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



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

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

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



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

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



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

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

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

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



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

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

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



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

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

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

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

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

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



Michelle Brzezniak EEM-CLP
Clinical Eden Energy Medicine Practitioner
585-730-2762
eembymichelle@gmail.com
<https://eembymichelle.wixsite.com/hope>
669 State Rt 31, Macedon, NY
By Appointment Only

The legendary Donna Eden's simple Daily Energy Routine relieved Michelle's chronic migraines and changed her life dramatically. She was given a renewed sense of vitality and life purpose! She then pursued her passion by enrolling in the rigorous hands on Certification Program for Eden Energy Medicine. She is currently completing her 4th year of study and will soon be the first Advanced EEM Practitioner in the Rochester area. Michelle also has a diverse background in Reiki, Therapeutic Touch, Intuitive Consulting, Teaching and the Graphic Arts.

Donna Eden's Energy Medicine gently balances the body's 9 subtle energy systems so your body can restore itself to a natural state of well-being. Take an active role in your health today...call me for a FREE phone consultation!
Learn more about Michelle: <https://youtu.be/aw5IFhVfhNc>

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



B & R Crystal Cavern

B&R carries lots of unique crystals in all kinds of forms. Shop online or in person. B&R can be found in person at events around NY. Shipping is offered or pick up can be done in person in Fairport, NY

B&R always has new stock. See the stock online at:

<https://www.facebook.com/b.r.crystalcavern>

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

LifeForce Rejuvenation



Jon Kotowski

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

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

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

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

Alternatives For Healing

An Alternative Medicine & Holistic Directory



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

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

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

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



Advertise Here



Your Business Here

Shops All Around New York



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

These are all Brick & Mortar businesses.

Some may have limited hours or by appointment only

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

Majestic Hudson Lifestye Boutique 223 Katonah Ave Katonash, NY 10536

Demure Lyfe 27 Main St Chester, NY 10918

Moonstone Melody 24 N. Main Street Florida, NY 10921

Sunshine Studios 563 E Main St Middletown, NY 10940

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

The Open Spirit 55 Burd St Nyack NY 10960

Crystals On The Rocks 11 S Broadway Nyack, NY 10960

Modern Druid 60 S Broadway, Nyack, NY 10960

Light Club Curiosity Shop 1379 Kingshighway Sugar Loaf, NY 10981

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

Light Club Curiosity Shop 40 Main Street Warwick, NY 10990

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

Magical Vibes 215 Main St New Paltz, NY 12561

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

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

The Emerald Lotus 82 Broadway Ste 222 Greenlawn, NY 11740

The Mindful Rabbit 146 Main St Northport NY 11768

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

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

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

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

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

The East Witchery 661 Lansing Rd, Glen, NY 12072

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Rocks/Crystal Stores

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

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

Spiritualist Churches

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

Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

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

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

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

Discernment/Disclaimer

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

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

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

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

DISCLAIMER

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

Privacy Policy

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

Content

Proprietary Rights

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

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

Third-Party Content

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

Disclaimers and Limitations of Liability

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

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

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

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

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

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

Acknowledgement

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

Modification

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

Contact Us

Have questions?

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

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



We're Always Looking for Contributing Writers



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

We Offer Advertising

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

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

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

Email us at rocmetaphysical@gmail.com

