ROC Metaphysical

Our Mission is to Enlighten and Inform January 2025

https://www.rocmetaphysical.com

Here's a Sampling of Articles for the month:

Take Your Rightful Place In The Divine Revelation Of Life By Guy Finley

Visions Of The Dearly Departed By Jessica Bryan

The Wisdom Of Energy: Living A Meaningful Life In The 21st Century By Anthony Talmage

Radical Awakening & Opening To The Heart Consciousness By Ramana

Reconnecting With 'The Nurturer' This 2025 Being So Good To You Starts Now! By Christianne Asper-Contant

The Year Of Unique Awakening And Manifestation By Patricia Cota-Robles



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/UCUckLvvdv S3djlMGuUR-muQ



pinterest.com/rocmetaphysical



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



roc_metaphysical



Now that Google+ is gone the next generation is MeWe. Find us at: https://mewe.com/profile/5caba69765a0815f4 8d3d128

ROC METAPHYSICAL LIST OF ARTICLES NUMBER	PAGE
Highlights of the Magazine	6
We Have a Youtube Page	7
List of Metaphysical Articles	8
Channeling	11
Take Your Rightful Place In The Divine Revelation Of Life	
By Guy Finley	14
Visions Of The Dearly Departed By Jessica Bryan	18
The Wisdom Of Energy: Living A Meaningful Life In The 21st	
Century By Anthony Talmage	22
Radical Awakening & Opening To The Heart Consciousness	
By Ramana	26
The Little Lost Girl By Richard Hughson	28
Cosmically Speaking Orion Starseed Archetype By Judy Lynn	32
The Synergy Of Wellness And Metaphysical Practice: A Holistic	
Path To Alignment By Rev. Colleen Irwin	36
Most Benevolent Outcomes or MBO's By Tom T. Moore	40
What Time Is It? Looking At The Concept Of Time Through	
The Hourglass Of Eternity By Renee Ranke	45
Janus and January By Ellie Blair	51
The Shiny Pen: Taking Responsibility for Our Emotional	
Clumsiness By Barry & Joyce Vissell	54
Sage Wisdom By Sage Walker	58
ROC Metaphysical Book Review - Taps On My Shoulder	
How To Awaken To Spirit By Brenda Reading	60
Reconnecting With 'The Nurturer' This 2025 Being So Good	
To You Starts Now! By Christianne Asper-Contant	62

ROC Metaphysical Book Review - The Call Of The Old Gods	
By Christopher McIntosh	65
Tarot Tendencies For January By Doreen Scanlan	67
ThoughtsFor The New Year By Connie Wake & Susan Fiandach	69
Peace From Within & What Happens In Vagus By Ann Albers	71
Being At Home On Earth By Pamela Kribbe	79
Inspiration For the Week - Giving Yourself Time To Receive	
By Shanta Gabriel	82
Floating, Not Fighting By Brenda J. Hoffman	86
The Year Of Unique Awakening And Manifestation	
By Patricia Cota-Robles	89
ROC Metaphysical Business Advertising	92
ROC Metaphysical Alternative Directory	98
Shops All Around New York	120
Spiritual Churches & Retreat Centers	131
Discernment/Disclaimer	132
Contact Us	135

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 nothern traditions, heathenry and of course Odin





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

Go To Our YouTube Page

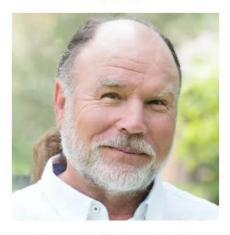


ROC Metaphysical Online Magazine Articles for January 2025

Guy Finley

Jessica Bryan

Anthony Talmage



Take Your Rightful Place In The Divine Revelation Of Life By Guy Finley

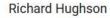


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Janus and January By Ellie Blair

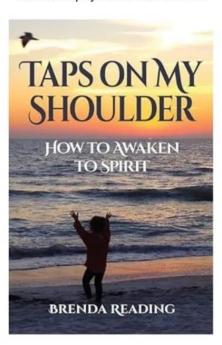
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Sage Walker

Sage Wisdom By Sage Walker

ROC Metaphysical Book Review



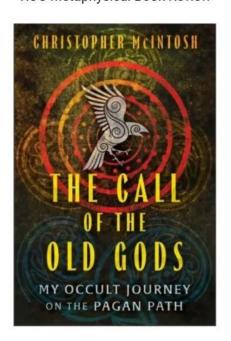
Taps On My Shoulder How To Awaken To Spirit By Brenda Reading

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ROC Metaphysical Book Review



The Call Of The Old Gods By Christopher McIntosh

Tarot Tendencies For January



Tarot Tendencies For January By Doreen Scanlan

YOU ARE THE AUTHOR OF YOUR OWN STORY. IF YOU DON'T LIKE WHERE THIS CHAPTER IS GOING, IT'S OK TO START A NEW ONE.

Connie Wake & Susan Fiandach



Thoughts...For The New Year By Connie Wake & Susan Fiandach

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



Peace From Within & What Happens In Vagus... By Ann Albers

Pamela Kribbe



Being At Home On Earth By Pamela Kribbe

Shanta Gabiel

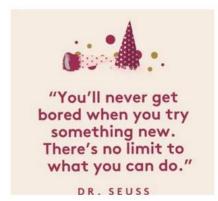


Inspiration For the Week - Giving Yourself Time To Receive By Shanta Gabriel

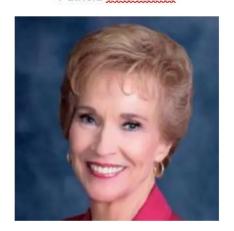
Brenda J. Hoffman



Floating, Not Fighting By Brenda J. Hoffman



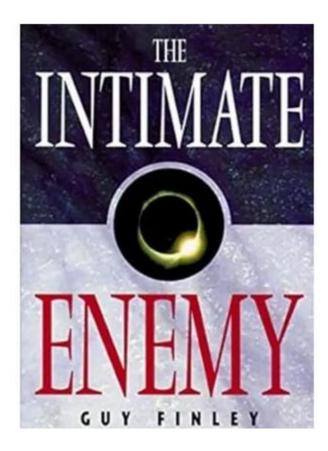
Patricia Cota-Robles



The Year Of Unique Awakening And Manifestation By Patricia <u>Cota-Robles</u>

Take Your Rightful Place In The Divine Revelation Of Life

By Guy Finley



There is no sensitivity in any (familiar sense of) "self" born of being identified with what it imagines it "knows." The flower of higher self-awareness grows only from out of the ground of unknowing.

What could be more natural than letting go? Think about it. If half of our life is spent meeting moments that are natural end-ings, then what are we to do with these things in our lives that can no longer serve us in a meaningful way? The answer? We must let them go! To do anything else would be unnatural, even unhealthy for us.

Imagine a tree that has become so identified with its own green leaves that when the first chill of fall touches its limbs, this tree decides it wants to hold onto what it already has. "After all," the tree reasons, "what if spring doesn't bring me something at least as good as what I have now? Why should I let go?" Of course, come the winter snows, this tree that held on so dearly to its summer leaves, cracks and breaks beneath the weight of a stressful load it was never intended to carry. The moral of this little story is simple: We are not created to walk around with the weight of the world – all our experiences, mem-ories, and past – on our shoulders.

Letting go is the out-breath of the universe. It is part of a natu-ral cycle connected to a greater whole, where the ending of anything already has a new beginning built into it. And just as we must expel a Page | 14

breath before we draw in the new air that revitalizes our physical system, so too we must learn to let go of whatever compromises the natural wholeness of our Original Self if we wish to realize its native spiritual contentment.

What are we actually talking about when we speak of letting go? After all, no one wants to let go of something that has proven itself to be satisfying! Whatever it is that we wish to let go of must be some-thing from which we wish to be free. This may be unpleasant or trou-bling relationships, a problem-filled past or fearful future, any form of addiction, recent painful events — or any of those disturbing thoughts and feelings about these same troubling things that we no longer want in our lives.

The truth is that troubles like these come with being human. We all know how it feels to want to let go. The problem is that wanting to let go, and actually being able to, is still light years apart for most of us. But it need not remain this way. The gulf can be sealed perma-nently once we understand that all that separates us from our intention to let go are those mistaken ideas we carry around about the nature of what's actually weighing us down. This is why we need new and higher self-knowledge.

For instance, nothing in itself – no event, no relationship, no regret-filled thought or feeling – has any real weight of its own with which to pull us down. The nature of what really weighs on us is some-thing altogether different. This can help to explain a deep mystery: Why is it that regardless of everything we do in our exterior life to rid ourselves of this or that problem, person, or contrary condition, we have yet to genuinely shake ourselves free? The answer begins with this next insight.

The real act of letting go is first an interior action, followed, if need-ful, by a wiser exterior action. After all, what is it that binds us if not where we are blind to some unconscious need to either maintain or keep forming these painful attachments? To see the truth of these find-ings is to realize why there can be no substitute for self-illumination. After all, no one frees themselves by laying down with one hand what they unknowingly cling to with the other! This explains why the aim of all true spiritual teachings has always had a dual purpose: 1) to reveal to us that no condition in our life exists apart from the con-sciousness responsible for its continuing creation, and 2) to bring the light of this higher self-knowledge into the unexamined darkness of our consciousness so that we no longer make the mistake of clinging to anything that compromises our integrity.

Excerpted from Let Go and Live in the Now (pages 153-155)

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

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

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

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

and many other popular spiritual sites.

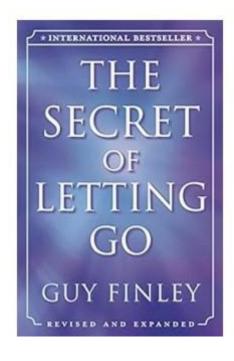
Finley holds regular classes at Life of Learning including two free talks each week that are live-streamed https://www.guyfinley.org/lettinggo These classes are open to all. For more information about Guy Finley and Life of Learning Foundation visit www.guyfinley.org

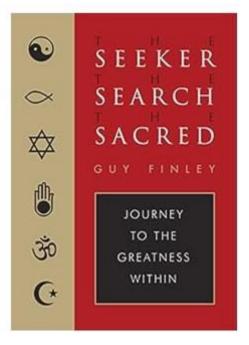
Guy's Video

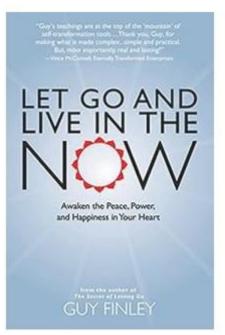


Link: https://www.youtube.com/watch?v=bLFlh6uPKwc

Guy's Books

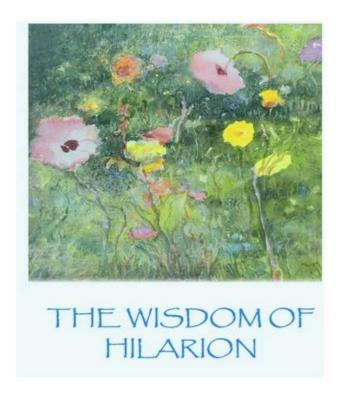






Find these books and more at: https://www.guyfinley.org/store

Visions Of The Dearly Departed By Jessica Bryan



Until recently I had not considered the possibility of significant further spiritual evolution. However, my skills as a spiritual medium have increased, especially in the area of visions and communicating with people who have died... particularly two close friends who died in 2024. I can't say for sure, but these visions are likely more detailed than the visions I've had of other people I did not know as well. It's also interesting to note how different their individual attitudes and death experiences were.

FIRST THERE WAS STEVEN

On the night of June 27, 2024, I received the news that my dear friend Steven had died, and the next morning I felt a strong urge to go to his house and pray for him.

Sitting in his backyard, my consciousness began to go deeper and I was inspired to do energy healing and clearing of his house, everything in it, the surrounding property, and Steven, himself. Also included in the clearing were etheric impressions left behind by other people who had lived there, because Steven had many troubled roommates over the years.

My clairvoyant window opened and I watched as Spirit created a gigantic vortex of powerful energy over everything. It seemed almost as big as an actual tornado. I call this type of manifestation "the cosmic vacuum cleaner."

The vortex began to spin with great force...it looked like the tornado that took Dorothy's house up to the Land of Oz. In this way, any remaining energy connected to Steven (and Steven, himself) was removed,

and what was left behind had been cleansed.

I felt great peace after this, and when I got home for my regular mid-day meditation I was still thinking about him. Another vision occurred almost immediately: I saw Steven sitting at a "kitchen table" with the Spirit of his deceased mother. They were engaged in "kibitzing," a Yiddish word that means animated chatting and joking around. They seemed so happy to be together again on the other side of "the veil."

Next, a bubble shaped like a reddish heart formed around Steven, his mom, and the kitchen table...and I watched as they floated gently out of view.

Before they disappeared completely, Steven turned around and communicated to me via thought transfer (which is also called "telepathy"): "It's okay. You can let me go now."

*

Two months after Steven died, during meditation a gentle Spirit Voice whispered to me, "Someone is standing next to you and sending you telepathic messages."

WOW! I thought. Who might that be? In the practice of clairvoyance, this was new for me. Usually, I initiate contact...usually with someone who is deceased...not the other way around.

Determined to discover who was trying to send make contact, I focused inward and began meditating on who it might be. Instantly, Steven came into my mind with a resounding "yes."

However, when I attempted to address the Spirit of my recently-deceased friend, I was somewhat disappointed because his communication did not come in clearly. It did feel like he was exploring the possibility of contacting someone who was still alive, but his ability was not sufficiently developed. However, he did manage to transmit his feeling of excitement about this first fledgling attempt at making telepathic contact.

The next day as I was leaving to drive into town, I felt Steven in Spirit pressing me to drive by his house. When "we" arrived, I parked out at the street and began walking down the long driveway to his property. As I was walking, it felt like he was right next to me, so I started talking to him out loud:

"There's the peach tree you loved so much. There is your moldy old car, still parked in the driveway. Your brother has already come from Hawaii and trimmed back the weeds to prevent a fire." As I walked around to the back of the house, my movement startled a mother doe and her two fawns. Steven loved the deer outside his window and always kept a fountain running for them.

Feeling Steven's regret and his need to say goodbye to his life on earth was sad, and I was glad to get back in my car and leave.

*

A month later, Steven's brother arrived from Hawaii to continue settling Steven's affairs, which included significant chaos with regards to Steven's house and belongings. My role was to take usable items for donation to charity. During this process, I learned from his brother so much about the friend I had known for seventeen years, and I was curious to see a photo of him when he was young and vital. But no

photo was found in the clutter.

That night, as I was going through some of the items gifted to me by Steven's brother, I came across a small drawing of a female saint. As I looked at her beautiful face, Steven again communicated to me telepathically: "Open the back and look inside."

Much to my surprise, when I removed the back of the frame a photograph of Steven fell out! He must have felt my desire to see him as he was in his youth so he directed me to the hidden photo, which answered my questions. The photo showed him to be quite handsome; he was dressed in stylish clothes and his expression showed his innate mental brilliance.

*

Two weeks after his brother left, I sensed Steven still "hanging around," like maybe he had not made his final transition and taken his next step in crossing over. I was spinning and unbalanced from the energy of his continued presence, so I consulted a friend who is an excellent medium and healer. She agreed that Steven needed help and that we should do it together. She set the tone and brought in The Light while I observed clairvoyantly and added my energy to the effort.

As she began encouraging Steven to move towards The Light, I saw him walking backwards, away from us. He seemed to resist the process of crossing over, or perhaps he was still struggling to say good-by to his earthly existence.

As he got further and further away...and closer and closer to The Light...he turned his back to us and looking forward he continued until he merged completely with The Light...still holding onto the handle of his suitcase!

I might mention that Steven was very attached to his physical belongings when he was alive...as evidenced by the enormous accumulation of "stuff" crammed into his house.

**

Two months after we helped him cross over, a vision of Steven appeared in my Third Eye during meditation, in what I believe will be his last visitation. He was wearing the glorious blue velvet dinner jacket he had worn in his early twenties. This was before he started to go blind and his life changed dramatically, and not in a good way.

Sparks of Light could be seen lit up all around him and I felt him smiling and sending me joyful energy. A wave of love and gratitude came from him and into me, and then he was gone. Somehow, I knew it was the last time I would see or hear from Steven in my current lifetime.

The vision of Steven wearing his prized velvet jacket indicated to me that he had finally completed his transition...approximately five months after his physical body died. A final farewell to you...dear friend.

PHYLLIS

A vision of Phyllis appeared in my Third Eye as I began to meditate. She is 103 years old and getting closer to physical death. In my vision, she was ecstatically jumping down and yelling, "Wow, it's so beautiful," over and over. Some say people who are dying sometimes leave their body and come back before they leave for good. I found out later she was still alive, so she must have been "practicing."

Three months later, her son called to tell me that Phyllis had died that morning. After hanging up the phone, I closed my eyes and almost immediately she appeared in a vision, skipping and dancing like a child in a field of green grass and white daisies. As she picked a bouquet of flowers, she was singing and tossing them in the air with great joy. My impression was that Phyllis had not yet realized she had "died."

Soon afterwards, when it was time for meditation, I asked to learn more about what was going on with Phyllis. Almost immediately, another vision came into view: She was holding a baby, and somehow I knew the baby was someone she loved and that the child had died at a very young age. Perhaps it was her younger sister or a child Phyllis had miscarried.

The vision changed and I observed her deep in conversation with the Spirit of the child, who was now seen as tall and graceful and illuminated in crystal blue light. These two joined hands, turned away, and started moving towards a brilliant golden light that expanded across the entire horizon. Just as they started to move away, Phyllis turned around and looked at me. She smiled as if to acknowledge my presence and also to say goodbye.

At this point, her appearance began to change from the way I had known her in life to how she looks now in Spirit. Her transformation from the density of the physical body into her radiant Light Body was gentle and graceful, and I continued to observe in amazement as she walked towards the Light on the horizon, still holding the hand of the Spirit that had once been her child...and who was now guiding her to the Light.

Phyllis' son later confirmed that, indeed, her first child had been delivered stillborn. He said she had mourned the child her entire life.

A few days later, I decided to "check in" again with Phyllis during my regular meditation. This time I saw her in the middle of a large crowd of Spirits, and I knew they were the Spirits of all the people she had known in her life, including the many people she had helped in her work as a massage therapist. It was obvious Phyllis was being welcomed into "heaven" as she had always envisioned it.

bb

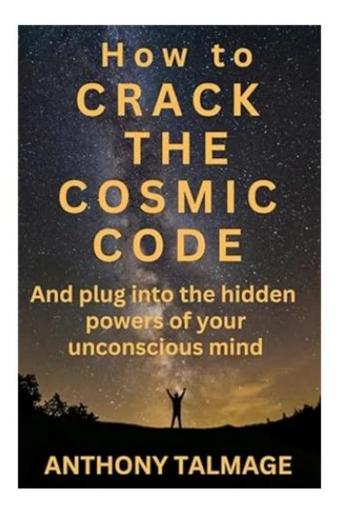
There have been other visions and communications from people who are deceased, and these experiences always offer great solace to those they leave behind, including me.

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

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

The Wisdom Of Energy: Living A Meaningful Life

In The 21st Century By Anthony Talmage



Anthony Channelled Albert Einstein

If I asked you to name the world's best-known physicist it's more than likely you'd reply, 'Albert Einstein', and then go on to mention his signature Theory of Relativity and its association with energy, and time. However not many people know that, besides being a scientist Prof Einstein was quite a spiritual person. In fact he once described himself as, 'devoutly religious in the following sense: the most beautiful emotion we can experience is the mystical. It is the power of all true art and science. He to whom this emotion is a stranger, who can no longer wonder and stand rapt in awe, is as good as dead.' He believed the universe is far more interconnected and mysterious than our rational minds can grasp.

I have been a fan of Einstein for many years and recently I wondered what advice he might give us today to help us make sense of the complexities of modern life and a world that, at times, seems to be gripped by a collective insanity. What sort of article might he write for this magazine, I wondered, if he were alive today? Here's how I imagined what Albert might tell us:

"The first thing you should understand, dear readers, is that my view of the universe has not come solely from the rational mind. I have often thought intensely with no result, only for the truth to reveal itself in moments of stillness. In your modern world, logic and intellect are celebrated, but intuition—the leap beyond reasoning—plays an equally vital role. Solutions to life's challenges often emerge when we trust the silent spaces between thoughts.

So, cultivate moments of stillness in your life. Answers often arise naturally when you stop striving for them. This is not magic but the energy of the universe moving through you, a phenomenon accessible to all, not just scientists or thinkers.

The belief that we are separate individuals is an optical delusion of consciousness. All our lives are interconnected, vibrating as one in the universe's energy field. Our illusion of separation is the root of much suffering. In truth, we are part of a collective whole that includes all living things and nature itself.

In the 21st century, as you face global challenges, like climate change and social unrest, it is crucial to widen your circle of compassion to embrace all living beings. Recognizing our unity allows us to move beyond individual self-interest and align with a shared purpose for the greater good.

And when it comes to the nature of reality you need a shift in perspective. Time and space are not absolute; they are constructs of our minds. The distinction between past, present, and future is an illusion. All things exist simultaneously in a web of energy. Matter itself is energy vibrating at various frequencies.

This understanding liberates us from the constraints of physical existence. While thoughts alone cannot change external reality, the way we perceive and interact with the world is profoundly influenced by our intentions and mindset. Aligning ourselves with higher frequencies—love, compassion, and creativity—helps us navigate challenges and foster meaningful relationships.

How can this knowledge serve you practically? Recognize the immense power of your mind. Time, space, and matter are mental constructs, and understanding this reveals your ability to influence your experience of reality. While our thoughts cannot directly alter physical laws, they shape how we engage with life's opportunities and difficulties.

By cultivating positive intentions and focusing on meaningful goals, you can align your actions with the harmonious forces of the universe and live with greater purpose.

Exploring the universe has shown me that science opens the door to understanding, but beyond it lies profound mystery. We perceive only a fraction of nature's vastness. Behind the limits of our senses, entire worlds await discovery.

Do not feel small in the face of this mystery. You are more than a physical body; you are a soul playing its music through the instrument of your being. Rediscover the ancient wisdom that reminds us of our infinite nature and allows us to reconnect with the deeper rhythms of existence.

In my life I learned that the true value of a human being lies in transcending narrow self-interest. Too often our lives are governed by desires and fears that imprison us. To live meaningfully, we must align with the greater forces of the universe and reconnect with our spiritual essence. The universe is not a chaotic accident. Forces beyond our control shape our existence, yet within them lies harmony. This does not imply a lack of free will; rather, it highlights our responsibility to align our actions with the natural

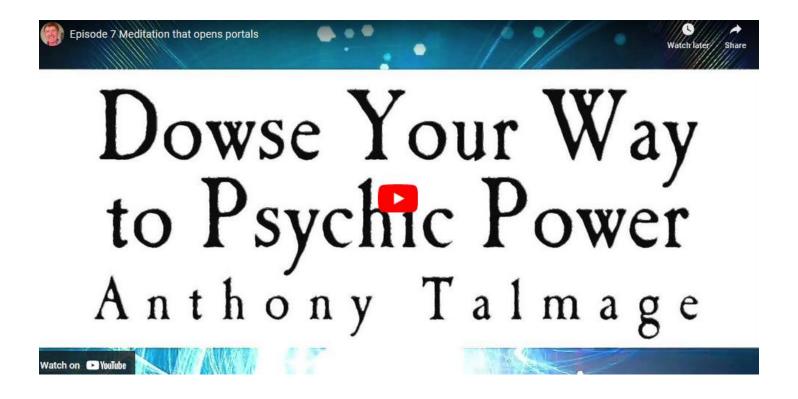
order.

The 21st century challenges us to evolve our consciousness, moving beyond materialism to a deeper understanding of ourselves and our potential. By transcending self-interest, we align with the harmony of the universe, creating lives of purpose and significance.

As you navigate this complex world, remember: you are part of a grand cosmic dance. Live not just in the world, but in harmony with the world."

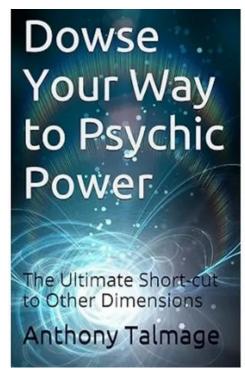
About Anthony Talmage: Anthony Talmage is author of four books in his Psychic Mind series, Dowse Your Way To Psychic Power, In Tune With The Infinite Mind, Unlock The Psychic Powers Of Your Unconscious Mind and How To Crack the Cosmic Code (And plug into the hidden powers of your unconscious mind) all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

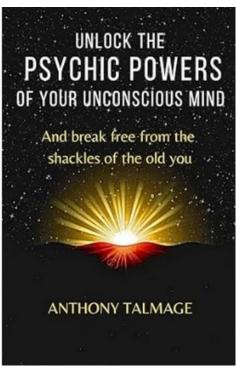
Anthony's Video

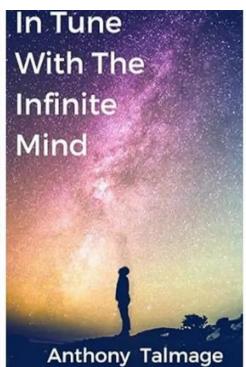


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Anthony's Books



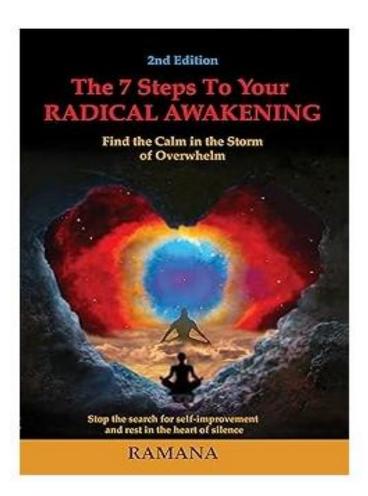




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Radical Awakening & Opening To The Heart Consciousness With Ramana



Ramana's background is in psychology, Eastern philosophy, Kriya Yoga, Rebirthing, Holotropic Breathwork, Transpersonal Psychology, Creative Visualization, NLP and Hypnosis, along with the teachings of my Indian masters, emerged a unique piece of work called "Radical Awakening." All this training resulted in my book "The 7 Steps to Radical Awakening: Finding the Calm in the Storm of Overwhelm."

I was a child of the Sixties, born and raised in the San Francisco bay area. This was a time of a cultural renaissance, and, awakening of consciousness, which later laid the ground for the New Age movement and holistic healing.

In 1968, I was immersed in Fritz Perl's Gestalt Therapy, and was a diligent student of hippy spiritual teacher Stephan Gaskin. Steven pointed me to the first Zen master in the US, Suzuki Roshi, who to this day is still considered to be one of great Zen masters of the modern age. I have been a Transpersonal Psychotherapist for over thirty years and has been teaching mediation for the past forty years.

I am one of the disciples of one of South India's greatest modern saints, Sri Ramana Maharshi through my teacher Sri Poonja (affectionately known as Papaji). In 1997, Papaji bestowed the name of his master, Ramana to me, and requested that I carry on the teachings of my namesake, Ramana Maharshi.

I have been sharing Ramana's message exclusively since 1997 in the form of satsangs, private appointments and weekend meditation intensives.

To learn more about Ramana go to his website: https://awakeningwithramana.weebly.com/

Ramana's Video



Link: https://www.youtube.com/watch?v=Ld8RBthGlR4

The Little Lost Girl By Richard Hughson



Tom Sawyer enjoyed telling this because of the many lessons found in it. On its face it is a beautiful story of a mother reconnecting with her developmentally disabled daughter who had wandered off one day. She was returned unharmed, facilitated by Tom's psychic / clairvoyant ability. But it also incorporates the dilemmas Tom went through during the event and afterward. That gives it relevance for those who seek to improve their own Divine connection, and the responsibilities which come with it.

Here's the story. On a warm Sunday afternoon Tom and Elaine went to the Parkside Diner on the corner of Ling Road and Dewey Ave. in Rochester, NY. They enjoyed their meal while sitting near a large window facing the empty parking lot. Upon returning home Tom sat down on the sofa. As he sat he precognitively became aware of what would happen to a lovely young girl with a severe intellectual disability. Despite her actual age she had the mental capacity of a 5 year old.

Tom describes it as a borderline situation. He could ignore it as a precognitive event which he simply came to know about, or he could choose to become involved and perhaps change some aspects of it.

The girl's mother desperately needed to use the ladies room and, having assured herself by prior experience, explained clearly to her daughter that she should stay in her seat until her mother got back. In all prior experiences the daughter had stayed put as instructed. So, throwing no 'shade' on the mother, this exact scenario had been successful in the past. She went to the ladies room.

But this time, the moment her mother was out of sight the little girl got up and bee-lined for the door. She appeared old enough to the others in the diner to be very capable of stepping outside unaccompanied, so no one stopped her.

The girl immediately turned left, crossed the parking lot, walked across Dewey Avenue, and disappeared into the woods growing on the abandoned Odenbach Shipyard site. Doing so put her within sight of a man who was mentally, emotionally, and physically prepared to sexually abuse her and likely kill her.

This entire scene is what Tom came to know while sitting in his living room.

Tom understood he had a choice to make. It goes against much of our human compassion, but his understanding was that it was spiritually 'ok' for him to let the scenario play out on its own, with no

involvement from him. He also knew it would be 'ok' for him to become involved, be of assistance in some manner, and that if he did he would forever afterward be 'linked' to the little girl in some manner.

He chose to get involved.

His first action was to say to his young son Todd, "Hey Todd, want to go on an adventure?" For some as yet unexplained reason when Tom and Todd were out together they would often run into an unplanned 'adventure' whether it was changing a tire for an older couple or something more. Tom at first saw this as an opportunity for more of the same, but after a moment changed his mind saying, "I'm sorry Todd, I think this time I need to go alone."

Todd understood and Tom jumped into his hopped-up pick up truck to drive over to the diner – mistake number one.

It may seem odd to us in this day of John Wayne, Clint Eastwood, and Super-Heroes, that personally going to save a little girl from a rapist/killer could be seen as a mistake, but it was.

What we need to realize is that when operating at higher spiritual levels the appearance of even a slight amount of ego can diminish the fullness of the event. The higher, more subtly you are able to operate, the more corruptive a tiny amount of ego can be. His mistake was the arrogance that he, Tom Sawyer, had to personally go and do something.

So off he goes, parking in the northwest corner of the parking lot alongside Dewey Ave. By this time people in the diner have been made aware of the missing girl by the frantic mother. They've searched the entire building and some are outside looking into the dumpster, between cars, and other nearby buildings.

Tom got out of his truck, walked across Dewey Ave. and into the woods. There he found the little girl squatting down, loving a Queen Anne's Lace, a wild form of the domestic carrot. Now when I say 'loving' I mean really loving it. She was absolutely, totally, completely loving that beautiful plant in a way that so many Down Syndrome kids can. If you've spent any time with some you'll know they're only natural, no pretense, and quite spiritual.

When Tom was a young man his mother ran a day-care center so he had a lot of experience dealing with young kids. He first walked past her then came back and said, "How would you like to make your mother very happy? I bet she would love to have a hug from you."

This got the girl's attention away from the flower. She stood up and took Tom's hand. That was 'mistake' number two.

Tom had failed to assess the girl's level of spirituality, and his own in those early years. At the moment they touched hands a column of Light went upward from them, well beyond normal perception. Tom described it as pure white Light. It can happen for one person during times of fervent prayer and for these two at that time, just by physical touch.

Not that physical touch or a column of pure white Light is a bad thing. It's that Tom, with his lifelong sense of logic and preparation, felt he should have 'looked into' and been aware of the possibility of it occurring. He felt he had not looked into it fully enough.

Then mistake number three. He knew that he was to walk away without looking back at the man who would have abused the girl, but he didn't. It was not supposed to be part of this event but he turned and looked into the eyes of the man who would have molested and possibly killed this beautiful little girl.

Was he not supposed to connect with and have an impact upon the man and the path of his life? Was Tom's focus to be solely on the little girl? Tom never explained.

But, when Tom and the man made eye contact the first thing the man saw was the eyes of the old Tom Sawyer – the man who was physically and mentally capable of beating the man to death on the spot, and feeling fully justified in doing so. Then, as Tom knew he was to only love that man, it became as if the man was looking into the eyes of God, with total knowledge of the man's life and unconditional love for him in spite of it all.

Whatever what was supposed to happen spirituality for this man, for his learning and for balancing of his karma, it was instantly re-adjusted in the moment to account for Tom looking at him. Whether Tom was supposed to have any further connection to the man or not, I do not know. But in later years when asked what became of him Tom replied that society suffered twice more from the man's actions.

We sadly understood that staring into the 'eyes of God' wasn't a guarantee of immediate growth.

So, back to the story. Tom walked the little girl through the woods and across Dewey Ave. He began wondering how the people, who were still looking for the girl, might think or act upon seeing him walk out of the woods with her in hand. He wondered if the cops might be there by then. How would he explain what he was doing? That's mistake number four, a lack of faith and self-centered worry.

I'd like to offer that when doing spiritually righteous work, it's better to go forward with openness and curiosity. But no worries this time. Tom let go of the girl's hand and she ran to her mother, her arms waving in the air as she ran. She was full of love and the expectation of making her mother happy, which she very much was.

Tom watched for a bit as people gathered around the little girl, and ignored him. He walked back to his truck and pulled slowly out of the lot. The girl was safe, and no one paid any attention to him. 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

Cosmically Speaking By Judy Lynn



Have you ever gazed at the night sky and felt a strange pull, a longing for something beyond the earthly realm? Perhaps you've caught yourself humming an unknown tune, a melody that seems to echo from the stars themselves. If so, you might just be a Starseed, a soul with origins beyond this pale blue dot.

Imagine, if you will, a cosmic nursery, a celestial playground where souls dance amongst the stars. Here, amidst nebulae of vibrant hues and galaxies swirling with stardust, your soul was born. Perhaps you frolicked amongst the playful sprites of the Pleiades, or maybe you pondered the mysteries of the universe with the wise elders of Andromeda. And then, with a mischievous twinkle in the cosmic eye, you chose Earth. This vibrant, chaotic planet, with its vibrant hues of green and blue, its symphony of life, and its curious inhabitants.

Exploring the Orion Starseed Archetype

The Orion constellation, a majestic celestial hunter adorning the night sky, has captivated humanity for millennia. Ancient Egyptians, the Greeks, and countless other civilizations wove Orion into their myths and legends, attributing profound spiritual significance to its brilliant stars. Within the realm of metaphysical beliefs, Orion holds a special place, believed to be the origin point for a unique lineage of souls – the Orion Starseeds.

A Journey Across the Stars:

Orion Starseeds are believed to be souls who, before incarnating on Earth, journeyed from the vibrant Orion constellation. These souls carry within them a unique blend of cosmic wisdom, heightened intuition, and a profound sense of purpose. They are often drawn to explore the mysteries of the universe, seeking to understand their place within the grand cosmic tapestry.

Unveiling Your Cosmic Heritage: Here are some Traits you might find interesting: Tall stature, athletic build, deep-set eyes, strong facial features. Strong leadership abilities, highly focused and determined, natural charisma,
They have a Strong sense of justice, intellectual curiosity, excellent problem-solving skills.
Also worth noting is their deep connection to the cosmos, powerful manifestation abilities, a strong sense of purpose and mission and their potential to be powerful healers.

Individuals who resonate with the Orion Starseed archetype often exhibit a distinct set of characteristics: Are you drawn to the mystical and the unknown? You're intrigued by ancient wisdom, spiritual teachings, and the mysteries that lie beyond the veil of reality.

They have a strong inner knowing, often accompanied by vivid dreams, premonitions, and a deep sensitivity to energy.

Also worth noting is their deep-seated desire for justice and a commitment to ethical living. A natural inclination towards altruism and a desire to contribute to the greater good.

Often they feel like they don't fully belong on Earth, a longing for a "home" beyond this planet. If any of these resonate with you, congratulations! You might just be a Starseed, a cosmic traveler on a grand adventure.

But remember, being a Starseed isn't about labels or limitations. It's about embracing your unique essence, your connection to the universe, and living a life filled with wonder, joy, and a touch of cosmic mischief.

If you suspect you might be an Orion Starseed, take some time for introspection.

Reflect on your dreams: Do you frequently dream of stars, space travel, or otherworldly landscapes?

<u>Explore your passions:</u> Are you drawn to fields like astronomy, astrophysics, or cosmology? Do you feel a strong connection to ancient wisdom and spiritual teachings?

<u>Pay attention to your intuition:</u> Do you often "just know" things without conscious reasoning?

Consider your values: Do you prioritize justice, compassion, and the well-being of others?

The Journey Within:

This journey is not without its trials. The Starseed may encounter resistance, misunderstanding, and even feelings of despair. But within these challenges lies the opportunity for profound growth and transformation.

The concept of the Orion Starseed is a tool for self-discovery, a framework for understanding your unique gifts and challenges. It's important to remember that these are simply archetypes – guiding principles, not rigid labels. Embrace the journey of self-exploration, cultivate your unique gifts, and live a life that aligns with your soul's deepest desires.

By embracing their unique gifts, cultivating their connection to the universe, and finding ways to serve humanity, Starseeds can become beacons of light, illuminating the path for others and inspiring a more conscious and compassionate world.

Remember most of us feel a little out of place at times in this world. Try some practical tips for Starseeds to connect with their cosmic heritage, such as meditation, stargazing, or exploring ancient wisdom traditions.

So, go forth, dear Starseed, and shine your light brightly upon the world. Let your unique perspective inspire and uplift those around you. And never forget to look up at the stars, for within them lies the magic of your celestial origins.

Disclaimer: This article is intended for entertainment purposes and should not be taken as scientific fact.

Blessings, Judy Lynn Psychic Medium, Spiritual Teacher

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=rCyz2HJYhs

The Synergy Of Wellness And Metaphysical Practice: A

Holistic Path To Enlightenment By Rev. Colleen Irwin



Metaphysical practitioners—whether mediums, healers, energy workers, or spiritual guides—know the value of alignment. Our ability to connect with higher energies, facilitate healing, or deliver intuitive insights depends on our internal balance. Yet, in the pursuit of helping others, it's easy to overlook the cornerstone of effective metaphysical work: our own wellness.

Wellness, in its truest form, is multidimensional. It encompasses the physical, emotional, mental, and spiritual aspects of life, weaving them into a harmonious whole. For metaphysical practitioners, wellness is not just a personal goal; it's the foundation of our practice. When we are grounded, clear, and connected, we can serve others more effectively and sustainably.

This article explores the ways metaphysical practitioners can nurture their own wellness, creating a thriving foundation for both personal and professional growth.

Physical Wellness: Your Body as the Conduit

The physical body is the vessel through which we channel energy, insights, and healing. Taking care of it ensures we remain strong and receptive. Simple practices like daily movement, eating nourishing foods, and prioritizing rest can have a profound impact.

Movement doesn't need to be intense to be effective. A brisk walk, gentle yoga, or even dancing can invigorate your body and clear energetic blockages. Pair this with mindful eating—choosing whole, unprocessed foods—and you create a stable foundation for your work. Foods rich in nutrients, like leafy greens, berries, and nuts, fuel your physical energy while supporting mental clarity.

Finally, rest is non-negotiable. Practitioners often give so much to others that they forget to recharge themselves. Quality sleep and moments of intentional rest allow your body and mind to recalibrate, keeping you aligned with your higher purpose.

Emotional and Mental Wellness: Clearing the Path

Metaphysical work requires emotional resilience and mental clarity. Our ability to hold space for others hinges on our capacity to process our own emotions and clear mental clutter.

Practicing emotional self-care—such as journaling, self-compassion, and forgiveness—helps release lingering negativity that can cloud your practice. Holding onto resentment, for example, can diminish your vibrational frequency. Letting go through forgiveness, both for yourself and others, creates space for new insights and energy to flow.

Mental wellness is equally critical. Meditation, mindfulness, and reflection are powerful tools for cultivating clarity. Meditation, even for a few minutes a day, helps quiet the mind, enhances focus, and strengthens your connection to the unseen realms. Mindfulness—staying present and aware—helps you interpret intuitive messages with confidence and authenticity.

Spiritual Wellness: Strengthening the Connection

For metaphysical practitioners, spiritual wellness is the heart of our work. It's the source from which we draw inspiration, guidance, and healing energy. Maintaining spiritual alignment requires regular practices that recharge and uplift your spirit.

Meditation and prayer are cornerstones of spiritual wellness, providing a space to connect with the divine and tune into higher frequencies. Rituals like smudging, using crystals, or working with sacred symbols can help clear your energy field and create a sense of sacredness around your practice.

Additionally, grounding practices are essential for maintaining balance. Spending time in nature, practicing breath-work, or visualizing roots connecting you to the earth can anchor your energy and prevent feelings of depletion or disconnection.

Social and Professional Wellness: Finding Balance in Community

Metaphysical work can be deeply fulfilling, but it can also be isolating. Building a supportive community of like-minded individuals fosters connection and prevents burnout. Engage in peer circles, attend workshops, or seek out a mentor to share insights and experiences.

Boundaries are another crucial aspect of professional wellness. As a practitioner, it's important to create limits that protect your energy and allow you to recharge. Saying no to overextending yourself or stepping away from draining situations ensures you can continue to show up fully for your clients and yourself.

Mindfulness and Gratitude: Anchoring Your Practice

Mindfulness and gratitude act as anchors for metaphysical practitioners, keeping us connected to the present and aligned with our purpose. Daily mindfulness practices—such as observing your breath, journaling, or reflecting on your day—help maintain focus and clarity. Gratitude, on the other hand, shifts your perspective, allowing you to see abundance and opportunity even in challenging moments.

Incorporate acts of gratitude into your daily routine. This might include expressing thanks to your spirit guides, acknowledging the growth in your clients, or simply appreciating the beauty around you. Gratitude lifts your energy and strengthens your connection to the higher realms.

Final Thoughts: Wellness as the Foundation for Metaphysical Practice

For metaphysical practitioners, wellness isn't optional—it's foundational. When we nurture our physical, emotional, mental, and spiritual health, we create a solid base from which to serve others. By caring for ourselves with the same dedication we offer our clients, we ensure our practice remains sustainable and impactful.

Wellness is a journey, not a destination. Each step you take toward balance—whether it's meditating for a few minutes, spending time in nature, or saying no to an overwhelming schedule—brings you closer to alignment. Embrace the process, honor your needs, and trust that by prioritizing your own wellness, you're enhancing your ability to transform lives.

Your practice begins with you. Stay aligned, stay well, and let your light shine.

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

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

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

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

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

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

Tom asks that we do this each day:

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

MBO FOR JOLLY GOOD TIME AT OFFICE PARTY

Urvish writes: Lots of love / white light to you too!

I wanted to share a fulfilled MBO and a jolly one!

I recently got promoted and gave my office colleagues a party for it. I had requested an MBO so that we end up going to a place where we all wanted to go, a bit far from our workplace and we all have a great time together. I really wished from my heart this one since my boss/colleagues played a part role in my promotion, which is what I always felt and was grateful for.

Guess what, we ended up going to the place even though we had a lot going on at the workplace that day, It was a nice warm day in winter, we all sat on the patio. Everyone simply appreciated the food and drinks right from the get go and starters. It was a unique place in the city with the modern menu, fusion dishes with quality ingredients.

We all enjoyed ourselves, joked and had a good social time along with the food. I was pretty sure the GAs must have been there making it happen.

Again, utterly grateful to what you have been doing. 🙏

Lots of UFO chatter now around drones in mainstream media and even politicians talking about it. I hope your visit comes soon and we all see some amazing footage in the near future.

MBOs FOR LESS SIDE EFFECTS FROM RADIATION

Susan writes: Wanted to share....my Benevolent Outcome.

I needed radiation for a skin cancer (30 treatments) and to drive 30 minutes each way to treatments.

I prayed for Benevolent Outcomes for a less severe side affects than they said. I'm happy to report the drives back and forth were smooth, incident free and the discomfort and blistering has been minimal!! Let the healing begin!

BPs FOR PATIENT, MBOs TO REMEMBER

Gabrielle from Melbourne, Australia writes: Thank you, Tom, with all my heart, for posting on your Facebook page my Benevolent Prayer (BP) request for Elma, a wonderful woman who is in hospital with pneumonia and blood clots on the lung. Several Angel believers said my BP. I requested a better hospital bed for Elma, for family harmony (there has been conflict, at her hospital bedside, causing her distress), for the best medical care for her, and a complete recovery.

Within a few hours of your having posted my BP request, Elma was allocated a quieter, much better bed. A day later, one family member observed one of the bullies, at Elma's bedside, bullying another family member. He stepped in and stopped the bullying. I hope the peace and co-operation will last. Elma is slowly improving but still at great risk. So far, so good—but a long way to go, and still a life that is in danger. I dearly hope she recovers as she is a wonderful woman, so generous and kind to her family and others.

After my request was posted, I also had the feeling of a cool breeze that wrapped me in love. It was beautiful. Maybe somebody sent me some healing. Thank you to the precious Angel believers who say Benevolent Prayers for others, and send healing love to others. Thank you.

I urge all readers to start saying MBOs and BPs for EVERYTHING. If I just forgot something I needed to remember, I say, "I request a Most Benevolent Outcome for remembering that, please, Guardian Angel, and thank you!" Always works. If I lose something, I request an MBO for finding it. Works 99% of the time. If I'm running late for an appointment, I request an MBO for the other person to be delayed until I'm ready. Works almost every time.

Bless everybody. Stay safe and never hesitate to call on the Angels for help. And Bless you, Tom, you are a living treasure.

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.

Interview with Tom

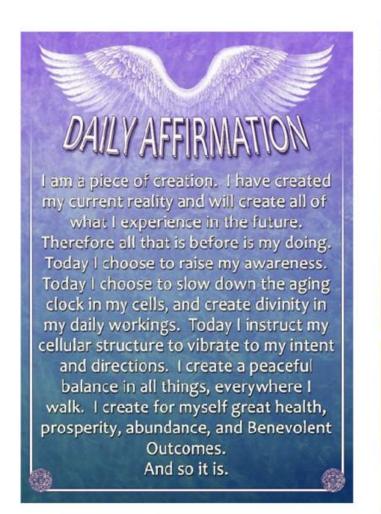


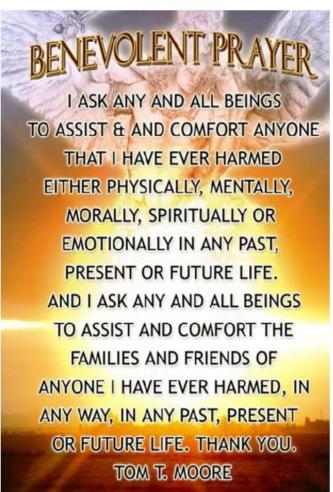
Link: https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s

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

What Time Is It? Looking At The Concept Of Time Through The

Hourglass Of Eternity By Renee Ranke



Time, what is it?

When I write on a subject, I like to provide a definition for what we are discussing. And when I looked for a definition of time.....I found a plethora!! According to the Oxford Dictionary there are six definitions of time as a noun, and three definitions of time as a verb! But for the purpose of today's discussion, here is the definition we are going with!

Time- the indefinite continued progress of existence and events in the past, present, and future regarded as a whole.

Okay, that is a great definition, but what does it really mean?

"The indefinite continued progress".....well indefinite is not clear right?

So if I translate, this says that time is the vague continued progress of existence itself. It also says that time takes events in the past, present and future and regards them as whole.

The nature of time has been discussed and argued about by some of the greatest minds throughout history. And, strangely, our concepts and ideas of time haven't changed much. Time can be viewed as cyclical; the belief that time is circular and infinite. There is no beginning and no end.

Or time can be viewed as linear, a line. We are working our way from point A to point B; with point A being the past, point B being the future, and somewhere in between them is the present.

Early Greek Philosophers believed that time was infinite, with no beginning and no end. Ancient Indian philosophy texts, such as the Vedas, stated that the Universe goes through repeated cycles of creation, destruction, and rebirth. This cyclical approach to time is still part of many eastern cultures today. The belief that, since time repeats itself, it is important to understand the lessons of the past in order to make decisions in the present.

Western cultures take more of a linear approach to time. Around the Middle Ages, Christian, Muslim, and Jewish philosophers began to veer away from the concept of infinite time. Creationists believed in a beginning of time (the moment that God created the world), it follows that there would be a definitive end to time...what they defined as the end of days or the apocalypse.

Maybe the truth is somewhere in between and what we perceive as time is a little of both, cyclical and linear.

Let's think about this. If you start walking today, just walking in a straight line...and you keep walking...your path will look linear. Right? Your starting point is behind you, there is always something in front of you and you, yourself, are somewhere in the middle.

But if you just keep walking, and walking and walking, eventually you will end up where you started from. What was your starting point is now your destination in front of you and what was your destination is now behind you.

So maybe time looks linear as we traverse it, but in theory it truly is cyclical.

An interesting version of cyclical.

More like semi-cyclical?

Many of the ancient cultures that held to the cyclical concept of time believed that things repeated. They looked to the stars and the seasons to prove that. Every year spring always follows winter. Everyday morning always follows night.

But it feels like something is missing there.

No two springs look exactly alike.

No two sunrises are the same.

Every new season is a little bit different than its previous version; each day unique.

Let's go back to our walking analogy.

When you got back to where you started from, you wouldn't be back exactly where you had been. According to Google it would take 347 days of nonstop walking to walk around the world.

In those 347 days, things will have changed.

Trees will have fallen.

Plants will have died and new ones grown in their place.

Your feet will never fit back exactly into your original set of footprints.

So maybe that is what we are looking for to define time? Time is something that looks like it is linear when you are in it, but actually functions in a semi-cyclical way?

As I puzzled through this, I asked for some guidance and I received this answer, in my Team's unique fashion, "Time is no".

Okay, thanks!!!

"Time is no"....does that make it cyclical or linear? Well.....hmmm......

I did some research and found an Awaken.com article from February 2018. The headline read "Time is NOT real: Physicists show EVERYTHING happens at the same time" the article states, "TIME is not real - it is a human construct to help us differentiate between now and our perception of the past, an equally astonishing and baffling theory states. The concept of time is simply an illusion made up of human memories, everything that has ever been and ever will be is happening RIGHT NOW. That is the theory according to a group of esteemed physicists who aim to solve one of the universe's mysteries."

Sounds like we are making great strides in the study of time.

Or are we?

We said that the early Greeks believed in a cyclical concept of time. But Greek philosopher Antiphon the Sophist theorized, in the fifth century BC, that time was not a reality. But, instead was a concept or a measure, not a substance. Really not a huge difference in the "astonishing and baffling theory" of physicists in 2018 and the equally baffling and astonishing theory of the fifth century BC!!

"Time is no."

As Antiphon the Sophist theorized, time is not a substance.

You can't touch time.

You can't hold time.

Heck, it's even difficult to find one definition for time.

So maybe, when I received the message, "time is no", that really is the truth.

Could it be that time is a human construct?

It makes sense that while we are here walking this human path, we needed some way of being able to judge where we are on that path. And so, here comes the need for the concept of time.

If the physicists highlighted in the 2018 article are correct when they say that "everything that has ever been and ever will be is happening RIGHT NOW" then that would mean that the past, the present, and the future all actually exist at the same time.

Mind-blowing?

Not really. Let's think about it.

Maybe the past and the future both exist in the now because we carry them with us.

We carry the past with us so that we can access it as a tool to help us find answers to problems that we are experiencing today.

Or, we carry it with us as our version of a 'whip' to continue punishing ourselves for what we perceive as our mistakes.

Or we wield the past as a shield because we are comfortable with where we have already been. Change is scary, it is easier to keep doing what we've already done because we know the outcome

We carry the future with us as a shining bullseye that we can aim ourselves towards.

Or we view it as some kind of scary cliff up ahead that we hope never to encounter.

We carry the picture of where we want to be or where we don't want to be. Whether it is later today, tomorrow, next week, ten years from now.

The past and the future, they really aren't so blurry. They are pictures and memories, ideas and goals that walk with us in the now.

Is that what time is?

Something that doesn't really exist.

Something that we have created to house our concept of where we are on our human journey.

Something to mark those important milestones.

Important milestones like the day you were born.

Birthdays. This might be a good time for me to tell you the story of the worst birthday I ever had.

About two weeks before my 25th birthday someone casually mentioned to me that if I lived to be a hundred turning 25 meant that a quarter of my life was over.

In came the gray clouds.

That casually uttered statement hovered over me for the next two weeks and far beyond. After all, I was pretty sure that I wasn't going to make it to a hundred-years old, so that meant that more than a quarter of my life was over.

I was only twenty-five and thanks to that comment, I was already figuring out how little of my life I had left!

It was right around that time that I came up with what I considered to be the greatest theory of my young adult life. Antiphon the Sophist had nothing on me.....I had discovered something truly important about time!

My great revelation? That time was God's joke on mankind.

After all, when you are a child it seems to take years to get to your next birthday or to Christmas or to that trip with your family to Disney World. Then you get older. And the older that you get the faster time starts moving. It can't already be Christmas again, didn't we just celebrate that last month? The more time you have the slower it goes, the less you have the faster.....??? Monday morning we are wishing for Friday and by Monday afternoon it suddenly is Friday. Then before you know it, the weekend is over and it is Monday morning again.

I had the vision of this great divine power laughing and saying "well isn't this what you wished for when you were 5?".

If time is something measurable, then how is it possible that we can experience the same amount of time differently during different periods in our life?

Hmmm....

How do we measure time?

Ancient cultures used sundials, obelisks and water clocks. In the Middle Ages they invented the hourglass. Today we have clocks and watches and many of us use our phones to keep track of what time it is.

We measure time in seconds, and minutes, hours and days, weeks and months and years. And yet has anyone ever noticed that time moves differently for different people.

What seems like minutes to me, may seem like hours to you.

A quote, credited to Albert Einstein as a simplistic way to explain his theory of relativity, states "Put your hand on a hot stove for a minute and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute."

A 2011 New Yorker profile on David Eagleman, a professor of neuroscience who studies time perception, states "The more detailed the memory, the longer the moment seems to last. 'This explains why we think that time speeds up when we grow older,' Eagleman said -- why childhood summers seem to go on forever, while old age slips by while we're dozing. The more familiar the world becomes, the less information your brain writes down, and the more quickly time seems to pass."

If Mr. Eagleman is right, then the key to time slowing down is not about putting your hand on a hot stove. It is about being present in the here and now. Actually paying attention to each moment and experiencing each facet of its uniqueness. It is about not living in the past or pining for the future, it is about learning and growing and keeping yourself engaged in what is right in front of you, no matter what your age.

So maybe that is the true answer to what time is.

Maybe the truth is that we, as humans, are the ones who are in control of time. If we invented it, or constructed it as a unit of measurement, then we certainly have control of how it manifests.

It really doesn't matter if you see time as cyclical or linear.

It doesn't matter if you believe time exists or doesn't exist.

It doesn't matter if you think that there are distinct lines between the past, present and future or if you believe that they are all merged together and happening at the same time.

What matters is that you understand that you have control of how you experience time.

When I turned twenty-five a quarter of my life was over. Now I am in my fifties and I feel like my life has just begun.

The secret to time is that it is about making the most of the moment that you are in.

This one right here.

It is all about your perspective on whether your hourglass is half empty or half full!

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

Renee's website: www.reneeranke.com

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

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

Renee's Video



Link: https://www.youtube.com/watch?v=KoRMow7eOck

Janus and January By Ellie Blair



In ancient Roman religion and mythology, Janus was the God of gates and doors. The ancient Romans had a specific God who held the key, so to speak, to the metaphorical doors or gateways between what was and what is to come—the liminal space of transitioning out of one period of time and into something new.

Who is Janus?

It seems the ancient Romans had a God or Goddess for everything: Poseidon, God of the sea; Venus, Goddess of love and beauty; and Apollo, God of the sun. (Just to name a few. Other well-known Roman Gods include Jupiter, Saturn, Mercury, Mars, Neptune, Orcus, Ceres, Juno, Luna Diana, and Vesta.) And then there's Janus, a lesser-known God, but arguably one of the most important.

In Roman mythology, Janus was the God of doors, gates, and transitions. Janus represented the middle ground between both concrete and abstract dualities such as life/death, beginning/end, youth/adulthood, rural/urban, war/peace, and barbarism/civilization.

Janus was known as the initiator of human life, transformations between stages of life, and shifts from one historical era to another. Ancient Romans believed Janus ruled over life events such as weddings, births, and deaths. He oversaw seasonal events such as planting, harvests, seasonal changes, and the new year.

According to Roman mythology, Janus was present at the beginning of the world. As the God of gates, Janus guarded the gates of heaven and held access to heaven and other Gods. For this reason, Janus was often invoked first in ancient Roman religious ceremonies, and during public sacrifices, offerings were given to Janus before any other deity. In fact, there is evidence that Janus was worshipped long before many of the other Roman Gods, dating all the way back to the time of Romulus (the founder and first ruler of Rome).

And if you've ever wondered how the month of January got its name, you have Janus to thank. As the Roman God of beginnings and transitions, Janus is the namesake of January, the first month of a new year.

Why does Janus have two faces?

What is unusual about the God Janus is his iconic image. As the God of transitions and dualities, Janus is portrayed with two faces—one facing the past, and one facing the future. He also holds a key in his right hand, which symbolizes his protection of doors, gates, thresholds, and other separations or openings between spatial boundaries. In ancient Rome, the symbol of the key also signified that a traveler has come to find safe harbor or trade goods in peace.

Who is the Greek God of doors?

While most Roman deities have an equivalent in Greek mythology, there is no Greek God that serves as Janus' counterpart. This can cause some confusion, leading people to wonder if Janus was a Greek or a Roman God. Greek myth does contain a character similar to Janus: Orthus, a two-faced dog. Similar to Janus, Orthus has one face looking to the past and one to the future. However, he didn't have the same significance in ancient Greece as Janus did in ancient Rome.

How do you protect your doorways or honor transitions?

Though the traditions and worship surrounding the Roman God Janus were practiced long ago, similar practices endure today. Many Jewish homes, for instance, display a Mezuzah on the doorway, following the commandment to "write the words of God on the gates and doorposts of your house." Similarly, Christians often display a cross above the entrance to their home, and Muslims have specific rituals and greetings for entering a mosque. If you're nonreligious, perhaps you display a meaningful photograph, picture, or symbol near your front door—a positive image or token that greets visitors to your home.

Because events like season changes, a new year or month, birthdays, births, deaths, marriages, and even starting a new job are, in a sense, doorways between the past and future, it's beneficial to honour them: Reflect on what you've experienced, plan and set goals for the future, celebrate change and transformation.

January is a beautiful month. It marks a beginning, an end, a transition. Here are some dates of note celebrating folklore of ancient times in Great Britain.

January 1

Hogamany New Years Celebration Scotland

It is believed that many of the traditional Hogmanay celebrations were originally brought to Scotland by the invading Vikings in the early 8th and 9th centuries

Mummers' Plays and Sword Dancing Northumberland & Durham

Traditional masked mimes dating from the 15th century in which a character is killed and then brought back to life, signifying the death of the Old Year and rebirth of the New Year.

January 6

Twelfth Day

The twelfth day after Christmas Day and the Old Calendar date for Christmas Day.

January 13

St. Hilary's Day

Traditionally known as the coldest day of the year.

January 17 Wassaling Orchards Carhampton and Roadwater, Somerset Takes place on the Old Twelfth Night, when the wassailing party enters the orchards with a goodly amount of cider with which toast the trees and thus encourage a fruitful season. The purpose of wassailing is to:

Encourage the spirits to ensure a good harvest Awaken the cider apple trees after their winter dormancy Scare away evil spirits

Connect people more closely to nature and the turning of the seasons.

Last Tuesday In January Fire Festival Up Helly Aa. Lerwidk, Shetland Scotland Held every year to celebrate the end of Yule. Over 900 colourfully dressed "guisers" follow the Jarl's squad of Vikings and their longship through the darkened streets of the town to the burning site. Here the official ceremony ends in a spectacular blaze as 800 flaming torches are thrown into the galley.

About Ellie Blair: Ellie Blair has been walking the path of spirituality for over 35 years both in her personal and working life. She is a Reiki Healer, Massage Therapist, Writer, Life Coach, and Published Author. She studied Social Psychology before entering the world of Alternative Medicine/Holistic Healing and Wellbeing. This opened the doors to what she regards as her "Life's Journey". She lived in Taos, New Mexico for 12 years where part of that life changing time was spent working at the World Heritage Native American Taos Pueblo with the Red Willow Tribal People. She aspires to use her healing gifts and writing skills at every opportunity for the Spiritual Growth and Wellbeing of others. She continues on her path of learning and personal growth, working always from a place of gratitude and integrity.

Ellie's Facebook: https://www.facebook.com/ellie.blair.94/

The Shiny Pen: Taking Responsibility For Our Emotional Clumsiness

By Barry & Joyce Vissell



For a relationship to be healthy, whether lovers, friends, or family, both parties need to be willing to take responsibility for their own part when there are hurt feelings. This is sometimes very difficult to do. It is always easier to see the other person's fault than your own. If you're angry or defensive in a situation, look deeper and you will find your part. The following very humbling story illustrates mutual responsibility:

Joyce and I were in Maryland to lead a workshop on "living from the heart." It was Saturday morning, and we had about an hour before our host would be driving us to begin the two-day workshop. We love to go for walks, and so we left for a nearby park. We found a trail wide enough for us to walk side by side. The conversation was light at first, but then Joyce started talking about an incident in her childhood. She was remembering something painful and, unknown to me, tears came into her eyes while she spoke.

At that exact moment, I noticed something shiny on the ground and, without thinking, stopped to pick it up. In the few seconds it took to clean off the dirt and see that it was only a shiny, but not particularly valuable, pen, Joyce had fully entered her vulnerability. She needed me to comfort her, and stopped and turned to the side to let me know this, but I wasn't there! She turned back and saw me rubbing something in my hand.

By the time I approached her, and before I had the chance to explain why I had stopped, she felt hurt and abandoned at such a delicate moment, and made these feelings known. I immediately got defensive. In the next few minutes, we quickly devolved to a very low place of blame and anger. It's humbling to admit that, with all our training, experience, and even love, we still can get so triggered that we occasionally act like belligerent children.

Unfortunately, that's how we arrived back at our host's house, minutes before we needed to leave for the workshop. Although we were not actively arguing in front of our host, we were both closed down emotionally.

We got into his car and were backing down his driveway when he suddenly stopped and noticed something on the driveway in front of his car. Unbelievably, he said, "It looks like there's a pen on the driveway. Do either of you want it?"

"NO," I nearly shouted with perhaps a little too much vehemence. Our host looked somewhat surprised at my reaction before he resumed backing out of the driveway. Perhaps he was having second thoughts about these two workshop leaders from California.

It was a workshop leader's worst nightmare. Joyce and I arrived completely shut down to each other. We managed somehow to say a few welcoming words, then quickly paired everyone up with instructions to talk about why they were there. The two of us found a vacant spot on the floor, sat down facing one another, feeling tremendous pressure to work things out so we could lead the workshop. People were paying us to lead a workshop, not to be an incompetent mess. It was painful to see the occasional questioning and concerned glances from participants.

After about twenty minutes of trying, we finally were able to communicate the hurt behind the anger: Joyce's feeling of abandonment and my hurt from being accused of abandoning her. I was then able to apologize for not being aware of her vulnerability when I stopped to pick up the pen. I also apologized for my lack of appropriate communication. I could have said something like, "Joyce, there's something shiny on the path. Give me a moment to check it out." And Joyce was able to apologize for not making sure she had my attention to hear her vulnerability, rather than assuming I knew her condition. The moment we both took responsibility for our own parts of the conflict, the storm was over. Smiles popped up on both of our faces. Love crept back into our hearts. We held each other in an embrace of gratitude.

Now we owed an apology as well as an explanation to the group. We called everyone back together into one group and told them what had happened to us that morning. We apologized for our condition, and for taking up valuable workshop time for our own process. We did not expect, however, the response from the group. Several of the participants were very aware of our conflict. They felt it rather than understanding the details. People were grateful for our honesty and vulnerability. Some shared their pain of growing up in homes where blame and anger were the rule, and nobody ever took responsibility. One person said, "This is the best role-modeling I have ever seen in my life. I've gotten my money's worth out of the workshop in less than an hour. I can go home now." Everyone laughed.

If you take responsibility for your own actions, or even lack of actions, rather than blaming someone else, you become a powerful person. Insist upon your innocence when you conflict with someone, and you become weak. Insist upon your victimhood and you become even weaker.

Taking responsibility is not about blaming yourself or labeling yourself a bad person. It's not about guilt or shame. You take responsibility best by seeing yourself as a good person who has made a mistake. In fact, you are a beautiful divine being having a human experience. Knowing this truth, it becomes easier to take responsibility for any mistake – admit it – and then come back to love.

Join Joyce and Barry Vissell on a one-time-only 7-day couples retreat combined with an Alaska cruise June 6-13. Shared Heart Couples Alaska Cruise.

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

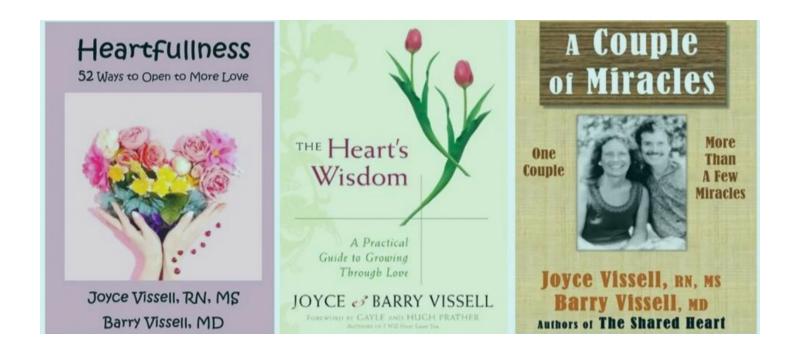
Joyce & Barry's Website: https://sharedheart.org/

Barry & Joyce Vissell's Video



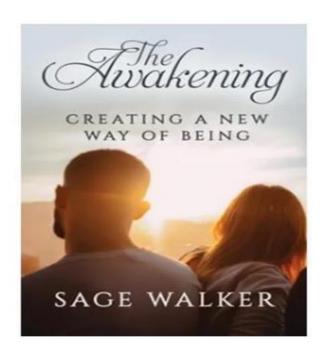
Link: https://www.youtube.com/watch?v=8NID-fNfdFM

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/Boo1K8JARo?ref = dbs p ebk roo abau oooooo

Sage Wisdom By Sage Walker



I Detach Myself From Pain

I have lived and seen anger, fear, depression, Hopelessness, bitterness, and withdrawal from a life worth living. These have addictive power and easily increase. Once you start down that road it is very difficult to stop. Take back your *power*.

Realize you are a powerful force greater then any human experience. Know you have the choice and strength to walk a different path.

The emotions can feel like its all you know

And comforting because they are strong and addicting.

They help us to feel strong but they push life away from us.

They are usually what was taught to us by people we did not like.

This gives them or the situations control over us.

Choose to move beyond that which has had control.

Be the powerful person you are

And walk forward into the unknown because you can.

Let no one hold you in a place of fear or pain.

They are not the source of power, you are.

Life is sometimes a challenge which we need to move beyond.

Bring freedom into you life

As it is the result of taking control and changing your life.

~By Sage Walker

About Sage: She is a retired county nurse, is a Master IET Instructor, Spirit Guide Communicator and ordained minister. She has an office at the ONE Wellness Center at 2349 Monroe Avenue Rochester NY. She offers classes and private sessions. You can contact her at 585-317-4374.

Sage's website: https://www.theangeliclink.com

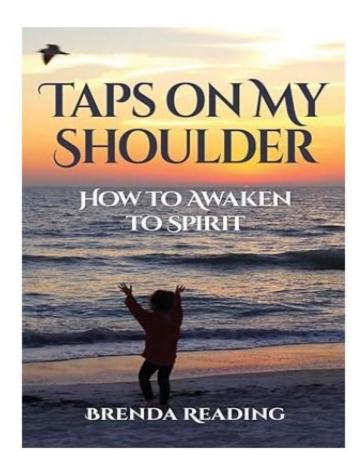
Interview with Sage



Link: https://youtu.be/v9AzKAJx7Lg

ROC Metaphysical Book Review

Taps On My Shoulder By Brenda Reading





Find her book on Amazon at: https://www.amazon.com/Taps-My-Shoulder-Awaken-Spirit/dp/1662938098

Learn more about Brenda her website: https://www.brendareading.com/about

Find out about her online podcast and classes on Facebook:

https://www.facebook.com/brenda.reading62

*** Editor's note. I met Brenda a few years ago at an event where she was providing psychic mediumship readings. While chatting I learned she's a registered medium at Lilydale, a spiritualist community in Western NY. In the interview you can see below she explains that she didn't always know she had spiritual gifts and only started understanding what she could do in her 20's. Brenda became aware that she was getting "Taps" from spirit but there wasn't info around to help her find the answers. Years later after taking classes and now can teach others. She put her book together to help others that may also want to understand their gifts. Learn more about her and her book in the video below.

Do you hear strange voices? Do you see odd visions? Do you experience unbelievable synchronicities?

The author collects actual life experiences to introduce the reader to the amazing world of natural psychic, intuitive, and spiritual senses. This compendium of spiritual knowledge will intrigue, inspire, and encourage the reader to reflect on life, awakening spiritual gifts in a thought-provoking manner.

Enjoy heartfelt and insightful stories as the author shepherds you on your journey to enlightenment!

Interview with Brenda



Link: https://youtu.be/k X9HLlUx1c

Reconnecting With 'The Nurturer' This 2025 Being So Good To You Starts Now!

By Christianne Asper-Contant



Despite the initial triumph of vanquishing the avalanche-sized sneezes, sore throat, and achy, feverish body, a newfound dry cough emerged.

As much as I recognized that the farewell to my winter bug was premature, I still wanted to will the unwelcome visitor away from my lungs.

My internal dialogue went something like this: "Do I have the energy to peel and grate fresh ginger right now? And where did I put that dang frankincense I need right now to steer away this cough?"

Finally, I trudged out of bed in search of my time-tested remedies.

That waning stage of a bug's grasp got me reflecting on the deeper nourishment taking place here.

As I sipped on my cup of ginger, pippali, and honey potion, I recalled a phase of my life when the blueprint to well-being was missing from sight. I'd spin my wheels in search of the breadcrumbs that would lead me back to the track I'd deviated from, only to find myself in exhaustion and despair. Yes, a time when my bloody efforts would lead me further off track.

Going from this frustrating state of confusion to the receptive, and more clearly guided path I walk today has been extraordinary. So magical that it has brought me to my labor of love — The work I've had the privilege to share with others for over two decades.

I could say lots about this transformation.

But for today, I'll do my best to highlight the key point.

Here we go:

What if I tell you that doable acts of being good to yourself will ultimately reveal "how to do your well-being well?"

Will this be useful information?

Hmmm...

If this statement makes sense in your head but that is where it stays, nothing will change, right?

Back when I was confused about how to take care of me, it was mostly because I was stuck in this place. In other words, it was not as much that I did not know what to do, but that I would not do what I knew.

Say a natural remedy to help ensure that a nasty germs o not overextend their stay would timely find its way to me. The more simple it seemed the more I'd take it for granted. To justify my neglect, I'd search for something grander, more sophisticated. There were also those times when I lacked the motivation to follow through with the simple tasks because I was that burned out.

What changed?

Living from this mindset became too costly.

From severe physical pain to lack of sleep, the heavy weight of this wear and tear became unbearable.

This, in essence, is what awakened me to walk my un-chartered territory. The path of getting to know 'the nurturer' in me. Being generous to others had been with me from my earliest memories. As much as I knew 'the nurturer' from this perspective, in a more intimate sense, she felt so unfamiliar.

Over time, I became more curious about what being good to myself might look and feel like. Little by little, a relationship with what restores, replenishes, and sustainably re-enlivens started to take root. As I look for a common denominator in the variety of ways that I help others, it is this very curiosity about bringing 'being good to oneself' to the next level, that I spot the brightest.

When a mother of toddlers comes to me because she wants to recalibrate more easily, this is what she finds on her way to cultivating a mini daily routine of slowing down.

When a teacher comes to me to learn Ayurveda so she can better teach yoga, what she finds is something similar, although the approach is different. While "honing in" on a specific ancient tool that she is so eager to give away, she recognizes that its greatest value comes when it circles back to her.

Now, what might being so very good to yourself today entail?

If you find it difficult to answer this question, consider bringing your friend named Curiosity along for this ride:

What one thing can you do consistently in the coming year that will help you move in the direction of the nurturer in you?

Thank you for reading!

Warm wishes for a nourishment-filled New Year! Christianne

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

Christianne's unique approach empowers individuals to navigate life with lightness, grace, and resilience by addressing their overall well-being, including physical, emotional, mental, and spiritual aspects. Her credentials include being a Clinical Ayurveda Specialist since 2003, certified by The California College of Ayurveda. She has studied under renowned teachers like Dr. Vasant Lad and Dr. David Frawley (Pandit Vamadeva Shastri).

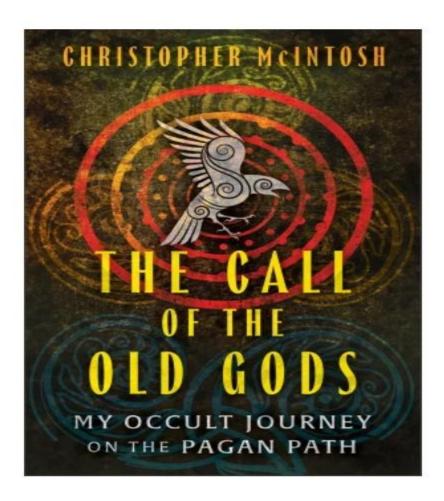
Additionally, Christianne is a certified Yoga Teacher with specializations in Ayurvedic Yoga Therapy, Yoga Nidra, Relax and Renew®, and Advanced Teacher Training. Before transitioning into the wisdom sciences, Ayurveda and Yoga, she spent over a decade as an ACE-certified Health Coach after completing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

Christianne's Website: https://well-beingcompass.com/ Contact Info: https://linktr.ee/wellbeingcompass



Link: https://youtu.be/vIKmJYKkVeo

ROC Metaphysical Book Review



In this book—part memoir, part meditation—scholar and pagan practitioner Christopher McIntosh recounts the personal quest that led him to paganism. He provides insight into the pagan world as a field of study and a system of practice, illustrating how forming stronger connections with the world can awaken the magic within.

- Examines the rise of Paganism in Europe and the U.S. from the late twentieth century
- Explores numerous pagan and esoteric practices, including Stav (a form of Nordic Tai Chi), sacred gardening, breath work, and many seasonal rites, rituals, and ceremonies
- Includes rare personal accounts of the author's friendships with pagan luminaries and occult scholars For millions of people, the spiritual journey is focused on a God in heaven. But what if the answers we are seeking lie in the re-enchantment of life? In this illuminating work—part memoir, part meditation—scholar and pagan practitioner Christopher McIntosh takes readers on the deeply personal quest that led him to paganism, illustrating how forming stronger connections to the world around us awakens the magic that lives within us.

There was a time when McIntosh believed that a spiritual path should fulfill four centers: the soul, the mind, the heart, and the belly. He later discovered, however, that there was a fifth component to this mystical equation: the feet. The land on which we stand and to which we feel a profound relatedness is the key to wholeness and inner peace. These subtle but significant realizations about connection to the

land and nature inspired McIntosh and ultimately led to his following of what he calls "the Fivefold Path." He also recounts pivotal meetings with pagan luminaries and important figures from esoteric scholarship, the arts, and the occult renaissance of the twentieth century, including Colin Wilson, Joscelyn Godwin, Keith Critchlow, and Nicholas Goodrick-Clarke, as well as offers an evolving portrait of the occult scene of the late twentieth century.

Woven throughout with examples of seasonal rites and rituals, reflections on sacred gardening, and the practice of energetic breath work, as well as a deep dive into Stav, a form of Nordic Tai Chi, this book provides valuable insight into the pagan world as both a field of study and a system of practice.

Find the book at Inner Traditions: https://www.innertraditions.com/the-call-of-the-old-gods

Christopher's Video



Link: https://www.voutube.com/watch?v=iejvTTDg1ls

Tarot Tendencies For January By Doreen Scanlan



It is a new year and we are being asked to look at it from a new perspective.

Don't carry anything into the New Year that will hold you back. Set your sights on meeting new people and starting new relationships. You may also want to reconnect with that creative side of you that you set aside because you got too busy. Part of establishing those new relationships is learning to give from your abundance. Whether that abundance is time, money, wisdom or affection.

When you don't hold those things back you benefit also from the joy of giving. If you are a giver focus on becoming a better receiver so others can feel the joy of giving too.

You might also think about reaching out to community organizations that could use your help. Lots of people like to help around the holidays but make themselves scarce for the rest of the year. There are people in need year round.

Remember how you have been blesssed and do what you can to see that others have things to be grateful for as well.

Doreen

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

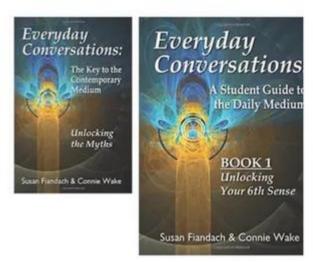
Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to provide a general monthly forecast to help everyone understand the tone of the month. If you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

Interview with Doreen



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

Thoughts...For The New Year By Connie Wake & Susan Fiandach



"A Useful Thought...a Joyous Thought" -Mo Gawdat

In a recent Facebook Reels video, Mo Gawdat talked about handling the voices in his head. He refers to the brain's function of solving a problem and then "voicing" it as a thought to be expressed, acted upon, etc. He also recounted a tragedy in his life where a negative thought was rolling around and bubbling up in his awareness constantly. He then decided to give his brain a job, telling it to only produce a "useful thought" or a "joyous thought." He noticed his negative self-talk was reduced, and thoughts that aligned with his best self became more numerous.

Can this be applied in psychic-mediumship?

We believe YES...both "yours" and "ours"...let's see:

Yours...as the everyday person...We can explore and engage the 6th sense as the inner voice that can provide the insights of the soul, thoughts of clarifications, and steps to take, etc. Sometimes the 6th sense voice gets wrapped up in the "other" voices...aka self-talk...as we hear as doubts, fears, negative past judgements, etc. bubbling up from the sub-conscious. Mo Gawdat has purposely directed his brain to only present two types of thoughts...one that can be useful in life or one that can provide a joyous feeling. With intention, our 6th sense can be intended to be of good, positive experiences that help clarify and guide us. The more this is done, the easier it is to hear the good stuff and experience good vibes.

Ours...as in the service of psychic-medium readers...Readers can, and ideally so, intend to voice the information received as thoughts to be useful and/or joyous expressions. Whether the reader receives the information through seeing an image, hearing, feeling, tasting or "just knowing," the thought of it is interpreted and expressed to the client. This aligns with the reasons for psychic-medium readings to provide insight, validation, and comfort. With this nature of intention in a framework of empowerment and authenticity, readings are then naturally positive, uplifting, and purposeful for the benefit of the client.

The intention of managing our self-talk as positive and good allows opportunity for empowered living. The 6th sense, including empathy, can reap positive benefits when simple but strong purposes are engaged, such as usefulness and joy.

Take your 6th sense to the next level, and have a wonderful new year!

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

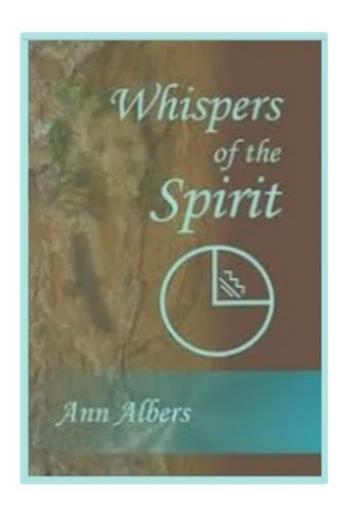
Connie & Sue's website - http://www.PurpleDoorSoulSource.com

Interview with Connie & Susan



Link: https://www.youtube.com/watch?v=6DdLY2dsjo

Peace from Within & What Happens in Vagus... By Ann Albers



Hi All,

Today, the angels talk about finding the peace that nothing can take from you. I'll share some down to earth science about how to create it using easy physical "hacks" and how that helps us connect more deeply. Tips included as always.

Have a blessed & beautiful week:)

♥ Ann

Message from the Angels

My dear friends, we love you so very much,

Peace, dear ones, begins within. It goes without saying that there are external conditions that help you find peace more easily and conditions that challenge you to dive deep and find it within. Nonetheless, peace starts within your mind and heart.

As you learn to practice peace, you will be guided around chaos or be able to walk through it with grace. As you learn the frequency of peace, your mind opens to new possibilities, your body is allowed to heal and recalibrate as it is designed to do, and you feel more connected to your spirit, whose frequency is

always one of peace.

Peace comes from feeling so connected to the Source that you trust your needs will be met and that you will be guided in grace. Peace comes from feeling the love of the Creator flowing through you to those you care about. Peace comes from knowing your own ability to attune to love and, therefore, to call to you an experience of love in your outer life.

If you wait for external conditions to make it easy for you to feel peaceful, your peace will be sporadic at best. One moment, the birds might be singing, and the next, a siren is blaring. One moment, you're feeling caught up on your bills, and the next, something needs repair. One moment, you're basking in a compliment, and the next stewing over a criticism. Waiting for external conditions to help you feel peaceful is giving your freedom up to the outer world.

Instead, dear ones, when something unsettles you, take a deep breath. Shut your eyes. Sit down if you like and imagine relaxing in the expansive love of the Source or in the arms of your angels. Take a moment to feel us with you and to reaffirm that we're here. God is here. Guidance is here for you. Breathe deeply. This helps you in two ways. The first is that it calms your biology. The second is that we can reach you more deeply in your more deeply peaceful spaces.

Tell yourself truths:
God is with me.
My angels are with me.
If I tune into what feels like peace on a regular basis, I will experience more peace.
I know how to tune.
There are moments in life that have felt peaceful.
I can recall them.
Mm. Better....

Dear ones, we know your world appears so chaotic, and so many feel at odds, but deep down, you all want peace. Even those who want war are waging war to bring themselves an illusory peace. You can have the real thing, however—the peace that surpasses understanding, the peace that beings from the inside out, the peace that nothing and no one can take away from you. And in this peace, your life will evolve in a far more peaceful flow than if you seek it from the outside world.

God Bless You! We love you so very much.

-- The Angels

Message from Ann...

Hi Everyone,

Years ago, when I had just learned about ice baths, I started going in my pool in the winter. I'd take a breath, walk up to my neck, and stand there breathing slowly and deeply to relax so as to allow my body to do what bodies do in cold water. Capillaries near the surface of the skin squeeze shut to preserve internal warmth, and pretty soon, I felt like a watermelon in a rind, feeling the cold surface but also sensing a peaceful comfort within. I opened my eyes and was carried away by the beauty. The morning winter sun was making the sky a crisp crystal blue. The palm trees rustled in the cool breeze, and the

birds were singing happily.

I got carried away and stayed in too long. I know better. Around the ten-minute mark, I started to feel light and euphoric, and every guidance warning bell within went off. "Get out now!" It was had to ignore the bliss, but I listened to my guidance, went inside, and hopped in a warm shower. I was insanely curious. What was that feeling I had felt, almost as if I hovered between worlds. I googled and searched until I read an article about the vagus nerve. This was way before TikTock'ers, and Tubers made it a household word.

For those of you who don't know, the vagus nerve runs from the back of the neck down the spine and touches every major organ bundle. Known as the "rest and digest' nerve, it helps the body relax after a period of stress or danger. It works by signaling the body that you're safe, thus ending the "fight or flight" response. You can consciously activate your vagus nerve by using time-tested methods of relaxation such as slow, deep breathing, moving, or humming. These activities stimulate the vagus nerve by causing subtle vibrations at the back of the throat, which trigger it. Likewise, a cold compress applied to the forehead sends signals down the facial nerves that then trigger the vagus nerve, thus making this old wife's remedy medically sound.

While it might sound odd that my body thought it was safe in ice water, I had trained myself into such calm, that I felt completely embraced by all the world around me, and was guided in perfection. The moment my body signaled it was time to get out, I knew it. There was no fear, only peace and flow. In that state of connection there was simply knowing what to do when.

A dear soul just sent me an article talking about how birdsong also stimulates our vagus nerve because birds only sing when safe, as well relaxing sounds stimulate auditory pathways that trigger the vagus nerve. For you cat lovers, purring kitties do the same, sending out sounds in a frequency range of 25 to 150hz, which has been shown in some studies to help heal and relax humans.

The more you practice any of these activities, the more you develop vagal tone. Just like exercise strengthens your muscles, practicing any of these things makes it easier to stimulate your body's natural relaxation response. The more you practice when it's easy, the easier it is to relax in stressful situations, whether that is an ice bath, an unsettling conversation, or the shock of losing a loved one.

When you add angels, the relaxation deepens because they add the frequency of unconditional, unabashed love to the mix. In a relaxed state we are more open to this energy. In relaxation we create a more coherent state in the body. Think of it as emitting waves that are nice and orderly vs. chaotic waves that might look like what we see on an earthquake graph. In these peaceful waves, the peaceful waves of spirit can intersect more easily with our own, and thus, the angels can enter our field more easily and help attune our energy more easily. As well, you can "pick up" your guidance more easily on a clear channel vs. one plagued with static.

The bottom line to all this is exactly what the angels are saying — peace starts from the inside out, not hypothetically, but in your own body's wiring.

You can practice your way to peace. I've trained myself to trip my vagus nerve at will. I started sitting in a chair, taking a slow breath in and boringly slow breaths out until I felt my body relax. I practice singing happy songs when stressed. (You don't need a good voice, by the way - I'm living proof!) During covid, at the request of a Hindu saint whose work I highly respect, I did thousands of mantras a night, chanting repetitive sounds which also triggered the vagus nerve (and set up a beautiful spiritual

vibration).

Now, when something bothers me, I take a big breath in, followed by a deep, slow breath out, and I can usually calm down quickly. Often, it is useful. Sometimes, it is just plain fun. A few weeks ago, during a family visit, I was chatting about a friend we all knew and loved. I was in a very practiced, calm state when, without warning, I felt my friend's presence come into my field. He offered healing energy through my hands for the benefit of a family member. We were both so relaxed that when a comet of light flew through the family room between us, we both knew it was him "streaking in spirit" to show off a little bit! These things are all accessible in a relaxed state of being.

Best of all, you have the tools at your disposal to be at peace even while the political climate is intense, when war makes the headlines, and when various situations throughout the day wobble your good mood.

Here are a few pointers to help you keep, or regain, your peace

1. Tone your vagus nerve

Practice breathing in slowly and expansively, then out as boringly slowly as possible. Repeat until you feel yourself relax.

Sing happy songs or hum frequently

Om or chant for a few minutes. While traditional mantras have additional benefits, you can make up your own and chant it. "I am love. I am love..."

Listen to birdsong for a few minutes. There are additional benefits if you can put your feet on the earth, feel the fresh air, and listen, but if not, play a YouTube video with birdsong.

If you're a cat person, listen to the purring of your cat or even a video or sound recording. By engaging in any one of these activities regularly, if only for a few minutes a day, you train yourself to the relaxation response and have a new practice at the ready when you really need the peace.

2. Create your Happy, Peaceful Space

Think of somewhere you've been (or imagined) that feels incredibly peaceful to you, and imagine it. Imagine how you feel there.

Years ago, in my twenties, I stayed at the home of a colleague and his wife when I was traveling for business. They put an air mattress loaded with soft quilts by the fireplace, which cracked all night. A gentle rain fell, making soothing sounds outside the window. They brought me steaming hot tea as I awakened to the cool, moist morning air. It was pure peace.

Likewise, I recall times as a child when, in Autumn, we walked up the Stony Man Mountain trail in the Blue Ridge Mountains and sat on the granite top. In silence, we watched the mists and sunlight alternate, creating a light show of brilliance and shade on the jewel-toned forests below. Again, pure peace.

If you don't have a memory like this, make one up or do something to create one. You can sit in the plush lobby of a five-star resort and read if that is your peace. Maybe you find peace walking on the beach or cuddling with a loved one. Perhaps you sit in silence and meditate or pray or listen to a beautiful song.

Whatever it might be for, try to find (or make) a memory or an imaginary space where you can feel pure peace. Go there often in your mind.

3. Create a Peaceful Reminder

Choose a phrase that reminds you peace is always available. Whether you post it around the house, have the phone give you a reminder, or simply say it often, it will help you reprogram for peace. Ideas include: "The universe has my back." "All is well when I rest in the arms of the Divine." "My angels are with me." "God is still God." Make it something that soothes you.

A peaceful reminder helps you remember that peace is always there—waiting for you from none other than the Source who loves and adores you.

We are living in wild times but also exciting times. The contrasts that stimulate creation are huge. The chance for us to really practice (and see the results) of living from the inside are everywhere.

It is the lightworker's time to shine—literally, to shine the light of love. It is time to live in the soul's truth—that in the arms of the Loving Source, we are safe, protected, and guided, and we can have the peace that surpasses understanding any time we bring it forth from within.

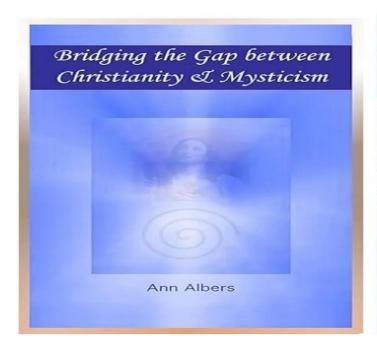
Have a blessed week,

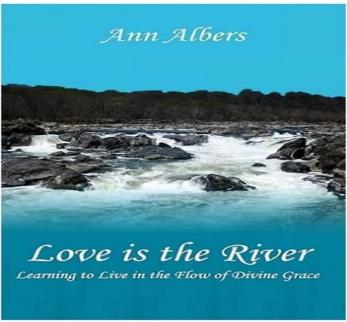
Love, Ann

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

Ann's website: https://www.visionsofheaven.com/

Ann's Books





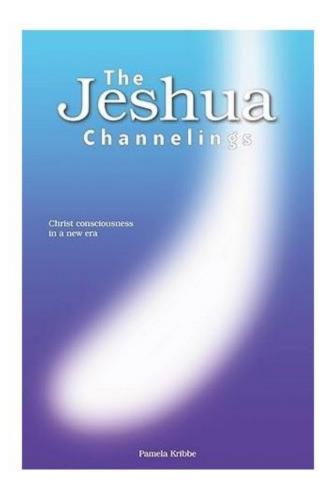
Find all her books on Amazon:https://www.amazon.com/stores/Ann-Albers/author/B00J8F05US?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=2dc315b5-ba96-4b68-a476-0944e1bd8001

Ann's Video



Link: https://www.youtube.com/watch?v=RgjjEY3RtTQ

Being At Home On Earth By Pamela Kribbe



Dear friends, I am Jeshua. I am your brother and kindred spirit who holds your hand. In this time of change and profound transformation, I want to be with you. I *am* with you, because within the heart there are no boundaries, and time and space are not an obstacle. The heart is a place of miracles and timelessness.

You all have been in and out of time. When you are born, when you step into your body here on Earth, you take part in time and space as they were created here in the past. You become conditioned and formed by the environmental influences which exist here, although part of you is always outside the limitations of time and space. It is through that timeless part that you get the most direct access to your heart. Your heart is as a bridge between the dimension of the timeless and that of the time-bound, the physical. Your soul wants to enter this earthly reality across the bridge of your heart.

Your soul stands on the very edge of two different dimensions. You will continuously receive messages, nudges, and signals from the dimension of your soul. Your soul knocks at your door, but because you have taken in misinformation during the upbringing of your youth, you do not always know how to understand the language of your soul. After all, you were raised and have grown up in an environment with an energy that was influenced by fear, impotence, and struggle.

Also, you still carry old burdens from previous lives in your soul's memory. You have come here in this life to transform many of those burdens of past lives, as well as societal influences from your present life, Page | 77

so you can consciously experience connection with your soul that enables you to move beyond the restrictive earthly influences here in this life. You are here to bring in something *new*, which is part of your intention as a soul. You could say that doing that is your soul's assignment or your soul's plan.

In any case, this intention is not something that comes from outside you; it is something that *you* desire to create: *change from within yourself*. It is primarily to heal yourself, to become free from fear and the energies which still entrap you, and also, in a broader sense, to participate in the birth of a new consciousness.

It is because you have this desire that you sometimes feel a stranger in this world. You do not feel at home here because your desire for authenticity can not adapt to the existing forms of hierarchy and their oppression of individuality. That existing energy is at odds with the calling of your soul, that which you have been called to be and do, which is to experience freedom and renewal within yourself and to bring that forth and to sow it as seeds in the world around you.

This means that as a child, and in the course of your youth, you have experienced loneliness and misunderstanding and confusion about yourself, and also resistance from the world around you. A child is vulnerable, searches for security, recognition, and approval. It wants to experience love, so that it can develop freely and be itself. But the love it needs is of a very high quality, and it is only love of that quality that can make the soul flourish.

Your real desire is not about gaining the approval of others, because that you get by adjusting, and deep down you know this is not your way. You already knew this as a child, which is why you all experienced some alienation and confusion when you grew up, and so you felt different. This has happened, but it is important to realize that part of you has remained faithful to your true self, to your originality. This is the part of you that felt different, lonely, and confused, and it is the result of that remembrance and connection with your soul.

At the same time, there was the vulnerable child in you who wanted to adapt and experience belonging; the part that turned and twisted itself into all sorts of shapes to feel that belonging. That child part of you, which has been damaged, still feels this influence and is still acting out a role; and doing this makes you underestimate yourself and makes you feel small. It is very important that you realize doing this, because this is probably the biggest obstacle for connecting with your soul and with the depth and greatness of who you truly are.

Many of you have questions about your path in life: what to do, what to choose, which way to go. And the answers lie in surrender: connecting to your own source of inner knowledge and wisdom, and that is all within you. What often blocks you from being able to connect with your soul and causes you to diminish yourself, are your thoughts and beliefs in your own smallness, and also the suppressing of your feelings and intuition.

I ask you to travel with me, here and now in this moment, and connect with the larger "me", the greater Self that you are and that has always been with you every day of your life on Earth. However, you have partially forgotten that Self, or you have had to push it away in order to survive emotionally. Feel the presence of this greater Self, of your soul; feel it around you in your energy field. Allow it into awareness and let it penetrate into your body's cells. Greet yourself and welcome yourself! Feel the vast scope of your path, your wealth of experiences, and the wisdom that is eons old and which is within you. You are the bearer of that wisdom.

Feel the Earth beneath your feet, her living presence. Feel her beating heart – she is a conscious being. Feel how you have been in an earthly body many times and have gained much experience here. Greet her, greet the Earth! The Earth knows you, and not as the conditioned creature you have become through all the societal influences. No, the Earth knows your soul, your original Self, and wants to support you on your path – she works with cosmic influences. There is room for you, a place on Earth that suits you.

Earth's energy is many times higher than the energy of the collective consciousness of humanity at the moment. In this collective consciousness, this mass consciousness, there is the energy of fear. The Earth needs the benefits of those persons who vibrate on another level. This energy feeds the Earth, so your presence makes a difference. As a human being, you are a bridge between different worlds. You are here to channel your soul's energy to Earth, and also those energies from a greater, higher consciousness.

You are at home here on Earth, but you do not feel at home in the energy of mass consciousness, as far as it is still bound by fear, struggle, and the need for survival, and with its insufficient connection with the soul. However, the Earth itself is familiar to you; you are connected to her. Feel how the Earth supports and receives you. Looked at from Earth's perspective, you are a bringer of a new consciousness – remember this.

And deep down you know that you have come here to bring something new, and in that respect you are a leader. The world's leaders and leadership have become corrupt because they are associated with power, in the sense of exercising power over others, with the abuse of power. This usual idea of *leaders* presupposes the idea of *followers*. However, this is *not* the kind of leadership to which I am referring. The leadership that is inherent in you is that of being an exemplar, as one who carries a new energy, which is something you bring forth in your life.

As soon as you begin to do this, a natural response arises immediately: other people feel attracted to your energy, to what you radiate. You will then naturally feel attracted to guiding people in some way, or helping to change consciousness in the world. So, this inner process of becoming your "self", of recognizing and rediscovering your original self goes along with expressing that self in the world around you. To be able to do this with confidence and decisiveness, it is necessary that you first understand what your role is, namely that you are a forerunner, a pioneer; that you come to bring in something new; that you are an iconoclast and will not walk along the beaten track.

To find your place on Earth and to actively set down your energy, you need to create your own space, and that will not be an existing space. You design and make something new that suits you, that is consistent with your natural predisposition, with your lifestyle, with your unique energy. So, when it comes to finding your soul's path, realize that this soul path is new and will not follow any established paths. It requires courage and audacity to create this path of relying on your deepest inner feelings.

I invite you to do two short exercises now so your path can become clearer for you. The first is that you connect with that part in you – the child part if you will – who still feels small and insignificant, and who searches for outer recognition or confirmation. The child part who would like to do well in the eyes of others and is afraid of rejection, afraid to be different and excluded. See if you can form an image of that child part or feel it somewhere in your body. Sense a place in your body where the energy of that damaged child is present. Connect with this place that blocks you and send love to it. Maybe you can see or feel it in the area of your belly, below your navel. There may be very deep feelings located there, a child's primal fears: the lack of security and safety. It is very important that you do not underestimate this part of yourself that will always demand your complete attention and love.

You sometimes work too diligently or are too impatient. On your path in life, the pain you feel through the broken child in you requires attention and love. Within you is a hurt child who has tried many times to put down light here on Earth. That child was internally damaged, traumatized by rejection, misunderstanding, and loneliness, and the fact that you experience this has a reason. Because of this experience, you understand in a very deep way what being human means. From that wound in you, the deepest compassion and love are also born.

So, it all has not been for nothing. Consciously keep in touch with this part of yourself and do not expect it to recover at once – and it does not have to. Take this child by the hand and take care of yourself. Look at what this part of your needs: how to heal the old scars, the old pain. This is as much a part of your soul's goal as is putting your light and consciousness into the world. This life is also one of healing, of inner integration and unification of yourself, and this is very important.

The second exercise is about connecting with your soul power, with your greatness. The power of your soul is very old, and from it you know and feel much – so feel that in your heart. Feel the silence and the grandeur in your heart. Feel that you are here to be a guide to others, a guide who opens up opportunities which lead to something new. Feel this very positively, as something that is actually already here.

Now look very objectively and openly at what you have to give to people. What energy is flowing into the world from your heart? What flows naturally without effort? Look at what the effect of your being, your presence, is on others. What does your energy do to another person? Try to give words to that. Try to describe, in one sentence, how you help others. It is something that touches others and wakes them up. From that deep place you give yourself to others. Who you are, what you emanate, you share that with others. Feel this very clearly; do not underestimate yourself in what you have to share – see its value and richness.

When you realize this fully, you are then taking yourself seriously. You then have a better sense of what choices suit you, and where you might give too much of yourself and receive too little in return. By knowing yourself and taking yourself seriously, by valuing yourself, you are going to feel better. That is important because, in a way, you have to be economical with your own energy. You have to pay attention to it and to direct it well, because that energy is precious. Remember that you also carry a hurt inner child within you who needs care and nurturing. The small and vulnerable within you needs as much attention as does the great and powerful within you. Take yourself seriously as a forerunner, as a pioneer of consciousness.

I salute you all out of this bond between us. It gives me great joy to be with you. Thank you so much.

Pamela Kribbe

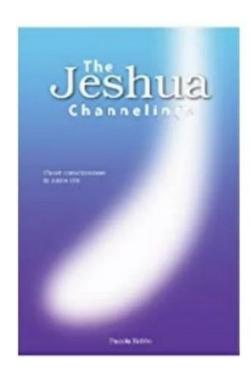
About Pamela Kribbe: Pamela Rose Kribbe works as a psychic reader and healer in her own practice in Tilburg, the Netherlands. She obtained her doctorate in the philosophy of science in 1997, after having studied philosophy at the universities of Leiden, Nijmegen and Harvard (U.S.). The Jeshua channelings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

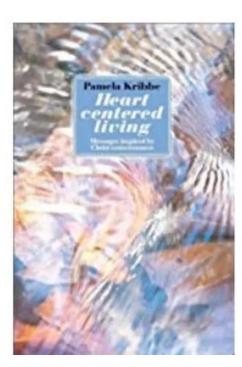
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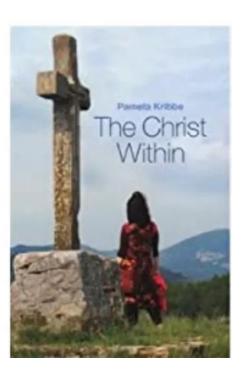
Pamela's website: www.jeshua.net Translation by Maria Baes and Frank Tehan

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Pamela's Books





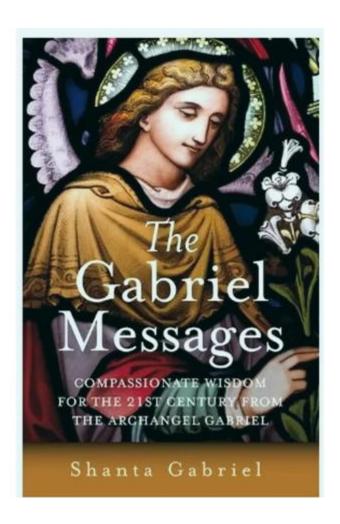


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Inspiration For The Week - Giving Yourself Time To Receive

By Shanta Gabriel



The Gabriel Message card for this week:

A Full Relationship with your Higher Self is only possible when you give yourself time to receive from the Deepest Sources of your Being.

Fortunately by the time Archangel Gabriel showed up in my life, I had already established a spiritual practice from the years I spent with my guru.

Using my time first thing in the day to sit, concentrate on my breath and pray before my meditation had become the most important way to begin my morning. My days were very different and never as comfortable if this was interrupted.

After my visitation from Archangel Gabriel and the beginning of his teachings, my focus in the meditation time became very different. There was less attention to energy from the outside of me and

more awareness on developing a relationship with my Higher Self as my new best friend.

The teachings involved a recognition that I had never experienced — that my Higher Self acted as the guardian of the gates to my guidance system. I was told that it was important to set my intention to allow my Higher Self to be the filter that received wisdom from the higher frequencies. This would attract only those non-physical teachers that were in harmony with my Soul's purpose.

There had been times when I allowed an open channel to any teachings that wanted to come through me. It was very exciting, however it led to quite a bit of confusion and stimulation in my mental realms. Sometimes I would end up feeling disoriented and sick. But when I paid attention to my Higher Self and allowed an opening to that channel, the creative work began to pour through me. And most importantly, all of this work was centered in my heart.

I began to feel waves of loving feelings that healed much of the old patterns that made feel so alone and cut off. The Divine Light poured through the new doorways my Soul had opened to higher consciousness, and I literally began to "lighten up."

These powerful experiences were deeply rewarding and healing to me. They also stimulated more desire to strengthen this connection to Source energy. I noticed that when I was aligned with my Soul through my Higher Self, I felt wonderful. There was a feeling of being happy for no apparent reason.

When I let my spiritual practice slide and did not focus on this powerful connection to the higher frequencies, I would start to feel lost and less empowered. The inspiration I needed to feel whole was inside me. That was a new focal point for me. There in the special moments I gave myself, I experienced a flow of Divine Love greater than any I had experienced in the world around me. It filled up the empty vessel in my conscious awareness and gave me new life.

We all have this capacity to receive Divine Love. It is there waiting for us to open the receptive channels to receive that which we most desire to experience. The focus of our awareness and our intentions become of great value in order to have a deep and fulfilling relationship with our most divine and authentic self. And it only takes a little time to receive.

Divine Presence, thank you for the gift of Balance in my giving and receiving of life. Thank you for helping me to focus on that which is most important for my growth as a spiritual being in the world. And most of all, thank you for connecting me to my true, divine, eternal and most authentic self at all times. So be it. Be it so. Amen.

The Gabriel Messages #31

A full relationship with your Higher Self is possible when you give yourself time to receive Love from the deepest sources of your Being.

Dear One,

One of the most powerful and important relationships you have in this life is with your Higher Self. This is the part of you which is in full communion with God because it is the voice of your Soul. Guidance and intuitive insight come from this place. There are a number of ways you can develop and strengthen this relationship between your personality awareness and your Higher Self, and all of them require patience, persistence and practice.

One way is to learn to act on your intuition. How many times have you thought about doing something, ignored the thought, and then a situation arose when you said, "I knew I should have done that?" The more you listen to your inner voice and act on your intuition, the stronger this connection will become.

Another way to strengthen your connection to your Higher Self is through meditation. Meditation is a way of expanding your conscious awareness of states beyond your physical body. The physical world is the grossest level of manifestation and there are many planes of consciousness beyond it. Meditation is the key to reaching a deeper level of being, that still place within, where you are one with God.

Meditation is not difficult, but it does require practice and persistence to attain a calm and focused mind. It may be frustrating at first, because the mind never seems to stop. Emotions and thoughts come up that clamor for attention. This is just the way thoughts work, so be patient with yourself and gently refocus your mind on your breath as the object of your attention. It may be helpful to take the time to write out your feelings and thoughts before you meditate so that you can clear your mind more easily. Whatever you do to calm and clear yourself will be very helpful.

Practice

Sit quietly, breathe balanced breaths, and as you begin to feel more peaceful and centered, imagine a beautiful golden, healing light flowing around and through you. There is incredible love within you, waiting only for your conscious permission to flood your entire being. Focus your attention on receiving the love of God. You can ask your Higher Self to facilitate this connection. As you do, you will create a solid, conscious connection. Imagine that Divine Love is flowing through you in the flow of warm golden light. Allow yourself to bask in this love and let it permeate every cell of your being.

Create a beautiful place in your mind where you can go to sit in the silence that exists within you. Call on your angelic teachers for guidance and we will assist you in this process. The Angels are messengers of God, here to help you find peace, love and joy in your life. We can also assist your meditation process so you will find the love you need within yourself. Picture the Angels surrounding you in wings of pure light, and we will be there. We love you and believe that you deserve to receive all that is good.

When you take a little time every day to make your spiritual connection to God stronger, you will be amazed how your life will change. You will find guidance and wisdom available to you in a greater way than you ever imagined was possible. It takes only the willingness to give yourself time to breathe, focus and receive God's love.

Remember, your message from the Angels today:

A full relationship with your Higher Self is possible when you give yourself time to receive Love from the deepest sources of your Being.

About Shanta Gabriel: Shanta Gabriel is a gifted author, teacher and healer. Inspired by her many years study of ancient forms of healing, as well as energy transference received from her master teachers, Shanta's gift is the transmission of divine inspiration into everyday life. She is also the author of The Gabriel Messages. A book of inspired communication from Archangel Gabriel, it ignites the spark of hope in the heart of those seeking peace in their lives provides practical suggestions for emotional and Page | 86 spiritual balance. Shanta's work with the Archangels was both unexpected and spontaneous when she received a surprise visit from Archangel Michael in 1988. This huge winged being blessed her healing work with Light and opened the way for communication from Archangel Gabriel in 1990. She has received messages from Archangel Gabriel since that time.

Shanta's website: https://shantagabriel.com/ Copyright © Shanta Gabriel.

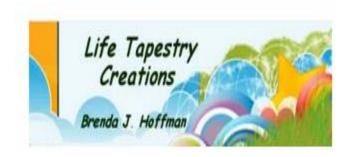
Shaunta's Video



Link: https://www.youtube.com/watch?v=M-ZTy7pLlzk&t=23s

J.

Floating, Not Fighting By Brenda J. Hoffman



Dear Ones,

Your life probably does not feel exciting or fun. Such is due to your recent inner changes that you could not necessarily feel but happened nevertheless.

Some will proclaim that this is so with thankful feelings of completing yet another phase. But most will believe that not only is this more transition garbage, but we of the Universes have been lying to you for years.

Even though such is not true, that does not negate your unpleasant feelings, particularly during this "normally" festive time of the year. Most of you are so emotionally uncomfortable that you are willing to forego most holiday festivities with a nervous eye to an unpleasant future personally, globally, and politically. It seems as if everything in your world is wrong.

So you end this year with anger, regret, and, most likely, some antiquated conspiracy theories about how awful next year will be. You cannot see light or love, only fear.

Yet your New World role in this transition is complete. You moved the New World dial from zero to ten. Those following you are moving the dial to 15 and those following to 20. But with each movement of the dial, your inner world collapses, only for you to create a new one. The first ten dial movements were at your pace and direction. The dial movements following yours are deeper and more rapid; not necessarily comfortable for you but required for a rapid shift and in tune with those following you.

Those following you build upon your dial movements, requiring less time to reach certain points in their transition, so they can jump phases you worked at for weeks, months, or years.

Will you feel this emotionally uncomfortable with each Earth shift in this lifetime? No. The phase you are now enmeshed in is the last of the deep discomfort, for this phase provides you with an armor of protection that will negate the need for further deep discomfort. The worst for most forerunners will be finalized by the end of this week and the end of this calendar year for all.

This time of discomfort is about adjusting your inner being to the new world at Mach speed. Those following you most likely entered the Earth in this lifetime after you and have a layer of protection against the fears you are now experiencing.

Your fears are about confusion and distractions. Nothing seems to fit correctly, even the most simple exercise. But since not everyone feels the same, you are more isolated with your fears than you likely have been in a very long time or ever. You feel isolated as you create your new path.

If everything in your life were flowing, fun, and exciting, you would not need to do anything other than exist. You are clamoring for the new but have not quite adjusted internally. This phase is designed to rectify that shortcoming. Within days, you will feel joy with new thoughts and actions designed for you by you. What you continue to shed because of your eons of previous Earth lives, and your current Earth longevity is pain and fear from this and previous lives. Those following have had fewer Earth lives, including a shorter time in this lifetime.

Do not concern yourself with possible failure. Your current discomfort merely indicates growth into your new being. You have not yet claimed your unique path, which will happen within days. And when you do so, your inner and outer lives will be peaceful and joyful. You are a work in progress as you shed your inner and outer 3D worlds and allow others to decide what role they wish to play in this New World.

Those who continue to fully claim their 3D lives will become a minor distraction within days as they fade in importance and drama – particularly drama that impacts you.

You are becoming the new being you have hoped for eons. A shift that will happen within days instead of months or years. Not only is this dream within your reach, but we of the Universes are assisting you to more rapidly find your place in your New World.

It serves no purpose to prolong your pain, for you are no longer of 3D, in which pain is the dominant sensation. It is time for you to fully claim yourself in joy. And so you will much sooner than you now expect or feel possible.

Allow yourself to float instead of trying to push or pull away your 3D fears. Pushing or pulling will not shorten the time required to discard 3D pieces hidden in your corners; it merely expands their role in your daily life.

Accepting, not fighting, is your new mantra, knowing that this pain is short-lived and no longer an important part of your life. Float through instead of fighting your fears and pain, and the next few days will fly by. Continue to fight, and the pain will become deeper and more harmful to your physical being.

It is time to float forever. So be it. Amen.

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

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

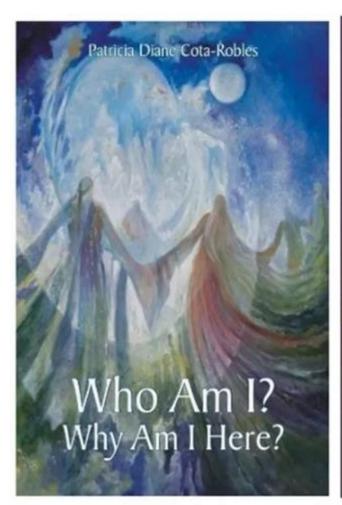
Brenda has been the special guest of numerous radio and television network talk shows; a New Age columnist for the Twin Cities Reader; the featured subject of the Minneapolis Star Tribune Sunday Magazine; and is a public speaker/channeler. Brenda's role in this wondrous transition is to help you

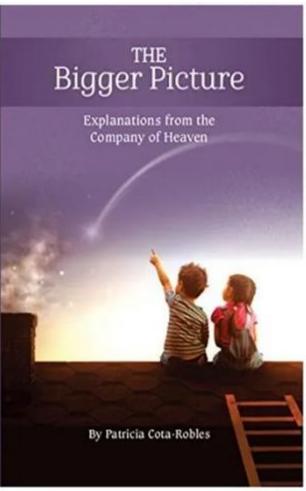
suspend those beliefs that limit us as we download our Lightworker/new earth creation tool kit.

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

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The Year Of Unique Awakening And Manifestation By Patricia Cota Robles





Books By Patricia Cota Robles

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

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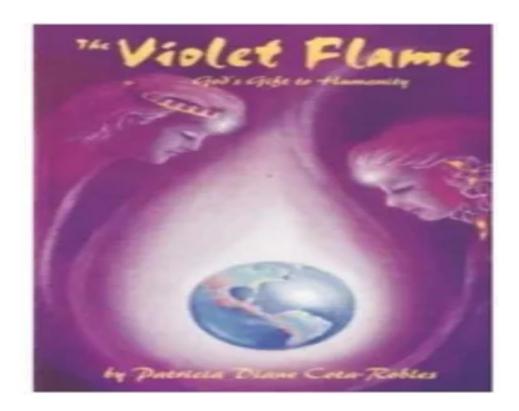
About Patricia: Patricia is co-founder and president of the nonprofit, educational organization New Age Study of Humanity's Purpose, which sponsors the Annual World Congress On Illumination. Patricia was a marriage and family counselor for 20 years. She now spends her time freely sharing the information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

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A



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

Patricia's Vlog



Link: https://youtu.be/mzdkWAi0G-E

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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.

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January 27 & 28
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Page | 92

February 2, 3 & 4 Hamburg Fairgrounds- Grange Building 5820 South Park Avenue Hamburg, NY 14075

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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.





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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!



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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
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situations that are keeping you stuck. The Angels, Guides and Masters give guidance (homework) to release and move forward.

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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 vou like for sure.



Healthy Alternatives Wellness Center
Carol Scheg-Morissette
4358 Culver Rd
Rochester, NY
www.meetup.com/Rochester-Friends-Who-Meditate
www.healthyalternativesrochester.com
(585)663-6454

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



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

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https://www.facebook.com/theressa.johnson https://theressajohnson.com
Theressa Johnson, Psychic Medium teaches Psychic and Mediumship
Development classes at several locations in and around Buffalo, NY. She loves
reading at Psychic Fairs in and around Buffalo, Niagara Falls and Rochester,
NY and Erie, PA and also holds specialty classes including Past Life
Regression, Meet Your Spirit Guide, Meet your Guardian Angel, Learn to
Read Tarot Intuitively and more! She became aware of her abilities at the age
of 6 and teaches others to develop their own abilities and awareness because
she was helped to do this. Look for her live video's and astrology reports on
Facebook. She can also be seen on the Youtube Channel Psychic Inspiration:
https://www.youtube.com/channel/UCNlx19eoFgnHnsUlR63ejJw and can be
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Learn more about Theressa at: https://youtu.be/cE8xQohKhrE



Twizted Creations

Roxanne Hartley - Owner

247 E Main St, Palmyra, NY 14522

(585) 857-7922

https://twiztedcreations.rocks/
https://www.facebook.com/twizted669

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

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



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

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



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

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



The Magical Muse

103 North Peterboro St

Canastota, NY

315-744-8322

https://themagicalmuse.org/
https://www.facebook.com/themagicalmuse

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

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



Marjorie Baker Price , RN

Certified Hypnotherapist, Reiki Master Level III Centering Tools for SelfHealing & Development 585-750-1751

http://www.centeringtools.com

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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

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

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

Learn more about how Sheila B can help you through her services: https://sheilatillich.com

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



Wyld Ravin Candle Co. & Apothecary 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

<u>www.crescentcollectivecny.com</u> 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 then 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 Cofounder & 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 pursing my dreams and soul's purpose of bringing energy wellness to you with Reiki and meditation. I truly believe that integrating holistic care with your traditional health care are complementary to each other and can lead you on your path to peace and wellness from within

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

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

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

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

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

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



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Jon Kotowski
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Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church 29 Vick Park A Rochester, NY 14607 585-271-1470

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

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

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

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