

ROC *Metaphysical*

Our Mission is to Enlighten and inform

March 2024

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for the month:

A Reading Is A 3 C Event! By Connie Wake & Susan Fiandach

Our Immediate Future? By Richard Hughson

Thinking About Malocchio By Galina Krasskova

How Lonely Young Minds Are Making Friends - Literally!

By Anthony Talmage

How To Protect Yourself Against Energy Vampires

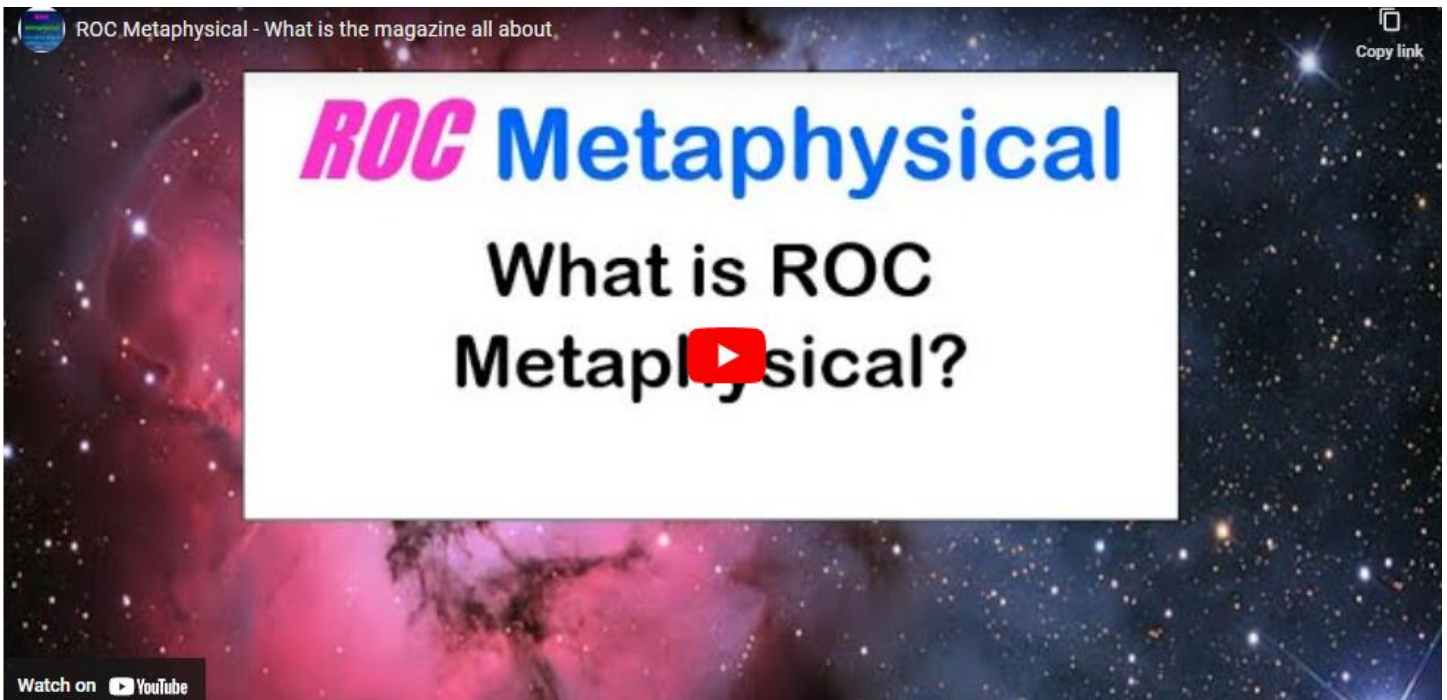
By Rev. Colleen Irwin

The Healing Journey - Embrace The Shadow

By Melinda Johnston



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 some how magically find me and voluntarily share their articles. It's so exciting to see

what comes to my email.

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

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

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

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

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

Find ROC Metaphysical At These Sites



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



pinterest.com/rocmetaphysical



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



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



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

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

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Highlights of The Magazine



Read Interesting and Informative Articles

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



Read Channeled Messages

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



Learn About Incredible Alternative Businesses

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



Lots of Interesting Events

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

We Have A YouTube Page



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



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



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

Go To Our YouTube Page



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

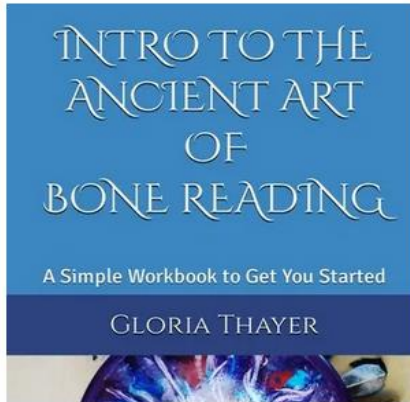
ROC Metaphysical Online Magazine Articles for March 2024

Connie Wake & Susan Fiandach



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By Connie Wake & Susan Fiandach

ROC Metaphysical Book Review



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Wendy Smith

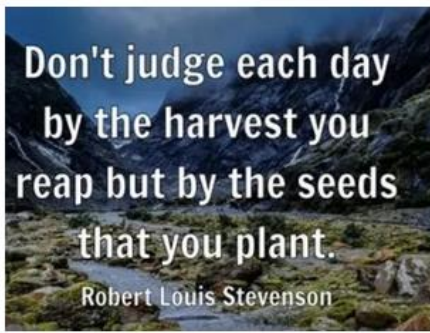


What Are The Three Kinds Of Qi?
By Wendy Smith

Sound Healing



What Can Sound Healing Do For You?



Channelings



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

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

Channeling can be done in two different ways:

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

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

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

Shelly Dressel



Integrating Your Higher Self
By Shelly Dressel



Ronna Vezane



Are You Ready To Take The "High Road?"
By Ronna Vezane

Patricia Cota Robles



Empowering Our Lightwork
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Shanta Gabriel



Inspiration For The Week - Walk In Beauty And
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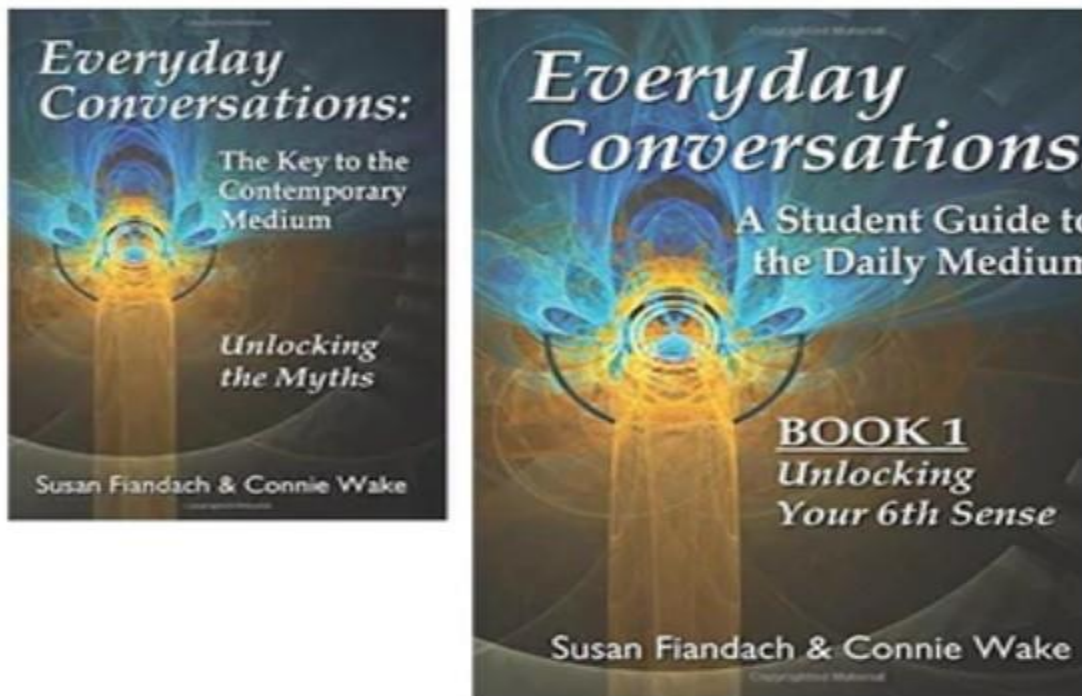
Lee Carroll/Kryon



The Human Engine Of Caring and Nurturing
By Lee Carroll/Kryon



A Reading is a 3 C Event! By Connie Wake & Susan Fiandach



"An educated consumer is our best customer." Sy Syms, CEO of the Syms Corporation

In our unending endeavor to educate and provide meaning and value and avoid misunderstandings in the personal and unique service of a psychic-medium reading, we offer the following. Both the reader and the client open their hearts for the purpose of connection. However, the psychic-medium realm is full of dogma and myths, on both sides of the table, so an updated view of both the role of the psychic-medium AND the client is necessary for mutual respect and success. Described in our book, "Everyday Conversations: The Key to the Contemporary Medium - Unlocking the Myths" we describe this in more detail.

The psychic-medium service is referred to as a reading for the client sitting in the chair opposite them and involves:

**Connection
Conversation
and
Collaboration**

Connection – The source for the information to be shared in a reading can be understood as being from Spirit (or loved ones who have passed) and from the client, as psychic information regarding the living. Psychic-Mediums do this through sensing (seeing, hearing, feeling, smelling, and emotion/empathy) the memories of lives lived or being lived, and through divination techniques such as tarot/oracle cards, auras, etc. The psychic-medium is connecting to both the source of the information and the client, as a

dynamic tango of synergy to the mutual goal of value.

Most people understand the importance of connection in a psychic-medium reading. “He/She was spot on” is a common response. Additionally, the client is also invited to be involved in a “spot on” conversation through interaction and acknowledgement.

Conversation starts the reading through connection to the client, and then connection to the source of information/messages to be shared. The reader explains the reading process so that the client has an understanding of what is going to happen, and importantly, how it is going to happen. A psychic-medium is not reading a script or watching the movie of a life. A psychic-medium makes a connection to source information, interprets that information through their senses and references, and through the conversation with the client allows a meaningful interchange to acknowledge, validate, or if not being understood, request further clarity.

There is no bad information, there is only misinterpretation. The only way the psychic-medium can provide clarity and more meaningful service is when the client lets them know they need more information.

Collaboration, therefore, ensures that the service of the reader AND the expectation of the client are mutually beneficial. Expectations should be shared so that the reader can address them during the reading experience, and most important, for the reader and client to be on the proverbial same page.

This goes beyond the connection that the reader has with the source of the information, and includes the interaction, or synergy, of reader and client to a positive and valued outcome. It takes two in this spiritual tango. If the client feels uncertain or unclear about the information being shared during reading, they should inform the reader then and there! This allows the reader to re-interpret and continue the service to a meaningful conclusion.

As with everyday life, some people, vibes, and conversations just don’t mix. If there is no connection and collaboration (reader, source, client), the client must speak up, and the reader and client can respectfully conclude the reading service. To wait days, weeks, or even months after the service to provide negative feedback does no one any good.

Connection, conversation, and collaboration will provide a valuable psychic-medium reading of insight, validation, and comfort...and refreshing joy!

About Susan Fiandach & Connie Wake: Susan Fiandach and Connie Wake are professional psychic-mediums, and own The Purple Door, a Psychic Center and Inspirational Boutique in Brighton, NY.

They are well-known, sought-after professional readers, speakers and instructors, offering strong, evidential readings for over 20 years. Because of their extensive experiences, they have developed a simple yet powerful methodology that allows people to explore, engage, and enjoy their natural intuitive (aka psychic-medium) selves. Their books, "Everyday Conversations" are a refreshing, pragmatic view of the paranormal world. Their first book, "The Key to the Contemporary Medium - Unlocking the Myths" sets the framework on their understanding of psychic energies and spirit communication, free from new age/spiritual dogma. Their second book, "A Student Guide to the Daily Medium - Unlocking the 6th Sense" is a self-study workbook following Susan's introduction to psychic studies workshop.

Susan and Connie offer individual, group, and "Double-Double" reading formats at The Purple Door, and at a variety of events around the state and Northeast.

Visit our website for a listing of our team of certified psychic-mediums, as well as a listing of upcoming classes and events.

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

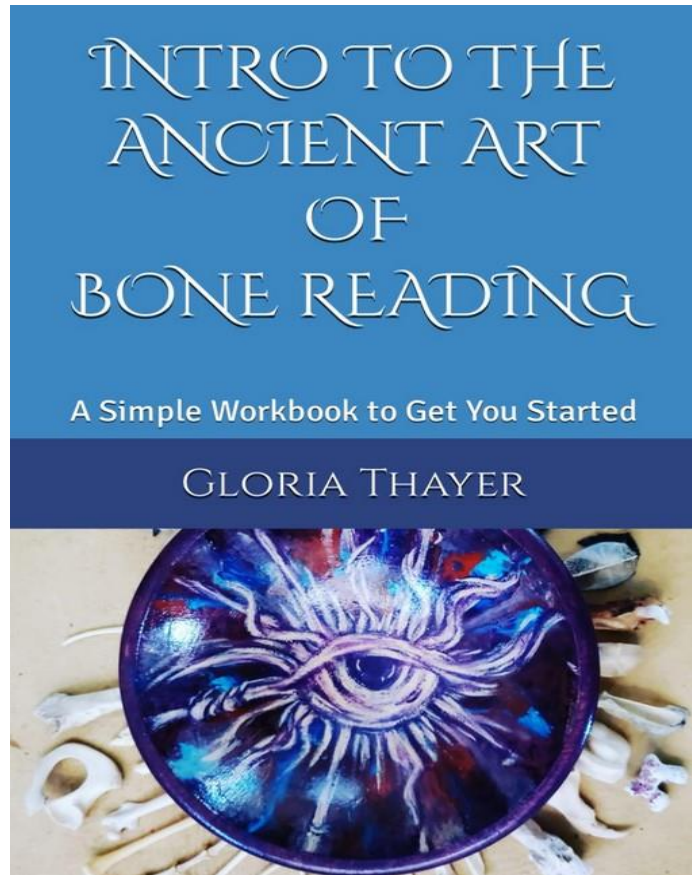
Facebook: <https://www.facebook.com/Thepurpledoorsoulsource>

Interview with Connie & Sue



Link: <https://www.youtube.com/watch?v=l6DdLY>

ROC Metaphysical Book Review



Bone reading is an ancient art that goes back thousands of years to indigenous tribes and cultures around the world. There are many variations and methods that can be used. This workbook shows you the way that I learned and what I have gained in my experience reading the bones over the years. I was introduced to this method of divination many years ago and it continues to be one of my favorites. The purpose of this booklet is to share the knowledge and pleasure of divining with this tool in a way that offers a solid foundation while allowing you the freedom to grow your own expression of reading through practice.

Author Gloria Thayer has been a mystic for 30+ years. Growing up in rural Western NY she connected with nature; plants, animals and the elements at a very young age. This early interest has served as a foundation for growth and connection many times over. She has learned through practice, life experience, books, classes, but as she will tell you, “Mostly from my spirit guides.” Over the years she has owned several mystic stores which put her in the position to be immersed in the spiritual arts while providing her with opportunities to teach classes, hold circles, perform rituals, enjoy making magickal incense, give countless readings and energy healing sessions. Her last store closed with Covid but as always she remains an active part in the spiritual community and happily provides services throughout, as well as offering private sessions at home. Her goal is to bring value and deep meaning that can be easily integrated within an individual's life; mind, body & soul.

She is a revolving door empty-nester with only her cat Lucky and herself as permanent residence in her home. Having single handedly raised 3 kids and being a big part of her 6 grandchildren's lives, a

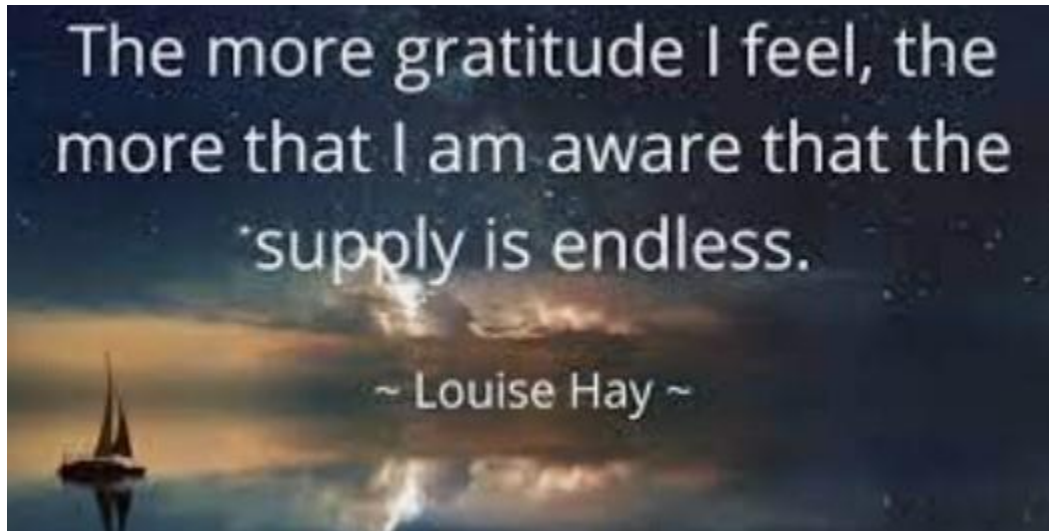
revolving door is a good policy.

A city dweller now, she cares for some of the neighborhood cats and is learning how to trap, fix, and release. Staying true to her farming roots she enjoys gardening fresh food through the summer months and back yard fires in the fall. It's a peaceful humble life that is filled with beautiful friends & family, experiencing little adventures along the way.

She is the administrator of a highly viewed facebook page- Rochester, NY Metaphysical Things To Do:
<https://www.facebook.com/groups/256075667812095>

Find her book on Amazon: <https://www.amazon.com/stores/author/B0CVQYCTNY/about>

Do You Know About Louise Hay And Her Impact?



Through Louise's healing techniques and positive philosophy, millions have learned to create more of what they want in their lives—more wellness in their bodies, minds, and spirits.

Dubbed “the closest thing to a living saint” by the Australian media, Louise Hay is also known as one of the founders of the self-help movement. Her first book, *Heal Your Body*, was published in 1976, long before it was fashionable to discuss the connection between the mind and body. Revised and expanded in 1988, this best-selling book introduced Louise's concepts to people in 33 different countries and has been translated into 25 languages throughout the world.

FROM STRUGGLE TO STRENGTH

Through Louise's healing techniques and positive philosophy, millions have learned how to create more of what they want in their lives, including more wellness in their bodies, minds, and spirits. Her own personal philosophy was forged from her tormented upbringing. Her childhood was unstable and impoverished, and her teen years were marked by abuse. Louise ran away from home and ended up in New York City, where she became a model and married a prosperous businessman. Although it appeared that her life had turned around, it was not until the marriage ended 14 years later that her healing really began.

Louise started what would become her life's work in New York City in 1970. She attended meetings at the Church of Religious Science and began training in the ministerial program. She became a popular speaker at the church, and soon found herself counseling clients. This work quickly blossomed into a full-time career. After several years, Louise compiled a reference guide detailing the mental causes of physical ailments, and developed positive thought patterns for reversing illness and creating health. This compilation was the basis for *Heal Your Body*, also known affectionately as “the little blue book.” She began traveling throughout the United States, lecturing and facilitating workshops on loving ourselves and healing our lives.

Louise was able to put her philosophies into practice when she was diagnosed with cancer. She considered the alternatives to surgery and drugs, and instead developed an intensive program of affirmations, visualization, nutritional cleansing, and psychotherapy. Within six months, she was

completely healed of cancer.

In 1980, Louise moved back to her native Southern California, and it was here that she began putting her workshop methods on paper. In 1984, her new book, *You Can Heal Your Life*, was published. In it, Louise explains how our beliefs and ideas about ourselves are often the cause of our emotional problems and physical maladies and how, by using certain tools, we can change our thinking and our lives for the better.

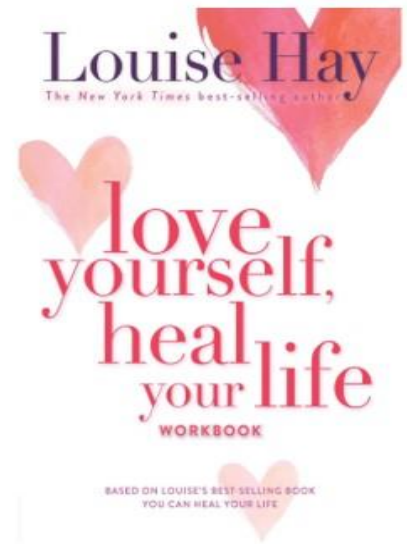
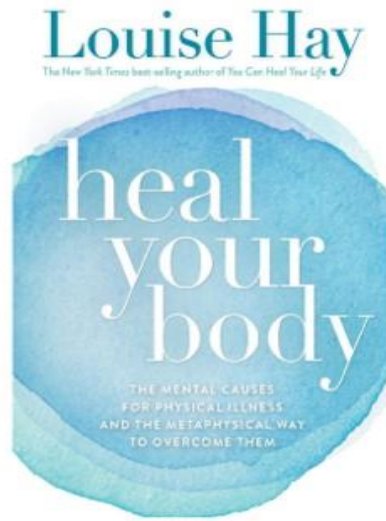
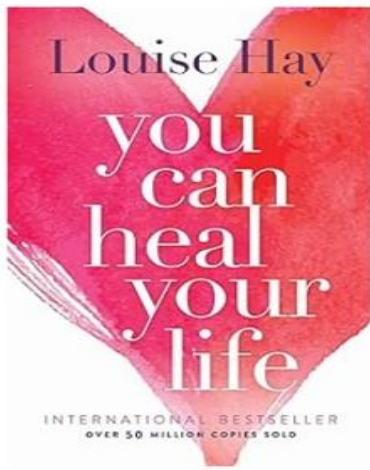
***You Can Heal Your Life* reached the New York Times bestseller list and remained on it for 13 consecutive weeks. More than 50 million copies of *You Can Heal Your Life* have been sold throughout the world. Twenty years later, due to her appearances on the Oprah Winfrey Show, *You Can Heal Your Life* was again on the New York Times bestseller list. The first time in that publication's history that has happened!**

In 1985, Louise began her famous support group, "The Hayride," with six men diagnosed with AIDS. By 1988, the group had grown to a weekly gathering of 800 people and had moved to an auditorium in West Hollywood. Once again, Louise had started a movement of love and support long before people began to wear red ribbons in their lapels. It was during this time that she wrote *The AIDS Book: Creating a Positive Approach*, based on her experiences with this powerful group.

Louise started Hay House, Inc., a successful publishing company. What began as a small venture in the living room of her home has turned into a prosperous corporation that has sold millions of books and products worldwide. Hay House authors include many notables in the self-help movement, including Dr. Wayne Dyer, Joan Borysenko, and Dr. Christiane Northrup, among others. In addition, The Hay Foundation is a non-profit organization established by Louise that encourages and financially supports diverse organizations that supply food, shelter, counseling, hospice care and money to those with AIDS, battered women and other crises. The foundation will continue the good work that Louise began over 30 years ago.

For much more about Louise and the continuation of her work go to: <https://www.louisehay.com/about/>

Just A Sample of Louise's Books



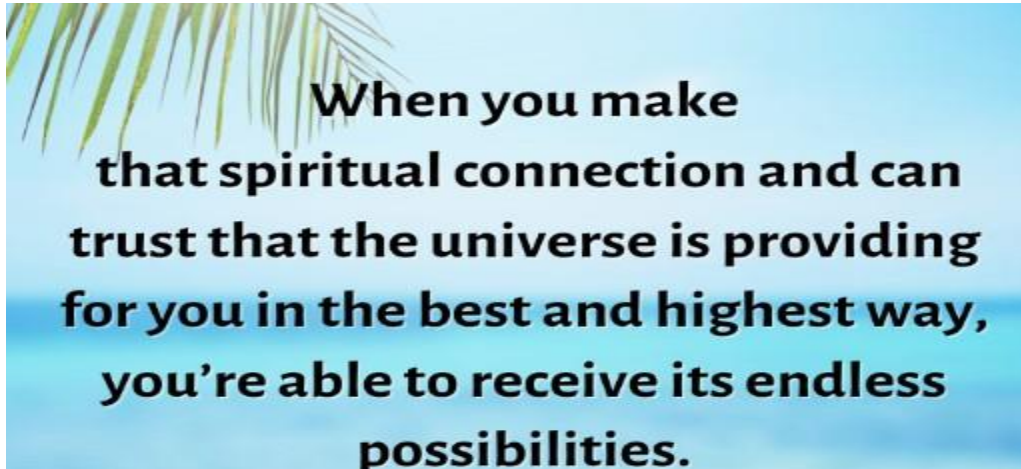
<https://www.louisehay.com/products-events/#books-products>

Video



Link: https://www.youtube.com/watch?v=Jw4_Pt

Our Immediate Future? By Richard Hughson



Spiritually, an argument could be made that the outcome of the 2024 presidential election depends upon what humanity needs for a lesson. As we each have seen in our personal lives, when we don't learn a lesson, whether by distraction, immaturity, or willfulness – it is offered to us again, and often in a form which is more difficult to deal with.

As humanity continues its growth from a reliance upon external sources of power; financial, political, military, etcetera, to the more authentic power of the heart (as guided to do so by the many prophets and teachers throughout history) we often don't see the beauty and immediately embody those lessons, but instead say something like, "Oh, that would be nice but it'll never work," then continue on with our material attachments. Times like that are when we need to experience the results of clinging to our attachments.

It can be heart breaking.

But many times that's what it takes to get us to change the course of our lives.

If it is true that we are at a time of decision between reliance upon the selfish accumulation of external power, with all its bluster and bravado; and the quiet inner calling to treat others fairly, equitably, as fellow creations of a loving Divinity, then our responsibilities to humanity are clear.

It behooves all of us to practice an intense self-honesty, learn to spot when we are less than kind, when we 'miss the mark' in our treatment of ourselves and others. We really do have an effect upon the world simply by how we live in it. Some may feel called into a more active role in their communities. That's a personal choice which I hope will be guided by wisdom and what fits in their lives.

But all of us carry a piece of humanity's future within us. We employ it every time we smile at a child, or a stranger, or simply hold a door open for a moment for someone. When you are in your transitional state at the end of your life and see the beautiful impact those accumulated moments have created, you might even want to do it all over again.

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

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

Interview with Richard



Link: <https://youtu.be/RxzJ-TwgIO0>

MBO's By Tom T. Moore

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

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

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

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

Tom asks that we do this each day:

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

MBOs FOR CUSTOMER SERVICE & CREDIT CARD

Laurie writes: I had a problem with my car insurance policy and had to call the company's Customer Service. Just before making the phone call, I requested a Most Benevolent Outcome to "get the best customer service representative who would be able to solve my problem quickly and easily, without problems or difficulties". Well, I was connected to a rep super-fast (a miracle on its own, even without an MBO!) and got a woman who was so cheery and friendly it felt like I was talking to a friend (an MBO "extra"). She assessed my situation right away and let me know what had to be done to solve the problem. She even took extra care to make notations on the record to document the actions made. We were done in about ten or fifteen minutes. What could have been a dull and torturous procedure turned out to be a lovely experience.

Well, with the Customer rep, anyway. I wanted to pay the insurance with a designated credit card, but could not find the card! (I ended up paying with a different card.) But I was perplexed about where the designated card was. It never leaves the house. It's in box, in a drawer, and only pulled out to use for

online purchases. Where was it? So I asked an MBO to find it. A few minutes later, while still searching and getting a little worried, I happened to look down into a crevice on the side of the box. There it was, tucked in on the side, almost out of sight. My GA must have prompted me to direct my gaze there, because it was not visible earlier, despite my efforts. MBOs to the rescue!

REQUESTING MULTIPLE MBOs

Kathy writes: My greetings, dear Being of Light. Thank you for your wonderful books, I have them digitally on Kindle and I love them.

It's been more or less a year since I came across your book and it changed my life and the lives of many of my acquaintances. But I would like you to clarify something for me:

When I go to work, I always ask for a benevolent result for my trip to work, another for the parking spot, another for my work day to go well, and another for patients to be attentive and empathetic. And then another request for me to return home.

The question is: is it okay to say 3 or 4 requests at the same time or is it better to make a single request with everything? Thank you in advance.

Kathy, I've stated before that it is always best to request Most Benevolent Outcomes as far in advance as possible. Keeping that in mind I'll give you an example. The other day we had multiple stops so I said, "I request a Most Benevolent Outcome for our trip to Sprouts, a Most Benevolent Outcome for a parking place close to the door, a Most Benevolent Outcome for finding everything we need, a Most Benevolent Outcome for a quick checkout, a Most Benevolent Outcome for our drive to Anytime Fitness, a Most Benevolent Outcome for getting on all the machines, a Most Benevolent Outcome for our drive to the bank and getting in and out quickly, and a Most Benevolent Outcome for our drive home."

Certainly you could combine all those requests into one MBO request, but that is my personal preference, so I leave it up to each one of you. There mere fact that you are requesting MBOs in any form will make your life easier and less stressful is a given, as long as you say them out loud.

MBO REQUESTING COMPRESSION OF TIME

Each Sunday is special, in that Dena cooks eggs and we have toast and coffee, plus I add in orange juice to take all the 25 or 30 vitamins she has me take each morning. Normally I refill the seven day pill container on Saturday, but could not this past Saturday.

On Sunday she started putting together our dog's food for both morning and evening, which includes a couple of different kinds of dog food and vitamins for them too. My job is to set the table, plus laying out the eggs, pan, coffee cups, cream, jelly, butter, etc. She told me that she would begin cooking the eggs as soon as she finished feeding our dogs.

Knowing I had limited time to open all the vitamin bottles and count out seven for each day of the week, I said out loud, "I request a compression of time until I'm finished filling the pill box, thank you!"

Normally I've recommended saying, "I request a compression of time until ___am or pm," if you need time to drive somewhere to arrive on time for an appointment or to finish a project on time, so this was a slight change. It worked to perfection, as I finished and returned to the kitchen just as she was finishing feeding our dogs. This is just a reminder that we are able to manipulate time a little, as long as you do not look at a clock or watch. Give it a try the next time you need just a little more time.

About Tom T. Moore: He is an author and speaker. His books include THE GENTLE WAY series, plus FIRST CONTACT: Conversations with an ET and ATLANTIS & LEMURIA: The Lost Continents

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

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

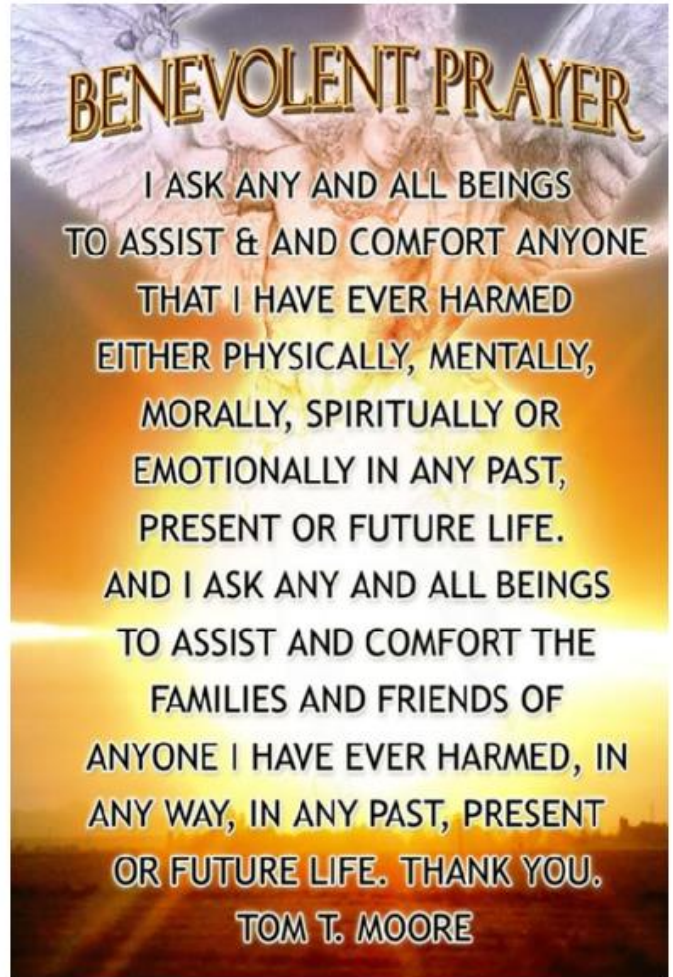
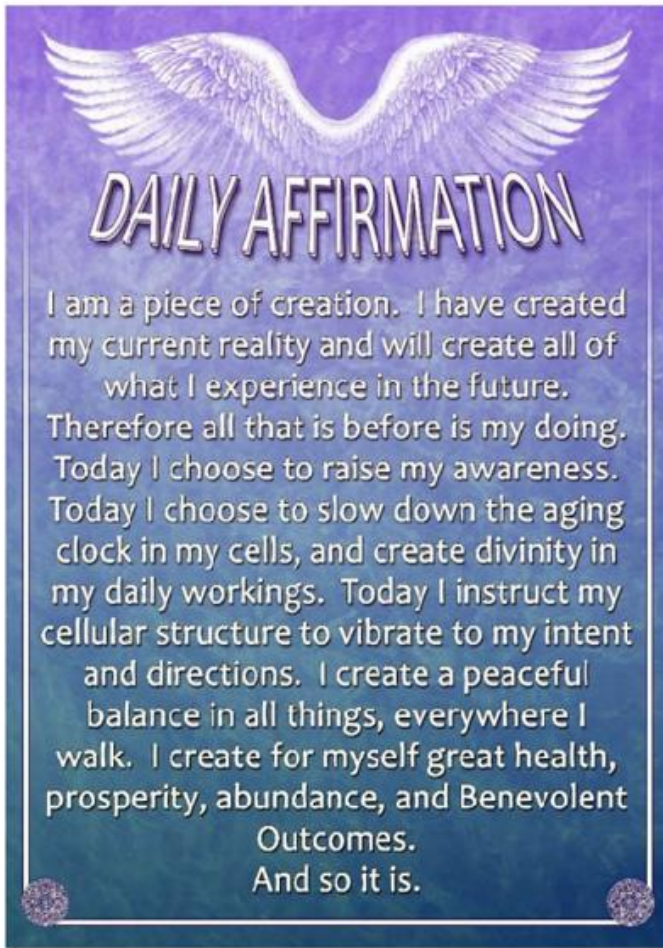


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Tom T. Moore's Books



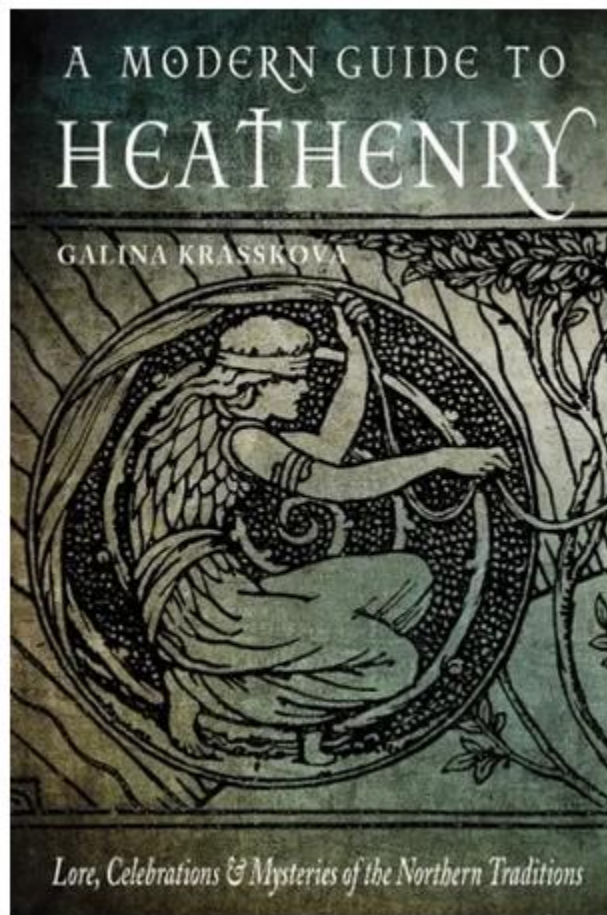
Tom is also a prolific writer and these books you see can be found on Amazon at:
https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp_byline_cont_book



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

Find other signs on Tom's website

Thinking About Malocchio By Galina Krasskova



So, the other day while at work, I got hit with the eye. I didn't realize it at first, but later started – out of the blue- to get a blistering headache. Thing is, I hadn't gotten the full power of the eye, something I'll discuss in a moment. Because of this, I was able to shake off the migraine very quickly, something that never ever happens. When I got home, and explained how I'd suddenly been struck temporarily ill, my husband asked if I had gotten hit with the evil-eye. I went to divination and Hermes confirmed that absolutely I had been, but that I'd dispersed most of it. Here's the thing, I didn't realize at the time, that I'd thrown back most of the power of the eye. Here's what happened (though I'll paint a broad picture to protect identities because I do wish all involved well).

Now, I can't cast the eye. In order to do so, one has to be passive aggressive and usually envious, jealous, or otherwise vindictive. I'm aggressive-aggressive lol. If I have a problem with someone, I come right out and tell them. Most people who can throw the eye aren't doing it on purpose. They have a minor gift and deep resentment. I've written a small book that goes into more detail about the eye here. A few days ago, at work, I happened to run into a colleague and a few of his students late in the afternoon and being professionals, we bantered. I know however that he is not only deeply hostile to me, but at one point was scrolling back years on my blog to find dirt on me that he could report to the administration. So, while we were friendly, there was that underlying hostility. My colleague said, as we were bantering in front of other students, "I call her [inoffensive and even funny nick-name here]." I said, laughing, "Trust me, I've

been called worse.” To which my colleague responded as though he were joking but with veiled hostility, “I keep my true thoughts for my office” I just looked him right in the eyes, smiled, and made a hand gesture (not the one you think, you filthy animals lol) and said, “Right back at you.” Something about that combination of word act and gesture dispersed 90% of the power of the eye, the rest of which I dealt with by means of a quick prayer. I’ve been hit with the eye a couple of times, but I’ve never been able to disperse it so quickly or in this particular way. I’m perplexed. I never thought it would work that way, for all that certain gestures, like the *manus fica*, — not the gesture I used— are traditionally said to banish it.

What have your experiences been, if any, with the evil eye? Have you had similar experiences? Word-acts (by which I would include prayers, invocations, charms) are very powerful things. I have just never had things come together in such a way as I describe above before.

Now, as a corollary to this, I have recently had some insights into using nazar charms (especially jewelry). Odin sacrificed an eye into Mimir’s well to gain wisdom. His eye and by extension eye charms can be powerful warding charms against malocchio. I took several of my nazar earrings, pendants, etc. and dedicated them all to Odin, blessing and charming them in the way that is traditional in my House. When I put one of these charms on, I say the following prayer:

“Eye of Odin, plucked for power, ward me now from every evil. Hail to You, Blindi, Báleygr, Gunnblindi. Hail to You, Herblindi, Hoárr, Vinr Mims, Hail to You, Odin. May I be worthy of this protection. Alu”

I have several brooches and necklaces with nazar charms on them that I’ve dedicated in this way, saying this prayer every time I put them on. I used to dismiss evil eye lore as just superstitious folk lore but the past decade has been vastly educational and I’ve found – the hard way, I might add – that our ancestors knew things and a lot of that folklore is surprisingly spot on.

If you’ve had experiences with malocchio, I would very much like to discuss on my blog. About Galina Krasskova: Galina Krasskova has been a priest of Odin and Loki since the early nineties. Originally ordained in the Fellowship of Isis in 1995, Ms. Krasskova also attended the oldest interfaith seminary in the U.S.- the New Seminary where she was ordained in 2000 and where she later worked as Dean of Second Year Students for the Academic year of 2011-2012. Beyond this, she took vows as a Heathen gythia in 1996 and again in 2004. She is the head of *Comitatus pilae cruentae* and a member of the Starry Bull tradition.

Ms. Krasskova holds diplomas from The New Seminary (2000), a B.A. in Cultural Studies with a concentration in Religious Studies from Empire State College (2007), and an M.A. in Religious Studies from New York University (2009). She has completed extensive graduate coursework in Classics (2010-2016), received a Masters in Medieval Studies at Fordham University (2019) and is currently pursuing a PhD in theology. from Fordham University. As part of her academic career Ms. Krasskova has written a number of [academic articles](#), and also presented at various academic conferences including Harvard University, Claremont University, Fordham University, Ohio State University, Villanova University, Western Michigan University, and the City University of New York.

Galina's website: <https://krasskova.wordpress.com/>

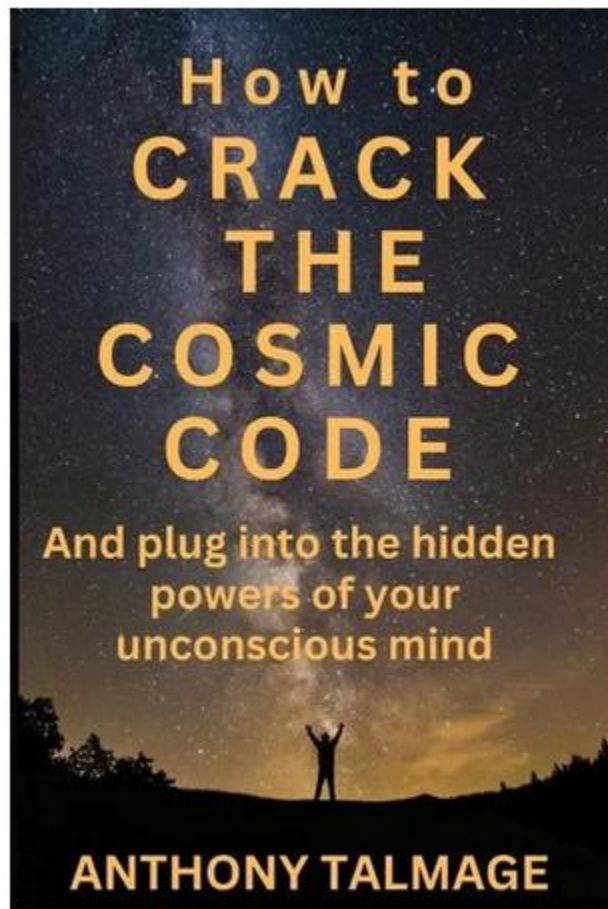
Find her books on Amazon: [https://www.amazon.com/stores/Galina-](https://www.amazon.com/stores/Galina-Krasskova/author/B001JP4KUQ?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)

Krasskova/author/B001JP4KUQ?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

Interview with Galina



Link: <https://youtu.be/m4QweXeuBUo>



One negative result of young adults' love of social media and the internet is a rising level of social anxiety and isolation. Instead of hanging out with their friends in bars, clubs or sports events, they prefer to stay at home hunched over their screens. And this continual lack of interacting with their peers has given rise to a curious phenomenon rooted in Tibetan Buddhist traditions - Tulpamancy.

In bedrooms across the globe 'Generation Z', struggling with loneliness and disconnection, are using Tulpamancy to provide companionship and understanding without the inherent complexities of human relationships. How? They have found how to use their minds to create companions not of flesh and bone, but of thoughts and desires. And these mental phantasms are increasingly becoming a refuge for young people adrift in the digital age of virtual reality.

The dictionary defines Tulpamancy as 'the creation of sentient thought-forms through intense focus and imagined interaction.' Explorer Alexandra David-Neel tells in her book *Magic and Mystery in Tibet* of her own experiences in forming a tulpa while travelling to Lhasa in 1929.

She said after months of mental effort she eventually produced one in the image of a jolly, Friar Tuck-like monk which, she claimed, started as a friendly apparition but later developed independent thought and began to become sinister and threatening. There followed a mental struggle before she managed

finally to destroy her creation.

A recent study of Tulpamany by The Pennsylvania State University paints a poignant picture of a generation yearning for connection in a world captured by digital ephemera. Many participants reported feeling unheard and misunderstood in their real-world relationships and being obliged to turn to tulpas for unconditional acceptance and companionship. ‘My tulpa, Luna, is always there for me,’ confided one 19-year-old participant in the study. ‘She listens without judgment, understands my anxieties, and celebrates my successes. With real people, the pressure to perform is constant, but with Luna, I can just be myself.’

Ironically, the Internet has played a pivotal role in popularizing Tulpamancy, providing a platform for individuals to share their experiences, techniques, and insights. Online communities dedicated to the practice serve as support networks where adherents can exchange advice, offer encouragement, and discuss their progress. For socially disconnected youngsters, these communities offer a sense of belonging and camaraderie that is lacking in their offline lives.

In creating their own, personal tulpa they have produced a constant companion, someone who understands them and who listens without judgment, and shares their inner world. Their thought-forms can be anything the creator desires – a confidante, a creative partner, even a romantic interest. In a world increasingly devoid of genuine connection, these estranged young people feel Tulpamancy provides a sense of belonging and emotional intimacy.

Though not a mental illness, the study states, Tulpamancy shares similarities to Dissociative Identity Disorder, in which two or more separate personalities share the same body. ‘The Tulpamancy community believe that Tulpas are real people within the mind, and participants interact with their Tulpas the same as they would with other human beings. In fact, experienced tulpamancers claim the ability to project their creations into the real world, to be seen and even touched. And, yes, some even delve into "possession," allowing their tulpa to temporarily take control of their body.’

But as Alexandrav David-Neel found it can be a dangerous game to play. Unlike the predictable ‘invisible friends’ of our childhood, tulpamancy involves mentally ‘conjuring’ up an autonomous being. These carefully crafted companions being brought to life by lonely keyboard communicators could develop their own opinions, desires and even, as the study found, take over their creator’s minds.

The Tulpamancy community, numbering over 20,000, is a closeted Internet sub-culture sustained and rooted in the concept of anonymity. For the most part, all interactions within this community are anonymous, and only a small few ever mention Tulpamancy to members of their social circle in real life.

The rise of tulpas is a stark reminder of the way modern life is failing to fulfill the human need for connection and companionship. As we navigate this unprecedented era of digital isolation, it's crucial to remember that real-life connection requires a sometimes messy, face-to-face contact. With all its imperfections and complexities, human interaction is vital and it is worrying that social media seems to have engineered so many into isolation.

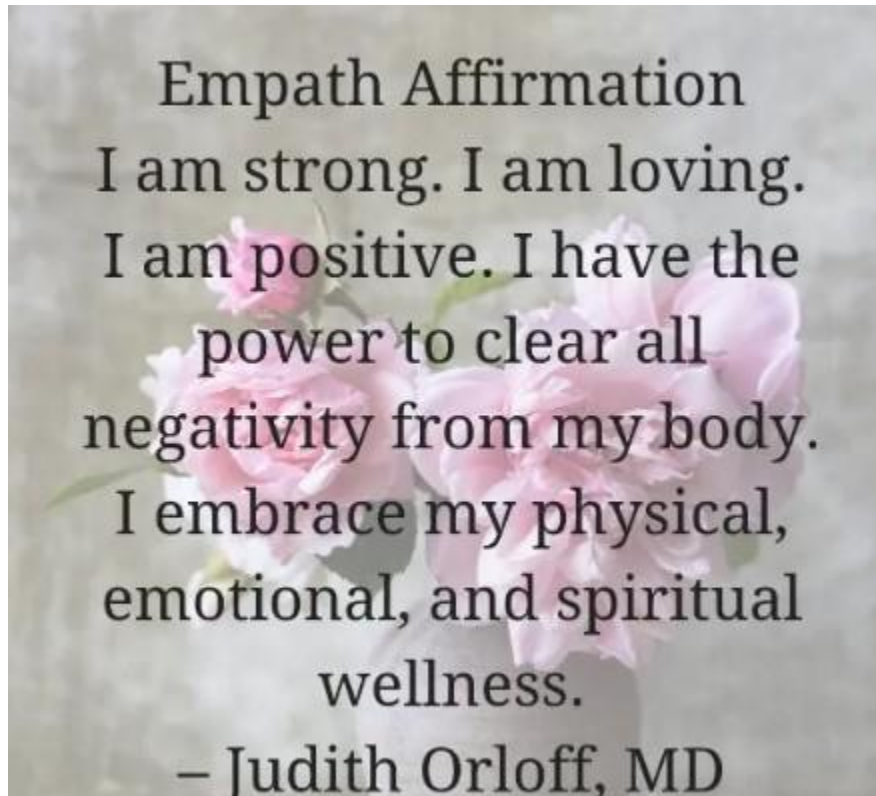
About Anthony Talmage: Anthony Talmage is author of four books in his Psychic Mind series, *Dowse Your Way To Psychic Power*, *In Tune With The Infinite Mind*, *Unlock The Psychic Powers Of Your Unconscious Mind* and *How To Crack the Cosmic Code (And plug into the hidden powers of your unconscious mind)* all available in Kindle, printed and audio versions from Amazon here: <https://bitly.ws/3doHM>

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



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



In my private practice many patients have shared that one of their largest blocks to empathy is a fear of being overwhelmed. It either seems too painful or unsafe to lovingly explore their own emotions, or that they risk getting burned out by other people's problems, dramas and needs. Family, friends, or co-workers may ask more than you are prepared to give, but you don't want to disappoint them. If you set healthy boundaries such as saying "no" or specifying "I am just able to give you this," you may feel guilty, or fear being rejected.

As an empath, I know how uncomfortable it feels to be overwhelmed by emotions, especially from loved ones. You empathize with them. You care and want to help or even solve their problems, but it isn't possible. For instance, one patient watched his mother experience depression, which began to make him depressed too, until his mother reached out to a therapist and started feeling better. Another patient's husband had such intense back pain that she began experiencing it in her body too. When developing empathy, this is a predictable challenge that can teach you the importance of setting healthy boundaries and self-care.

In addition, you may feel overwhelmed by friends or team members who share too much information about their health, romances, or conflicts. Someone might ambush you with accounts of stress they've experienced at work or details of a harrowing illness. Your heart goes out to them but listening can be exhausting.

Like me, many sensitive people are prone to absorbing others' emotions or physical symptoms. Too much coming at you too fast leads to the misery of sensory overload. To stay centered and prevent sensory overload, I've learned the importance of protecting myself so I don't take on the distress of my patients

or anyone else. Also, I try to bow out of a situation and decompress when external stimulation feels too intense.

During medical school at USC, we were warned of coming down with the “Medical Student’s Syndrome” where doctors-in-training would occasionally mimic the symptoms of a “dis-ease” we were studying, ranging from viruses to heart problems to brain tumors. (Some researchers report it occurs in a whopping 70% of medical students.) This is a form of empathy overwhelm, though we didn’t know to frame it that way. True, we were suggestible, but also, as new, idealistic healers, many of us cared so much and were so immersed in our patients’ treatment that our empathy exploded.

No one really discussed how to handle this baffling and somewhat scary phenomenon which I was prone to because of my empathic tendencies to shoulder other people’s pain. Also, my over-protective but loving Jewish mother passed down the anxiety provoking habit of “imagining the worst” about illness such as seeing a simple sneeze as the warning of a dire flu. Unfortunately, as medical students, we never learned to set clear boundaries or address our own fears about dis-ease that could get in the way of helping patients.

Empathy doesn’t have an on-off switch where you are either closed-down or maxed out. You can regulate it. When you empathize with someone you can compassionately communicate, “I care about you and this is what I can give right now.” You decide how involved you are in a situation.

Just because someone is needy doesn’t mean you have to meet their needs.

To start taking a more proactive role in how much empathy you give, I suggest that you keep in mind the following “rights” from my book [*The Genius of Empathy*](#). They will help you maintain a healthy mindset and prevent or lessen overwhelm before it gathers momentum.

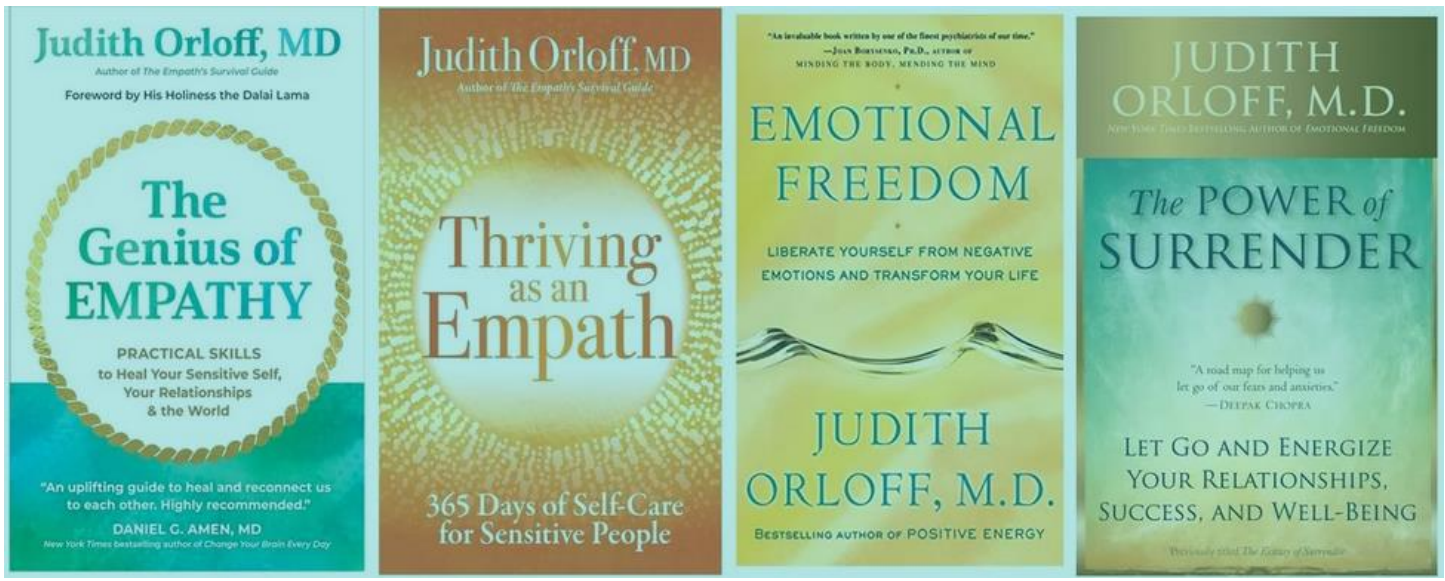
Set Boundaries to Prevent Overwhelm

- I have the right to say a loving, positive “no” or “no thank-you.”
- I have the right to set limits with how long I listen to people’s problems.
- I have the right to rest and not be always available to everyone.
- I have the right to quiet peacefulness in my home and in my heart.

About Dr. Judith Orloff: Judith Orloff, MD is author of *The Empath's Survival Guide: Life Strategies for Sensitive People*, upon which her articles are based. Dr. Orloff is a psychiatrist, an empath, and is on the UCLA Psychiatric Clinical Faculty. She synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. Dr. Orloff also specializes in treating empaths and highly sensitive people in her private practice.

Dr. Judith Orloff’s website - <http://www.drjudithorloff.com>

Some of Dr. Judith's books



These are just a few of the books that Dr. Judith Orloff has written. Go to:
https://www.amazon.com/stores/author/B000AP8R6O?ingress=0&visitId=ccb33df2-59fe-439c-9a3c-d86f9b68f723&ref=src_ntt_srch_lnk_5

Dr. Judith's Video



Link: <https://www.youtube.com/watch?v=yHwZ-F>

**NOT EVERYONE
DESERVES YOUR
ENERGY**

Have you ever felt emotionally drained after spending time with certain people? Energy stealers are everywhere - they could be your family members, your friends, or even your co-workers. You may even recognize some of these traits in yourself. They're commonly known as Energy Vampires, and just like their mythical counterparts, they feed on our vital energy, leaving us depleted emotionally, physically, mentally, and spiritually.

But what exactly is an Energy Vampire? They're individuals who steal other people's energies, often because they live in a victim consciousness, believing that everything happens to them. Living in this dis-empowered state, they seek to attach themselves to another person's energy field to feel better about themselves.

To attach themselves to your energy body, Energy Vampires form cords that bind the two of you together. These cords, invisible to the naked eye but visible to the psychic third eye, serve as highways for the exchange of energy. Unfortunately, this means you also receive their energy, whether positive or negative. As a result, their emotions and ailments may become yours, leading to a detrimental impact on your health.

Recognizing an Energy Vampire is crucial for self-protection. Some common traits include feeling constantly lonely or rejected, seeking constant reassurance, and exhibiting controlling or manipulative behavior. If you find yourself experiencing symptoms like dizziness, chronic fatigue, or sleep disturbances, you may be under psychic attack.

Awareness is the first step in protecting yourself from Energy Vampires. Limit your contact with individuals who drain your energy, but remember, physical distance alone may not suffice. You must release negative emotions trapped within yourself, as they serve as shackles to your own well-being.

To empower yourself against Energy Vampires, consider the following techniques:

Cord Cutting:

- Take deep cleansing breaths and call upon Spirit and your Spirit Guides for assistance.
- Visualize positive energy swirling around you, severing all cords attached to your being.
- Thank Spirit and your Guides for their assistance, knowing that all cords have been returned to their source.

Physical Purifications:

- Dispose of objects and memories associated with negative energy.
- Clear clutter from your home and surround yourself with high vibrational objects.

- Smudge with sage, cedar, and sweet grass to cleanse your space and invoke divine guidance.

With these tools and knowledge, you can reclaim your personal power and protect yourself from Energy Vampires. Remember, you have the ability to create and maintain energetic boundaries that support your well-being. Let's empower ourselves today!

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>

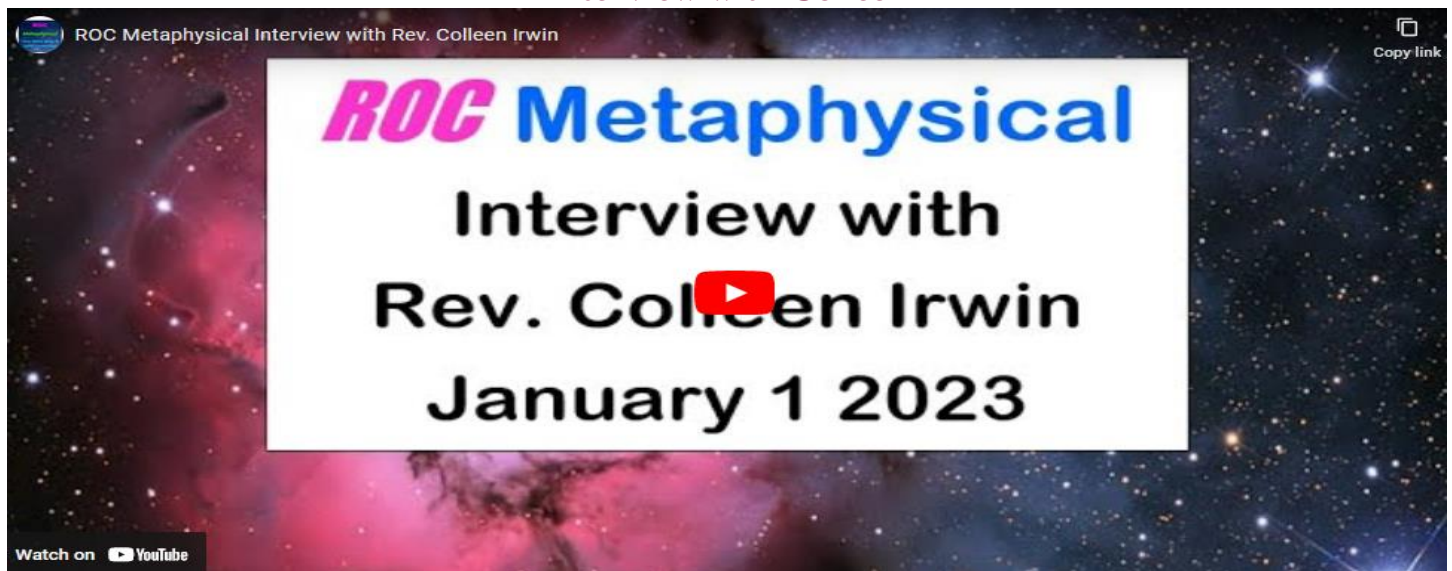
Linkedin: <https://www.linkedin.com/in/colleen-i-a563251b0/>

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>

Living on the Edge: When Things Go Really Bad By Barry & Joyce Vissell



When leading a retreat, Joyce and I most want to create a safe container for the deepest personal growth work. It is this feeling of safety that allows participants to really open up.

Unfortunately, that is NOT what happened in January, 1989, at a seven-day retreat on the Big Island of Hawaii. The universe stepped in to create the biggest challenges possible. Often, we don't get what we want; but we do get what we need. But we can still create real safety.

The first evening of the retreat, getting to know each other, setting our intentions for the week, went fine. The next morning's session allowed everyone to be vulnerable, something we highly value. After lunch, with beautiful sunny weather, we decided to take everyone to the local black sand beach. Joyce, being six months pregnant, stayed back to swim in the pool.

However, when we got there, and looked down from the edge of the cliff, we saw no one on the beach or in the water. The waves were huge, covering the entire beach and crashing into the walls of the cliff face. The locals told us emphatically not to even go down to the beach, let alone go into the water.

Before I could gather everyone together to explain the situation, a few of the young men from our group scampered down the trail to the beach. Many people yelled for them to come back, but the deafening sound of the waves prevented them from hearing us. A few of the locals chased down after them, but they were too late. It was between wave sets, and the ocean looked inviting, so two of the men from our group jumped into the ocean. Big mistake! The next huge set of monster waves rushed in. The two men, accustomed to the ocean, hurriedly swam out past the break to safer water. But safer was a relative term. The swells and turbulence proved too much for one of the men, and we could all see that he was in trouble. A young man from our group, who happened to be a lifeguard, grabbed a surfboard and swam out after the big set was complete. He approached the man in trouble, just as he slipped under the water, and was able to grab his arm and pull him to the surface. Everyone around us cheered to see this

miraculous rescue.

Meanwhile, the second man from our group did the unthinkable. Rather than trying to reach shore between the big wave sets, he scrambled up on the ocean side of a truck-sized boulder, hoping to be safe. Above the beach, we watched in horror as a monster wave rose up from the depths, at least ten feet higher than the boulder, and bore down to crush him against the boulder. To everyone who watched from the cliff, it looked like certain death for this unfortunate soul. The wave crashed down on him, burying him under thousands of tons of water. He was gone for what seemed like an eternity. Then the wave receded, and there he was on the beach, without a scratch on him. Not one of us could explain how he got carried up and over the boulder, and deposited unscathed on the beach.

The next day, we decided to avoid the beach and instead, go to see the lava flow into the ocean from the most active volcano in the world, Kilauea. We had done this before, and it had always been safe. The type of lava flow is called Pahoehoe, a term describing slow-moving, oozing, sometimes ropey, lava. But when we arrived near the flow, the ground started to shake. Someone took a video of me telling the group to go no closer. I'm not a volcanologist, but it appeared there was an obstruction in the lava tube system, causing the quaking. While I was talking, you could see on the video the group filing past me, ignoring my warning. Then you could see me throwing up my hands in surrender and chasing after the group to keep them as safe as possible.

Then the ground exploded, and a fountain of red lava shot a hundred feet into the air. I yelled for everyone to run, which we did. When we were far enough away, we turned and saw one man staying behind, taking photos of the eruption, while 2000-degree lava splashed down around him, and all of us screamed at him in alarm, fear, and anger at his stupidity.

To our relief, he finally joined us. Some of us hugged him. Others yelled at him.

But we were not safe yet. A cloud of smoke and ash enveloped us, and we felt our skin begin to burn from the acid in the air. Again, I yelled for everyone to run. Was this a retreat, or was it a movie?

That evening, there was intense processing. People were scared, even traumatized. A few people were angry at the men who put their own lives at risk. But most people were also grateful for the angels' protection of all of us.

For the following day's afternoon outing, Joyce and I decided on something soothing and nurturing, a tiny gem of a pond named Pohoiki, slightly bigger than a large hot tub, surrounded by jungle, and delightfully warmed from underground steam vents to about ninety-eight degrees. About twenty of us, including Joyce, made our way into the pond, and were relaxing and singing, when we looked up and saw another member of our group approach the pool. This man had late-stage AIDS, had not much longer to live, and his positive attitude about life and death was an inspiration to us all. However, he had a cut on his shin that was bleeding profusely down his leg, and he seemed completely unaware of this injury. He entered the water, and we all watched his blood diffuse into the water.

That evening, most of the people who were in that pond shared their fear about getting AIDS. As a medical doctor, I knew the chances of getting infected by the AIDS virus from blood in the water were miniscule. But a member of our group just happened to be a medical doctor who specialized in AIDS, and he was finally able to reassure the group.

Oh, and finally, on the fourth day of our “retreat,” a newly pregnant woman suddenly developed severe lower abdominal pain, and was rushed to the emergency room in Hilo with possible ectopic pregnancy, a life-threatening emergency. Luckily, it turned out that she was fine, and came back late that night.

So, would you call this a relaxing retreat? I don’t think so. Growthful? Absolutely! We don’t believe that any other retreat, before or since, bonded the participants in this way. To this day, we sometimes hear from people who were at that retreat. Each person vividly remembers the intensity of the events that united us all in a special way. Each person opened to a spiritual dimension of life, a deeper awareness of heavenly intervention, and their lives were changed for the better.

Would we have chosen this kind of retreat? Of course not. But this is life! Sometimes it’s incredibly difficult. We always have a choice in our reaction to the challenges. We can grumble, or we can be thankful.

By the way, the official title of the retreat was “Living from the Heart.” Sometime during the retreat, the name became changed to “Living on the Edge.” And, reflecting on this, I realize that truly living from the heart is exactly living on the edge. We can step off this edge and fall, or we can spread our wings and fly.

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. Call 831-684-2130 for further information on counseling sessions by phone, on-line, or in person, their books, recordings or their schedule of talks and workshops. Visit their web site at [SharedHeart.org](https://sharedheart.org) for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

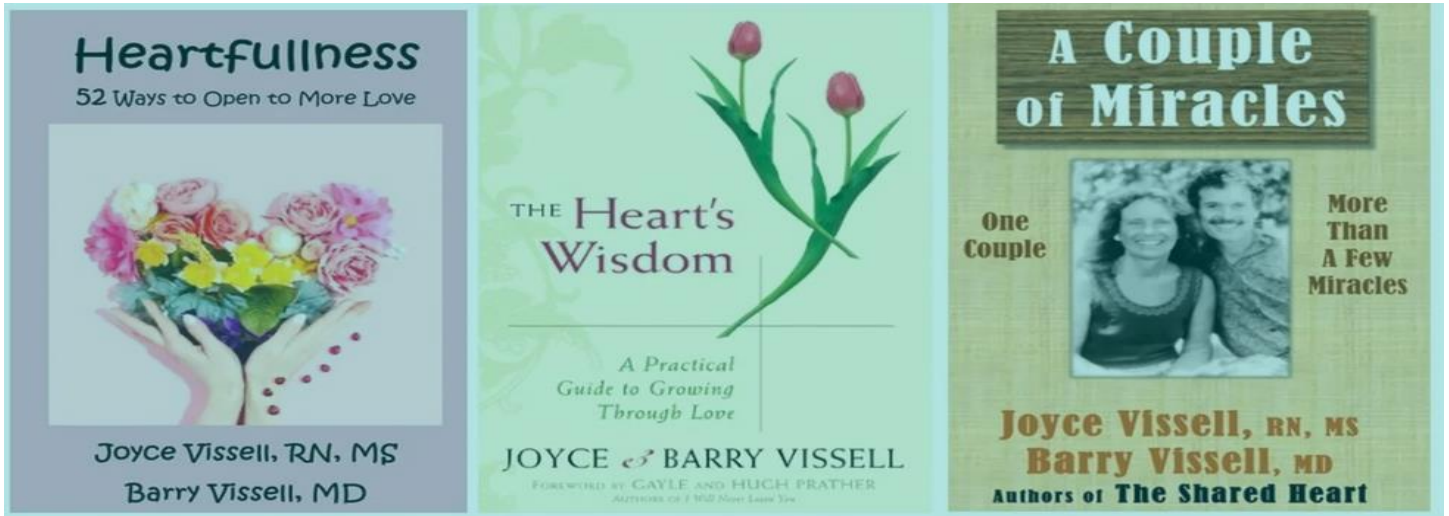
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce's Video



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

Barry & Joyce's Books



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

Finding Peace On Bear Creek By Jessica Bryan



Blue she was, but not really blue, more like soft grey. Blue Heron fading into the rocks and fallen trees along the creek's edge. Her wings were open, and in this pose she appeared heart-shaped except for her long, slender neck and head.

At first, I didn't understand her openness. She seemed so vulnerable with her chest prominently exposed. But then I realized she was wet, and she was using the late afternoon sun to dry herself. Gazing upward, she looked as though she was praying.

We were transfixed behind our window. We felt as though we were staring into the face of God, infinity, the vast silence of stars in the night sky.

Then she closed herself. Raising first one foot and then the other, she began moving through the water between and over the rocks, gliding ever so slowly and gracefully—there was no rush, no intensity, just a delicate balancing.

Then she seemed to have made a decision and rising up from the creek she flapped her enormous wings and flew, looking like some ancient, mythical creature. We stood silently and watched as she disappeared up the river, flying low and sheltered by trees.

The memory of the majestic bird as she flew, her wings glistening with just a slight sheen of water, has stayed with me as a continual reminder to live peacefully in the present with relaxed purpose.

*** * ***

Every manner of animal life finds its way to Bear Creek and has done so for centuries, long before cars and houses and the trappings of modern human civilization. Last summer we watched a large brown mother bear across the creek sleeping in the sun with her two cubs. And, of course, migrating geese pass overhead “talking” to each other with loud squawking twice a year as they fly north or south. Then there are the ever-present ducks that float downstream from Lithia Park, always in pairs, never straying more than a few feet from each other.

There are handsome, healthy deer that come to eat our neighbor's tomato flowers and songbirds that sing every morning and evening. The hawks birth their babies in the tall trees next to the water and the squirrels run all over the place. We buy large bags of whole walnuts every fall to throw across the creek for them. They are so well-trained they show up at feeding time and wait for a walnut to come flying through the air in their direction.

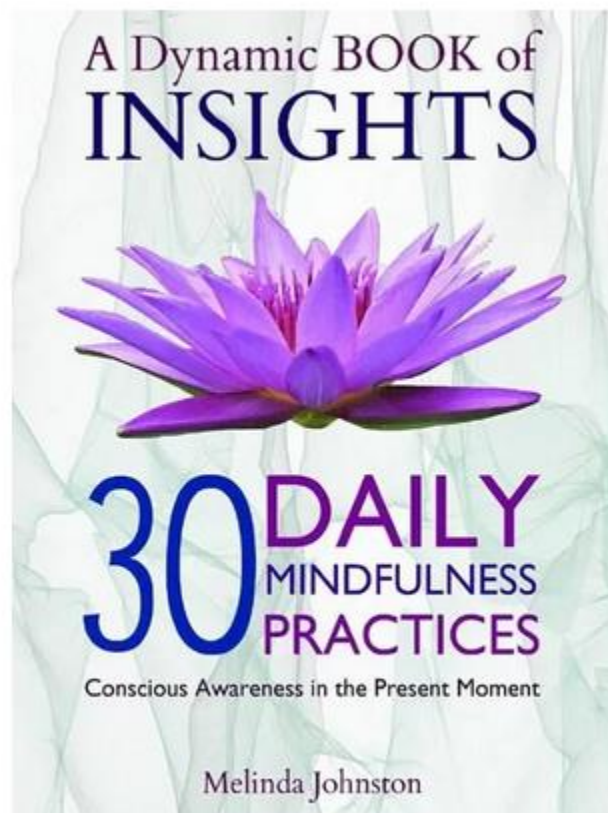
One day last fall, we observed five river otters; some were sitting on a half-rotten log that had fallen into the water, and some were swimming around the log. They were beautiful creatures, sleek and healthy and with chocolate brown glistening fur. Much to our amazement, they had a large salmon, and we watched as they shared it. As one otter tore off a piece of flesh from the fish, the others waited patiently for their turn. One by one, they each had a share of the fish.

As humans, can we learn to share in the same way? Can we learn to trust each other and the world around us, knowing there will always be enough to sustain us all? One of my favorite traditional songs begins with the line: "Let there be peace on earth, and let it begin with me." If we strive for harmony in our own lives and with each other, I believe the goal of peace can be attained.

About Jessica Bryan: Jessica Bryan is an author and editor of metaphysical and spiritual books. She is also a Spiritual Medium and does energy healing and clairvoyant readings. Jessica lives in Ashland with Tom Clunie, D.C. You can reach Jessica at editor@mind.net

Jessica's Websites: www.oregoneditor.com and www.theflowofgrace.net

The Healing Journey - Embracing The Shadow Self By Melinda Johnston



Here we are...all BOLD, spiritual women. We excel at our careers, take care of our families, practice self-care, love God, and wake up most days with the glorious intention of doing our Best.

Every now and then we bump into a version of ourselves that feels broken, less than, disturbed, overwhelmed, anxious...etc. These sensations, or mind views, do not feel as good as when we are “in the ZONE” therefore we feel like there is something wrong, something inside needs to be “fixed” or healed.

When we “experience” these aspects of ourselves, the entire Quantum Universe is vibrating with unlimited potentiality... waiting for you to Master the Moment.

Due to the limitations of the rational Thinking Mind, our mental habit is to focus on the perceived “problem.” >>> “What is wrong with me?”

This mindset will place you on a long road of self-discovery and perhaps years of therapy. Why? Because the wounds are “Ghosts....” Well, shadows of the Truth...nevertheless...the Ghosts become excellent Spiritual Guides when you honor them.

Embracing the Wounded Feminine

Let’s have another pretend example of how these “Ghosts” show up in our lives.

Perhaps you were often teased for being talkative as a child. Believing that you “talk too much,” you start retreating within, weighing every conversation to see if you “did it again.” Or maybe you grew up constantly calculating what you want to say, wondering if your words and feelings have any real “value.” One day, someone makes a harmless comment while you’re preparing for a presentation: “Be careful not to put too many words on that slide.” POKE!!! You have just been triggered, and the result is an emotional body that has flown into fury! <<< SEE!! There is the dark feminine coming to your rescue!

Why the fury? It wasn’t the comment, the presentation, or even whether or not there were too many words on the slide. The fury was the part of you that was emotionally invested in not being a chatterbox. Anything that threatens the way you present yourself to the world (that is, brings your Shadow Self into the light) will be seen as a threat to your identity — and ultimately, your safety.

What makes up your Shadow depends on what you subconsciously reject within yourself. We usually hear this come up as negative self-talk. Often, these rejected parts of ourselves are the result of childhood experiences.

Do we act on the fury?? YES! But not in a furious way. We seek a higher way > toward the Light >>> to express our authentic Self. Your Shadow Self can have a negative impact on your well-being when you ignore or reject it. This part of yourself craves to be understood and explored.

This is because it was ignored and possibly shamed throughout your life. Even if it was less dramatic, we don’t feel mentally and emotionally at our best when our Shadow is not integrated into ourselves, which is to say — when the Shadow and Self are far apart.

The Effects of Ignoring your Shadow

When you ignore it, your Shadow will find ways to make you aware that it exists. This can lead to issues like:

Self-loathing or poor self-esteem

Self-deceit and deceiving others

Anxiety and depression

Offensive behavior toward others

Self-sabotage

Struggling to have healthy relationships with others

An inflated ego

When you reject your Shadow, you may also start projecting onto others. Projection happens when you see things in others that you subconsciously recognize within yourself. Those parts can make you uncomfortable. As a result, you can seek to judge or punish others who reflect those traits.

By accepting your Shadow Self, you can start to see how your thoughts and emotions influence your behavior.

We are born Whole and Complete, but through our life experiences, we learn to live fractured lives, accepting some parts of our nature but rejecting and ignoring other parts.

Through compassion from your Higher Wisdom, you can empower yourself to live life more deliberately and consciously. You can start to show up as your Authentic Self.

Unafraid, and able to transform the fury into dynamic, forceful, yet kind, speech.

The Royal Path of Yoga

There is only ONE Truth, which is: You are Pure, Perfect, and Complete. You are masterfully, and wonderfully made in the image of God. Inside of you, and what animates you is God given life-force, and your Soul is the seat of Divine Wisdom, your Soul Contract, your pure essence. To begin your Healing Journey, you must first embrace the Truth, and then shine that Light on the wounds, and on your human nature.

All spiritual text advises us to “first seek the Kingdom of Heaven, and all else will be added to you.” I prefer Jesus’ teaching on this subject. 😊 Greek philosophy, (Sophia) says to focus on what is Good, Beautiful, and True. Light brings awareness to what seems dark.

By facing your Shadow Self head-on and embracing all parts of yourself, you can begin to uncover new insights and develop meaningful connections with others. Ultimately, this opens up the possibility for greater personal power and fulfillment in your life.

In short, the key to Wholeness is learning to LOVE everything about yourself unconditionally.

SOUL WORK MEDITATION PRACTICE...

If you have not yet tried the suggested meditation practice from Week 4, I highly recommend that you engage with it. We have spent the majority of our lives “trying” to be acceptable enough to receive love. The Truth is...each of us are worthy of Divine, unconditional love, Always. Allow yourself to experience That.

Here again are the prompts for that meditation>>>

MEDITATION IMAGERY

→ Bring yourself to Stillness through a few minutes of full Yogic Breath. Notice prana rising and falling through Heart Chakra, allowing Heart Center to feel Full, pure, healed, and at Peace.

→ As you FEEL more relaxed, practice the Divine Feminine’s Essence of Allowing... Imagine any visual of the Divine Mother standing behind you with her pure awareness and love flowing to you, embracing, comforting, and embracing you.

→ Leaning back into her arms (and her heart and her energy), let Her love receive you; melting back into it, and merging with Her, your own true nature of awareness and love.

→ Rest for a while, allowing this Divine Love to flow into you, healing, balancing, and connecting you with your own flow of Divine Feminine energy. The two of you become ONE. Feel the essence of Love flowing into every cell of your body.

→ When you are ready, place your hands on Heart Center, and end the meditation.

Om Shanti ~ Melinda

Spiritual Wisdom is Yoga for the SOUL...

Buddhi Institute EMPOWERS women who are ready to embrace Next Level Living. Learn how to RISE above the storm through Self-Mastery programs created for women that are aligned with the healing wisdom of yoga.

About Melinda Johnston: Melinda Johnston, of Buddhi Institute, has over 30 years of experience in teaching, coaching, and creating transformative events and retreats. Her goal is to teach practical methods that incorporate mindfulness, along with the ancient wisdom belonging to the Yoga Sciences, for the integration of body, mind and spirit so a sense of complete wellness arises almost effortlessly into one's day-to-day living.

Because she is well versed in multiple facets of religious and sacred philosophy, including the Eastern philosophies of Buddhism and Vedanta, Metaphysical consciousness, and the Science of Yoga, her gentle teaching method allows one's own wisdom to expand into deeper level, naturally.

She has created a variety of alternative methods for celebrating life and seeing the “sacred” in simplicity. Her knowledge offers students and clients an absolute path for Awareness and Self-Discovery, which in turn allows one's perfect state of wellness to become known and exist effortlessly.

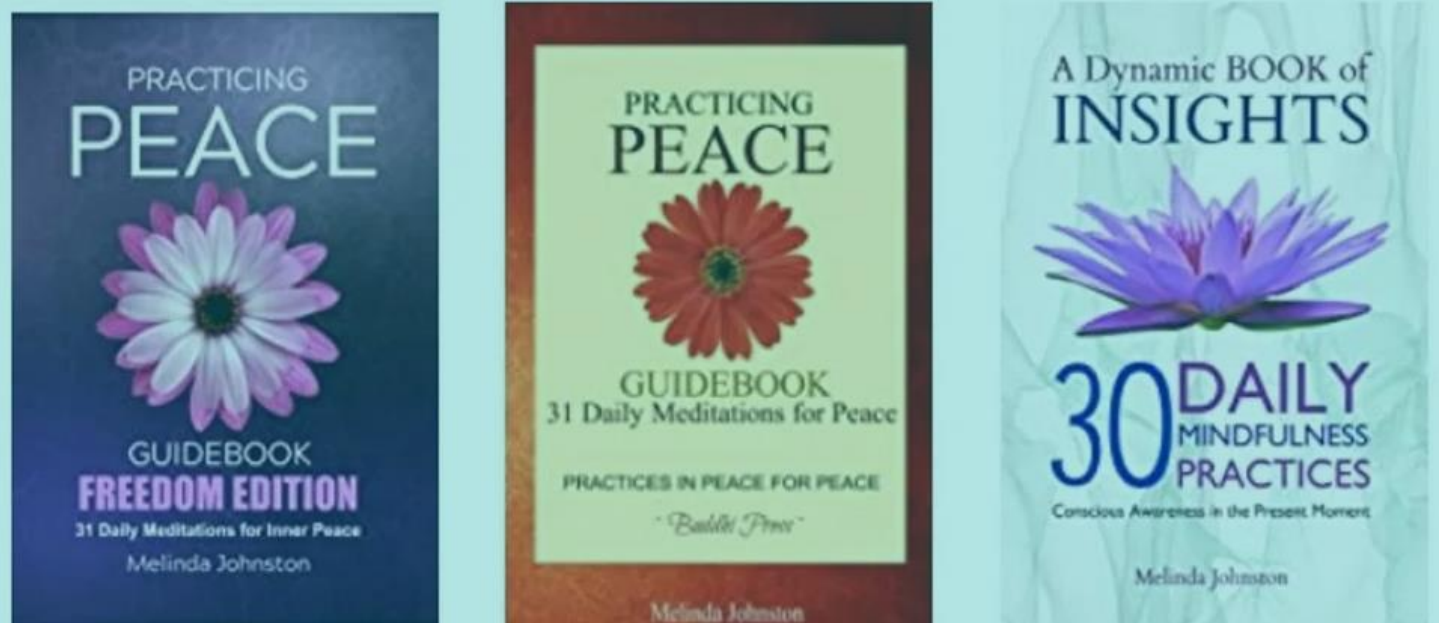
Melinda's website: <https://buddhiinstitute.com/>

Interview with Melinda



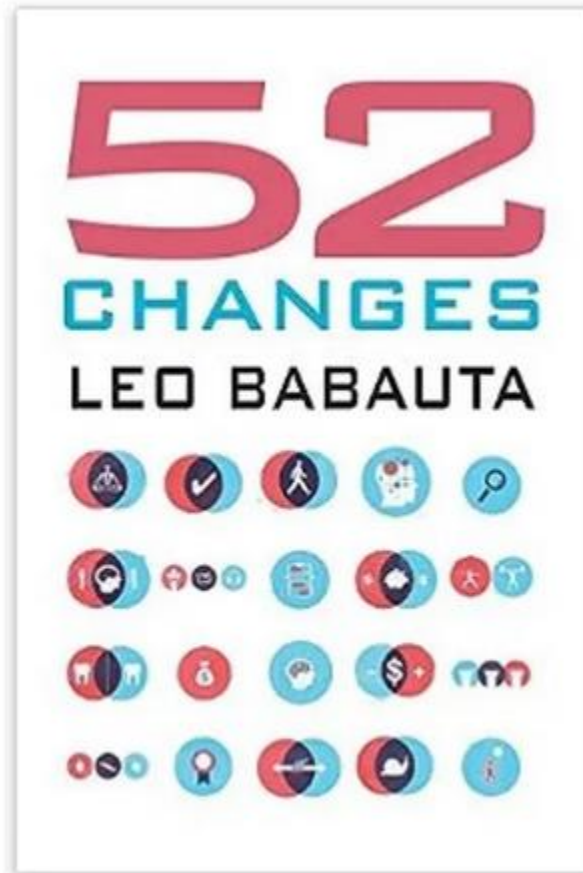
Link: <https://www.youtube.com/watch?v=gMHoJ>

Melinda's Books



Find Melinda's Books on her website: <https://buddhiinstitute.com/shop/ols/categories/guidebooks>

How Simplicity Reveals Life By Leo Babauta



This morning I was eating a really simple meal, with minimal seasoning, and I savored its deliciousness.

Often I go the opposite way: I eat too much, too quickly, with an overwhelming number of flavors. And I barely taste any of it.

This is how I sometimes experience life: I do so much, so quickly, and have an overwhelming amount of stuff going on. So much so that it's hard to really experience any of it fully.

When I simplify, it's not necessarily about getting rid of stuff — it's about letting fewer things really be experienced:

When I have fewer things, I can really use those things fully, appreciating them fully.

When I have fewer things to do, I can really pour myself into those tasks, and really experience them.

When I engage with fewer things online, I can engage with them more thoughtfully.

When I remove the extraneous, it gives me a chance to savor what's left. The flavors can really shine.

And my experience of this is that life is really revealed when I have less in front of me.

That's not an argument for always having or doing less. There's something to be said for embracing the fullness of life. Instead, it's a noticing of what happens when I slow down, when I do less, when I fully experience things instead of rushing through them so I can do more.

The fullness of life is often revealed in simplicity.

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

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

Leo's Video



Link: <https://www.youtube.com/watch?v=eGF77CHPa3A>

15 Best Ways To Use Healing Crystals To Benefit Your Life By Healing Designed



Some crystals help attract wealth and abundance; there are also other crystals for self-love, and some can help you transition from heartbreak or grief. Whichever your intention is, a multitude of crystals can help you manifest what you want. Here are the 15 best ways to use crystals to benefit your life

Nikola Tesla once said, "Crystals are living beings at the beginning of creation." Healing crystals for millennia have been coexisting with human life. Whether it be during the Stone Age, the rise of Egyptian kingdoms, the Renaissance, or in the 20th century, these stones have been used in different ways to bring harmony in our lives.

Contrary to popular belief, you don't have to be a reiki healer or spiritual guru to use and benefit from crystals. In fact, a resurgence towards the use of crystals has been seen in the 2020 Creative Trends study by Shutterstock.

This new "Occulture" has made it possible for everyone to acknowledge and experience what healing crystals can do for their lives. Some crystals help attract wealth and abundance; there are also other crystals for self-love, and some can help you transition from heartbreak or grief.

Whichever your intention is, a multitude of crystals can help you manifest what you want. They can be all yours for the taking! If you're just new in this and don't know where to start with your crystal collection, you might like this introduction for crystal beginners! If you're still here and want to learn how to use them, then read on.

Here are the 15 best ways to use crystals to benefit your life:

1. Identify the current problem in your life that needs to be addressed

Before you use crystals, you have to identify the areas in your life that can specifically benefit from them in the first place. In this way, you can pin down the kinds of crystals that you should get. Of course, some crystals like Amethyst, Black Tourmaline, Citrine, and Rose Quartz are excellent crystals to begin with. However, choosing crystals can be overwhelming to anyone at first!

Once you pin down the current problems, the crystals' healing effects can be more evident for you. You see, this goes hand in hand with the Law of Attraction. When we think of the things we lack in life, we begin to attract it inadvertently. These issues become a predominant problem, but once we channel our intentions with crystals, we begin to see positive outcomes.

Crystals are like vessels and amplifiers. The key to using them effectively is by identifying what you need them for.

***Cleanse and empower your crystals**

Crystals are living beings, and like us, they also need to recharge in order to function. While you don't necessarily have to bathe your crystals every day, their healing properties are enhanced when purified. This is because some of the negative energy stored in them is released back to the Universe.

The first thing you need to know about cleansing them is that you have to correspond them to the element they resonate. There are Earth crystals, Fire Crystals, Water crystals, and Air crystals. Each of them is empowered when purified with their element. For example, Jade and Aventurine, being Earth crystals, resonate more when buried in the Earth overnight. Another factor to weigh in is being aware that some crystals can fade or crack with other cleansing methods that may work for others.

With that said, here are some of the ways to cleanse your crystals.

***Exposing them to moonlight**

Line up all your crystals overlooking a window where the moonlight can pass through. This is one of the methods that is nourishing and has no adverse effects on them. You can check on your calendar when the full moon is set to rise so you can schedule your crystal cleaning.

Even if it rains or it's cloudy on a Full moon night, it doesn't necessarily affect its cleansing power. While direct moonlight would be excellent, the latter is still effective.

***Charging them under sunlight**

Another way is by exposing them to sunlight for about 5 minutes and not longer than that. While this can help crystals like Citrine and Red Jasper that correspond to the Sun's energy, it can also cause other crystals to fade in the long run rapidly, so make sure you research if your current collection can be vulnerable to them.

***Smudging them with Sage or Palo Santo**

Smudging is the act of exposing your crystals from the smoke emitted by Sage or Palo Santo. You just have to place your crystals in a metal bowl and light your stick and wave the billows of smoke in its direction. Sage is a healing herb that is great for purification, and Palo Santo is a sacred wood from Peru that has a much subtler scent. Both of them are extremely helpful in purifying not just your crystals but also your space.

***Music through Tibetan singing bowls**

These bowls are made out of bronze or brass and have originated in Tibet. Singing bowls like tuning forks or bells are used to cleanse through sound. When cleansing with singing bowls, you should never

put your crystals inside when you strike it. The crystals might get damaged because of the vibration.

Just position your crystals around the singing bowl, and once you strike it, gently keep on circling the stick to continue the sound. You may keep on doing this while projecting your intentions and stop when you feel like it. Authentic singing bowls have a melodic tune rather than a loud clang, so make sure to test them out first before buying one.

***Soaking them in running water**

Water is the universal symbol of emotion, and it empowers crystals more, especially when your intentions to use them are for alleviating emotional issues. Usually, natural running water like the ones in springs or rivers is the best. However, you can still wash them using your faucet instead.

Make sure to submerge them completely for around 1 minute and nothing more. Some crystals shouldn't be cleaned with water, though, especially ones that are under 5 in the Mohs hardness scale. However, this isn't always correct because some hard crystals with iron ore can still rust in water.

Water is a corrosive element as well as saltwater, and while other websites often recommend this, it can tarnish and dissolve the crystals over time. To guide you, here are some of the crystals that can be considered safe to be cleaned in water:

Agate Citrine

Amethyst Moonstone

Aventurine Clear Quartz

Smoky Quartz Snow Quartz Rose Quartz

Red Jasper Carnelian (should not be soaked in saltwater)

Red Jasper Carnelian (should not be soaked in saltwater)

White Light Visualization

This is probably the most ideal and hassle-free way for you to cleanse your crystals. Place your crystals near you or cup them in your hands while you're sitting in a comfortable position. Now visualize a beam of light flow from the top of your head towards your heart and streaming down your arms to your hands.

Continue visualizing this until it envelops your crystals and imagine negative energies in the form of smoke or dirt falling away from your crystal. You direct your energy into them through your intentions.

Last but not the least is be grateful to your crystals. The act of caring for them creates a bond between you two and can further empower them to help you manifest your goals.

***Begin by setting your intentions and program your crystals**

Whenever you bring a new crystal to your home, it always helps to set your intentions on them, especially if you will be using them long term. While crystals already have inherent healing characteristics, their help will only be aimless when they are not programmed to fit your needs.

Take your crystals and meditate on them while setting your intentions in the form of a mantra. For example, if you have Aventurine, you can specifically program it so that its properties to heal the heart are more prominent than its capacity to attract abundance.

You can still benefit from its other properties, but it has become more efficient because it has direction led by your intentions.

***Place them in strategic points of your home based on Feng Shui**

Whether you want to attract wealth, new love, or career opportunities, Feng Shui and crystals go hand in hand to amplify what you want to manifest. The Bagua or Feng Shui energy map lays out the symbolism of each space in the floorplan. There are about eight of these illustrated in the infographics below.

If you want to enhance a particular area in your life, you can place your crystals in the space that corresponds to their inherent healing properties. For example, if you want to attract love in your life, you can place Rose Quartz on the farthest right space in your home or room that symbolizes romance or marriage. If you want to gain more material wealth, you can position Citrine in the farthest left corner, the abundance space. This way, your intentions can manifest into fruition because your home is aligned and amplified with these two principles.

You can also protect your home from negative energy to attach to you by placing them near your front door since it can easily block them. Black tourmaline is usually the best crystal for this purpose as it dispels psychic attacks and EMF to enter your space and will only leave neutrality. You can also pair this with Amethyst as it can also help for spiritual protection and grounding.

***Promote good health and enhance your plants**

If you have a garden or indoor plants that seem to have difficulty sprouting new leaves, placing crystals near them can also rejuvenate their growth. Crystals like Aventurine, Sodalite, Amethyst, and Quartz can bring them back to good health. However, Moss Agate is by far the ideal one as it specifically brings agricultural abundance. It is even widely known as the "gardener's stone" because of its healing effect on plants.

***Using them in specific treatments in connection to your chakras**

Each crystal has unique energy signatures and corresponds to different chakras. Their healing properties and colors align with either the root, sacral, solar plexus, heart, throat, third eye, or crown chakra. Below is a table that specifies the general benefits of different crystals towards the chakra based on color.

COLOR | HEALING PROPERTIES

Pink and Peach

Emotional imbalance

Gently energizes your system

Red

Energizes more forcefully

Resonate with reproductive system

Aids blood-related and inflammatory conditions

Orange

Mental and creative energizer

Resonates the Leydig gland above the testes (produces testosterone)

A seat of kundalini power

Yellow and Gold

Mental and nervous stimulators

Resonate with neurotransmitters, adrenal glands, intestines

Balance your mind and emotions

Green

Calming and associated with the heart, eyes, and thymus gland

Blue-green

Resonate with subtle levels of being and opens metaphysical abilities

Indigo

Mystical qualities

Resonates with the pineal gland

Affects mental healing

Violet and purple

Resonates with the pituitary

Regulates metabolism

Regenerating the body

Opens to higher awareness

Black and Brown

Detoxify ground energy

Protecting the body from harm

Combination Stones

Synergize the effects of the colors and constituents

Each chakra has a specific domain in your life and empowers you in different ways. When they are blocked, unbalanced, or overstimulated, it can manifest through physical sickness or emotional turmoil. Here's a detailed chakra guide for you if you want to learn more about them.

***Use them during meditation**

Meditation is no easy feat, but you can achieve peace of mind through constant practice. Intentional meditation is a lot more than just sitting still though. When you meditate with crystals, you place them in your hand and think of your reflections or what you want to currently manifest. It won't be easy to concentrate at first, but the key here is mental resilience. Once you practice day by day, it will only be like muscle memory for you.

***Wearing crystals as jewelry**

Physical proximity is an ideal way to benefit from healing crystals. While you cultivate your home to radiate their energy, you can be continuously guided and protected once you leave your space if you wear it with you. For example, if you're going to an athletic meet, wearing Red Jasper can help enhance your vitality and protect you from accidents while on a trip. If you're at a business meeting and you need an extra boost, wearing Jade can help you to close the deal successfully.

Wearing it with you helps amplify your intentions and balance your chakras when the crystals are near the affected areas. Depending on the kind of crystal you have, it will continuously work for you when worn regularly. May it be as unassuming as a ring, necklace, earrings, bracelets, anklets, or even a keychain, it can do wonders even without you noticing at first.

***Using them as a totem**

Whenever you feel unsure about a lot of things, keeping a totem in your pocket can relieve your stress or anxiety. Smaller versions of crystals like tumbled stones can act as an amplifier or a guide for you when kept in your purse or pocket.

For example, Amethyst is an excellent totem of sobriety and can help ground you whenever you feel overwhelmed with work and stress. On the other hand, Citrine helps attract abundance in your life when it is kept in your wallet.

***Creating crystal grids**

Crystal grids are a great way to enhance your intentions further to fruition. This is also a creative and fun way for you to combine the different crystals you own. The first thing that you always have to layout first is your intentions.

Ask yourself what you need right now. Do you want a crystal grid for wealth and abundance? Love and happiness? or a crystal grid for health and wellness? Maybe you also wish for a crystal grid to help you with anxiety. Some of the tools you need to form a crystal grid are a table where you can place it, a grid cloth or any cloth you have, tumbled stones, a Clear Quartz point to activate it, and Sage or Palo Santo.

The first thing you need to do is cleanse your space by smudging with Sage or Palo Santo then laying out the grid cloth. Then you place your tumbled stones in the form you feel drawn to (a heart, for example, if you want to attract love) from the outer form until it is finished in the center. To activate it, you have to use your Clear Quartz point and "connect" the crystals by hovering the point on them while thinking of your intention. If you don't have a Clear Quartz point, you can just visualize a white light connecting the crystals.

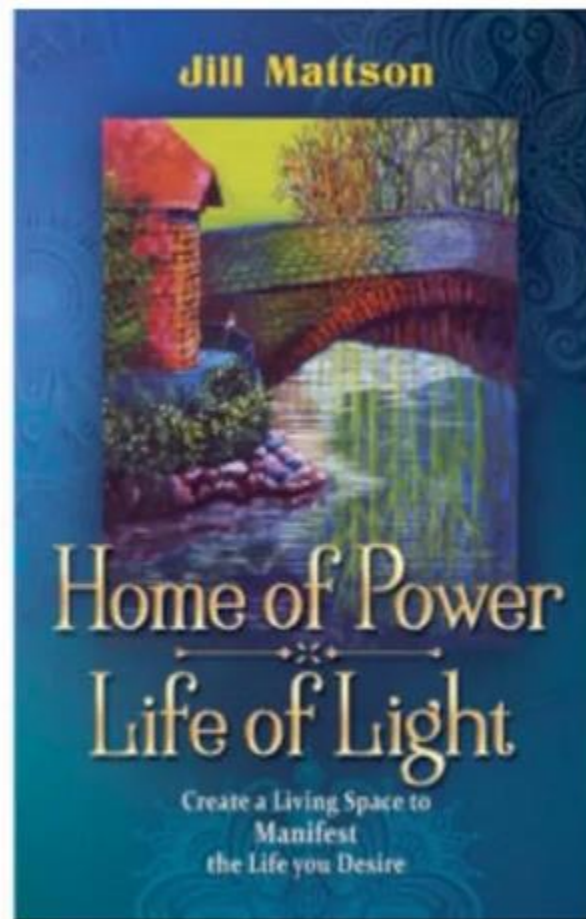
Usually, you can leave your crystal grid in your home office or where it can be amplified based on Feng Shui. You can leave it for 40 days or when the next moon cycle comes back.

If you want to find out more about harnessing them through crystal grids, here's a specific guide that you might find helpful. You can also read about this comprehensive resource on the meanings of crystals.

There are multiple ways to harness the crystals healing properties, but the main key is always to set your intention and empower them the way they empower you. Crystals are conscious beings in a metaphysical sense, and as owners, you have the responsibility to take care of them to benefit from them.

Harness the law of attraction to your liking with the aid of crystals, and you will definitely see results.

Song Of The Spider Web By Jill Mattson



It is cliché that mathematics is the language of Science; in a related and perhaps even more fundamental way, Music may truly be the language of Nature.

Just as my dog whines and tries to stop me when I play discordant music on my piano – we may be hardwired in our response to aesthetically pleasing or displeasing music. There is new evidence that suggests that music may be encoded in the smallest protein molecules comprising living things. Recent findings from MIT report that representing man-made silk fibers as musical compositions – using the underlying proteins in the synthetic silk as “notes” – reveals remarkable similarities between the physical properties of the silk and the aesthetic sound and feel of the associated music. In other words silk with good physical properties produced pleasing music!

Sound Healing investigators and certain students of antiquity, have believed for some time that Sound in general and Music in particular hold great potential for revealing deeper understanding of the universe around us. Further, the informed application of precise energy – in the form of sound frequencies – can benefit us on many levels: emotionally, physically, intellectually and spiritually.

The MIT research team attacked their work (to synthesize silk fibers in the lab), with the novel approach of starting with building block protein molecules. The large multidisciplinary team, including engineers, biomedical experts, mathematicians and musical composers formulated synthetic silk in a systematic

manner – as a model for future material design work. They began by building a computer model of natural silk and tried to identify the underlying bio-materials responsible for the unique light weight, subtleness and extraordinary strength of spider silk.

These researchers modified silk producing genes and created a device to copy the spider's silk spinning organ. After extensive work, they produced a variety of synthetic silk strands. Two of the experimental "silks" stand out: one of the new protein combinations yielded extremely strong silk molecules – but the catch was, these proteins did not adhere to each other as a thread – useless. The second material contained weaker protein molecules that adhered together strongly and made an excellent thread – what natural silk proteins do – success. It was not enough to produce strong proteins alone – they must interconnect properly and form a coherent strand on a large scale; there must be a cohesive architecture properly aligning and connecting the components (like a musical composition).

After these initial results, the team went back to the lab to produce new silk materials. One of the new analytical tools that they are employing in the development of superior silk is Music! Greatly simplifying the details... the various levels of the silk's structure (the proteins, their relationships, and underlying structures) were translated into musical compositions. The end result: the strong silk proteins that would not form usable threads produced music that was harsh and displeasing. The proteins that formed usable fibers played as soft fluid pleasing music. The fact that the above process based on the silk resulted in anything even remotely resembling music is remarkable; the fact that pleasing music came from "good" silk and harsh music resulted from "bad" silk is near miraculous.

One of the researchers, Markus Buehler of MIT said, "There might be an underlying structural expression in music that tells us more about the proteins that make up our bodies. After all, our organs – including the brain – are made from these building blocks, and humans' expression of music may inadvertently include more information than we are aware of." Music might tell us more about our biology and more about ourselves. Expanding on this, the processes that produced the biology, DNA and building block proteins may be encoded in a universal song.

Sound and Music – could these be more than we have thought them to be? Ancient Civilizations considered Music a mystical force and carefully guarded its secrets. Modern experts believe Sound energy can interact with and alter our subtle energies – opening up vast opportunities for healing and growth. The human voice contains voluminous information on the underlying state and wellness of the body. Musical compositions are grand "stories" employing numerous instruments, notes, pitches, rhythms, octaves and so on – producing a Holistic effect beyond the sum of the parts. As my dog knows very well – what sounds right feels right. Music could be the universal language of nature – and deeper – mirror the grand plan that makes us and our surrounding world what it is.

MIT reference: Massachusetts Institute of Technology (2012, November 28). Researchers synthesize new kind of silk fiber, and use music to fine-tune material's properties. ScienceDaily. Retrieved January 11, 2013, from <http://www.sciencedaily.com/releases/2012/11/121128112157.htm>

About Jill Mattson: My personal interests in Sound Healing, helping people and expanding consciousness were the result of my lifelong love affair with music, coupled with my personal spiritual quest, which I started in earnest about 40 years ago. I was drawn to the study of antiquity; specifically, I extensively examined methods employing Sound Healing and music to alter and improve mind, body, emotions, energy and spiritual aspects of practitioners' lives. I collected voluminous materials on Sound Healing over many years. This prompted me to write my first book on the field of Sound Healing where I interview leading researchers and scientists in the discipline. Concurrent with my research, I began producing my own Sound Healing recordings. In the early 2000's I built a studio in my home to record

my own compositions. I blend my original music with ancient techniques and embed special sounds in the tracks. The end result is pleasing and beneficial on multiple levels. Many people enjoy the music as a normal listening experience; more significantly, other people have been able to reach new levels of consciousness, peace and wellness by focused listening to my compositions.

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

Interview with Jill



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

Jill's Art & Music



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

Tarot Tendencies for March By Doreen Scanlan



True Heart Intuitive Tarot Deck

March is going to need you to come in like a Lion.

There may be certain things you are going to be called upon to defend or uphold. You may start questioning some of your own beliefs in the process. This is perfect time for you to reflect on some of the things you were taught to believe before you know you could develop your own belief system.

Toss out anything that doesn't resonate with you as a whole adult. Hold onto the things that made you feel good as a child and you can add your adult wisdom to so that you can smile about them each day.

Take that same childhood wonder into your future spiritual growth path. Let your creative self shine.

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

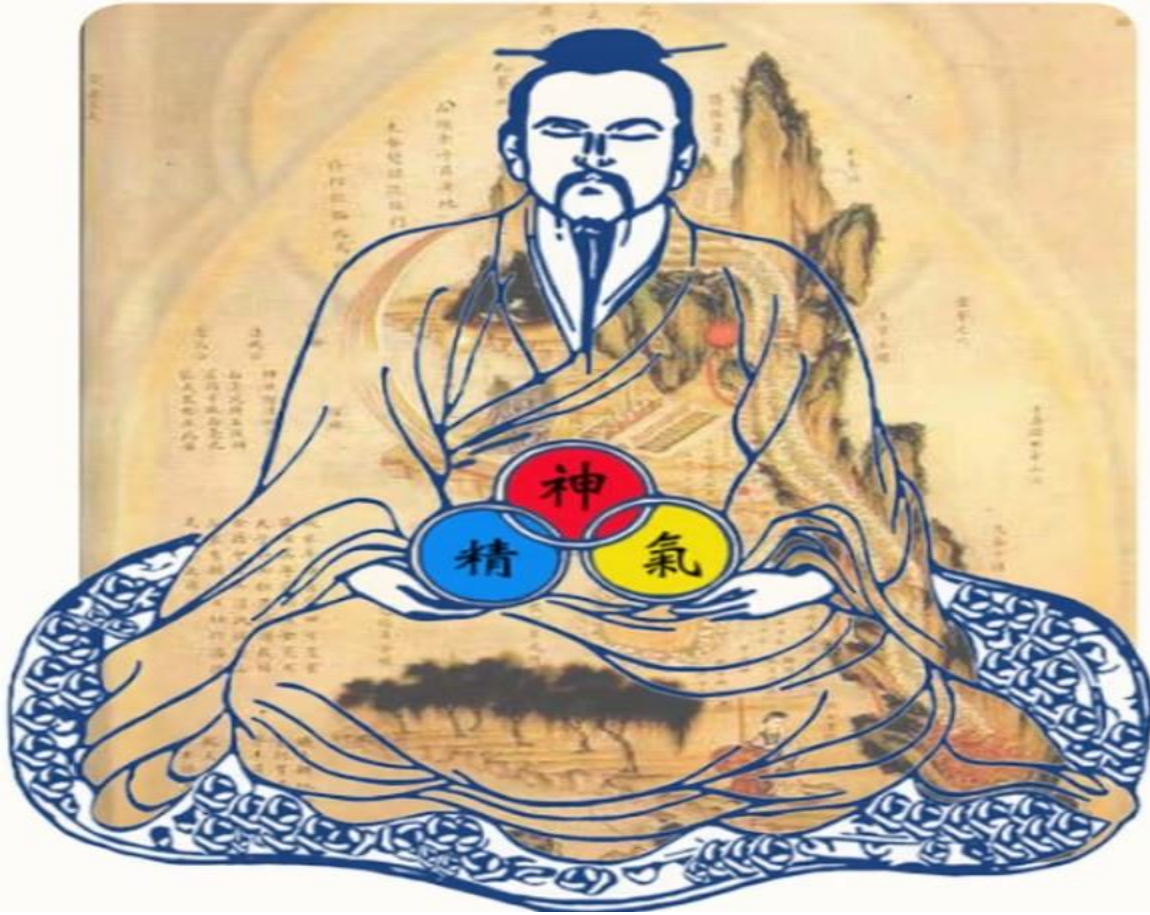
Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to provide a general monthly forecast to help everyone understand the tone of the month. If you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

Interview with Doreen



Link: <https://youtu.be/ILT-0PvKbcw>

What Are The Three Kinds of Qi? By Wendy Smith



What are the three types of Qi?

There are three kinds of Qi, known as heaven Qi (Tian Qi), Earth Qi (Di Qi), and human Qi (Ren Qi). Heaven Qi is composed of natural forces including the sun and rain and is made up of the forces that the heavenly bodies exert on the earth, such as sunshine, moonlight, and the moon's effect on the tides. The earth has earth Qi (Di Qi), which absorbs the heaven Qi and is influenced by it.

We breathe to absorb Heaven Qi and eat to absorb Earth Qi. The essence of the food we consume is transported by the Spleen to the Lungs to combine with fresh air to produce *Zong Qi*. *Zong Qi* is the energy that circulates and nourishes the organs and tissues. It is the most critical type of Qi, essential for good health. The organs and tissues of the body need constant nourishment to function correctly, which is where *Zong Qi* comes in. This is why we focus on the food we eat in the season we are in as well as the way we breathe in Qigong.

What are the benefits of connecting heaven and Earth?

“Connecting Heaven and Earth” is an exercise that opens the meridians, brings oxygen to the cells, and activates mood-boosting endorphins as well as the immune system.

For more information, you can read more about Qigong in these two books listed below as:

The Way of Qigong: The Art and Science of Chinese Energy Healing by [Kenneth S. Cohen](#)

Between Heaven and Earth: A Guide to Chinese Medicine by Harriet Beingfield and Efram Korngold [d](#)

About Wendy Smith: My introduction into the world of Qigong occurred as a result of my own search for healing outside of traditional western medicine. In 1995, while focusing on my career in film/video production, I broke my right ankle several times and then the left ankle. Then I developed acute tendonitis in both wrists from the crutches I had been forced to use. Eventually I was in a wheel chair for a short period of time. As a result of various therapies I underwent, I managed to recover but not totally. My doctors advised that I would not fully recover because of some “unknown” genetic condition.

The idea of not being able to fully recover was unacceptable to me so I began to look into alternative therapies. This is when I began working with a Qigong therapist who slowly helped me to heal my ankle. Realizing I would need to practice the exercises on a regular basis to maintain the recovery to my ankles, I enrolled in classes at the Qigong Institute of Rochester. I continued these classes from 1999 – 2000 while initiating energy healing work on myself. After 4 years in casts, crutches and a wheel chair, I was walking again. I attributed my success in large part to Qigong.

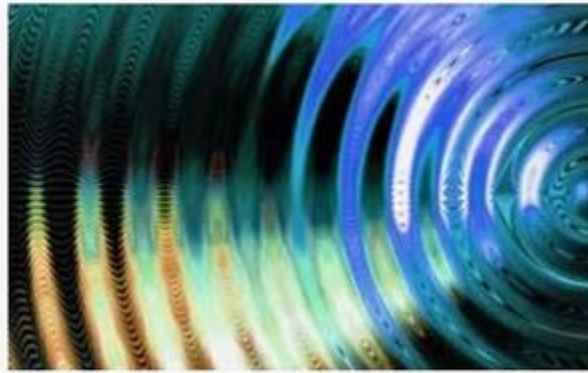
Wendy's website: <https://agelessqigong.com/>

Interview with Wendy



Link: <https://www.youtube.com/watch?v=Upu7>

What Can Sound Healing Do For You?



We would like you to have a sound break and listen to the video. Sound healing offers a lot of positive health options.

Some benefits of Sound Therapy are:

Changes our old patterns of behavior, habits and way of thinking that no longer serve us and are harmful to our health.

Soothes, purify and harmonize your emotions and feelings. Helps to recover after illness, traumas and invasive medical treatments. Increases vital energy flow, creativity, intuition and motivation.

Makes positive changes to our whole being.

Removes blockages and toxins.

Self-regeneration.

Stimulates circulation.

Stimulates endocrine glands and regulates hormonal functioning.

Affects all cells in your body.

Balances both hemispheres of the brain.

Cleanses negative energy and emotions.

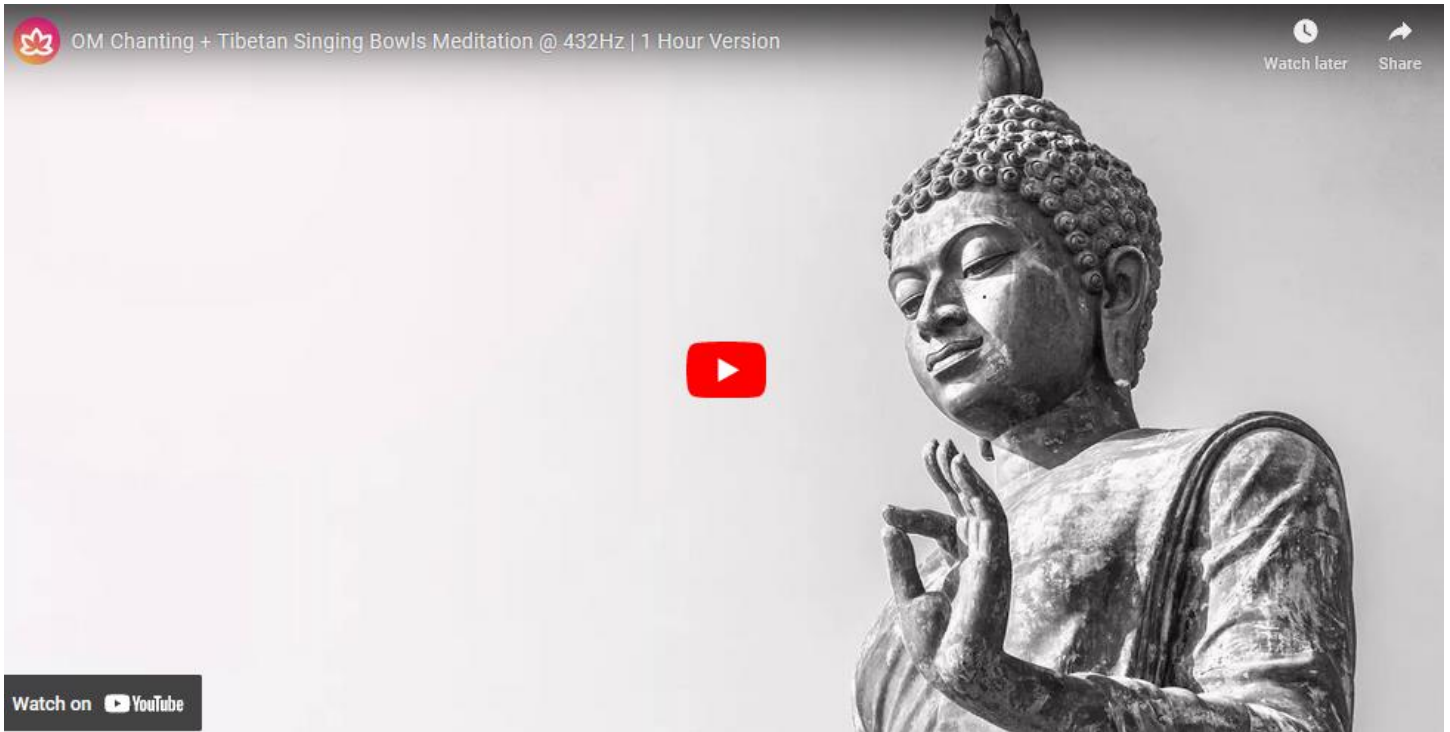
Connecting with your higher self. Helps to cope with life's challenges. Improves sleep. Strengthens immune system.

Stress reduction.

Deep relaxation.

Take some me time and listen to the video.

Video



Link: <https://www.youtube.com/watch?v=6GicBf2>

Integrating Your Higher Self By Shelly Dressel



We all have many aspects that create who we are. We are more than just this person in this life, however, the other unconscious aspects have an impact on how we see ourselves and others, and in turn our lives. We are also our soul. While there is a portion of our soul anchored within us, into this lifetime, through our soul we have access to more lifetimes, higher vibrations, and greater potentials.

During this channel, the Goddess took us into the All That Is as always. While there, she created three holograms that were in front of us. In the one on the left, it was how we look in a third-dimensional reality. An interesting aspect of this was for some, it seemed very solid, while for others it was not as present. In the center, we could look at the hologram of ourselves as the fourth dimension. In this hologram, you can see changes from the third dimension. The more that you incorporate a higher frequency into your life; be it physical, mental, emotional, conscious or unconscious you will see changes. You have more potential, you become more transparent. Then on the right, you can see yourself in the fifth dimension. This one takes the other two and incorporates even more energy and light.

Lastly, it is as if you see yourself, you the physical, mental, emotional, spiritual and crystalline. This is where you can see how to create what you do want to have. this is where you create the way to look at your life and everything around you. From there you integrate it into your human, every day self. This is a powerful way to grow and create changes.

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

I greet you beloved family. I reach out from my heart to yours. I reach out in this now moment to embrace you with whatever it is that may be happening within your life.

Each of you has multitudes of different things that are happening on any given day. So often you're multitasking. Trying to finish one activity then you go to the next activity and then the next. There is so much that is a part of human nature that just feels like you are being pulled in many different directions and you are that bumper ball that moves in reaction.

In this now moment as you are here present at this time breathe within yourself, let your focus come down as if you are connecting to your heart, and then breathe out. Let go. Release whatever may be upon your mind.

There have been many changes taking place on your planet. There have been new alignments with Stars and other Planets that have prompted changes in the energies. For many of you, you can feel this in your everyday life. It may be something you notice dramatically. For some of you, it may help to ease and feel

as if you have smoother energy in your day. For others, it may be as if it's pushing you to make choices or decisions, and perhaps you're not ready to so you therefore feel disrupted.

Whatsoever is happening within your life you have the ability to filter out those things that may be distractions, and then perhaps give attention to those things that are supportive of you. Truly as I look at each of you who are present tonight, and this will also include anyone at a later date, that's all a similar energy, I can see the transitions that are taking place.

With the focus on aligning with frequencies, and then discussion about your intuition, you are each moving into a new place in which to live your life. My intention with all of this is that with everything we are doing during these journeys, we set up the intention, and that flows within you supporting and anchoring and expanding your consciousness. By doing so you then need not sit and focus on it all the time but you can have a greater understanding. Breathe in feel that breath and focus go within you and then breathe out.

With your breath and your intention, you create a ball of light in your heart center. You can just imagine it. Some of you may see something or feel something. As this ball is created around your heart center from your Heart Chakra you send a stream of that it goes down into your Solar Plexus. It then moves into just the Sacral Center and then your Root Center.

Take a moment to feel how this balances these energies. That consciousness within this light moves up and down through your energy bodies. Send it down further. You allow it to go into the Earth, and connect with Gaia.

For some of you, it may be as if you begin to receive messages from Gaia. For others, you may feel or sense the Elementals. Allow anything that comes into your awareness to be present in your consciousness and it then flows up through those energy bodies back into your heart.

As you let yourself focus for the moment and feel that flow you're probably feeling yourself as you're anchoring down onto the Earth. The more that you anchor the greater the amount of expansion you may have as we move into the higher frequencies. You let that energy go up through your throat, your third eye, your head, you activate your crystalline energy body and all of that moves up until you find the space of your Higher Self.

What does this feel like to you? Is this area filled with partially created intentions? Perhaps things that you have thought about but you didn't know what to do. So let your focus go within your consciousness and as you breathe out, phew, just send a ball of energy or as if you are breathing out a breath like a little wind that moves through this area. As you do so it will clear out whatever no longer serves you. It will now give you space so that you may create that which is in your highest and best interest.

You then send that energy it follows that stream of consciousness all the way up. You find yourself immediately moving into your Soul Essence. You as your Soul are massive. Most people have had multiple different lifetimes on the Earth plane. Many of you are currently having lifetimes out in the Universe and that energy all comes back into your Soul Essence. As you allow your consciousness to merge within this space it may be that certain of these things trigger inside your awareness. For the moment simply be aware.

I the Goddess walk in and amongst all that are here. I reach out to each one of you. As I do so I embrace you as your Divinity, as the consciousness of this person, and it moves everything into the All That Is.

Look around within this space. This area has expanded since we moved into what you call this current year. It has expanded because it's shifted into a higher vibration. In doing so this is allowing you an opportunity to adjust your vibration and frequency into that higher awareness.

So look around. I invite you to take a moment and we're creating like a Hologram for each one of you. Multiple different perceptions. On the one to your left ask to see yourself from this lifetime as you would be in the 3rd dimension. For many of you, as you've been throughout this lifetime. It may be very solid to you. You may perhaps feel very present in this vibration. However, don't be surprised if it also looks patchy to you.

Shift your focus to the center and ask to look through the eyes of the 4th dimension so that you may look at your life as you vibrate at that 4th dimension or that 4th level of consciousness. As you do so what is your immediate perception? Does your life look exactly the same? Are there different things that may be happening that come across to you in a different manner?

As you just open your awareness to living your life in the 4th dimension you may now recognize how so much of that energy is shifted into this new place so that if you glance at the 3rd it becomes more and more diminished or like it's going away. Now the 4th becomes much more solid to you. For many of you it may have already been immediate as you connected with it.

Take a moment and look at another Hologram and this is looking through your eyes of the 5th dimension of a higher, lighter, frequency. As you look at your life from this perspective sometimes you may see it with a lot more compassion. Instead of perhaps judgment for things that have happened in your life, you can now look at your life and feel compassion, awareness, or perhaps acknowledgment for all that you have done.

As you look here in the 5th dimension you may also notice that things are a little more transparent. They are not as solid. You may notice that those things happening in your life have a different importance to you than perhaps they did in the lower dimension. Some of you may notice opportunities in this higher frequency that you did not notice in the lesser. The more that you focus on this 5th dimension when you look back to the 3rd it's almost completely gone. For some, you may see a shadow of your life at that vibration. There are some of you that it still seems pretty solid to you and the 5th is very translucent.

Here in the All That Is you have an opportunity to discern your life from three separate perspectives. It is the same life but each perspective has a different focus. So just take a moment to take that in.

Consider if you will these Holograms remain but they kind of shrink down. Consider if you will something you have been seeking to manifest. Whatever comes immediately into your consciousness you can take that in, and then as you look at the 4th dimension how does it look? Does it look like it can be a reality for you? Does it look like an opportunity you may be seeking? Look at it in the 5th dimension.

What I noticed for several of you is that what seems somewhat lackadaisical in the 4th when you suddenly look in the 5th it exploded. There was color, there was light, there was movement, and there was potential. Therefore as you seek to manifest take an opportunity and see which frequency it most resonates with you.

So many of you continue to be solidly within the 4th dimension, so that's OK. If there are energies within the 4th dimension that help you to manifest what you seek then let your focus be upon that. Once this all manifests for you, you could then shift and look at it through the eyes of the 5th dimension and check that out.

Perhaps there's more that you can add to what you are seeking. So often humanity has a tendency to want to manifest lesser or just go for that which is the least because they don't want to stretch too far. In truth the more that you stretch that takes you into a higher, lighter frequency you open the doorway and feel the flow of love and light as it moves in to help you. There was a big surge that just went in with that.

As humanity, make an intention that you would like to manifest within your life to the highest vibration possible. As I said that I felt some of you sliding up to the 6th dimension.

In the past when you were stuck in those very low vibrational frequencies you were wrapped up in that energy and to try to stretch outside of it was very hard, and it took a consistent effort on your part. However, with the changes that have taken place you've cleared out that lower density, and everything becomes much more fluid. But what within your life do you still handle as if it's in that solid heavy energy rather than the fluid energy? There you go.

The more that you seek to manifest in your life the easier things will become. If you find there's something where you keep hitting the wall then let it go. You may still have the same effect you were seeking but you need to turn around and seek to manifest through a different manner. Again, that flow and movement is what supports you.

We let all those Holograms go and I invite you to look as if outside of yourself at you. See yourself as if you are standing in front of you. Look for a moment at your physical body. If there's anything you seek to change, as you look at your physical body, put forth that intention.

Consider your mental body which are your thoughts, and your beliefs. Here in the All That Is you can see, sense, and know everything. So your mental body as it surrounds you but it goes within you, as you are looking is there anything that you would like to change? Can you see different areas where they're stuck thoughts and beliefs? Phew~ Clear them out. This is the place for creating something new.

Your emotions are also a part of this Hologram that you are looking at. Do your emotions feel balanced to you? Do you find yourself stuck perhaps in anger, depression, or sorrow? If there's anything that you may see that you say I no longer want to be stuck, Phew~~, clear it out. Let those emotions go. Understand that you can intrinsically know whatever it may be.

Then that spiritual energy body everything in this space is your spiritual energy. The crystalline energy body, notice how that is bringing some of that transition into all of this. So that now with your focus, your awareness from your consciousness as you look at the person you are look through these eyes of the highest light frequency. Notice where you can see the transition, change anything you would like, and then observe how that crystalline vibration, is a sparkling light that just moves through and rebalances every.

As you look at this Hologram of you, understand that this is you. This is you from the higher frequency. This is you with the clear intention of what you seek to manifest. As you look at this Hologram you have that sense as if opening up your heart, opening up your mind, opening up your consciousness. You reach out and embrace this Hologram until it merges completely with your consciousness. You may need to take a moment, and there may be some subtle adjustments that take place. Receive it as your truth. Receive it as the reality of how you would like to express yourself in this life.

I want to take a moment because some of you when you looked at the Hologram you could see and you could accept all that you see. Then as it merged with your consciousness that is still aligned with your Ego it felt not compatible. So take a moment within your consciousness, engage your Ego, engage your perception, and just as if you are expanding that energy field receive this Hologram and then allow it to transform so that your Ego can feel who you are. The true authentic self from this high vibration of the All That Is. For some, it's like there's something that's just stuck. So if there's anything stuck, poof, there you go. Breathe in and then breathe out. Excellent.

So with that last adjustment, I could feel almost every single one of you now receiving this clear intention of you as the vibration.

I invite all of you to come back together. You create that circle of energy and as the Hologram of the Earth comes up in the center you send into the Hologram your consciousness as it's merged with that Hologram. As it aligns with the higher frequency you're sending the intention of looking from the highest light of all that is here. As the hologram takes all of this on there are also impulses of light coming from the Universe that helps to support this higher frequency.

As the Hologram integrates all of this there's an aspect that goes out to anchor it to the Universe. The remainder is as if you release it and it flows down into and around the Earth. As it moves through that energy of the Collective Conscious it is clearing out that lower frequency. It moves through all the way into the center of the Earth anchoring within the center. That then reverses and expands outward.

Where you align with Gaia you receive your own anchoring as with this higher frequency. It also moves into everyone that's living on the Earth bringing their own potential of tapping into that more loving, compassionate, higher frequency. It is available for everyone. It is available for the planet, the trees, the animals, the grass, and the water.

As each of you choose in a very conscious manner to receive you are shifting your own reality which in turn will shift the way you interact with the people around you. You allow the remainder of the consciousness; it moves from the All That Is; it goes back through your Soul Essence anchoring within your Divinity. It streams down through your Higher Self and then you feel it, it comes down through your head center anchoring to where you have been open in your energy bodies. It may be bigger than you so you let all of it come down anchoring in and around you.

As you begin to ground yourself feel and make a conscious choice to accept that higher vibration and frequency of who you are because that is coming from a place of love. That is coming from a place of potential and that is what is transitioning anything that is happening within your life. Take a deep breath in and breathe out.

Consider your life in your in your day to day process of whatever that may be. Consider when you get stuck in something just ask yourself, am I dropping to a lower dimension or am I looking at this from a higher dimension? By dimension you could mean frequency, you could mean vibration whatever words resonate with you.

When you have a clear intention of living, breathing, and experiencing life from that which is your highest potential you manifest higher potential. It is not that you have to be perfect. It is not that you have to do it every single time. It is that your intention is there and that opens up the door to more and more possibilities. Beloved the transition has arrived. I invite you to be there in the best for you.

Know that I am ever with you.

Ansaluia.

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

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

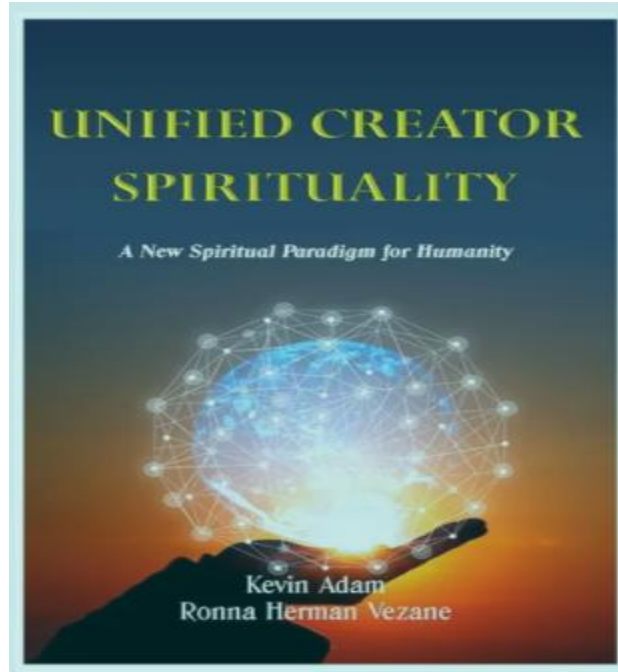
Go to Shelly's website: : www.goddesslight.net

Shelly's Video



Link: <https://www.youtube.com/watch?v=3oGk3>

Are You Ready To Take The "High Road?" By Ronna Vezane



Beloved Masters, as our Mother/Father God and Goddess increase the flow of the Elixir of Life throughout this sub-universe, it is affecting all creation therein. You cannot hide from it. You cannot deny it. Your lifeline to our Source is growing stronger and more compelling all the time. The magnetization factor is increasing dramatically. Into your “physical, mental, emotional and etheric Being,” you are magnetizing stronger, higher frequency, programmed Memory Seed Atoms that validate your “current picture of reality.” If you believe that you must live in poverty and chaos, those thought forms will be reinforced and magnified in your life. If you have accepted the truth that you are entitled to a life of beauty, joy and prosperity that reality will unfold before you – if you follow through and take the proper steps as outlined in our many past messages.

Many of you are in a phase of transition, whereby you are feeling disconnected and alone as you strive to adjust to the next level of cosmic vibrational patterns. At one level or another, humanity is gradually emerging from the restrictive illusion of the lower astral planes as the expansive, accelerated frequencies of the higher Fourth Dimension permeate the Earth and all its inhabitants.

Know that your personal column of God-Light is widening and becoming stronger, so that more and more Divine Elixir of life can pour down into and through you, as it saturates your body and then radiates down into the Soul Essence of the Divine Mother Earth.

As you purify your four lower bodily systems so that you may consistently increase the amount of Adamantine Particles of Light that you can magnetize to you and radiate from you. It is a duty and a Divine gift to be able to assist your beloved planet to evolve as well. This rarified energy is critical for your host planet, as this great Being is also struggling to return to balance and harmony within, in order to lessen the intensity of the cataclysms on Her surface. The higher frequency vibrational patterns are especially important in the process of purifying and returning the Mother Earth’s auric field to its

original Divine blueprint of perfection in order to accelerate her ascension process.

The return to harmony and balance begins as a Divine Discontent within each of you. Your Higher Self begins to increase the amount and raise the frequencies of Creator Light you are receiving. If you Heed the Call, unity consciousness can begin within you — here and now — in this moment. First, it is vitally important that you acknowledge and bring forth into your consciousness all of those unbalanced Fragments and addictions that you have created during your many lifetime experiences. – Those things that control you, those things that have created an emotional and mental prison within you and in your auric field. Then, you must become aware of these Fragments and how they have and will affect your reality.

Thereafter, through your conscious intention, you must create a burning desire to change, and to fill those imbalanced, negative thought forms with transformative Love/Light frequencies of harmony. We are always ready and willing to assist you in your positive endeavors; however, you must ask and give us permission so that we may reinforce your resolve, so that we may give you the necessary knowledge, along with swiftest and best way to accomplish your transformation with ease and grace.

In the past, you have tried many times to stifle or gain power over your addictions, your negative habits and thought patterns. You have resisted them, hated them, and constantly thought about them, thereby reinforcing their control over your emotions, your mind and your quality of life. Remember, many times we have said, for it is a universal truth, whatever you focus your attention on, you give energy to and reinforce, whether it is positive or negative. You must free the negative Fragments you have created by loving them and acknowledging that they have served you well. The best and most efficient way to achieve this is to send forth an impassioned thought to them. ‘It is time for them to be reunited with you, and to once more be a part of you within your solar power center of the heart – to be filled with Light, and to become an empowered Facet of your God-consciousness.’

In your mind’s eye, however you perceive, envision that, many Eons ago, you are viewing the “New Earth” from a great Light ship. We, the angelic Forces and the multitude of powerful Vanguard of universal Light Beings who represent our Father/Mother God, are bringing forth the energetic vibrational patterns of the wondrous, new Divine schematic in preparation for humanity’s inhabitation of the Earth. During the intricate, complex stages of preparation, great sentient crystals were implanted deep within the Earth in strategic places around the planet. A portion of each huge crystal rose from the Earth’s surface as a sentinel which radiated energy and information out into the cosmos.

From the Cocreator God Parents of this Universe radiated forth to and through our Father/Mother God of this sub-universe, into even greater crystal Sentinels, the Light/Love/Life force of Creation into Heart Core of the Divine Mother Aspect of the Ethereal Inner Earth-plane.

Over the many Eons of time, as Earth changes took place whereby mountain ranges rose into the skies, land masses sank beneath the waters, and continents shifted and changed shape, most of those great crystals were shattered and buried deep within the Earth and the waters. However, many remained intact deep within the waters, in great caverns, and many more lie close to the surface of the land hidden only by a thin covering of earth or vegetation – waiting for you to discover them and bring forth their powerful gifts and ancient memories. They are the Earth’s Memory Seed Atom Record-Keepers and hold the keys which will give you access to the wisdom and the power of manifestation that lie dormant within them.

If you could truly see the grid system, the web of life or the connection of ALL things, you would have a better understanding of the concept of Oneness. It is not just the Earth that has an intricate grid system.

You have streams of Light that radiate forth from you and to you, one to another, back and forth amongst every person on Earth. Some are stronger, some are weaker; however, you are still intrinsically connected with everyone and everything on your planet, and within this sub-universal expression. This may be mind-boggling and hard for you to imagine but it is true.

When we say you are all one, what does this really mean and how does this happen? It is because there are those streams of Light that penetrate and filter through everyone, around and through all of the Earth. Yes, most of these streams of Light are very weak, but more and more of these streams of Light are growing stronger and are setting up a vibration of recognition. There is an echo from within that says, “Yes, I remember you. Yes, I know who you are, and I know we have been together before. I don’t know where but I feel and recognize your vibrations and your energy signature. You touch my Soul and make my heart strings sing. Your loving Essence assures me that I am no longer alone. Welcome into my heart. I ask you to share my journey and to allow me to be a part of your journey as well.”

Each one of you bears within the Essence of your Soul, your DNA and your personal God-Self such wondrous gifts, such magical energy and a vast memory bank of universal information and history. All of these stories that are now being told and the ancient memories that are being accessed, don’t you realize that you were there? Perhaps it was not always specifically you in physical form; at times it was a close member of your Soul family. You do not have to personally experience everything that has happened during this great journey throughout the universe and on Earth to be a part of it or to have it in your memory bank. You have a lifeline, a Soul memory connection with your immediate Soul family, which creates a link whereby they will gain the data and wisdom from your experiences, and their experiences are seeded into your memory storehouse as well.

Know that, at some level, everything is seeking the Light – seeking balance and harmony – seeking to return to that which it was in the beginning. Each phase of new awareness or expanded consciousness has its special miracles and benefits that are to be savored and enjoyed. Each time you release some old self-limiting, painful thought form, habit or discordant energies within, you are transformed, and you remove a small (or large) part of your disguise, which allows you to integrate another Facet of your wondrous God Self. In doing so, you are gradually creating a new empowered you. A new reality opens to you whereby you have access to many new concepts, as well as new talents, and your sensitivity to the exquisite nuances of Spirit miraculously begin to unfold around you.

You are learning so much, so quickly. It is often so mind-expanding that you do not know what to believe, and you think you cannot take in or integrate any more new information, but we tell you this is only the beginning. You are becoming spiritual/human adults, whereas in the past you have been functioning as human children in a restrictive Third- / Fourth-Dimensional reality, feeling as though you were disconnected from God and controlled by the whims of fate and nature. As Self-masters and spiritual adults, you are learning that you are citizens of the universe, you are StarSeeds, Light Warriors and the vanguard of the New Age. You have soared throughout this universe and other universes as well.

You have heard that for a very long time that there was a quarantine around the Earth, this solar system and even your galaxy, which has now been dissolved so that you may receive galactic, universal and Omniversal information. We now tell you that there was also a filtered Membrane of Light placed around this universe. This universe, in which we all are playing an integral part, is among the most recent universes to be created from the Essence of the Supreme Creator. Therefore, it is a universe that is situated at the farthest edge of Creation.

We too have been limited in our knowledge of the workings of the Omniverse, as well as the amount of higher frequency vibrational energy that we have had access to. You see, the first universes that were

created were the most powerful and the closest to perfection, for they surrounded the Great Central Sun of the Supreme Creator and contained the pure Essence of Creation. As more and more universes, galaxies, star systems were created, ever-expanding and pushing Creation further and further out into the Great Void (and further away from the Supreme Creator), each refraction into density meant each new creation had less of the Power and Perfection of the All That Is.

You must realize that we are ALL much stepped down energetic Fragments; however, we are still an integral Facet of the magnificence of the Supreme Creator. And if we were sent forth with the command to create in the Creator's name – for it was the Creator's desire to experience more of Itself – why would the Creator tell us what we were to create? We were given a blessed Divine gift as cocreators and so was each and every Soul that has been born in the past, present and future. You are a cocreator god in your own right, and that is not sacrilegious: it is a universal truth. You must understand that is why you are here on Earth – that is who you are. Don't let anyone tell you any different. However it is important that you remember this “caveat” dear hearts: There is a Universal Law that states, “ Under the laws of cause and effect, you must experience that which you create!”

Please understand: Because we are so distant from the “Source of ALL,” and therefore, this universe was created from dramatically stepped-down Creator Essence/Divine Light Substance, with greatly “diminished electromagnetic capacity.” Some have called this universe a fallen universe, but we do not choose to call it that. This is a universe which was specifically designed so that humanity could experience duality and polarity and also “TOTAL FREE WILL.”

The spectrum of Light and shadow was designed with the Still Point of Creator Light at its center, and the pendulum of duality was to swing only so far into the positive/negative, masculine/feminine, the Light/shadow vibrational patterns of the material realms. You must understand that many of the cocreator gods created less than perfection as they also learned to use their Creator-given rights. Over the Eons of time the pendulum has swung further and further into the shadow lands of duality. However, in reserve, waiting for humanity to tap into, there has always been the same amount of Full Spectrum Divine Light substance. The duality and polarity of the Earth is now in the process of returning to Center, back into its originally designed Spectrum of Light and shadow.

There have always been magnificent emissaries from the higher realms scattered throughout this universe, and particularly in this sub-universe, this galaxy and on the Earth, for this is where the culmination of this Divine experiment in duality and polarity was to be the “gathering place for its final stages and resolution.” As we have told you before, the Supreme Creator is now taking an active role in the creative process of all the Omniverse. The pure, rarified energy from ITS heart core is now streaming forth as it affects every Facet of Itself from the greatest to the most minuscule. Creation does not contract; it is ever-expanding. Each and every human Soul has an integral part to play in that expansion, for we ALL are all cocreators in this grand experiment of duality consciousness.

However, all creation flows in cycles of creative expansion, integration and harmonization (which seems and feels like contraction). The Ancient Ones called it ‘The Outbreath and Inbreath of God’. Our sub-universe is now in the midst of an INBREATH CYCLE, whereby ALL of the history and perfected experiences of the co-creation endeavor, within this grand cycle, must become attuned to the Divine Blueprint of the original harmonics of Divine Light Substance,” so that it may be absorbed back into “The Central Core of Perfected CoCreation.”

Therefore, you ALL are at a grand crossroads, beloved ones. As you move through the process of clearing and cleansing the multiple Facets of yourself, you are either harmonizing and transforming all of your personal negative, lower frequency patterns of consciousness that have created so much pain,

suffering and distress or you are still on the downward Spiral of destruction and chaos.

Step back for a moment, and as an observer, review your past year: are you beginning to get the picture of what the grand plan and ascension are all about? Being aware and in control are important Facets of Self-mastery. If you have diligently studied and integrated the lessons we have given you, you should be well on your way to reclaiming the many gifts you have encoded within your Over-Soul's Divine Blueprint for this lifetime.

Each of you is the center of your own universe. As you learn to stay heart-centered and Soul-focused, thereby always radiating unconditional love and harmonious vibrational patterns, your world and reality are gradually changing for the better, for you are functioning as an empowered master of cocreation; a true Divine emissary of our Father/Mother God. During these times of uncertainty and great change, remember, my brave warriors of Light, there is nothing to fear and so very much to be gained.

Feel the warmth of our sacred breath as it brushes your cheek, sense the aura of love in which we surround you. We are near; reach out and touch us. We will respond. You are loved most profoundly. I AM Archangel Michael.

About Ronna: She teaches a common sense approach to the basic principles of spirituality. Thousands of people around the world testify that her books and seminars have changed their lives for the better. Ronna established her company/website ***STAR*QUEST*** in 1994 and is currently known worldwide for her inspired monthly messages from Archangel Michael, and for her life-changing seminars and workshops.

Although Ronna is now in her ninety-third year around the sun, she enjoys excellent health and vitality. Ronna rarely travels anymore; however she, along with her business partner /spiritual brother, Randy Monk, periodically hold a series of very popular webinars called Archangel Michael's Wisdom Teachings.

Ronna is a living example of what she teaches: to integrate the subconscious, conscious and superconscious minds, to heal the physical, emotional and mental bodies, and to partner with Spirit to become a Self-master and a cocreator of love, abundance, peace and joy.

Ronna's website: <https://www.starquestmastery.com/>

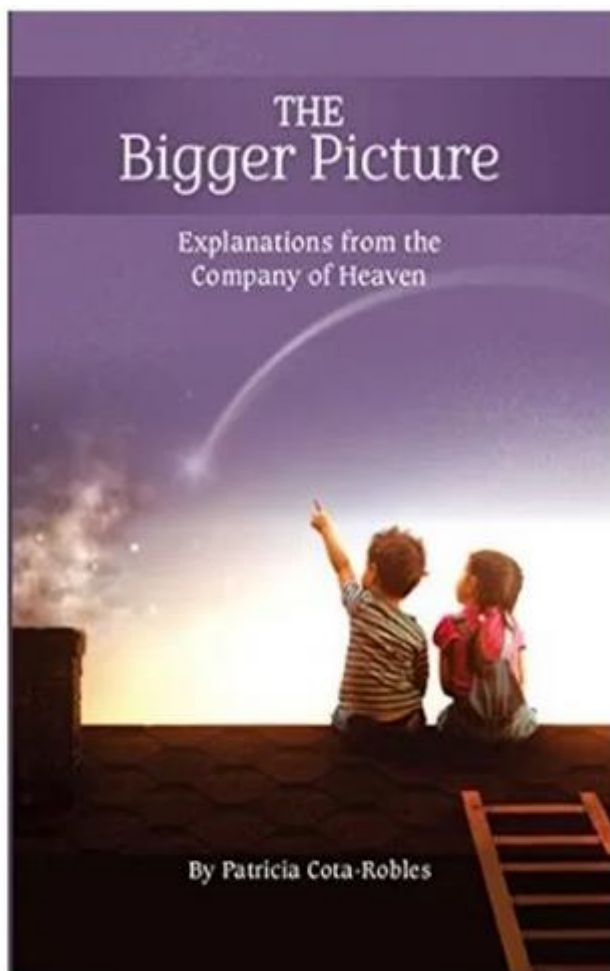
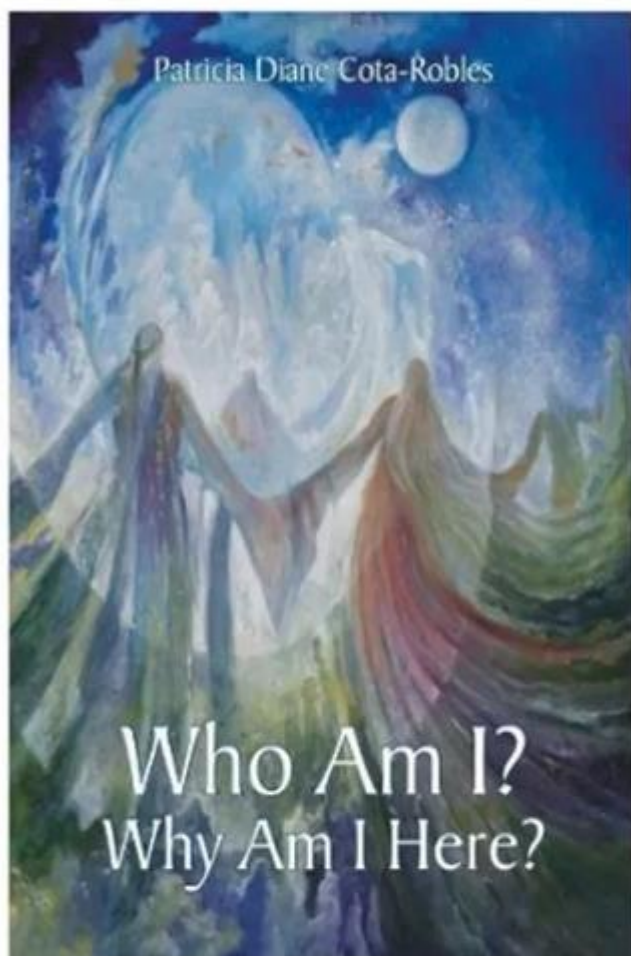
Ronna's Youtube: www.youtube.com/c/StarQuestmastery

Interview with Ronna



Link: <https://youtu.be/6ZdlCiMZS5s>

Empowering Our Lightwork By Patricia Cota Robles



Books By Patricia Cota Robles

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

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

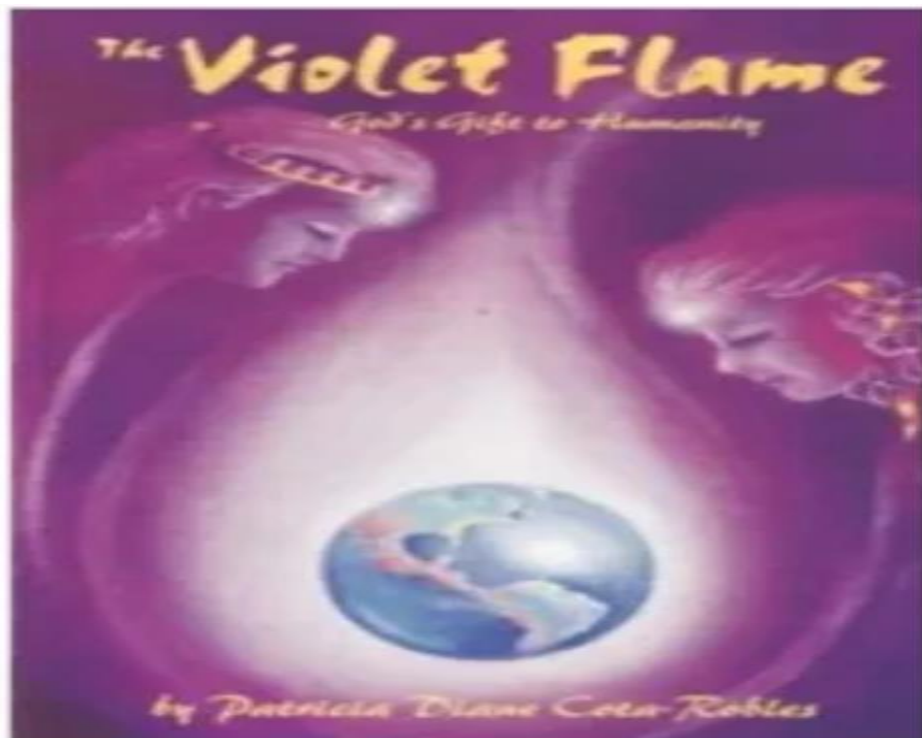
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program,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

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A

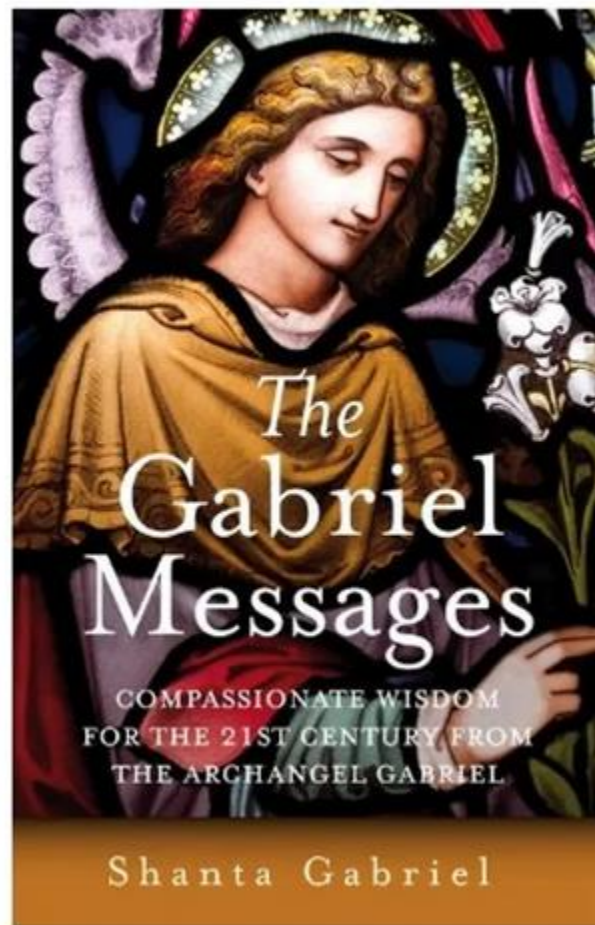


Want to have a hard copy book with information about the Violet Flame? You can purchase the book at:
<https://eraofpeace.org/collections/products>

Patricia's Vlog



Link: <https://www.youtube.com/watch?v=ooMO1f->



We are drawing on the compassionate and timeless wisdom of The Gabriel Messages to provide insight and inspiration that we can apply every day of our lives.

This message from Archangel Gabriel inspires us to remember that there is a more graceful way to live in this changing world.

Walk in Beauty, Live in Trust and Know the Benevolent Love of God Guides Your Way.
It has been a long road stretching from the time I first received this message from Archangel Gabriel in 1995 to making this message into my way of life.

I was going to teach my first class in another state and was nervous about the prospect ahead of me. At that time, and even now in certain situations, it is difficult to admit in public that I have been listening to an Archangel speak to me. When I asked what it was I needed to remember most about the upcoming journey, I received this message. It remains one of my favorites to this day.

When I remember to walk in Beauty, it means to honor the gifts of this amazing Earth and see that Beauty is everywhere I look. It is all in the perspective of the eyes with which I see the world. When I walk in Beauty, I feel blessed and radiate this beautiful blessing all around me. This raises my vibrational frequency enough so that I attract even more Beauty into my life.

Beauty is one of those words that has gained power since we have moved into the 4th and 5th dimensions after 2012. Just asking to see Beauty is a powerful prayer. When I create Beauty in my immediate surroundings, it never fails to uplift me. I can do this by the simple act of bringing one flower into my home. We need Beauty in our lives to feel more whole, and it helps us to live in Well-being as we learn to shift in these new frequencies.

Living in Trust has been more of a challenge for me. Sometimes it means that I need to stay neutral in the face of what appears to be happening in front of my eyes and rely on the truth of my heart. The appearance of disharmony is not the true reality when the Infinite Intelligence is involved, and since this divine aspect is always a part of everything, we can trust that what we see is only an appearance.

Living in Trust also means that I need to love and trust myself more and remember that I am not alone, that I am guided and inspired in every moment. There are times when I need to ask for proof of this fact. I have asked for signs when I really needed to know that I was being guided and that my small self was not making the plans. That has created amazing results.

At a pivotal time in my life in 1999, I felt that I was being guided to take some radical steps. I had prayed very deeply and felt as though I received clear instructions that even included the date. Before implementing this plan, I asked for a sign to make sure that it was coming from a pure place of Wisdom, and not my mind. To my amazement, in less than a minute I was covered in butterflies. Hundreds of beautiful winged beings were landing on me, wandering over my arms, chest and head. I was stunned and stood in awe at the power of Beauty in that moment. Shortly, they were gone, with no evidence that they had even been there.

Would you have trusted that a flock of butterflies was enough evidence to be sure of your decision? I wanted to do that, I really did, but still that little voice in me doubted. I told the Universe, "That was really good, but I just need one more sign to make sure." In Its infinite compassion, the blessings of the Divine continued, because in that moment a yellow butterfly and two blue butterflies landed in a little puddle right at my feet. I have never seen a blue butterfly before or since that time, but there were two amazing blue ones and a pretty yellow butterfly right at my feet where I would take the first step into new life. I had to surrender.

Living in Trust in that situation was not easy, nor was the outcome of that decision. Now more than 20 years later I can remember the importance of asking for a sign, and see how perfect it was for me to follow that guidance, no matter how difficult it was to do. The happiness in my life now more than makes up for the upheaval that decision created at the time.

We are given beautiful messages from the Divine to change the way we perceive our lives and the world. Often they seem so simple, even simplistic and hard to believe. Only the test of time has made it possible for me to know that when I trust in myself and the Angelic energy working through me, miracles are commonplace and life takes on a Beauty that keeps me inspired with a sense of wonder.

When this happens, there is no doubt anywhere in my being that the benevolent love of God guides my way. I feel the presence of Angels and know that I am truly cared for in every moment. You too have this Grace in your life.

Divine Presence,

With every breath I take, may I remember that I AM a beloved child of the benevolent and creative Source of All That Is. Help me to know, beyond a shadow of a doubt, that I AM blessed and loved beyond my capacity to understand.

**May all humanity trust in the beautiful, unfolding process of Life. May we know that all our needs are met with Grace and Ease, and we are truly cared for eternally.
May Beauty and Trust bless the heart of all beings in the world. And so it is.**

The Gabriel Messages #46

Walk in Beauty, live in Trust, and know the benevolent Love of God guides your way.

Dear One,

These words clarify the way to a carefree, joy-filled and peaceful life. Walking in Beauty means to look at all you see with your heart and mind. This might mean to see beyond the surface appearance of disharmony and know there is perfection and beauty within a situation. There is beauty all around you and sometimes it takes a prayer such as “let me see the beauty here, Angels,” to make this apparent.

Walking in Beauty also means to allow the awareness that there is beauty in this world to bubble to the surface, so you can be conscious of the great beauty of God’s creation. One flower holds as much of the key to universal knowledge as does a whole field of flowers.

Do all you can to be aware of the beauty around you and to bring more beauty into your world. Bringing that one flower into your home can brighten the day, as the spiritual essence in that flower permeates your world. Look for beauty every day and be grateful for all that you find.

Living in Trust means that deep within there is an inner knowing that you are never alone, and that the Angels are working for you in your life. As you give your life to God and pray that Divine will be done, you can trust in the appropriate outworking in every situation for the highest good of all concerned. Living in Trust means accepting what is apparent in your life, and making a claim for the Divine Order inherent in every situation. Living in Trust allows the Angels to comfort and inspire you so you can receive support in every area of your life.

When you know the benevolent love of God guides your way, there is a beacon of light to follow. This love is the most powerful force for good in the universe. This love creates Peace and Harmony in the heart and soul of each person who remembers. Allow Faith in this statement to permeate every cell of your being. You are always guided by God’s love and you are never alone. You can call on this love at any time and know truly it is there for you.

So allow this message from Archangel Gabriel to become your way of life. Belief will create more Love, Joy and Peace for you in every way.

Again dear one we say to you:

**Walk in Beauty, live in Trust and know
the benevolent Love of God guides your way.**

**Shanta Gabriel
for Archangel Gabriel**

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

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.

Shanta's Video



Link: <https://www.youtube.com/watch?v=M-ZTy7>

The Human Engine Of Caring and Nurturing By Lee Carroll/Kryon



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

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

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

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

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

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

Lee Carroll/Kryon Video




Link: <https://www.youtube.com/watch?v=dc0GshF>


ROC Metaphysical Business Advertising

Events At Nightwing


Sacred Sunday



Sacred Sunday
9am-noon
2509 Browncroft Boulevard
Suite 209



Sacred Sunday is a place where people are free to come be a part of a judgement free healing circle each week. Through the use of guided meditation, compassionate group healing, and shamanic drumming we come together to release the troubles of the weeks before and build up new energy for the week ahead. Won't you join us, and step into the bliss?



Come to the event they offer to the public.
2509 Browncroft Boulevard , Rochester, NY, United States, New York
(315) 480-4921
<https://www.facebook.com/nightwinghealingarts>



Enlighten
Reiki Clinic

4-8 pm
Thursdays
2509 Browncroft Boulevard
Suite 209

Enlighten Reiki Clinics are designed to give the community the opportunity to experience the benefits of powerful energy healing modalities in an environment which is safe, friendly and fun. Our clinics are donation based so people are more free to explore what these modalities can offer. Please feel free to come in and try us out!

Enlighten Reiki Clinics are designed to give people the opportunity to experience the potentials of energy healing modalities in a safe and fun environment. These clinics are donation based so we can provide low cost care to those who seek it. Practitioners are allowed to come for free on the agreement that your providing energy with us counts as your donation. New practitioners are strongly encouraged to come and use this as an opportunity to gain experience, explore your own innate talents, and learn from other practitioners in real time. Recommended donation is \$20, but no donation is refused. Services are provided on a walk-in, first come first served basis. No appointment necessary. We hope to see you soon!



Plymouth Spiritualist Church

Have You Experienced Our New Energy?

If you haven't considered Plymouth in awhile, we invite you to experience our calm and loving vibration.



**President - Elias Hayes
Vice President - Caitlyn Hart
Secretary - Noelle Boone**

**Treasurer - Lindsey Giacalone
Trustee - Gina Carello
Trustee - Susan Davenport**

Sundays at 10:30 a.m.

PlymouthSpiritualist.org

29 Vick Park A



Come Join Us on Sunday

If you haven't considered Plymouth in a while, or have been wanting to learn more about us, we invite you to experience our calm and loving vibration.

We are the Mother Church of Modern Spiritualism and have been serving the Rochester community since 1906. All are welcome to experience our services of Healing and Mediumship.

After Sunday service, we ask you to join us in fellowship with coffee and conversation.

We offer development classes. Please see our web or Facebook page for up-to-date information.

Mediumship Development Circle with Colleen Irwin. 12:15 pm - 2:15 pm. On the third Sunday of each month. \$10 per circle.

Walk in Wednesday is held on the third Wednesday of each month from 7:00-9:00 p.m.

For more info about the Sunday Service and other events go to their facebook page: <https://www.facebook.com/PlymouthSpiritualistChurch>



Experience is Back

**To find about all their shows go to:
<https://www.experiencepsychicfair.com/copy-of-upcoming-fairs-3>**

Saturday from 11- 6 and Sunday 10-5. Cost is \$10 for both days.

**March 9 & 10
Ismailia Shriners
1600 Southwestern Blvd.
Buffalo, NY 14224**

**April 5-7
Batavia Downs Gaming and Hotel
8315 Park Road
Batavia, NY 14020**

Gathering of Angels



The Gathering of Angels Event March 16th from 10-5 at The Artisan Cove, 349 W. Commercial St, East Rochester, NY 14445.

Free admission, free lectures, plenty of free parking and handicap accessible.

This is a monthly event to share inspiration and an uplifting light to the community! Bringing together professional psychics, mediums, healers & vendors every 3rd Saturday from 10-5.

Readers: Vicki Snyder-Young - Psychic Medium & Angel Readings Jim Young- Intuitive Tarot Linda Giuliani - Lenormand Tarot Kim Saporito- Psychic Medium, Tarot Theresa Johnson - Psychic Medium Iris Waters- Psychic Medium & Tarot Psychic Sylvia- Psychic Medium & Automatic writing

Healers: Samantha Lynn - Reiki & Chakra Balancing Tracy Bogart - Seichim & Crystal Reiki

Vendors: B & R Crystal Cavern - Randi Page- Crystals Dove Gift Shop - metaphysical items Jim Young - Gathering of Angels T-Shirts & Healing w/ Angels Books Roc Metaphysical - online magazine and books for sale

Free Lectures: 11:00 Sound Healing with Shari & Sunni - The synergistic effects of vibrational sound, yoga, and meditation have been proven to enhance overall well-being. Studies show these mind-body modalities can increase relaxation, reduce stress, improve self-awareness, boost focus, regulate emotions, and enhance the quality of sleep. Join Shari Santos and Sunni Ingalls as they share with you a little insight into why and how these modalities work and provide a small experiential sample of this powerful

combination. After the overview, some gentle movement will be encouraged (able to be done seated in the chairs provided*) and sound will be used to move the energy and prepare the body for deep relaxation. This will be followed by a guided meditation and mini immersion into the deep multi-tonal sounds of Tibetan singing bowls, and more. Their intent is for you to have a general idea of what this type of experience can provide, and we hope you will leave feeling relaxed and renewed.

Limited chairs that are 1st come 1st serve - feel free to bring a yoga mat to sit or lay on. 12:00 - The Radiant Mindset Program by Rocco Vallerand. For the past 35 years, Rocco Vallerand has embarked on a transformative journey dedicated to uncovering the profound aspects of life. Throughout his odyssey, he has delved into the depths of the mind's potential and mastered the art of cultivating secure, sacred spaces. His latest endeavor, "The Radiant Mindset" course, synthesizes decades of wisdom drawn from Positive Thinking, The Law of Attraction, The Secret, and the extraordinary capabilities of the human mind, offering participants an exhilarating and enlightening learning experience.

Within this course, participants will gain insights into: Understanding the profound influence of thoughts and beliefs on shaping our reality. Exploring the scientific underpinnings of the Law of Attraction. Cultivating a mindset rooted in gratitude for a more fulfilling life. Nurturing positivity and resilience. Overcoming self-limiting beliefs and the tendency for self-sabotage. Regaining equilibrium in the face of chaos. Practicing self-compassion and kindness. This comprehensive program draws inspiration from eminent figures such as Louise Hay, Shakti Gawain, Dr. Wayne Dyer, Morihei Ueshiba, Rhonda Byrne, and Eckhart Tolle, encapsulating the essence of their teachings into a singular, potent initiative designed to catalyze life-changing transformations. You're not going to want to miss this! It just may change your life!

1:00 - Richard Hughson - the main topics will be: a new examination of the tower of Babel story from the Bible; an introduction to the 'heart wave'; Tom Sawyer's story of a miraculous event on Mt. Taburno, Italy in the year 1401; and how Tibetans changed from a warrior society to a spiritually oriented society. I know this list sounds fantastically random, but they actually tie together well and still have relevance for today's world.

3:00 - Prayer/ Intention Circle - Richard Hughson In this circle, prayers will be placed in the circle then a period of silence as the circle meditates, prayers on them. Come send your prayers and intentions out to the world.

To keep updated on the event go to: <https://www.facebook.com/gatheringofangels111/about> or <https://gatheringofangels.weebly.com/>

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

 Sheila B.

Divine Angelic Gathering

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

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

What is included:

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

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

WWW.SHEILATILLICH.COM

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

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

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

Dr. John Ryan Friday Night (only) Presentation



Discover the Power of Quantum Healing: a 4 Hour Interactive Workshop Presentation

Event is held at: DoubleTree by Hilton Hotel Rochester 1111 Jefferson Road, Rochester, NY, 14623

Step into the captivating world of energy medicine and explore the cutting-edge modality of Unity Field Healing (UFH) with its founder, Dr. John Ryan! ? Join us for a 4-hour journey that will open your eyes to the infinite potential of quantum healing.

UFH is a pioneering energy-based healing method that interacts directly with your DNA's quantum field. This innovative approach was revealed to Dr. John through a series of meditative visions and has been recently validated by Kryon/Lee Carroll. This incredible event in Rochester, New York, hosted by the delightful Sheila Tillich, is part of the full UFH Practitioner Training. But here's the exciting part – everyone can participate in the Friday evening workshop!

During this transformative workshop, you'll: * Discover the ins and outs of Unity Field Healing * Experience a live channeling and energy transmission from the Sirian Blue White Collective * Dive into a profound meditation to catalyze light body codes within your Quantum DNA system * Enjoy plenty of interaction, learning, and Q&A time with Dr. John Ryan

The Sirian Blue White Collective, a group of light beings from the Sirius star system, appeared to Dr. John in 2019. Since then, they have been working in harmony with him to support this new system of energy healing and ascension. This event is not just an opportunity to learn – it's a chance to experience a direct energy transmission from these extraordinary light beings.

So, if your heart is calling, heed its voice! Join us IN ROCHESTER for this mesmerizing event with the Sirian Blue White Collective, and dive deep into the new world of energy medicine with Unity Field Healing.

For more information, visit our website: www.unityfieldhealing.com

**For inquiries, feel free to contact Tracey Roberts at UFH Home Office:
tracey@unityfieldhealing.com**

**For local concerns, reach out to our host, Sheila Tillich: EMAIL sheila@sheilatillich.com
PHONE: 585-313-3996**

See you there! Let the journey to the Quantum Realm begin!

<https://www.eventbrite.ca/e/discover-the-power-of-quantum-healing-an-interactive-4-hour-ufh-workshop-tickets-632848806817>Don't



UNITY FIELD HEALING (UFH) PRACTITIONER TRAINING

Discover the Power Within: Unity Field Healing Practitioner Training Program

Are you ready to dive deep into the revolutionary world of Quantum Healing? This is your moment. We invite you to join us for the Unity Field Healing (UFH) Practitioners Training Program. Developed by Dr. John Ryan and endorsed by Kryon/Lee Carroll, UFH is a cutting-edge energy modality that works directly with the quantum essence of human DNA to foster healing and personal transformation.

Hosted by the delightful Sheila Tillich, this immersive training takes place over an enriching weekend. Dr. John Ryan himself will be there in person to share his visionary teachings and provide hands-on training.

When? Friday, APR 19, 2024 (6:00-10:00 pm), Sat APR 20 (10 am – 6 pm), and Sun APR 21 (10 am – 6:30 pm)


What's in it for you?

1. *Comprehensive instruction in Energy Medicine and the unique healing art of UFH*
2. *Energy Attunements to empower you as a UFH Practitioner*
3. *A detailed 44-page manual packed with insights*
4. *Certification as a UFH Practitioner – Level 1, 2, and 3*
5. *Free listing as a certified practitioner on the UFH website*
6. *Inclusion in the Friday evening “Sirian Transmission and Introduction to Unity Field Healing” event.*

Take advantage of our EARLY BIRD PRICING at \$888 US (Regular Tuition \$999 US). Hurry, as our past events have filled up quickly!

Choose your PAYMENT OPTION:

 **PAY IN FULL** or

 **Opt for the PAYMENT PLAN: Start with a \$288 non-refundable downpayment, followed by two installments of \$300 due on Feb 16, 2024, and April 5, 2024.**

Note: Registration is refundable up to 30 days before the event, excluding Eventbrite Service Charges.

For more info, head to www.unityfieldhealing.com or get in touch with UFH Home Office tracey@unityfieldhealing.com or our Local Host, Sheila Tillich (<https://www.sheilatillich.com>). Step into the future of Energy Medicine. Register now and become a certified practitioner of this groundbreaking energy modality.

<https://www.eventbrite.ca/e/unity-field-healing-ufh-practitioner-training-tickets-632858826787>



Kryon and Dr. John Ryan in Rochester

THIS IS ONLY AN IN-PERSON ONLY EVENT! - KRYON RETURNS to the NORTH EAST USA - for a Unique & First time 2 DAY CHANNELLING RETREAT - with the SIRIAN BLUE WHITE COLLECTIVE!

YES, YES, YES! Here in ROCHESTER NY! Join us everyone for this Amazing Miracle weekend with our KRYON FAMILY! Sign up soon because this will for sure be sold out!

KRYON returns to the North East for the first in person event in over 3 years - joined by the Sirian Blue White Collective! Join Dr. Lee Carroll, Monika Muranyi and Dr. John Ryan for this special 2 day Channeling Intensive.

In-Person with Kryon-Lee Carroll, Monika Muranyi, AND Dr. John Ryan, - Sirian Blue White Collective (SBWC) IN Rochester NY!!!

September 21 & 22, 2024! Don't miss this lifetime opportunity to experience this special unique and First time 2 Day Channeling Retreat with KRYON, and the SBWC. Along with the GREEN MIST Healing Meditation presented by Lee Carroll and Monika Muranyi!

The Green Mist once a month Healing Meditation is offered ONLY to Kryon Healing Wednesday Program members.

<https://kryonmasters.com/product/monthly-healing-wednesday-subscription/?aff=68> Check out our local guest Healer, Rev. Sheila B. Tillich, featured on Kryon Masters Healing Wednesday November 22, 2023,

episode #156!

For more information and to obtain tickets - visit: <https://www.unityfieldhealing.com/event/kryon-sbwc-retreat-2024-transformative-spiritual-journey-with-lee-carroll-dr-john-ryan/>

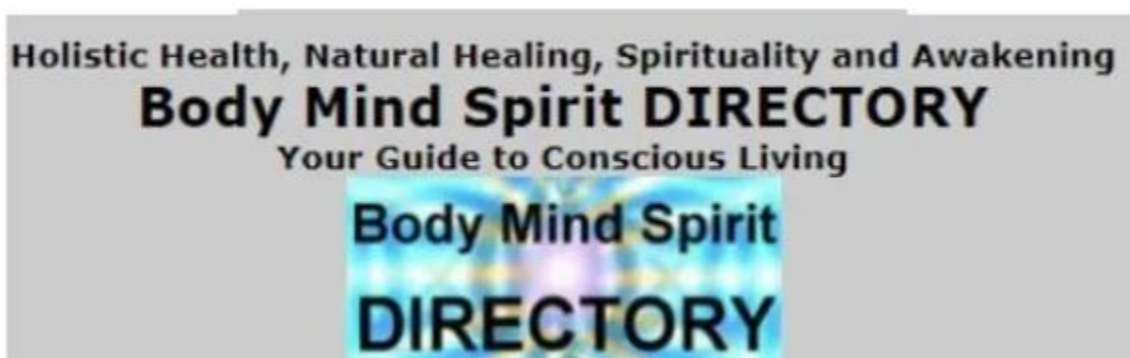
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Rev. Vicki Snyder-Young

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

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



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

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



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

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



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

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

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



727 E Main St
Rochester, NY 14605

and the NEW LOCATION
1225 Jefferson Rd
Henrietta, NY

585-266-8350
Sue Stephens

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

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



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

<http://www.thelotusblossoms.org>
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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
The Angelic Link
2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618
585-317-4374
<https://www.theangeliclink.com>

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

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

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

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



**Mountain Magic Healing Studio
Christene Springle
164 Ed Herman Road, Schenevus, NY 12155
607-287-7278
www.christenespringlemountainmagic.com
christenespringlemountainmagic@gmail.com.**

Where magic and healing begin!

I am an intuitive tarot reader, animal communicator, evidential medium, psychic, Reiki master, and an intuitive transformation coach. I had been walking this path my whole life without even realizing it. Looking back, I know that I was always sensitive. As a child, I felt energies, had psychic dreams, heard voices, and felt otherworldly things. Jumping ahead years later, I started on my psychic development, mediumship, and communing with the animals. Another lifetime would go by, before I would embrace being a lightworker on a professional level. In May 2021, I created my Mountain Magic Healing Studio in Schenevus, NY. It is nestled in the mountains and surrounded by nature and wildlife. Along with offering readings, I also teach classes from the tarot, dreams, animal communication, psychic development, to my Spiritus Animalis class connecting to wild animals. I offer a free dream circle every Monday night. I have also followed the path of becoming an Intuitive Transformation Coach. I assist those seeking transformation of mind, body, and soul so they can trust their own intuition for connection to themselves, the earth, and the universe.



ROCK DUDE

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

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



Healthy Alternatives Wellness Center

Carol Scheg-Morrisette

4358 Culver Rd

Rochester, NY

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

www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

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



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

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



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

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

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



Marjorie Baker Price , RN

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

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

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

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



Sheila B.
Recovery Metaphysician & Galactic Grandmother Channel

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

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

<https://sheilatillich.com>

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

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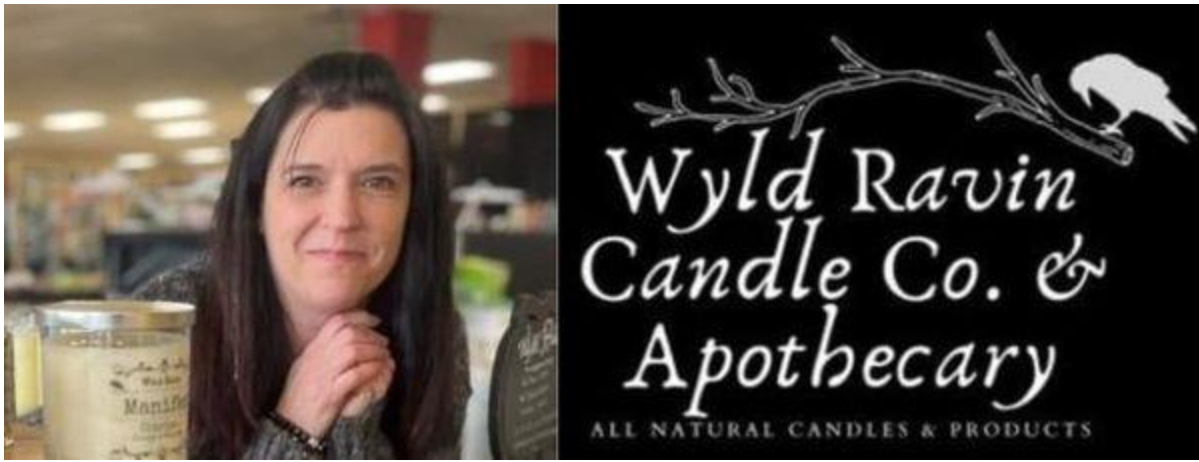
Join the Lightworkers Connection Circle Facebook Group:

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

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

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

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



Wyld Ravin Candle Co. & Apothecary
<https://wyldravin.com/pages/about-us>
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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
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911 Old Liverpool Rd, Suite 2
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<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
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716-238-6426
janice@touchoflife.net

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

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

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



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

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

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



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

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

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

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

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

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



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

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

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

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



Maureen Law LPN, RMT

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

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

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

I am a Swamini and live in an Ashram in Rochester, NY with my cat Chauncey who loves to receive Reiki also. My daily practice is a Kriya Yoga lifestyle and meditation.

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

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

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

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



B & R Crystal Cavern

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

LifeForce Rejuvenation



Jon Kotowski

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

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

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

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

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



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The East Witchery 661 Lansing Rd, Glen, NY 12072

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The Hidden Gem 66 Margaret St Plattsburgh NY 12901
Solstice LLC Mystical Magickal Mindful 7307 US-9, Elizabethtown, NY 12932
Mystical Magickal Mindful 7307 US Route 9, Elizabethtown, NY
Crystal Caboose 4 Academy St, West Chazy, NY 12992
Incantation 1224 Stevenson Rd Suite 1 Westport, NY 12993
Unicorn Square 5722 NY-86, Wilmington, NY 12997

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

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

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

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

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

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

Green Apotha 1507 Hertel Ave, Buffalo NY 14216
Strange Brew 2703 Elmwood Ave Buffalo, NY 14217
Spiritual Landing Store 3672 Delaware Ave Tonawanda, NY 14217

Awaken & Psychic Expression McKinley Mall 3701 McKinley Parkway Buffalo, NY 14219
Soul Vibes 682 Abbott Rd Buffalo, NY 14220
Dragonfly Art & Soul 8290 Main St Williamsville, NY 14221
The Psychic Shop 2822 Elmwood Ave Buffalo NY 14217

Lightways Journey 7 Main St Brockport, NY 14420
A Mae Zing Mind Body Soul Center 142 Mill St #2023 Canandaigua, NY 14424
The Enchanted Butterfly 360 Macedon Center Rd Rochester, NY 14450
Scent and Stone 4550 Millennium Dr, Geneseo, NY 14454
Mystic Moon Crystals 74 Main St Mt. Morris, NY 14510
Twisted Creations 247 E Main St Palmyra, NY 14522
Wiccad Intent 2 W Main St 2nd floor, Victor, NY 14564
Angelic Love and Light 488 Plank Rd Webster, NY 14580
The Spell Jar 9018 Route 5 & 20 West Bloomfield, NY 14585

Mythic Treasures 727 E Main St, Rochester, NY 14605 & 1225 Jefferson Rd Henrietta NY 14623
Mystic Moon 115 Park Ave, Rochester, NY 14607
Obatala Shango 412 State St., Rochester, NY 14608
Healthy Alternatives Wellness Center 4358 Culver Rd, Rochester, NY 14622
The Purple Door Soul Source 3450 Winton Rd S, Rochester, NY 14623
The Tempermental Goddess Shops on the Ridge 3200 West Ridge Rd Rochester, NY 14626
Crystal Bodhi Tree 16 E 3rd St, Jamestown, NY 14701
Tree of Life Studio 1771 Foote Ave Jamestown, NY 14701
Good For The Spirit Gifts 11-15 Martha St, Ellicottville, NY 14731

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

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

Rocks/Crystal Stores

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

Crystal Cove 104 North Main St N. Syracuse NY 13212
The Rose Quartz Stand 107 Mohawk St Herkimer NY 13350
Fall Hill Bead and Gem 411 Canal Place Little Falls, NY 13365
Resonate Trading Company 130 W Main St, Mohawk, NY 13407
The Crystal Spell 73 Glenwood Ave Binghamton NY 13905
Past & Present 3767 South Park Ave Blasdell NY 14219
Malachite & Gems Of Africa 1339 Long Pond Rd Rochester NY 14826
Sunshine Creative Designs Dewitt Mall 213 Cascadilla Park Rd Ithaca NY 14850
Multifaceted Minerals 218 E State St Ithaca NY 14850

Spiritualist Churches

Temple of Truth Church 2 Cook St Freeville, NY 13068
Attunement Spiritualist Church Southtowns Salt Cave, 140 Pine Street, Hamburg, NY 14075
1st Spiritual Temple 29 Temple St E. Aurora, NY 14052
The Journey Within North 182 Lincoln Rd Newark NY 14513
Plymouth Spiritualist Church Vick Park A Rochester, NY 14607
Fellowship of The Spirit 282 Dale Dr Cassadaga, NY 14718
Lily Dale Assembly Lily Dale New York 14752
City of Lights 10 Buffalo St, Lily Dale, NY 14752
Santosha 8201 Main Street, Suite 6 Williamsville, NY, 14221

Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

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

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