

# **ROC Metaphysical**

**September 2025**

**Our Mission Is To Enlighten And Inform**

**Free To Read**

**Here's a Sampling of Articles for the month:**

**What Do True Success And Power Mean? By Dr. Judith Orloff**

**Messages From The Trees By Dr. Jim Conroy**

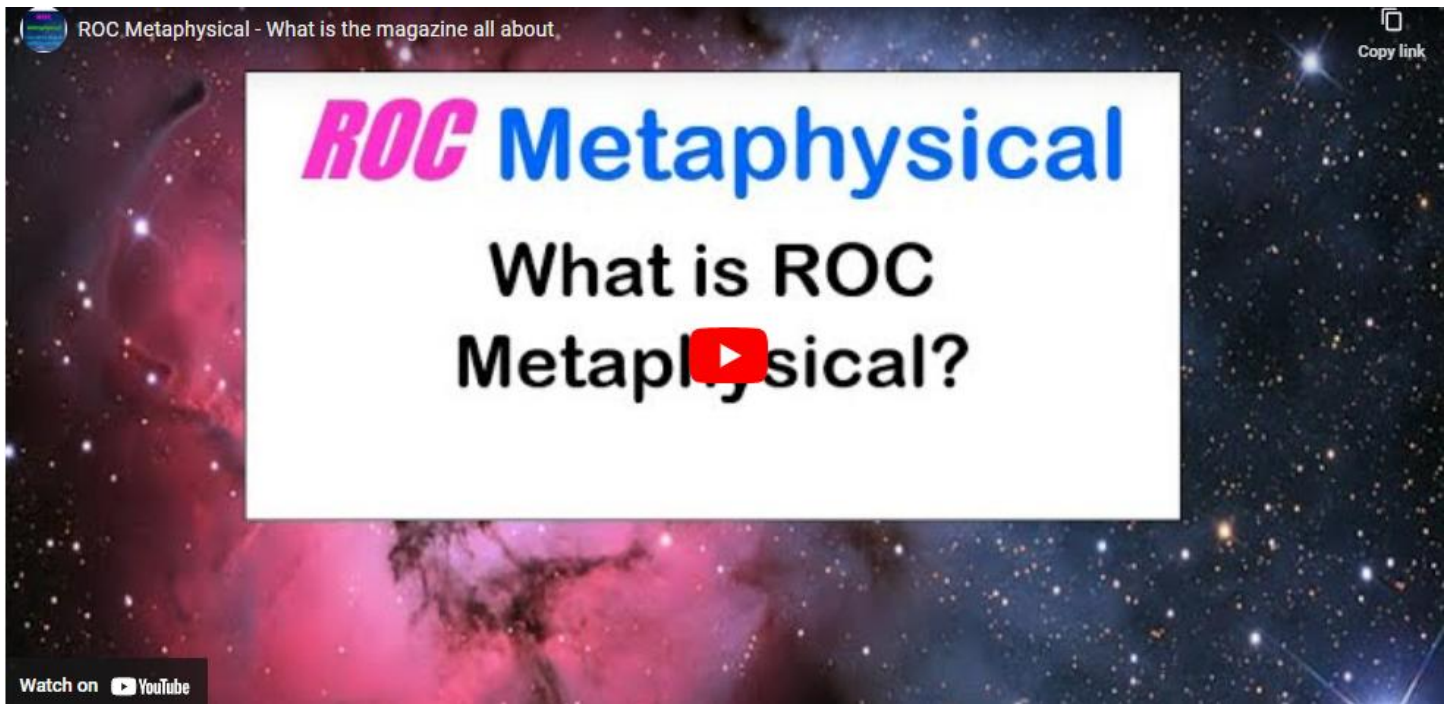
**Who Is Paramhansa Yogananda?**

**Good Weather Inside By Barry & Joyce Vissell**

**Reawaken Your Spiritual Self With The Language Of The Universe  
By Anthony Talmage**

**Tarot Tendences For September By Doreen Scanlan**

**The Many Masks of Sir Anthony Hopkins By Oliver Reynolds**



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

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

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

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

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

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

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

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

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

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

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

## Question? Contact ROC Metaphysical

Have questions?

Need more info or have questions? We always respond.

ROC Metaphysical

[rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com)

SEND A NOTE



## We're Always Looking for Contributing Writers



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

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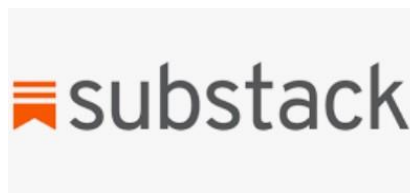


roc\_metaphysical



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

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

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

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## *Highlights of The Magazine*





## Read Interesting and Informative Articles

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

[LEARN MORE](#)



## Read Channeled Messages

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

[LEARN MORE](#)



## Learn About Incredible Alternative Businesses

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

[LEARN MORE](#)



## 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.

[LEARN MORE](#)

## *We Have A YouTube Page*



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

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



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

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



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



## ROC Metaphysical Online Magazine Articles for September 2025

Dr. Judith Orloff



What Do True Success And Power Mean?  
By Dr. Judith Orloff

Paramhansa Yogananda



Who Is Paramhansa Yogananda?

Sound Healing



What Can Sound Healing Do For You?

Dr. Jim Conroy



Messages From The Trees  
By Dr. Jim Conroy

Barry & Joyce Vissell



Good Weather Inside  
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Rev. Colleen Irwin



The Dark Side Of Spirituality: What No One Wants  
To Admit  
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Oliver Reynolds/Pisces Palmist



The Many Masks of Sir Anthony Hopkins  
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ROC Metaphysical Book Review

Sheila Tillich



Awaken Your Spiritual DNA: Unity Field  
Healing® Training  
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Christianne Asper-Contant



Just Do It (Not): Getting Off The Exhausting  
Cycle Of Doing More  
By Christianne Asper-Contant

Steven Boyd



Using Root Cause Analysis For A Better  
Quality Life  
By Steven Boyd

Tom T. Moore



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

Phantoms Of Christmas Past  
Festive Ghost Hoaxes, Ghost Hunts And  
Ghost Panics  
By Paul Weatherhead

Doreen Scanlan



Tarot Tendences For September  
By Doreen Scanlan

**"Wherever you  
go, no matter the  
weather, always  
bring your own  
sunshine."**

You don't have to  
see the whole  
staircase. Just take  
the first step.

- Martin Luther King Jr.



## Channelings



### What is Channeling?

**Channeling is the practice of connecting with non-physical realms or higher consciousness to receive and convey guidance, love, healing, or insight. It involves entering a focused or altered state of awareness to attune to spiritual beings—such as angels, ascended masters, guides, nature spirits, or deceased loved ones—and translating their messages into human language.**

**The guide explains that channeling expands consciousness, raises vibration, and bridges communication with benevolent higher realms, often referred to as the Universal Mind or Divine Source. True channeling is rooted in discernment, aligning only with loving and high-integrity energies.**

**Three main types are outlined:**

**Clairvoyant channeling — interpreting symbolic images and visions.**

**Conscious channeling — relaying messages while fully aware and able to pause or clarify.**

**Trance channeling — allowing a being to speak directly through the channeler’s body, as practiced by figures such as Edgar Cayce; this requires training and caution.**

**Channelers function like interpreters, translating non-verbal spiritual communication into words or writing, and in some cases even physical movement. Examples include Esther Hicks channeling “Abraham” on the Law of Attraction. Channeling is described as a transformative spiritual art that provides accurate guidance, healing energy, and profound insight to help people grow on their path.**

## Channeling Articles

Lee Carroll//Kryon



Are We At The Tipping Point?  
By Lee Carroll/Kryon

Kate Spreckley



Trust In The Process  
By Kate Spreckley

Shelly Dressel



Working With Energies  
By Shelly Dressel

Ann Albers



Being An Empath In Frequency Soup!  
By Ann Albers



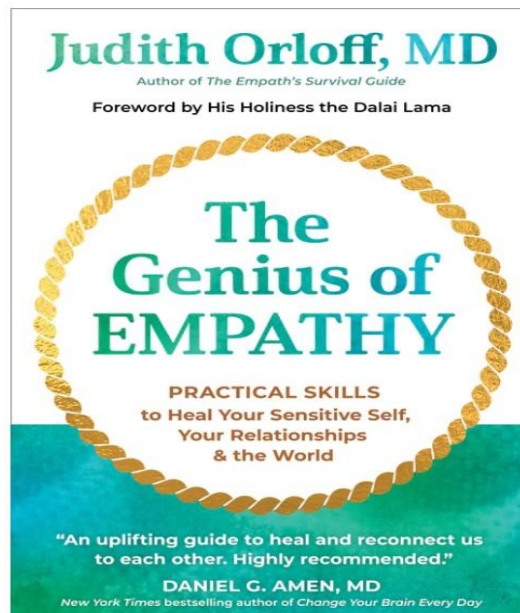
Patricia Cota-Robles



Shift Of Consciousness  
By Patricia Cota-Robles



## What Do True Success And Power Mean? By Dr. Judith Orloff



**Success and power have many facets.**

**You can have every material success in the world and still not be happy. Happiness comes from within and without.**

**As a psychiatrist and empath, I respect that each person has different values and needs. Because of this, I know never to judge a person's happiness simply by how they appear to the world.**

**What does success mean to you? I have a wide definition of success—your job is just one part of it. I'm defining success as coming from both outer and inner sources, though outer success alone is flimsy when it's not matched by the sense of worth you feel inside. Success involves doing as well as being. It's becoming integrated and whole.**

**Success is when you give your all, then let go of the results. Whether or not you land the job, the relationship, or any goal, each outcome offers an elegant lesson in surrender. My Daoist teacher says, "If you have never met failure, you have never succeeded." As painful as it feels, sometimes you try your best but don't succeed. Though failure can be a blow to your ego and heart, learning to deal with it successfully, without getting hopeless or cynical, is a sign of a truly powerful person. Thus, success is the art of wielding power with humility and a sense of the sacred so your ego won't be seduced by it—this goes for family, at work, or anywhere.**

**What is power? How can you constructively harness it? Power is strength. In the world, it's your ability to get things done, to affect people, to create positive change, to achieve a quality of life; sometimes it's simply having a hand to hold. It's also the command you have over yourself, your emotions, your weaknesses. It's the awareness that if something isn't working in your life, you can make a change. However, your power comes from drawing inwardly on spiritual forces too. It's an elegant balance, to be**

in the world, but not of it, to tell the difference between light and shadow powers—then choose which to follow.

Success involves your ability to tap and surrender to the different sources of power, both material-world and spiritual, and use them for the good. It's a path to contentment instead of constant frenetic striving.

Here are 3 Essential Keys to Success from my book, *The Power of Surrender*

Be proud of who you are, not just what you have

Appreciate the value of the love you offer to yourself and others.

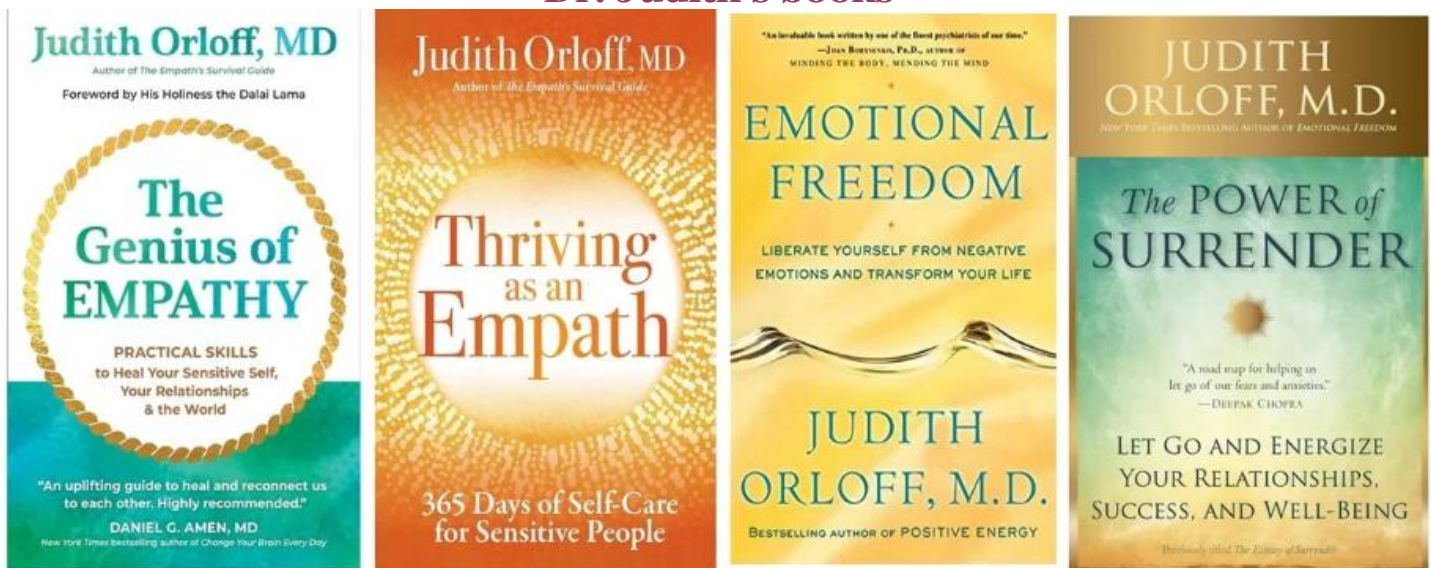
Embody the good and do good in the unique sphere of your life. No act is too small to be meaningful.

To claim your full power, the kind that strengthens with time, you must address the above three points in a surrendered way, not holding on too tightly to anything. But, you must also reach further than the physical world to tap what's deep within you. If you don't, you'll wrongly perceive that the money, the position, or the degree are the only successes that matter, the only markers that can make you feel powerful, an illusion of our linear mind, which is notoriously blind to its own limitations.

**About Dr. Judith Orloff:** Judith Orloff, MD is a New York Times bestselling author whose books include *The Genius of Empathy: Practical Tools to Heal Yourself, Your Relationships and the World*, *The Empath's Survival Guide*, and *Thriving as an Empath*, which presents daily self-care tools for sensitive people. Her upcoming children's book *The Highly Sensitive Rabbit* is about a caring rabbit who learns to embrace her gifts of sensitivity through the love and support of other animals. A UCLA Psychiatric Clinical Faculty Member, she blends the pearls of conventional medicine with cutting-edge knowledge of intuition, empathy, and energy. Dr. Orloff specializes in treating highly sensitive people in her private practice and online internationally. Her work has been featured on *The Today Show*, CNN, *Oprah Magazine*, the *New York Times*, and *USA Today*. Dr. Orloff has spoken at Google-LA and TEDx.

Dr. Judith's Website: [www.drjudithorloff.com](http://www.drjudithorloff.com)

### Dr. Judith's books



Find her books on Amazon:

<https://www.amazon.com/stores/author/BoooAP8R6O>

## Dr. Judith Orloff's video



Link: <https://www.youtube.com/watch?v=YubACOQnnN4>

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## Messages From The Trees By Dr. Jim Conroy



**Who is Dr. Jim Conroy? He's called The Tree Whisperer.**

**"My mission is to save the lives of trees, plants, crops, forests, and ecosystems by healing them from the inside out. I left a successful 30+ year career in agricultural chemicals because I knew there had to be a better way for trees and plants to grow healthily and live to their full potential." "The internal functionality of trees, plants, crops, and forests is compromised in climate extremes and with certain human interferences. This often leads to stress and decline. Conventional approaches are not effective to restore inner health." "I work on people's properties as well as on large tracts of land. I use out-of-the-box thinking and my unique, consciousness-based, collaborative ecological healing methods with trees, plants, crops, forests, and ecosystems to heal them from the inside-out and help them regain climate resilience. My results are excellent."**

**How do I do my tree, plant, crop, and ecosystem healing work?**

**"First of all, the idea of "healing trees" is itself a new-paradigm idea. That idea of collaboration with other living Beings is the ground-breaking concept foundational to my work. Current cultural concepts and practices don't believe that idea even though it is true. But times are changing: Intelligence in the Plant Kingdom and human ability to interact intuitively with trees and plants is an idea whose time has come."**

**"So what do I do? I get inside the tree's or plants' world by using my intuitive perception, sensory sensitivity, and targeted conscious awareness. I receive intuitive knowings about *HOW* their inner functionality is compromised."**

**"Then, I use the unique bio-energy and consciousness-based collaborative methods I've developed with my partner, Basia Alexander, since 2002 to restore the interconnection, flow, and balance of that internal functionality. These mindful methods are botanically correct, physiologically targeted and Spirit-guided. Why? Because I was trained in science originally but I have also expanded my appreciation for the invisible but real influence of Spirit in all realms of life. I don't claim to have the answers. I simply ASK the Nature Being about its inner health. They are also clear and easy-to-use systems because Basia designs them that way."**



**"I have served to restore the inner health of weak, damaged, burned, climate-stressed, and sick trees, plants, crops, forests and ecosystems globally. My goal is to bring forth a condition of "BioBalia": a whole greater than the sum of its parts. My "BioBalia Interplay™" mindful methods begin with a Paradigm shift in thinking and an upgrade in actions to true, equal, and collaborative Partnership with Nature."**

**"Anyone can learn. Basia and I offer courses at our online school and also give live classes wherever we are invited to teach. We also travel globally."**

## **My Short Bio:**

**Jim Conroy, PhD Plant Pathology, The Tree Whisperer®.**

**Vision: Heal Ecological Damage. Upgrade Human Thinking. Restore Livable Planet.**

**Mission: Collaboratively heal the bioenergy and physiology of stressed/declining trees/plants/crops/forests/ecosystems from inside-out so they regain optimal inner functionality, interconnectivity, and climate resilience. Concurrently provide empowering coaching for people to pro-actively partner with their trees and Earth.**

**Offering Consulting/Healing Services for open-minded individual's properties and organizations' large tracts of land.**

**Developed Masterful Methodology called "Collaborative Ecological Healing" which comes from tree/plant/crop/forest/ecosystem point of view and cooperates synergistically with their sacred innate intelligence. The method provides botanically correct, physiologically targeted, spirit-inspired healing interactions whereby they regain health and resilience. Everybody thrives.**

**See Jim's video's at: [https://www.youtube.com/@TheTreeWhisperer\\_JimConroy](https://www.youtube.com/@TheTreeWhisperer_JimConroy)**

## **Jim's Videos**





Link:

<https://www.youtube.com/watch?v=O99pUfz0fdk&list=PLwIPBgvNy63yOywP2n9iIC6qwjh10EPPr&index=3>

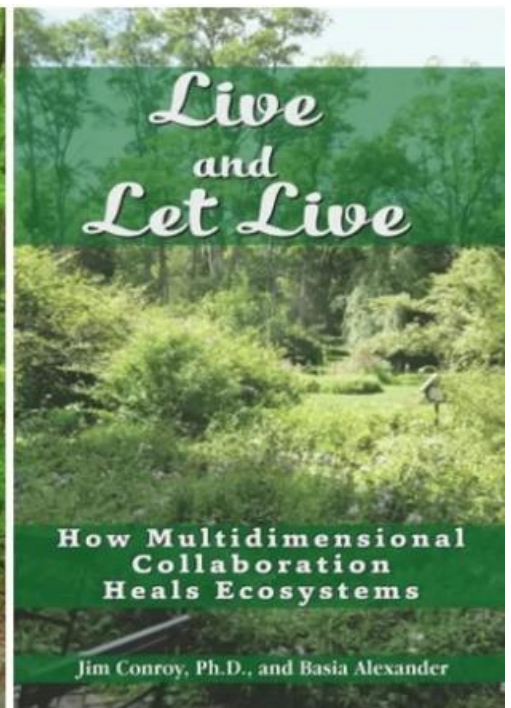
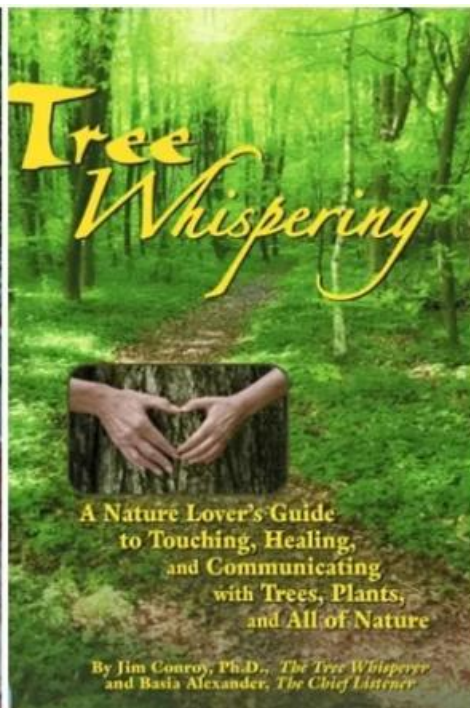
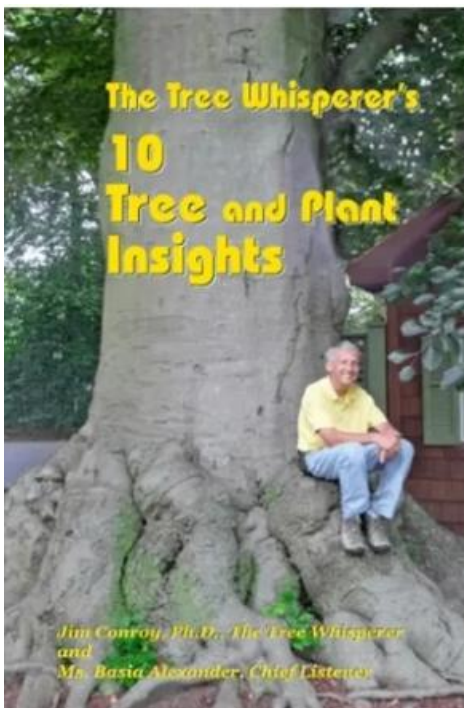


Link: <https://www.youtube.com/watch?v=aLRa75WU9zA&t=121s>

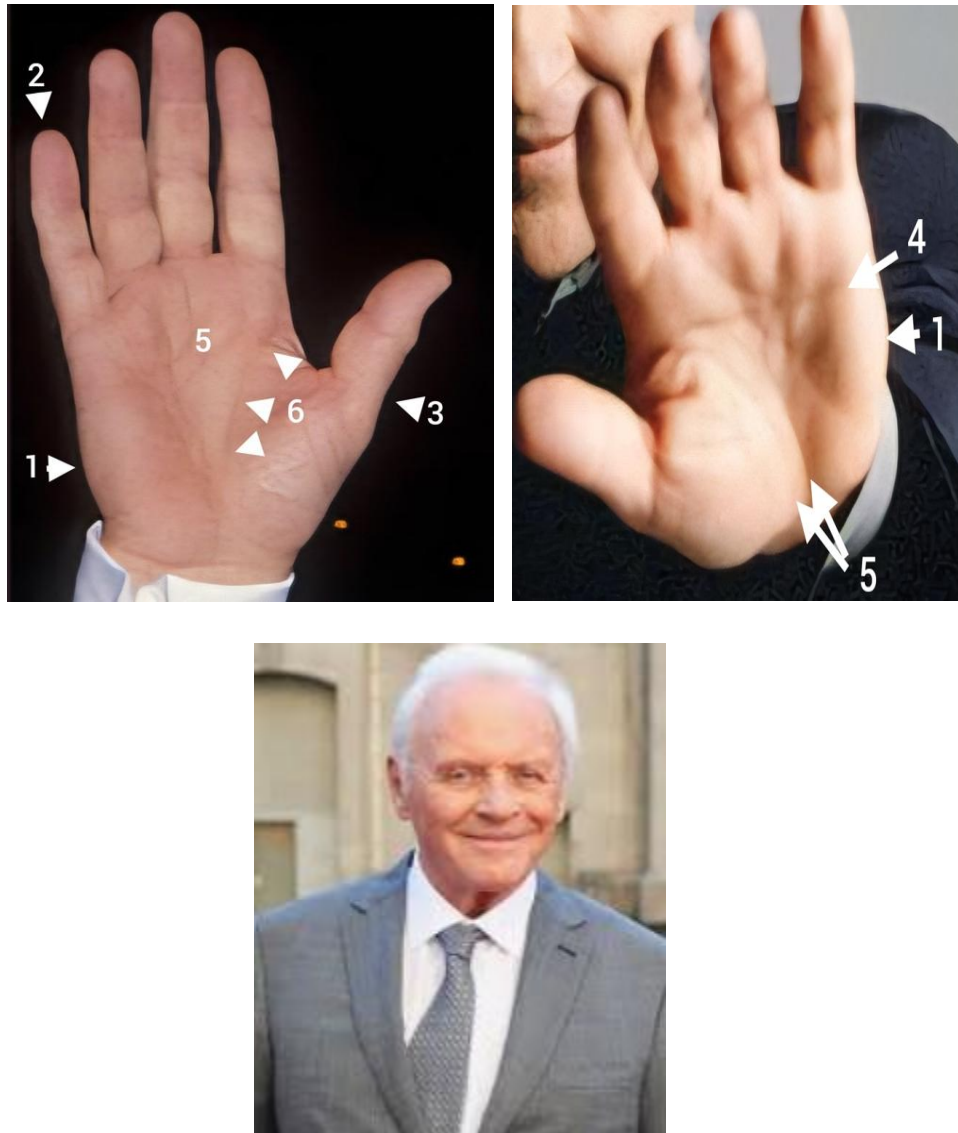
**Jim's Books**

**Get Jim's Books:**

<https://www.plantkingdomcommunications.com/category/books>



## The Many Masks of Sir Anthony Hopkins By Oliver Reynolds



The iconic 'psychological actor', director and producer has lived a life as nuanced as the characters he inhabits. Continuing to develop his expressiveness, he is considered a 'late-bloomer' whose brilliance only increases with age. He is viewed as one of the most versatile actors of his generation, portraying complex roles, displaying great acting range and emotional depth on screen.

What are the signs of a late bloomer in palmistry? And what do his hands tell us about his complex layers?

### 1. Contradiction

His hand reveals many contradictions, which makes reading his hands tricky. Being a composite type, he is a fire and water mix (in that order), he is both introspective and an extrovert. Like a fine wine, he is complex, and provides us with both reflection and courage, depending on how we use it. He is, as you might have guessed, at times hot or cold, or both, depending on other nearby elements. This mix

understandably creates layered complexities.

Fire is fascinating to watch; aside from its practical uses, it is constant and timeless in its ability to simultaneously entertain and burn us.

Water too can be unpredictable, being driven by unseen forces. His dreamy nature and strength of emotions can both heal or submerge us.

There are two distinct sides to his nature.

He has a large mount of Luna that is found in those who work with or on water, or who have a strong desire to travel - notice his left hand life line, driving out across the palm. The moon governs the tides of our emotions, abstract and subconscious thoughts. Acting requires control in this vast region. This mount is a source of Anthony's considerable imagination. In the dreamer, this mount and the rest of the hand will be soft and often thin, and fewer of the dreams are likely to be actualised (unless other signs negate this). In Anthony's case, the palm appears firmer, with wide fingers and thumb, enabling his control to manifest more of his vivid imagination into reality. This combination makes him lively, perceptive, unpredictable, temperamental, and potentially even volatile at times. His Luna mount protrudes higher on the left hand, creating a sort of shelf. This, combined with his simian line, creates a contradiction in his character, yet another layer. He is sensitive and considerate, but has at times a destructive bluntness when it comes to communicating in his close relationships, choosing too few words for sensitive occasions.

## **2. The Gift of Expression**

Anthony has a long first phalange of his Mercury finger. This is a sign of someone who explores their verbal and vocal skills. It reveals his great capacity to express his views and ideas eloquently. He is always keen to find ways in which he can better convey his views to others. This sign is seen on those who investigate a variety of literary styles to great extents. Anthony gained notoriety performing Shakespearean plays, including Macbeth in his early career, and impressed the cast and crew on the set of the film 'Amistad' by memorising a seven-page courtroom speech. He also learnt ventriloquism for his role in the 1978 film 'Magic'. Anthony has explored composing and painting as expressive outlets in his later life. These expressive traits oppose and contradict his reserved nature when articulating emotions within his domestic sphere.

## **3. A Brilliant Mind**

His thumb is low-set, a sign of a humanitarian and a book lover, and appears to have a long second phalange. It is dominating in its width too. This reveals a great deal of logical faculty. His ideas are immensely overpowering and, as a result, he tends to argue and go into detail more than is required. This sign of indecision is fortunately negated by other signs in his hands. He is endowed with a brilliant mind but without decisive action would have lost opportunities to make progress in life. He likely struggles to keep his thoughts and ideas to himself, which is a contrast to his verbal approach in close personal relationships. He does not lose his temper often, but when he does, beware both firestorm and tsunami.

## **4. His Simian Line**

His simian line in his left hand may be a sign of genetic arterial or heart issues. His father died of a heart attack. This fusion of the lines, where the heart and head line merge, is otherwise no surprise to see because it's the reason for his immense passion and intensity. This is a mixed blessing, because due to this feature he's undoubtedly excelled in his performances, but he's likely struggled in relationships. In the left hand, this formation can make a person possessive and jealous. Luckily, his heart line branches up and away, preventing him from being all-consuming in love, supporting him to compartmentalise. When he does something, he commits fully, feeling tremendously about it; he acts with the entirety of his being,



literally. He expects a great amount from himself and of others. For Anthony, in relationships there is little difference between thought and feeling, these being fused together. He's learnt to channel his great intensity, and utilises this combination of mind and heart, concentrating them with a laser-like focus - another sign of the impossible, of taming his inherent opposing elements, fire and water.

## **5. His Many Masks**

Many differences between the left and right hands are a sign of opposing internal and external characteristics. The head and heart lines have a narrow space between them, revealing him as someone who does not allow others in easily. He is emotionally reserved, saving his vulnerability for only those he truly trusts - to see his every mask. His life line on his right hand reduces the size of the Venus mount; he likes to keep his social circle small. This is backed up by his two middle fingers veering away from each other at the tip. Contrary to this, his left hand life line swings out towards Luna, showing his internal pull towards imagination, exploration and travel. The doubling of the left hand lifeline is a sign of duality in nature, often seen with people who have ADHD. He has a diagnosis of dyslexia and ASD. Long headlines show an obsessive nature. Anthony claims he analyses deeply, due to having Aspergers syndrome.

## **6. Life Events**

Sir Anthony Hopkins has several major life events marked out by his life line. In his teens, a significant drive from inner Mars alongside an ambition line is seen. Great change fueled by motivation occurred at this time in his life. At age 15, after receiving an autograph from Shakespearean actor Richard Burton, Anthony decided to become famous and later dropped out of education to take up acting. He joined a local YMCA and later studied at RADA.

At age 27, a tremendous effort line can be seen rising from his life line towards the Apollo mount. He gained significant recognition at this time as his acting career began to take off. Laurence Olivier recognised his talents and invited him to work at the National Theatre in London.

At age 43-44 his life line changes. Both hands reveal loss at this time, as a striking line from the family ring intercepts. His father passed away, and the effect appears to take some of Anthony's life force with him. He returned to the stage and appeared in around 200 Shakespeare performances over a 17-month period. This appears to also have drained the life out of him as his life line fades.

At age 55, just above the heart lines, his fate and Apollo lines strengthen significantly. These are the glowing signs of a late bloomer. Anthony earned an Academy Award in '91 and was knighted in '93 (ages 53 and 55). This embodies the archetype of Capricorn, known for harvesting their richest rewards in life's vintage years. Capricorn influences often reveal a theme of endurance, discipline, and the kind of mastery that requires time.

From age 60, his Apollo line takes a new course towards Mercury, where he begins a new life, one of expression and freedom, finding true love at 65.

Perhaps it is through acting that Anthony found the healthiest possible outlet that he could. Had he not, he'd likely have become a poet and painter. He's managed to express and channel his many layers healthily, his unpredictable elements.

Having a long and deeply marked fate line embedded in Pluto, and other features unmentioned, I have a strong feeling that in a previous life, Sir Anthony Hopkins was a famous and powerful figure in Roman society, being an orator and/or senator.

While Anthony has two distinct sides, two masks, he is far from dishonest. He does not hide behind these; he is instead unapologetically all layers at once, actor and artist. It seems to me his most suitable role yet would have to be playing both Dr Jekyll and Mr. Hyde. Anthony's lifelong task has and will always be managing and taming these inherent wild elements. In this respect , he has managed the impossible.

*"Just learn the lines, show up and try to be real."* — Sir Anthony Hopkins

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

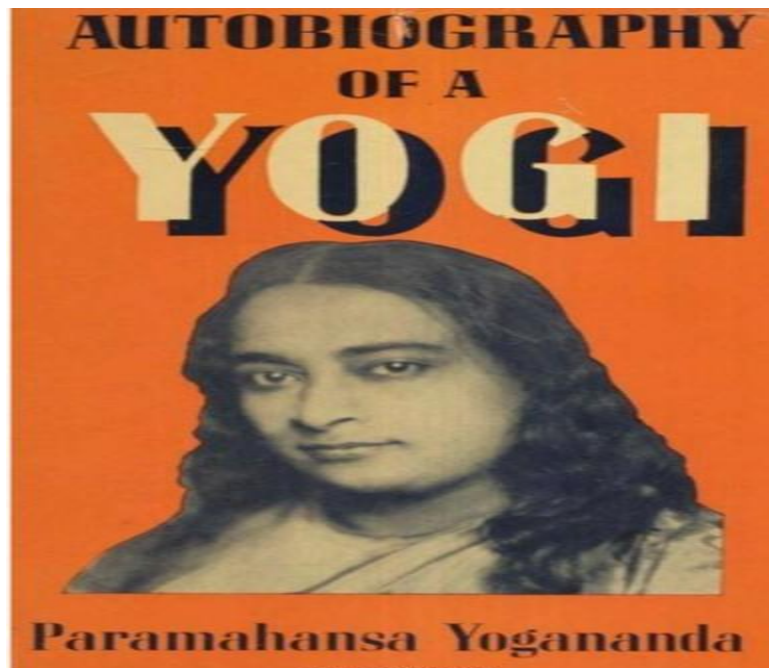
Oliver's website: <https://www.piscespalmist.com/>

### Oliver's Video



**Link: <https://www.youtube.com/watch?v=kSZI482zH8o>**

## Who is Paramahansa Yogananda?



**Who is Yogananda? Easy answer read - Autobiography of a Yogi is an autobiography of Paramahansa Yogananda (5 January 1893–7 March 1952) first published in 1946. Paramahansa Yogananda was born as Mukunda Lal Ghosh in Gorakhpur, India, into a Bengali Hindu family.**

**Autobiography of a Yogi introduces the reader to the life of Paramahansa Yogananda and his encounters with spiritual figures of both the Eastern and the Western world. The book begins with his childhood family life, to finding his guru, to becoming a monk and establishing his teachings of Kriya Yoga meditation. The book continues in 1920 when Yogananda accepts an invitation to speak in a religious congress in Boston, Massachusetts, USA. He then travels across America lecturing and establishing his teachings in Los Angeles, California. In 1935, he returns to India for a yearlong visit. When he returns to America, he continues to establish his teachings, including writing this book.**

**The book is an introduction to the methods of attaining God-realization and to the spiritual wisdom of the East, which had only been available to a few in 1946. The author claims that the writing of the book was prophesied long ago by the nineteenth-century master Lahiri Mahasaya (Paramguru of Yogananda) also known as the Yogiraj and Kashi baba. Before becoming a yogi, Lahiri Mahasaya's actual name was Shyama Charan Lahiri.**

**It has been in print for seventy years and translated into over fifty languages by Self-Realization Fellowship. It has been highly acclaimed as a spiritual classic including being designated by Philip Zaleski, while he was under the auspices of HarperCollins Publishers, as one of the "100 Most Important Spiritual Books of the 20th Century. It is included in the book 50 Spiritual Classics: Timeless Wisdom from 50 Great Books of Inner Discovery, Enlightenment and Purpose by Tom Butler-Bowdon. According to Project Gutenberg, the first edition is in public domain and at least five publishers are reprinting it and four post it free for online reading.**



# Paramahansa Yogananda: The Yogi Who Brought India's Spiritual Heritage to the World

Paramahansa Yogananda (1893–1952) is widely regarded as one of the most influential spiritual figures of modern times. Best known as the author of *Autobiography of a Yogi*, Yogananda introduced millions in the West to the ancient science of yoga and meditation, and to the idea that direct personal experience of the Divine is available to everyone.

## Early Life and Spiritual Calling

Born Mukunda Lal Ghosh on January 5, 1893, in Gorakhpur, India, Yogananda showed an intense spiritual inclination from early childhood. He often sought out holy men and saints, convinced that life's ultimate purpose was communion with God. At the age of 17, he met his guru, Swami Sri Yukteswar Giri, who initiated him into the sacred practice of Kriya Yoga — a powerful meditation technique designed to accelerate spiritual growth.

## Journey to the West

After years of training and monastic discipline, Yogananda received his guru's blessing to share yoga's universal truths with the world. In 1920, he traveled to Boston to attend an international congress of religious leaders. That same year, he founded the Self-Realization Fellowship (SRF) to teach Kriya Yoga and promote a path of balanced spiritual living.

## Building a Spiritual Movement

For more than three decades, Yogananda lectured across the United States, drawing thousands eager to hear his message of divine unity and practical spirituality. In 1925, he established SRF headquarters in Los Angeles, which remains the hub of his global mission. His teaching emphasized that religion is not limited to belief or ritual — it is a science of the soul, and every individual can experience God through deep meditation.

## Autobiography of a Yogi

In 1946, Yogananda published *Autobiography of a Yogi*, a landmark spiritual classic. The book introduced readers to India's saints, yogis, and miraculous traditions, while also offering profound philosophical insights. It has since been translated into dozens of languages and continues to inspire seekers, scientists, and cultural leaders around the world.

## Passing and Lasting Legacy

Yogananda entered *mahasamadhi* — a yogi's conscious departure from the body — on March 7, 1952, after delivering a speech in Los Angeles. His body reportedly showed no signs of decay for weeks, a phenomenon that astonished observers. Through the Self-Realization Fellowship and its sister organization in India, the Yogoda Satsanga Society, his teachings on meditation, divine love, and the unity of all religions continue to reach millions.

## The Message That Lives On

Paramahansa Yogananda's central message is timeless: each soul is inherently divine, and through meditation and self-discipline, anyone can realize their unity with God. He bridged Eastern and Western thought, showing that spiritual truth transcends cultural boundaries. Today, his life and work stand as a testament to the transformative power of inner awakening.

## Video About Yogananda



Link: <https://www.youtube.com/watch?v=LjpD1DKH2x8>

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## **Good Weather Inside By Barry & Joyce Vissell**



**On May 18, 1996, Joyce turned 50. I turned 50 nine days later, on May 27. Wanting to treat this event as a life passage, a time for us to reflect upon our lives, we decided to pack up our old motorhome and head for Yosemite for three nights by ourselves. Our birthday gift to ourselves was time away to renew our relationship as well as our vision for our remaining years.**

**The last trip we took in our motorhome was one and a half months previous. We went skiing with our children. The weather and snow conditions were perfect before we left. The day we left, the clouds started building. By the time we arrived it was snowing. The next morning, we couldn't go skiing due to blizzard conditions. By afternoon, the conditions were so bad, we left the mountains and came home. Our ski trip was "ruined," but we had made the most of our time together as a family. The adverse conditions had served to bond us closer together.**

**Still, for this next trip, Joyce and I looked forward to sunny, warm, spring-like conditions at Yosemite. It hadn't rained in Central California for one and a half months, that's right, since our last trip. On the day we left, we noticed clouds were building. The weather forecast was a "chance of rain." Still, we felt hopeful.**

**We arrived in Yosemite that evening. It started raining during the night, and by morning was raining hard. We donned our raingear (which we were smart enough to bring) and had fun anyway. That evening the storm really picked up, and by 10pm, we noticed more and more people were packing up and driving out. We were feeling pretty cozy and warm in our motorhome until, around 11pm, a ranger knocked on our door and said, "Excuse me, folks, but have you looked at the ground lately?" He pointed his flashlight at the ground and we gasped. We were parked in about a foot of rapidly moving water. The Merced River had overflowed its banks upstream and made the whole campground its new bed. We were evacuated to a parking lot on higher ground. By midnight, three feet of water churned through most of the campgrounds in Yosemite Valley. Everyone got out, but camping gear, tents and even some vehicles had to be left behind. To make matters worse, the road on which we had arrived was flooded and closed.**

**The next morning it was still raining. Park officials decided to close the park, but the few of us who remained were "trapped" for three more days. Finally, everyone was evacuated by way of a different road over a mountain pass.**

**So much for the outer events around our “vacation.” But this was not just a vacation. It was also a vision quest. About halfway through our time in Yosemite, we understood why the weather had to be so inclement, why the flooding, the road closure, the evacuation, the hassle.**

**Sages have often said that the way to really know a thing is to experience its opposite. The way to know health is by experiencing sickness. We understand happiness through the experience of sadness. The way to know love is by first thoroughly experiencing its opposite, and the opposite of love is fear, not hatred. Our real choice in life is to either live in fear or to live in love.**

**So too do the natural extremes — floods, tornados, volcanoes, droughts — serve a purpose in our lives. In 1989, the very earthquake that destroyed our home also taught us deeper gratitude and appreciation for life and for each other. The lack of a home also gave us greater appreciation for having a home, and we believe this drew us more quickly to our present land and home near Aptos, CA, which we love more each year.**

**The “bad” weather in Yosemite provided the ideal conditions for Joyce and I to experience the good weather in our lives and relationship. Just like our “ski trip” helped to bond us as a family, this trip bonded us as a couple. Without the lure of the sun to pull us outside the motorhome, we spent long and relaxed inward time, writing, appreciating what we love about each other, talking and revisioning our lives, giving thanks and making love. It was an exquisite time of love and nurturing. We will be drawing upon the power and inspiration of those three days for a long time.**

**We realize now that every hardship in our life or relationship has provided an opportunity for more soul growth. The low spots in our relationship, the times we didn’t feel love, gave us so much more gratitude for the love that was and is there all the time. Every dark time has allowed us to more deeply appreciate and experience the light that is within us. Every argument, every tense moment, every sad time of disconnection has, by its very contrast, brought renewed appreciation of the times of love, harmony and connection.**

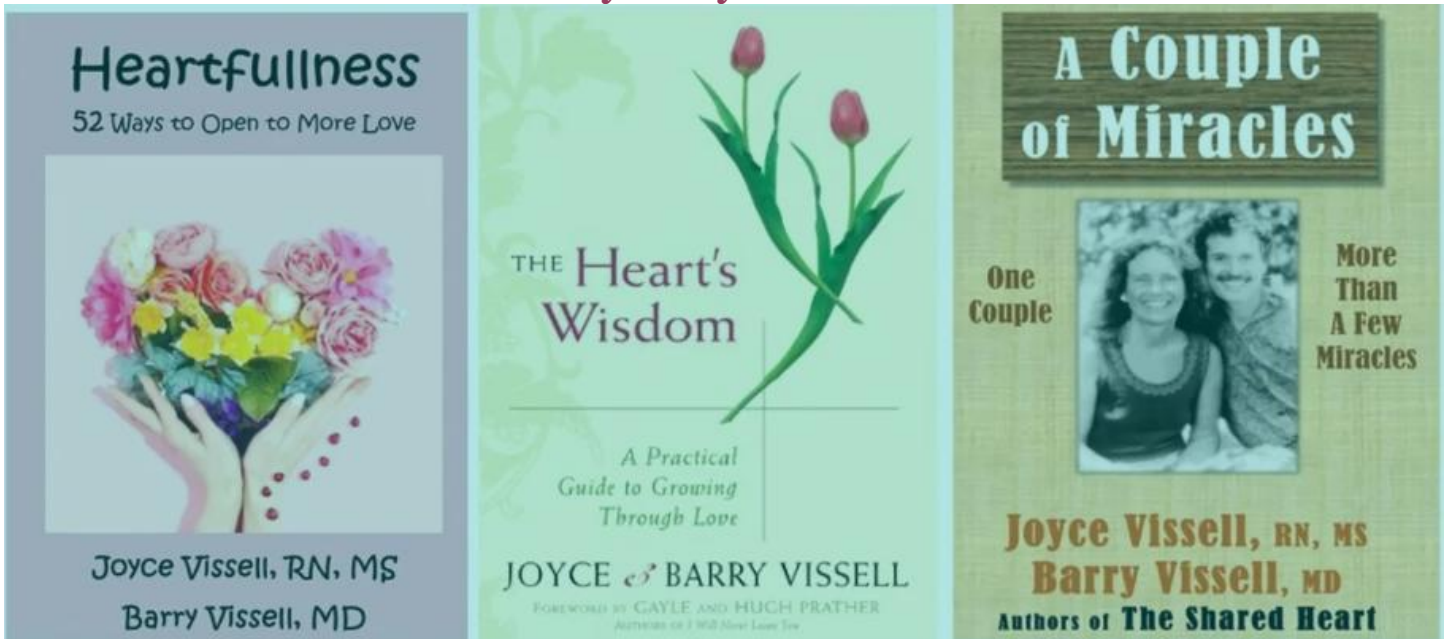
**If we can only be more patient and accept the difficulties in life, we will more deeply receive the gifts and blessings of life. Only through embracing the darkness can we embrace the fullness of the Light.**

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

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



## Barry & Joyce's Books



Find all their books on Amazon: [https://www.amazon.com/Barry-Vissell/e/Boo1K8JARo?ref=dbs\\_p\\_ebk\\_roo\\_abau\\_000000](https://www.amazon.com/Barry-Vissell/e/Boo1K8JARo?ref=dbs_p_ebk_roo_abau_000000)

## Barry & Joyce's Video



Link: <https://www.youtube.com/watch?v=xFy2pd-BAEU>

## signs By Monique Lang



This cairn is a sign left by a hiker to point the correct way for the ones who come after. Some Cairns are easy to spot, others not so much.

**What signs do you look for on your life's path?**

**Do you pay attention to signs? Which ones?**

**What guides your path?**

**What cairns do you leave for others?**

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

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

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

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



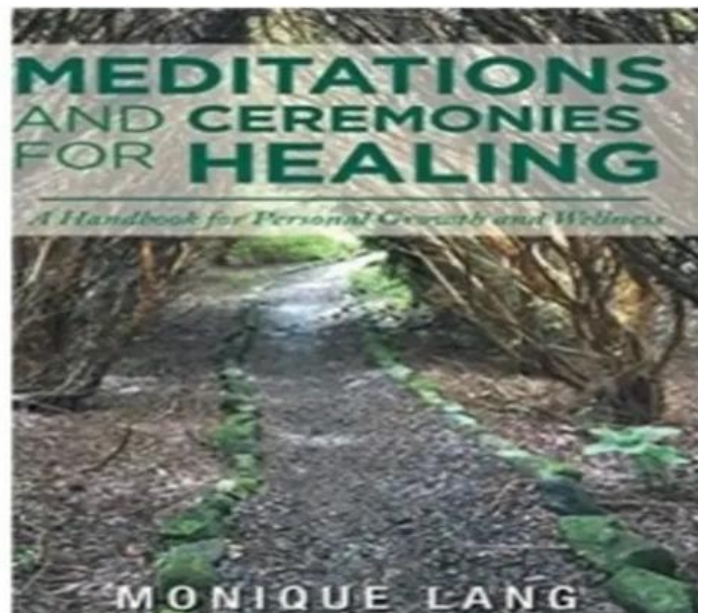
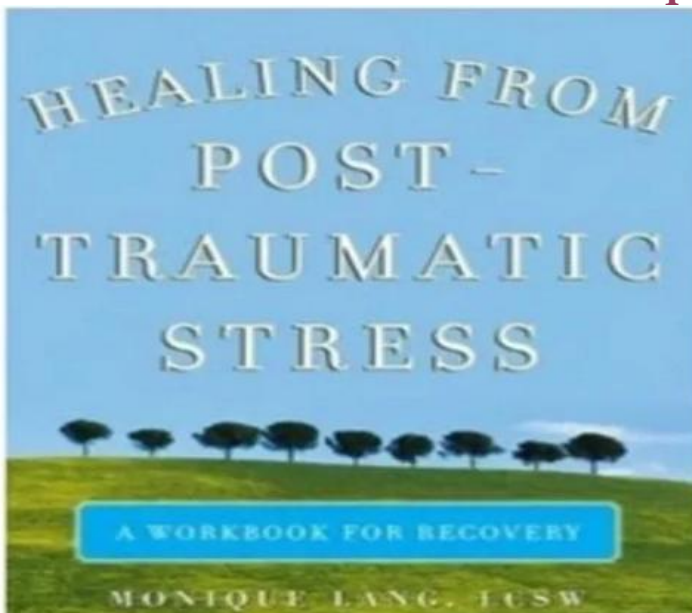
Monique's website: <http://www.moniquelanglcsw.com>

### Monique's Video



Link: [https://www.youtube.com/watch?v=6i2Vo\\_yNRrQ](https://www.youtube.com/watch?v=6i2Vo_yNRrQ)

### Monique's Books



Find her books on Amazon at: [https://www.amazon.com/Books-Monique Lang/s?rh=n%3A283155%2Cp\\_27%3AMonique+Lang](https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp_27%3AMonique+Lang)

## What Can Sound Healing Do For You?



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

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

### 4 benefits of sound healing

#### 1. It's super-relaxing

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

#### 2. It helps clear energetic blockages

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

#### 3. It boosts your health

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

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

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

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

### Learn about 432 hertz.

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



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

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

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

Take some me time and listen to the video.

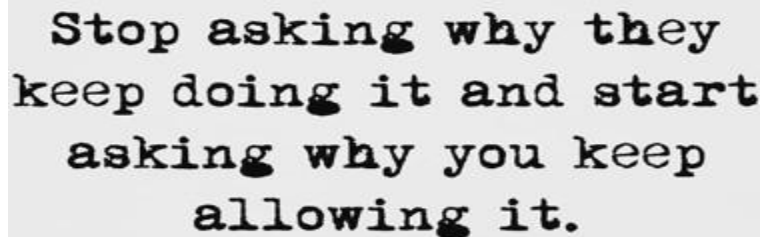
### Listen to the video



Link: [https://www.youtube.com/watch?v=0\\_Pn5puYb0o&list=RD0\\_Pn5puYb0o&start\\_radio=1](https://www.youtube.com/watch?v=0_Pn5puYb0o&list=RD0_Pn5puYb0o&start_radio=1)

# **The Dark Side Of Spirituality: What No One Wants To**

**By Rev. Colleen Irwin**



**Stop asking why they  
keep doing it and start  
asking why you keep  
allowing it.**

**We all want spirituality to be a sanctuary—a place of light, healing, and truth. But what if the shadows lurking beneath that light are the parts no one wants to admit? This article dives into those uncomfortable truths, because real growth demands honesty.**

**We often think of spirituality as a place of light—of comfort, wisdom, and peace. And much of it is. But that's not the whole truth. What happens when the very spaces meant to heal become places that harm? What happens when the language of Spirit is used to control, bypass, or silence?**

**This isn't a call-out. It's a call inward.**

**Over the years, I've witnessed and experienced moments when spiritual spaces didn't feel healthy. Sometimes, the harm was subtle: the pressure to be constantly positive, to rise above emotion, to forgive without boundaries. Other times, it was louder: unchecked egos in leadership, manipulation disguised as divine guidance, or spaces that discouraged questions and curiosity.**

**It took me time to name what I was sensing. I knew something was off, but I didn't always have the words. And for a long time, I assumed the discomfort was my fault. That maybe I wasn't evolved enough or committed enough. But here's the truth I've come to understand:**

**Spirituality is not immune to dysfunction. And in my experience, Spiritualism in particular often draws people who are broken, grieving, or searching for something to hold onto. Spiritual communities are made up of human beings, carrying both light and shadow—and sometimes, that shadow quietly takes root where we least expect it.**

## **Where It Shows Up**

**Sometimes it looks like spiritual bypassing: a refusal to acknowledge pain, grief, or injustice because "everything happens for a reason."**

**Other times it looks like power being held too tightly: a teacher or leader who claims absolute authority, dismisses the lived experience of others, or expects loyalty at the cost of self-trust.**

**It can show up as shame, too. Subtle or direct messaging that tells people they aren't "high-vibe" enough, or that if something is going wrong, it must be because they didn't manifest hard enough.**

**And for many women—especially those of us entering our second season of life—this harm often comes wrapped in spiritual language that tells us to stay quiet, be grateful, and not make waves.**

### **Why We Don't Talk About It**

**Because these spaces often feel like home. We've built community there. We've had real moments of connection and healing. And it's disorienting to admit that the same space can also carry harm.**

**There's also fear: fear of being seen as judgmental or out of alignment. Fear of being labeled difficult or "too sensitive."**

**But silence protects dysfunction. Naming it—even gently—creates space for honesty and healing.**

### **What Spiritual Health Can Look Like**

**A spiritually healthy space honors both light and shadow. It welcomes questions. It doesn't shame doubt. It encourages boundaries and respects when someone says no. It values collective wisdom over hierarchy.**

**Spiritual growth isn't about bypassing discomfort—it's about walking through it, with honesty and support. It doesn't ask us to abandon our critical thinking or our emotional depth. It asks us to bring our whole selves to the table.**

### **Navigating the Messy Path of Discernment and Healing**

**Discerning what's healthy and what's harmful in spiritual spaces is rarely straightforward. It's rarely a clean line between light and dark. Instead, it's a winding, often confusing path filled with moments of clarity and doubt, hope and fear.**

**Healing from the wounds caused by spiritual harm doesn't happen overnight—or in a straight line. Much like the work we do with grief, it's messy, nonlinear, and deeply personal. Sometimes, the same space that caused pain holds seeds of growth. Sometimes, the very teachers or communities that hurt us were doing the best they could with their own wounds.**

**This complexity asks us to practice radical compassion—compassion for ourselves, for those who led us astray, and for the parts of us still healing. It asks us to trust our inner guidance while holding space for uncertainty.**

**Discernment isn't about perfection or judgment. It's about learning to listen deeply—to our feelings, our intuition, and our needs—and honoring them. It's about creating boundaries that protect our spirit and foster genuine growth.**

### **The Emotional Cost of Spiritual Harm**

**When spiritual spaces turn unhealthy, the damage isn't just spiritual—it cuts deep into our hearts and minds. The pressure to "stay positive" or "raise your vibration" can leave us feeling isolated with our pain, ashamed for experiencing doubt or grief.**

Gaslighting is common in these spaces—where our feelings are minimized, dismissed, or reframed to make us question our own reality. We may be told we’re “too sensitive,” “not spiritual enough,” or that we’re “blocking our own healing.” This manipulation can erode our confidence and deepen our confusion.

Many of us carry silent wounds from these experiences—feelings of confusion, betrayal, and even self-doubt that can linger for years. It can shake the very foundation of our faith and trust in ourselves.

For women in their second season of life, these wounds can be especially tender. We often face societal messages to “be grateful” or “accept your path” without complaint, even when we’re struggling deeply. This can lead to feeling silenced or invisible in communities that were supposed to support us.

Healing requires acknowledging these feelings—not pushing them away. It means giving ourselves permission to feel angry, sad, or scared without guilt. It means finding spaces where our full emotional reality is honored and held.

**So Where Do We Go From Here?**

We start by trusting what we feel. If a space makes you feel small, shamed, or silenced, pay attention. If you sense imbalance or ego at play, honor that.

We also take responsibility. Not just for ourselves, but for the communities we create and support. We ask better questions. We stay open. We talk about the hard things, not to tear anything down, but to build something truer.

I believe spirituality should lead us deeper into truth—not farther from it.

So let’s keep showing up with discernment. With integrity. With compassion.

Not every teacher is meant for you. Not every circle is healthy. And that doesn’t mean the path is broken. It means we are being asked to walk it with our eyes open.

Together.

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

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

**Colleen's Media Links:**

Bluesky: <https://bsky.app/profile/talkwithcolleen.bsky.social>

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

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

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

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

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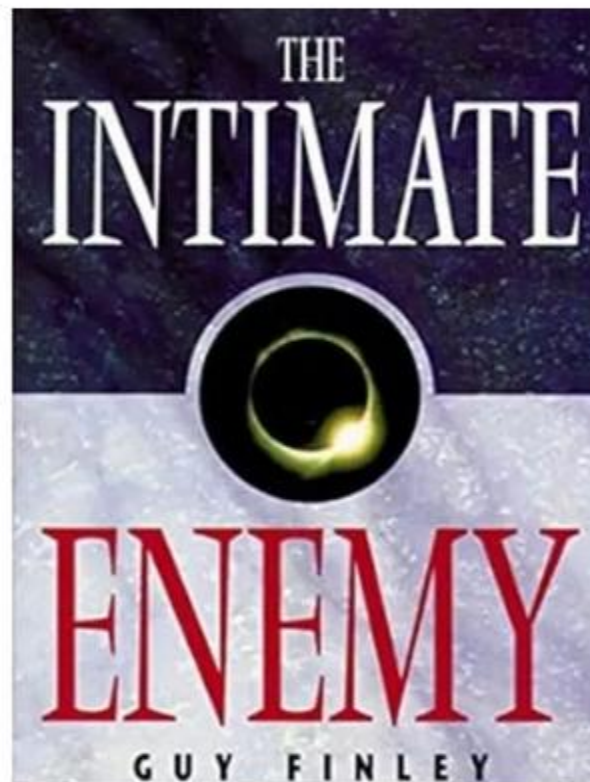
## Interview With Colleen



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

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***One Thing You Must Stop Doing Before You Can Start Awakening Your True Self By Guy Finley***



**Key Lesson:** The Divine knows we are ready to see the true solution to our suffering only when – and as – we realize we must no longer make excuses for any moment when, and where we miss the mark.

**For Further Study**

Generally, we don't want to see certain dark states within us because we've been conditioned to think of them as being morally "wrong" for us. We don't understand that these unwanted states are part of an interior world that can be changed when the light of awareness is shined upon them.

Haven't you ever seen rage in yourself? What happens when you see such things about yourself that you don't want to see?

In order to avoid looking at itself, the mind will seize on the rage it has seen, and it will try to explain it or excuse it. It will take the initial darkness, the negative energy, and because it seems to be basically out of control, the mind will try to make of it something that it can deal with.

When we live from a nature that does not want to see its "self," then there's no chance that this level of self, this nature, can ever change. When we hide from ourselves the way we feel, the only thing that we're accomplishing is the assurance that these feelings will return again... only more of them! It becomes a self-fulfilling prophecy: we condemn and doom ourselves by being afraid of the darkness in us.

We have one thing to do with our own states, and that is to see them as they are, to catch the part of us that's afraid of being what we've just seen, and to stop trying to hide anything anymore... because we're

on this earth to learn.

As with all that exists, negative states are created to be transformed; part of their purpose within us is to be changed into something new and true. Everything that happens within us is all part of this beautiful process: anything that we are willing to bring into the light of ourselves will be changed by the light we bring it into.

So instead of going along with the answers that you give yourself for why you feel the way you do, and instead of making excuses, rationales, or justifications for your state (which are the mind's way of trying to deflect the state) – don't hide it. Just simply see it. If you don't explain yourself to yourself, then all that's left is yourself and your awareness of it. You're not talking to yourself anymore about what you see. There's just seeing.

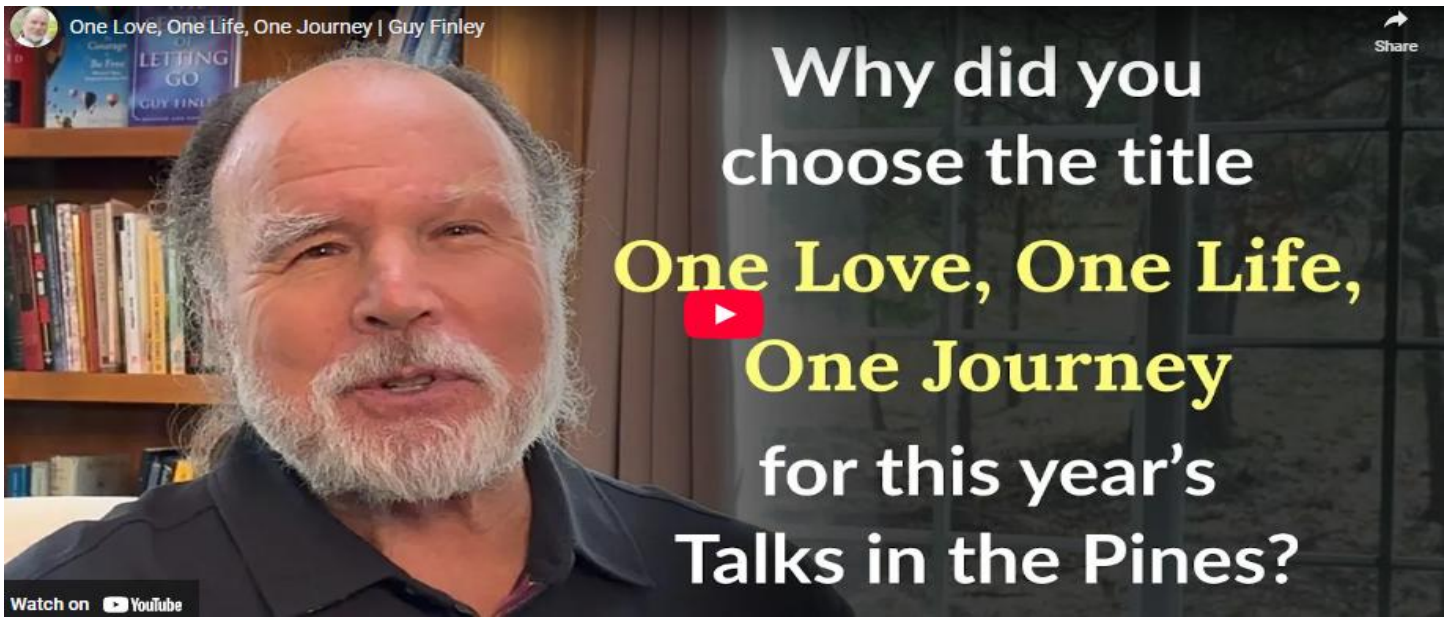
Don't hide anymore. There is something beautiful (that doesn't have fear in it) that wants to touch you. Its touch is what changes us. We cannot change ourselves in a truly whole and meaningful way. Our tired old excuses for these still-in-the-dark parts of us are a part of the darkness itself, which is why they change nothing real. Stop negotiating with negative states. Bring that dark thought or emotion into the light of your awareness and allow higher awareness to do what it is intended to do, which is to change it, the moment, and you.

About Guy Finley: Guy Finley is the Founding Director of Life of Learning Foundation, a nonprofit Center for Spiritual Discovery. He is the acclaimed author of *The Secret of Letting Go* and more than 50 other books and audio programs, translated into 30 languages, that have touched the hearts and minds of millions worldwide.

For over 45 years, Guy has helped people around the globe discover the inner path to freedom, and a more authentic way of living. His direct, down-to-earth teachings speak to some of life's most pressing challenges—fear, anxiety, relationships, addiction, stress, and the search for peace. His work has been widely endorsed by physicians, business leaders, and spiritual teachers of every tradition.

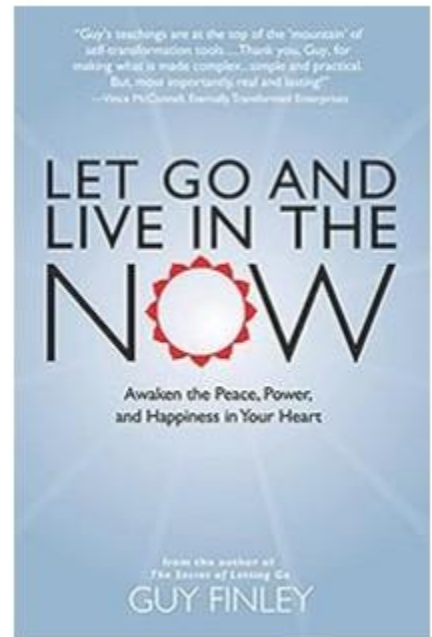
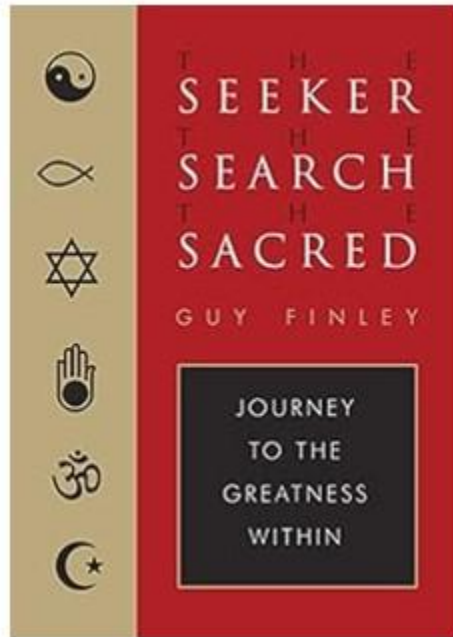
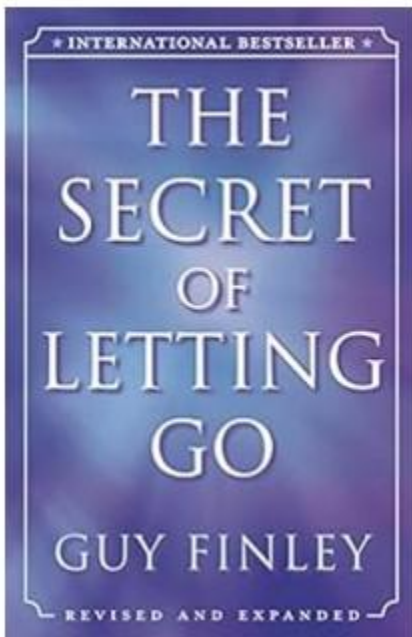
Guy lives and teaches in New Smyrna Beach, Florida. He holds regular online classes that are livestreamed (<https://www.guyfinley.org/light>). These free classes are open to all. For more information about Guy Finley and nonprofit Life of Learning Foundation visit [www.guyfinley.org](http://www.guyfinley.org)

## *Guy Finley's Video*



*Link: [https://www.youtube.com/watch?v=UQ\\_iqRg8CwI](https://www.youtube.com/watch?v=UQ_iqRg8CwI)*

## *Guy's Books*



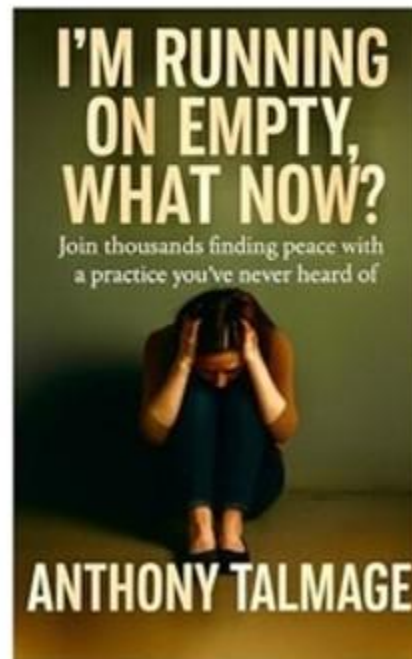
Find these books and more at: <https://www.guyfinley.org/store>

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# Reawaken Your Spiritual Self With The Language Of The Universe

By Anthony Talmage



**Sacred Geometry.** It sounds like something you might find in a dusty old textbook on mathematics doesn't it? Of no relevance to a 21st Century world that often feels fractured and fragmented. A world of headlines and hashtags, algorithms and digital overload. However, you may not be aware that sacred geometry is all around us - in pine cones, for instance, whose scales spiral according to the Fibonacci sequence. Or snowflakes whose hexagonal arms make each unique but are geometrically exact. And our own DNA's double helix follows the Golden Ratio.

Once we recognise the profound intelligence that shapes both galaxies and our humble human bodies, we can see that beneath the apparent chaos of modern life lies an underlying order, divine patterns that connect every atom to every star.

Sacred geometry reminds us that we are not separate from the cosmos but intimately woven into its fabric. Our breathing follows natural rhythms, every heartbeat embodies divine harmony and coherence. When we align ourselves consciously with these patterns through contemplation, meditation, creation, and mindful living, we tap into a source of support that is both ancient and eternally present.

To better understand this start with your own body: the more you look, the more you'll see: you are *made* of sacred geometry. Beside DNA's double helix your face contains the golden ratio (also known as Phi or 1.618) — a divine proportion found in flowers and the Milky Way. Your cells divide according to mathematical laws that mirror the same sacred geometries used by stonemasons building ancient cathedrals.



But how's knowing this going to make any difference to my hectic life? you might be asking. Yes, life is busy - with deadlines, social media pings, "doomscrolling", trying to squeeze in a yoga session, relationships - Who has time for patterns and spirals? The answer is - *you*. Because sacred geometry is part of you and the more you tune into it the more balanced your life will become.

Simple practices can help you recognise these divine patterns. A friend once told me she started her morning by tracing the Fibonacci spiral with her fingers. She didn't know why it worked — only that it "brought me back to myself." Another used to place a Flower of Life under her pillow and found her dreams became more vivid, more insightful. Coincidence? Maybe. But if you don't engage you'll never know.

Begin each day by drawing or visualizing a simple geometric form—a circle for wholeness, a triangle for balance, or a spiral for growth. By doing this you are opening yourself to profound truths.

Mindfully train your eye to notice sacred geometry in nature during walks or in the garden. The radial symmetry of flowers, the branching patterns of trees—each sighting becomes a moment of connection with universal principles and brings you closer to harmonising with something deep in yourself.

Incorporate geometric elements into your living space through artwork, plant arrangements, or decorative objects that reflect natural patterns. A simple arrangement of crystals can transform any corner into a meditation space.

There's a science to this because it's about energy. Shapes and patterns are carriers of vibration. Just as a tuning fork can create resonance in a crystal glass, certain geometric forms — like the Flower of Life, Metatron's Cube, or the Sri Yantra — can influence the subtle energies of your body, your home, even your meditative state.

Many holistic healing modalities incorporate geometric principles, recognizing that our bodies, like all of nature, respond to harmonic relationships. Crystal healing often employs the natural geometric structures of minerals - the perfect octahedron of a fluorite crystal or the hexagonal columns of quartz - to promote energetic balance.

Sound healing practitioners work with geometric relationships too, using intervals based on sacred ratios to create therapeutic vibrations. The ancient Solfeggio frequencies, for instance, are mathematically related and are believed to promote cellular repair and spiritual awakening. When we chant "Om" we're engaging with vibrational geometry on the most fundamental level.

Sacred geometry can save our sanity, too! By consciously engaging with these timeless forms through meditation, contemplation, or simply mindful observation of nature's patterns, we can find peace amidst chaos, connection in isolation, and meaning in uncertainty. In rediscovering these ancient forms, we rediscover ourselves as part of the cosmic plan and, perhaps, reassurance that all will be well.

Our ancestors understood what modern quantum physics is only beginning to confirm: that geometric patterns aren't just beautiful—they're fundamental to the structure of reality itself. The builders of the Great Pyramid encoded the golden ratio and Pi into their sacred architecture, while Hindu traditions gave us the above-mentioned Sri Yantra, a complex mandala of interlocking triangles to serve as a visual representation of creation itself.

The golden ratio's presence throughout nature isn't coincidental but represents an optimal proportion that creates maximum efficiency and beauty. This same ratio appears in great works of art and

architecture because it resonates with something deep within our consciousness—an instinctive recognition of divine perfection.

Next time you feel yourself overwhelmed by the noise of a stressful life, take a breath, find a pattern—whether it's a flower, a seashell, or a simple mandala—and let it remind you that balance and beauty are always present and will always be part of your life if you seek it.

About Anthony Talmage: Anthony Talmage is author of six books in his independently published Psychic Mind series: *Dowse Your Way to Psychic Power*, *In Tune with the Infinite Mind*, *Unlock the Psychic Powers of Your Unconscious Mind*, *How to Crack the Cosmic Code*, *Mindfulness and the Pendulum* and, his latest, *I'm Running On Empty – What Now?* all available in Kindle, printed and audio versions from Amazon and all good online bookstores.

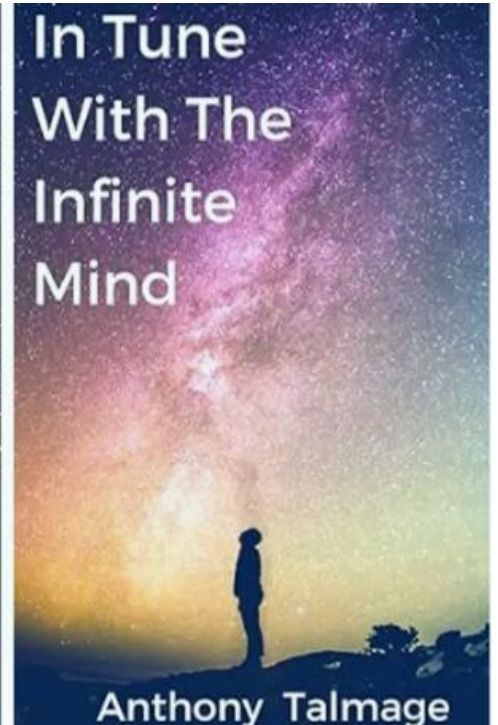
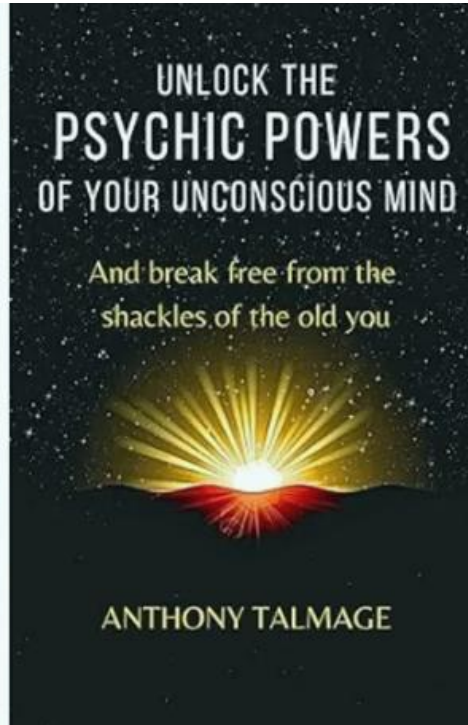
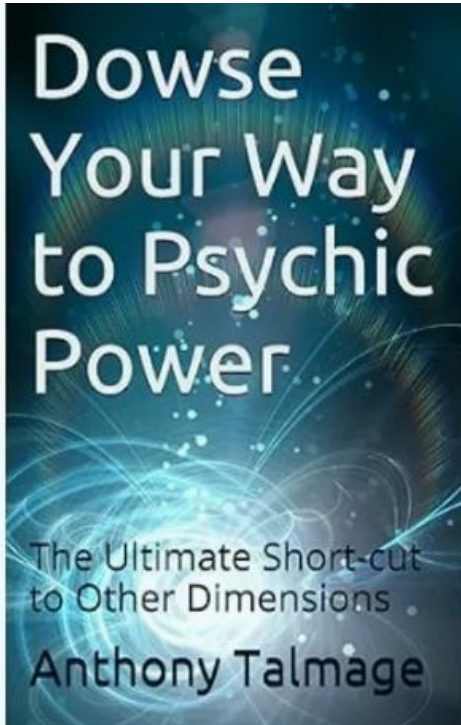
Find Anthony on: [facebook.com/anthony-talmage](https://facebook.com/anthony-talmage)

### Anthony's Video



**Link:** <https://www.youtube.com/watch?v=rr4l88aaDog>

## Anthony's Books

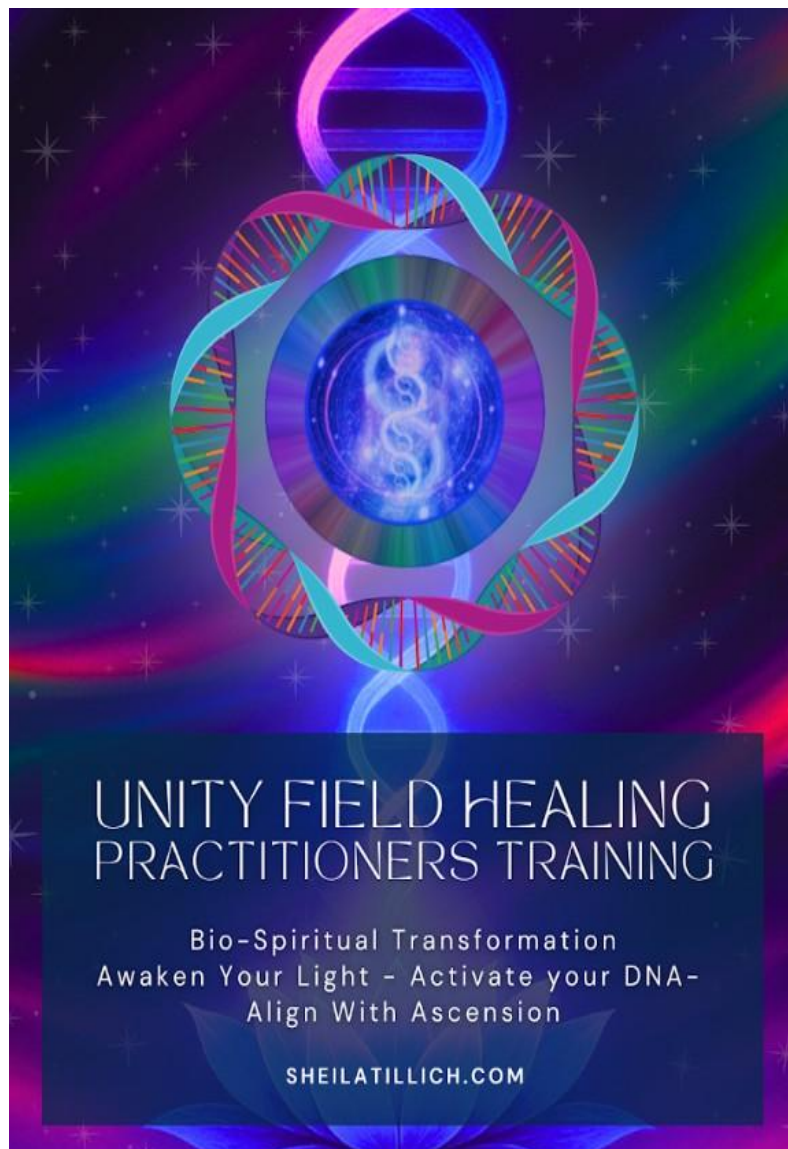


**Find his books on Amazon:** [https://www.amazon.com/stores/Anthony-Talmage/author/Bo741B3KM9?ref=sr\\_ntt\\_srch\\_lnk\\_1&qid=1735580066&sr=1-1&isDramIntegrated=true&shoppingPortalEnabled=true&ccs\\_id=34d77a26-132c-4d8f-b3b8-402b68755c5a](https://www.amazon.com/stores/Anthony-Talmage/author/Bo741B3KM9?ref=sr_ntt_srch_lnk_1&qid=1735580066&sr=1-1&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=34d77a26-132c-4d8f-b3b8-402b68755c5a)

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# Awaken Your Spiritual DNA: Unity Field Healing® Training

By Sheila Tillich



In a world that feels increasingly uncertain, more and more people are searching for tools that go beyond temporary relief—seeking instead a path of true transformation. Among the most profound healing modalities emerging today is Unity Field Healing® (UFH), a revolutionary quantum-energy practice that works directly with the spiritual layer of your DNA to activate deeper healing and awaken higher consciousness.

This November, Rochester will host a rare opportunity to experience UFH training with Sheila B. Tillich, one of the few certified Unity Field Healing Teachers in the United States and the official USA Host for UFH. Over the course of two immersive days, Sheila will guide participants into the quantum blueprint of their DNA, initiating them into the first three UFH protocols and preparing them to step forward as



certified practitioners.

### **What Makes Unity Field Healing Unique?**

At the heart of UFH lies the understanding that your DNA is more than a biological code—it is a living, multidimensional interface that holds memory, emotion, and the spiritual essence of who you are. Within this structure exists a higher-dimensional energetic layer sometimes described as the “24th Chromosome”—a gateway to expanded awareness, soul healing, and transformation.

Through the UFH process, practitioners learn to engage this energetic template to:

- Release emotional and ancestral imprints
- Activate bio-spiritual transformation
- Reconnect with the soul’s purpose and guidance
- Facilitate deep healing on emotional, physical, and spiritual levels

It is, in essence, a sacred technology for the New Earth—a way of working with quantum energy that bridges science, spirit, and soul evolution.

### **The Vision of Dr. John Ryan**

Unity Field Healing was founded by Dr. John Ryan, a Canadian physician, energy healer, and spiritual teacher whose pioneering work bridges modern science and ancient wisdom. With a background in medicine and decades of exploration into consciousness and quantum energy, Dr. Ryan developed UFH as a practical yet profound system for working with the quantum DNA template. His vision is to empower individuals around the world to awaken to their innate healing codes and step into alignment with their soul’s higher purpose.

### **Why Train Now?**

The Rochester training, taking place November 8–9, 2025, is more than a class—it’s a gateway into becoming a conduit of transformation for others in your community and beyond. Whether you already work in healing arts or feel newly called to step into service, this training empowers you to facilitate sessions that can shift lives in profound ways.

Sheila B. Tillich—known as the *Galactic Grandmother* and *Recovery Metaphysician*—is the #2 Unity Field Healing Practitioner and Teacher in the USA. With decades of experience in energy work, teaching, and spiritual mentorship, Sheila’s compassionate presence and close collaboration with Dr. John Ryan make her uniquely positioned to introduce this work to new practitioners.

### **Important Dates**

- Early Bird Special: Register by September 26, 2025 to take advantage of reduced tuition.
- Final Registration Deadline: October 24, 2025
- Training Dates: November 8–9, 2025 (Rochester, NY)

Please note: Completion of the UFH Orientation Video is required prior to attending the training.

### **A Call to Healers and Seekers**

For those who feel the stirring to expand their work—or to begin it—this is a pivotal time. Unity Field Healing offers a way to step into service that is both deeply spiritual and grounded in emerging understandings of quantum science.

As Sheila often shares, *“The time to activate your spiritual DNA is now.”*

To learn more or to register for the training, visit: [www.sheilatillich.com](http://www.sheilatillich.com)

**About Sheila Tillich:** Sheila Tillich is a Visionary Healer, Galactic Channel, and Recovery Metaphysician with over 40 years of experience in bio-spiritual transformation and energy mastery. As a Metaphysician, Sheila practices energy-based and consciousness-based medicine.

Since 1985, she has been an awakened soul deeply committed to helping individuals activate their ascension pathway to Divine Human Essence—and live as sovereign light beings.

Her connection to angelic angels from childhood, Sheila's soul, led her to her life's purpose: self-healing and helping others align their sovereign divine human essence. In 1985, her personal and professional recovery path began through Co-dependency, and in 1993, from Alcoholism. Her education includes many pathways: 12 step Spiritual facilitator, Nursing, Hospice, and Palliative Care, Evidential Mediumship, IET® Master-Instructor (2014), Kryon Team as Global Lemurian Sisterhood Host (2016 2021), Ordained Metaphysical Reverend (2017), HeartMath® Institute Certified Coach (2017), IET® Master-Instructor Trainer (2018), Unity Field Healing (UFH) Practitioner (2019), Galactic Grandmother Channel (2020), Founder Galactic Ascension Academy—School of Galactic Wisdom Mastery (2022), Unity Field Healing (UFH) Teacher (2025).

Her Energy Practice Sheila's affiliate connection to Kryon's channel continues as she promotes the message 'New Energy Human Consciousness.' Sheila is a Unity Field Healing (UFH) teacher and Practitioner certified in 2019 by founder Dr. John Ryan, MD. As one of the first United States UFH Practitioners trained by Dr. John Ryan in 2019 and currently ranked #2 nationally, Sheila offers advanced quantum healing sessions that align clients with their multidimensional interstellar DNA blueprint.

Her practice incorporates the “Quantum DNA” Modality and blends Integrated Energy Therapy® (IET®), USUI Reiki Master, and her unique transmissions and activations from the Galactic Star Mothers. Sheila has facilitated thousands of healing sessions worldwide, taught countless students energy healing, and sought to mentor many to live, lead, and heal for their souls' highest potential. Sheila is the Rochester Host for 'KRYON' Events, Dr. John Ryan Unity Field Healing (UFH), and the Sirian Blue White Collective (SBWC). Her YouTube channel <https://www.youtube.com/@SheilaBTillich> consists of many conversations with others, Ascension Wisdom, Galactic Star Mothers Transmissions and Activation, and a Podcast 'Serendipity with Sheila', along with guest appearances with others.

Sheila's website: <https://www.sheilatillich.com/>  
<https://www.facebook.com/sheilabtillich>  
<https://www.youtube.com/@SheilaBTillich>  
<https://www.instagram.com/sheilabtillich>  
<https://www.linkedin.com/in/sheilabtillich>

## Interview with Sheila



**Link:** <https://youtu.be/snB1hTRfbZk>

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# **Just Do It (Not): Getting Off The Exhausting Cycle Of Doing**

**More By Christianne Asper-Contant**



**An anti-burnout guide with simple tools for meaningful living**

**Do you have a longing to deepen your connection to yourself, but a full-time job and a busy home life make finding the space a challenge? Perhaps there's a cry for rest that is being ignored, or a feeling that a meaningful life is slipping away amidst endless obligations.**

**This is a feeling my client Amanda knew intimately. Caught in the 'faster, better' trap, she came to me with a longing to feel more nourished, although she believed she couldn't possibly add one more thing to her plate.**

**Simple Shifts to Help You Get Off the Cycle of Doing More**

**When I asked about her morning routine, she revealed how so compelled to hold onto that pillow until the very last minute she felt most every morning.**

**I met this "pillow hugger" in the most ideal place, right where she was. "Instead of hitting snooze," I suggested, "when the first alarm goes off, give yourself permission to stay in that relaxed state. But in that same amount of time, you can also be aware enough to feel the sensations in your body and tune in to your intuition. From that place of silence, you can set an intention for your day." The task was simple: to transform a routine she already had into an opportunity for conscious awareness.**

**Amanda also had a chronic achy neck, but a regular yoga practice wasn't realistic. I asked about a physical activity she already made time for, and she revealed her adoration and commitment to gardening. The metaphor was right there in the dirt.**

**"While you are there nourishing your plants," I said, "how about you also simultaneously acknowledging space around the troubled area (ie. releasing tension in your shoulders, base of the skull and jaw)? You know how you give your plants room to thrive by giving them space in the soil? This is the same idea." Here was another experiment that would not require more time. The task was to become receptive to**



feeling and sensations—the only way we get to experience versus just “do” life.

### **The Gift of a Walk**

This gentle, simple way of approaching well-being is something I had to learn myself. Decades ago, I found myself impatient, walking a little doggie for a friend. All he wanted to do was sniff and sniff some more. All I wanted was to get to my to-do list.

But my day with the little guy became sixteen and a half years with my best friend, Yoda. And over time, his necessity became my own. As I began to turn my attention to something even more interesting than the thoughts in my mind, my organs of perception I began to experience life in more ways than I had for some time. With every step, as he sniffed the aromas of the world with his “fragrance superpowers,” I, too, began to listen to the sounds of nature and experience greater silence. In those walks, I began to hear my inner whispers more clearly.

### **The Invitation to a Life of Wonder**

This kind of receptivity that can seamlessly integrate into any aspect of our day is precisely what got me to give more attention to the mystery of wonder. An invitation that does not require adding anything to our plate. Instead, it is about having the courage to choose a little spot in our lives that can benefit from a little nourishment and watch that unfold.

My work is a gentle journey toward building self-agency and guiding people from simply “doing life” to a life that makes room for being surprised, in a simple, sweet, or significant way.

*So, how curious are you to lean toward the possibility of a life of greater meaning?*

If you feel a resonance with this message, I invite you to explore a special gift I have for you—a path rooted in an intuitive and sustainable sense of well-being.

To learn more about our collective community, join the free subscription here: [www.seducedbywonder.com](http://www.seducedbywonder.com)

**Christianne**

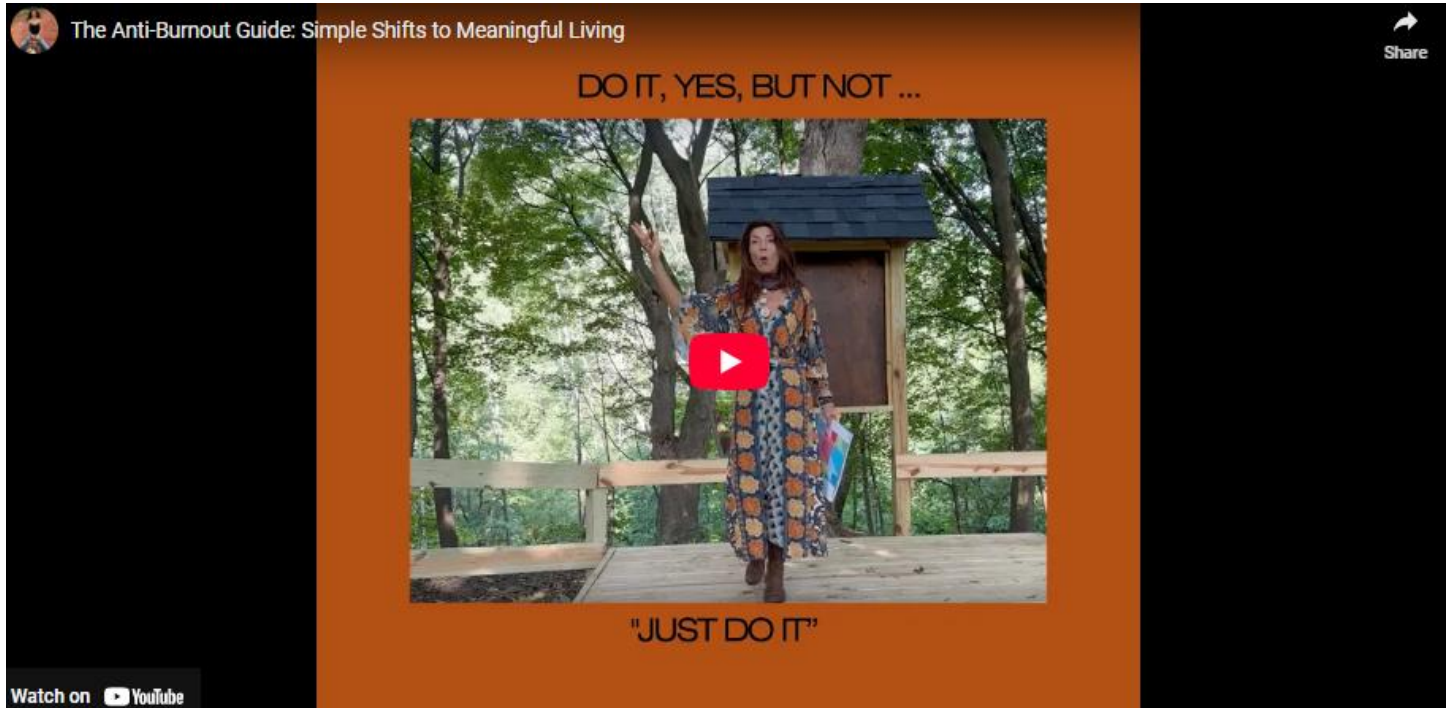
**About Christianne Asper Contant:** Christianne’s unique approach empowers individuals to navigate life with lightness, grace, and resilience by addressing their overall well-being, including physical, emotional, mental, and spiritual aspects. Her credentials include being a Clinical Ayurveda Specialist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

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

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

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

## Christianne Asper-Contant's Video

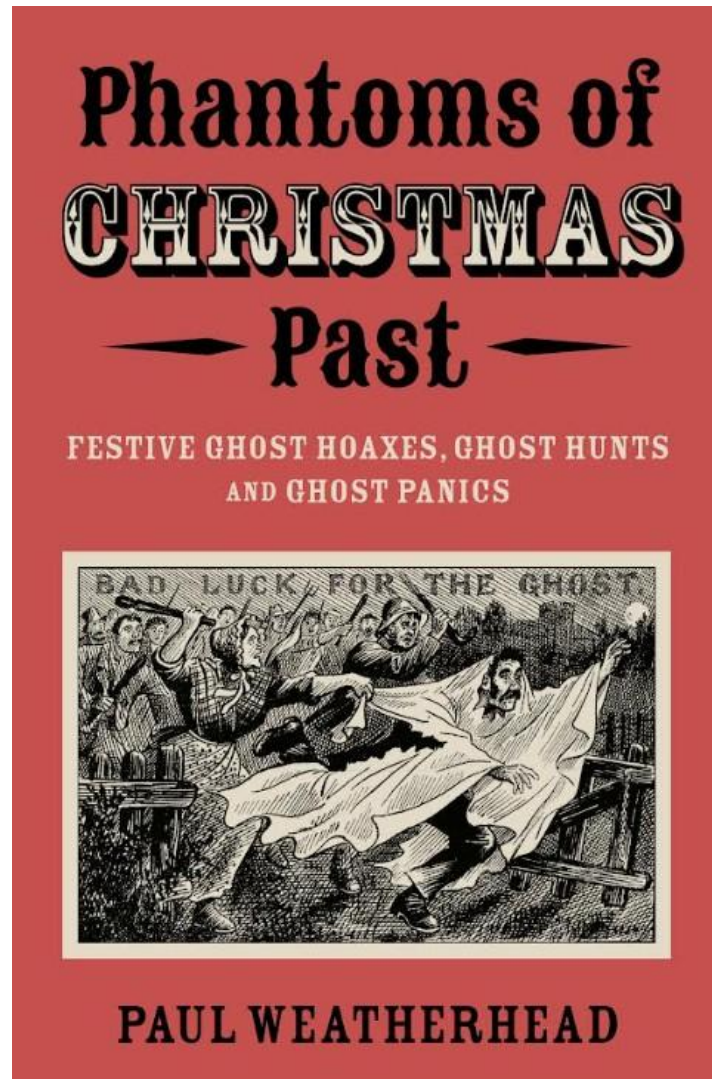


**Link:** <https://youtu.be/cBR7r-yyjw8>

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## ROC Metaphysical Book Review

### Phantoms Of Christmas Past By Paul Weatherhead



**\*\* Editor's Note:** I was so interested in doing this interview since I just returned from my Haunted Castles trip in Ireland. Now that we're in the 21st century ghosting hunting is so techie and normalized. We used technology in the castles to hear and see if there were any spirits lurking about.

Learning about the history of these ghostly happenings was so interesting. One would wonder if it was because there was nothing much to do that it contributed to people wanting to gather up, get their favorite liquor and see for themselves.

He explained that during the 19th and early 20th centuries, ghost hoaxes (dressing in a white sheet or a more elaborate costume) were somewhat common. These hoaxes frequently led to impromptu ghost hunts by large groups of people and often they would be drunk. Many of these ghost scares occurred during the Christmas and New Year periods. Some of the stories were fun but some were dark and tragic

with entertaining elements of horror and the bizarre. The ghost stories combine spooky local legends, mischievous hoaxes, and comical ghost hunts. At the same time, psychic investigators and spiritualists were investigating and competing for the best answer to the ghostly occurrences.

**About Paul Weatherhead:** Paul Weatherhead is a native of the Calder Valley and was brought up in Hebden Bridge. After several years teaching in Greece, Moscow and Northern Siberia, he returned to the Valley in the late 1990s. He has a longstanding obsession with the weird history of the area leading to the first edition of *Weird Calderdale* in 2003 which went on to become a local best-seller. His research into Alan Godfrey's alien encounter led to a deeper investigation into the phenomenon, which formed his Master of Arts dissertation about the philosophy of alien abduction.

Paul's website: <https://paulweatherhead.com/>

Find his book on his website: <https://paulweatherhead.com/phantoms-of-christmas-past/>

Want to hear more about monsters and weirdness, list to his podcast:  
<https://weirdcalderdale.podbean.com/>

### Interview With Paul



Link: <https://youtu.be/G4TEorVkgOk>



## Using Root Cause Analysis For A Better Quality Life By Steven Boyd



Some people may have heard of root cause analysis before. For this author, I hadn't heard the term until I started working for an engineering company. Shortly after joining the firm, the term was brought to my attention by management and engineers who were primarily focused on quality projects for our automotive and aerospace clients. Most engineers are familiar with root cause analysis as it's a handy process or methodology used to help identify the primary source of a problem that is affecting the performance of a machine, production line or something within the manufacturing process. When it comes to manufacturing parts for automobiles or airplanes, quality is a big deal and companies spend a lot of money trying to make sure that the cars or airplanes coming off a production line are safe and ready for consumers to use.

This same process can be applied to our everyday lives, which if used correctly, will help us to quickly identify key issues that are impeding our success or happiness and provide a corrective action to remedy the situation. By identifying and correcting the root cause of a problem, we can prevent similar problems from occurring in the future. This process can be applied to many things in our life such as our thought patterns, relationships, children, health, a home business or working on a project around the house.

*The steps involved in root cause analysis are as follows:*

### ***1. Define the Problem***

*The first step in any RCA process is clearly defining the problem. This involves understanding the issue at hand. Without a clear definition, we can't fix the problem or find a solution.*

### ***2. Collect Data and Evidence***

*Gather all available data related to the problem.*

### ***3. Identify Possible Causes***

*At this stage, all potential causes of the problem are identified. At this point, the focus is on generating a wide list of possible causes rather than jumping to conclusions.*

#### ***4. Determine the Root Cause***

***By following the analysis, the true root cause(s) of the problem should emerge. Being detached and honest is paramount for a positive outcome.***

#### ***5. Develop Corrective Actions***

***After identifying the root cause, the next step is to develop corrective actions.***

#### ***6. Implement Solutions***

***Once corrective actions are identified, the solution should be implemented swiftly and effectively. Consistently applying the solution is a primary key for success.***

#### ***7. Monitor and Review***

***After implementing the solution, the results must be monitored. This helps ensure that the problem has been effectively resolved and that the corrective actions are working as expected. If necessary, additional adjustments can be made. Again, in order for us to effect change, we need to be consistent with our new wisdom guided action plan.***

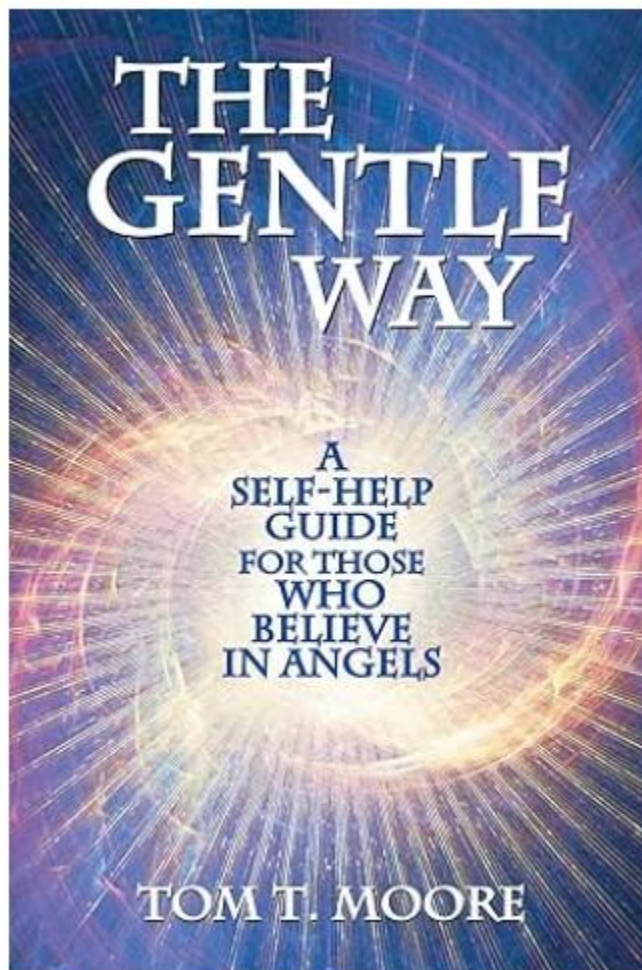
#### **Conclusion:**

**Root Cause Analysis is an essential tool for any organization or individual looking to identify and address the real reasons behind problems or failures. By focusing on understanding the underlying causes, RCA provides a pathway to long-term solutions, improved quality, and better decision-making. Our quality of life is determined by our thoughts and actions, so let's be conscious, aware and use the RCA process to make our life as successful as possible. In doing so, we will experience greater confidence, freedom and happiness.**

**Steven Boyd is a writer and an aspiring yogi. During the work week, he plays the part of global director of talent management for an engineering company. Steven has been practicing yoga and meditation daily for over 30 years. He follows the spiritual path of the Self Realization Fellowship that was founded in 1920 by the Great Yogi-Guru Paramahansa Yogananda. His book 'Autobiography of a Yogi' has sold millions of copies. Steven Jobs of Apple computer was a big fan of this book.**

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



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

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

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

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

\*\*\*\*

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

Tom asks that we do this each day:

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

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## **MBOs FOR SESSIONS**

Jay writes from Washington State: I work with a spiritual teacher and I have had difficulty, along with many of his other students, in getting 1-2-1 one hour Zoom sessions with him over the past year as only about 12 sessions slots are opened up once a week. Recently, when a student contacted me to ask if I knew of way to get an appointment asap, I texted him a MBO for him to say out-loud: "I ask for any and all beings to help and assist me in getting a 1-2-1 session with 'G' as fast and easily as possible or even more successful than I can hope for or imagine. Thank you!" This was on a Thursday morning about 9 am and normally these sessions are only posted at 9 am on Saturdays. Within a couple minutes, he texted me back and said he had booked the appointment with G for his session in a couple weeks. So, I also went to the booking appointments site and I found a session for me to book also! Wow, that was fast!

So a few weeks go by and I have my session at 1 am – 2 am in the morning (yes, it's past my bedtime by hours, but these sessions are Great!). The next day I am dragging through the day with the lack of sleep from the night before, or my circadian rhythm being knocked off. So, I look a G's appointment booking calendar and I see that there are earlier sessions than 1 am PDT, but those earlier PM time slots are the ones that most people in Europe and Eastern US get to first. So, I then do an MBO for myself : "I ask that any and all beings help and assist me in getting an earlier time slot for my 1-2-1 session as quickly and easily as possible or even more successful than I can hope for or imagine. Thank you!" The next morning, I wake early for his 7 am to 9 am group meditation transmissions. At the end G announces that he is posting the 1-2-1 sessions then rather than Saturday. I go to his booking site and I find a 10 am PDT session available and I book that session for me right away! In addition to my not having to stay up late, I also didn't have to wake up early! It was the ideal timing for me as I work from home!

Also, I have been teaching many others to say MBOs/MBPs over the past 6 years and they are making a positive difference in their friends, family and their own lives.

I can also say that my saying the "Forgiveness MBO Prayer" daily has made an incredible positive effect on my personal and business life (in this lifetime) and I know also in my past and future lifetimes. In both my past life recessions and dreamed future lives, I can see and I feel these healings occurring. As I change for the better, so do those around me change for the better! These are the gifts we receive that benefit people in more ways than we can imagine!

## **MBOs FOR PAST LIFE EVENTS**

Richard writes: I have found that I can go back on my main timeline, and subsidiary timelines [See Dr. Tad James, Timeline Therapy and the Structure of Personality, if you want more on this, I have no claim on that book], to ask for MBOs for stuff that occurred to me in the past. You see.... that stuff is stored on your timeline(s). If you go back in time, on your timeline, you can MBO trauma on your timeline, and even MBO changing your memories of how events in your own life happened. Your subconscious knows what you have stored in memory. If you change what is stored in your memory, then your life changes. I haven't been able to go beyond individual timelines, but MBOing my personal history has some interesting effects.



**I find that I have about 20-30 personal timelines running parallel to my main personal timeline, so I do MBOs on all my operant timelines- for all the iterations of self I have. I find that I can also go to a place like Auschwitz, and ask for MBOs for the truly horrible energy there, to clear up and get better. Energy is shaped by Quantum Observation. MBOing what you observe causes it to get better. Events don't necessarily change, unless they are small, but the "energy" wrapped up in events can be improved, w/MBOs, or so I have found. I'm not saying I've had massive success with this- but it's a start. Also, MBOs made from love seem to work far better than those based on hatred, resentment, etc.**

#### **MBOs FOR DOGS TO SLEEP ALL NIGHT**

**Dena writes: Our dogs have gotten us up multiple times lately due to nighttime storms and just to go out in the middle of the night. We were losing two hours of sleep a night. So both Tom and I requested MBOs that they would sleep through the night to give us a much needed rest, and they did!**

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

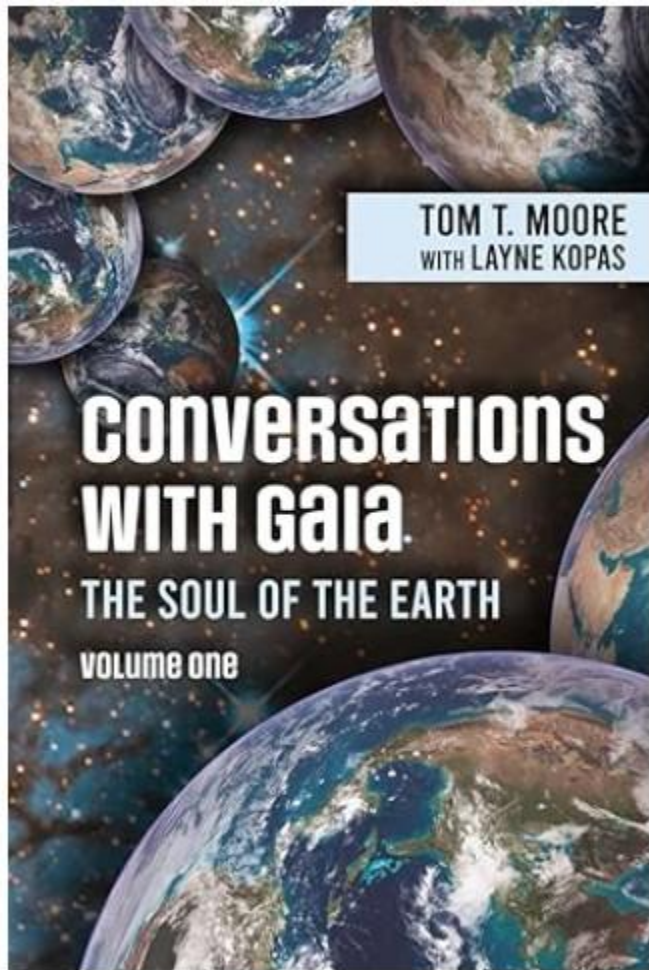
**He began asking questions, first of Reveals the Mysteries and then his own Guardian Angel Theo, and Gaia, soul of the Earth. Each time he would ask how his reception was progressing, he was told "Practice, Practice, Practice." It helped that when he started a weekly newsletter questions that he never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

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

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

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

## Tom's Two New Books



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

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

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

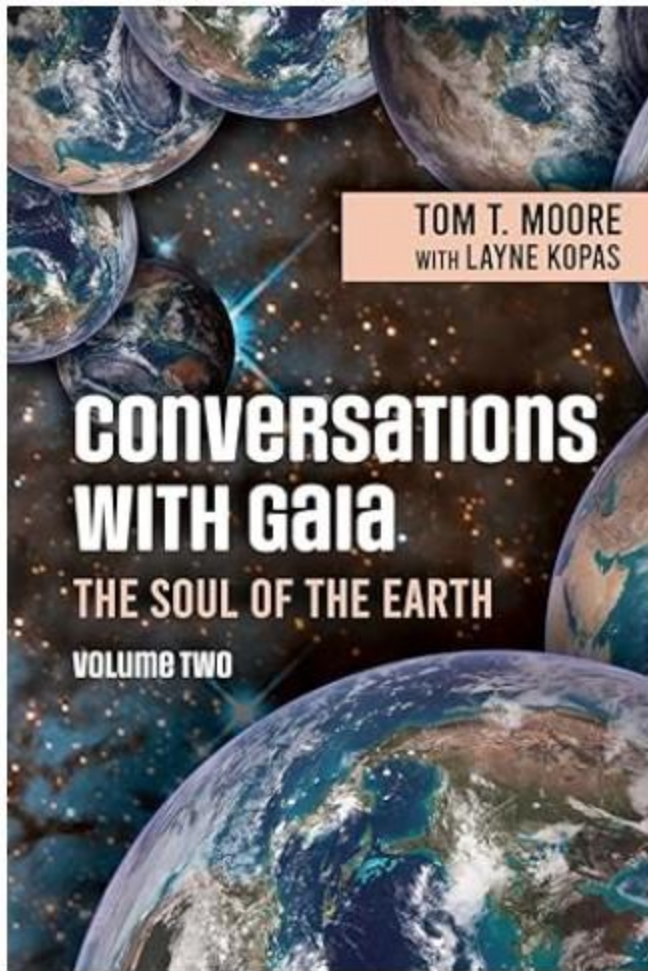
Whether you are newly curious or already on a metaphysical path, *Conversations with Gaia* is a transformative guide for those seeking a deeper understanding of the planet we call home—and the soul within it.

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

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

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

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



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

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

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

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

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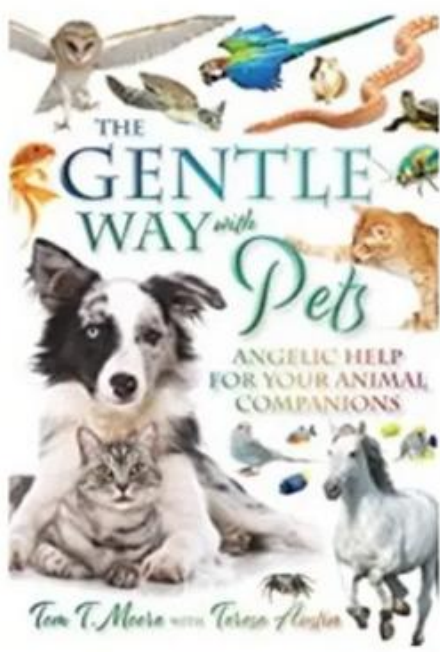
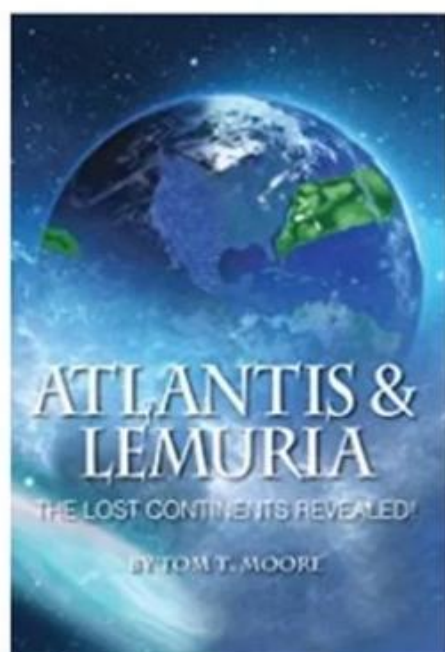
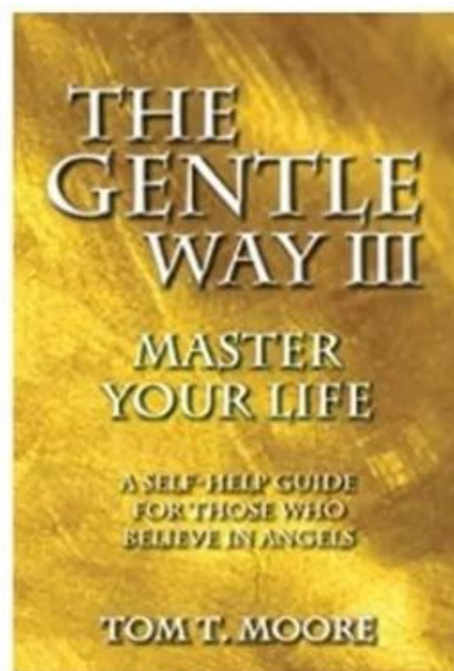
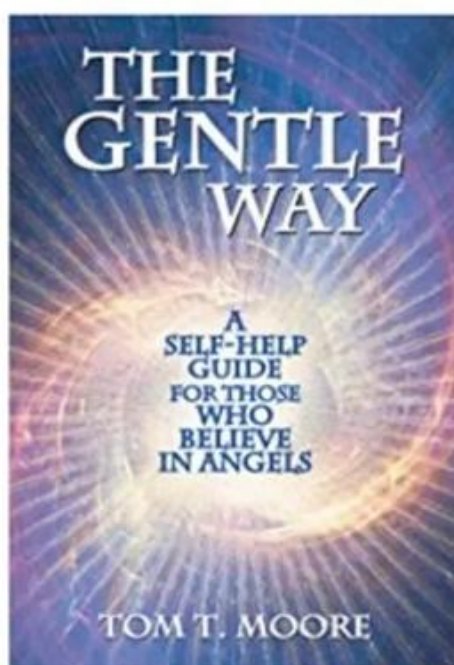
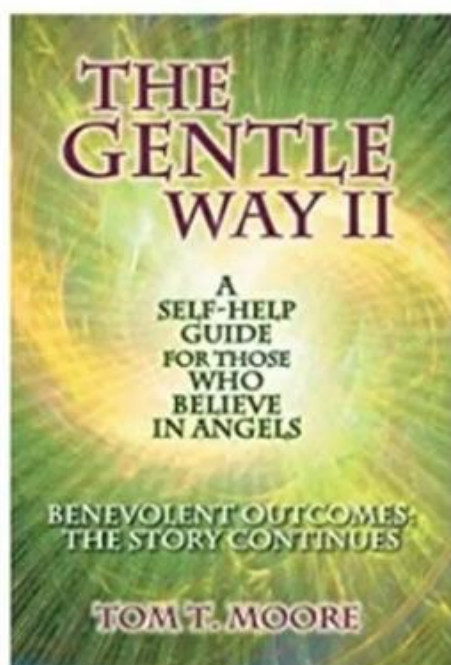
## Tom's Interview About His New Book Volume 1



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



## Books By Tom T. Moore



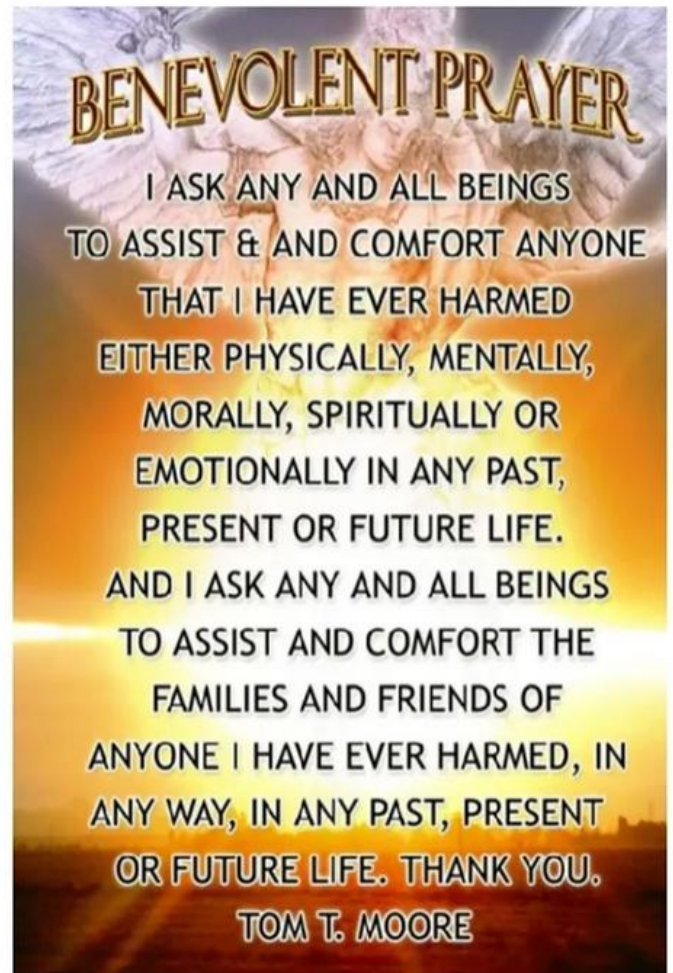
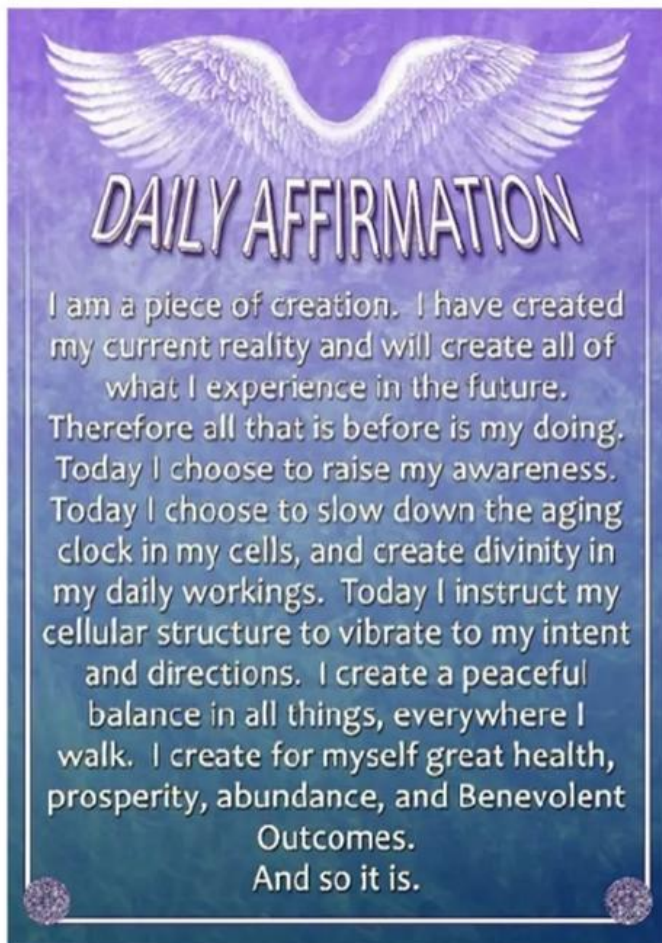
Tom is also a prolific writer and these books you see can be found on Amazon at:  
[https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp\\_byline\\_cont\\_book](https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp_byline_cont_book)

## Interview with Tom



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





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

**Find other signs on Tom's website**

## Tarot Tendencies For September By Doreen Scanlan



With the holiday being the first weekend this month it may seem more chaotic than usual. Make sure you pace yourself so you don't become vulnerable. The 3 of Swords points to sabotage so be alert. It could also mean self-sabotage so make sure you center yourself so you don't get tipped in the wrong direction. If you feel yourself getting overwhelmed, take time to find a constructive release.

This month also looks like a month of choices. There are 2 twos which ask you to make healthy choices. The first one has to do with your thoughts. It is asking you to not be afraid to think outside the box. Don't worry about what others may think or do. Do you! In between the 2's it indicates that it would be good to do some introspective work. The answers are never outside you in other's opinions but instead where you feel most connected to source.

The second 2 wants you to check in with where you are emotionally. Set yourself free from emotions that impeded your freedom to be you. Trust that you know best what is for you second only to what the Universe has in store.



I recommend that before you sleep, you say “I accept unexpected blessings” and leave it to the Universe to deliver what is best for you.

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

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

### Interview with Doreen



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

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## **Are We At The Tipping Point? By Kryon/Lee Carroll**



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

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

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

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

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

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

## Kryon/Lee Carroll's Video



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

## Trust In The Process By Kate Spreckley



**The energy is currently highly charged amplifying everything while shifting and expanding the depth and breadth of our experience of life. There is a momentum building which is bringing fresh inspiration and new opportunities where we least expect them. What is possible now is far greater than we could ever imagine, far bigger than what our minds could ever conceive of. Whatever is unfolding for us now is revealing in some way a larger design for our lives encouraging us to trust in the process despite uncertainty.**

**Remember that life is a journey of continuous change. The more that you accept this truth the better able you are to navigate your way forward. Trust that the steps you take now will lead to progress and the betterment of life, even if the end results or outcome isn't yet clear. Pay attention to your feelings and your intuition. Serendipitous events are working in your favour calling you to have faith and trust. Embrace the entirety of all that life has to offer you. Let your heart and soul lead the way and be open to receiving sudden insights or inspiration which can guide you to new solutions and new paths.**

**Much love  
Kate**

**© 2025 Kate Ann Spreckley**



**About Kate Spreckley:** Kate is a dedicated and passionate Spiritual Healer and Teacher, based in South Africa. Her passion lies in helping, guiding and supporting individuals and organisations who wish to heal, grow and evolve. All of her work is directed by Spirit and all the information Kate receives comes directly from the Divine Creator, her own Spirit Teachers and Guides. All written information, messages and articles are her own interpretation of the energies currently affecting our world at this time.

Kate's website: <https://spirit-pathways.com/>

### Kate's Video



**Link:** <https://www.youtube.com/watch?v=q3ZVFixCzj0>

## Working With Energies By Shelly Dressel



**We are entering a time of significant planetary ascension. While this progression has been steadily building for more than 15 years, we are now experiencing a profound shift. With the Earth resonating at a higher frequency, energy flows more freely—meaning the higher the vibration, the quicker the transformation.**

**Many people carry the weight of past experiences or find themselves revisiting old patterns again and again. This is the moment to release and truly transition beyond whatever may still be lingering. Each soul enters this life with karmic agreements that manifest in many different ways. Now is the time to heal, once and for all, whatever has remained unresolved.**

**During this channel, a large hurricane hovered in the Atlantic Ocean, just off the coast of the United States. The Goddess gathered all who were present, as well as those who would later connect, to work with the energy of the storm and help clear the forces creating it. Several powerful techniques emerged that can be applied to diffuse energetic disruptions anywhere in the world.**

**One especially striking moment came when the Goddess said, “Oh, there’s Poseidon.” In the discussion afterward, someone shared that they too had seen the clearing extend all the way back to Atlantis. This affirmed what many are sensing: we are in a time of profound, ancient clearing—energy is being released not only from this lifetime, but from the deepest layers of collective history.**

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**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 to embrace you in this now moment.**

**I invite you to take this time and celebrate that you are here, that you’re alive, that you’re on Earth, and that you’re taking this time to nurture yourself. So let every breath in be a breath that is filled with light. Let every breath out be a breath that is letting go of whatever it is that no longer serves you.**

**You are here at this time of ascension. You are here at this time of very dramatic changes that are taking place on Earth. For so many of you, this is why you chose to incarnate at this time. This is why you wanted to be here and present to be able to experience all of this. I realize that for many of you, as I say that, your feeling is of, oh, not really, didn’t really want it to be so hard! That is so often the case.**

**You may have been seeking to manifest something your whole life, and then when it gets there or you're almost there, you realize it was a lot of work or it was different than what you anticipated or you just ended up manifesting something totally different, not really realizing that that's what you needed to have in your life. When you can have an openness for whatever it is that may be going on in and around you, it can allow you even greater opportunities than you anticipate.**

**Taking a deep breath, breathing into your heart center, and as you feel that energy of your heart center, you can feel it as it's moving around. You feel yourself connecting to the chakra. You're connecting to your heart energy, and then you send a stream of it moving down.**

**It moves through your solar plexus, your sacral, your root center, and it goes down into the earth. Feel how your energies can anchor within this space. Allow that flow of the planet, that flow of Gaia, to move back up through that strand. It comes back into your heart again, and then you send it up. It goes through your throat, your third eye, your head center, your crystalline energy body, and it moves all the way up until it connects with your higher self.**

**Here, within the space of your higher self, look around at whatever it is that you may be working on. You may see what you seek to manifest. You may see problems that you have at work or in situations. Be the observer without connecting, and then as you get ready to, phew, clear out that space, clear out that energy, so that as you continue to work with your higher self, you are open to whatever is the newest and the best potential here for you.**

**As you allow that perception to be within you, send your energy even further up. You can just follow that stream of consciousness that moves from you all the way into your soul. As you connect with your soul essence, look around at what this space is for you.**

**As you are here within this space, understand that your soul is that unconditional love that supports you in anything that you may do. As you look around the space of your divinity, there may be other lifetimes or parts of this lifetime that come up into your awareness.**

**I, the Goddess, walk in and amongst each one of you. As I connect with your energy, we merge and it shifts, moving everything into the space of the All That is. Open up your consciousness. Open up all of your senses so that you may feel what this place is for you.**

**Time is non-linear. Time moves in a spiral motion. As you move through your life, you may have particular experiences that perhaps were challenging to you, and you thought you moved past them, and then it seems to come around again. It could be months later, years later. But you think to yourself, I was done with this. This was over.**

**Because of that spiral of time that moves through your life, anything that was either very strong of an impulse within your life or perhaps it was a karmic agreement, meaning before you were born, you put forth an intention to have a particular experience or perhaps meet someone, it causes a trigger that will come up as you're living your life.**

**The other thing that is happening right now is that the ascended energies are integrating first and foremost into each one of you and then into the planet around you. These are energies of a higher frequency. These are energies of new potential. However, if you're still stuck in some of that old repetitive pattern, this new energy is not able to fully integrate. So take a look at your life and consider something**

**that might come up for you again and again and again.**

**And as you're looking at your life, as you're thinking about what this may be, be sure to look at the energy or the essence that it represents. It may be that the situation is different, perhaps people are different, perhaps it's a relationship, but it's that relationship with family members and then later on relationship with work people. Look at the essence, not the specifics.**

**If you open up your consciousness, it'll most likely slide right into you. Because we are here in the All That is, as you become attuned to whatever that cycle was for you, look to your soul before you were born, and be open to know why. Why did you implement this in this life? What's interesting is that I notice for some of you, it's very straightforward. You can understand why this pattern is in your life. However, I notice with others, it is almost the reverse. You think the problem is one thing, but what it's teaching you is the opposite. So be open to whatever it is that you truly need to learn at this time.**

**For many of you, it's about abundance. So look around at all the abundant energy that is right here. This may represent abundance in every format. As if you are opening up your arms, receive that flow of abundance, allowing it to heal or transition anything within you. I heard for others, it's about security, feeling secure within yourself. And what does security represent? Can you trust yourself? Can you believe in yourself? Can you trust your intuition as you meet other people? Or can you trust yourself when it comes to finding a job or a home? Let security be something that infuses everything within and around you.**

**And what I see happening is that it's expanding your intuition. If you seek security in your life, open to your intuition.**

**I see a group of people that have been seeking relationships. Maybe they struggle with relationships. Maybe they're seeking something in others that they don't allow within themselves. For many people, relationships are about control. Who is in control? And it makes many people feel disempowered to be in certain relationships. If you are seeking or have a pattern in your life in relation to relationships, then clear it out now. Phew~ And as you do so, let everything flow within you that will assist you to know who you are as a person and therefore your many, many gifts that you give to others and then the gifts from others that you can receive. Relationships are about giving and receiving.**

**Perhaps you're working on something totally different. No matter what it may be, allow the information to flow within your consciousness while here in the All That is. Allow your focus to be such that you understand whatever the reasons may be for the process you've been within. And I'm just going to send a wall of energy. Just let it move through everything here within the All That is.**

**I invite each one of you to affirm as you are here, as you are stepping into this higher vibrational frequency, do so with a clean slate. Do so with a clear intention that moving forward, you are open to receive. You are happy to use all of your senses, all of your energy, and this will all be expressed within your life.**

**Take a deep breath in and breathe out.**

**I would also like for us to work with the energies that are sometimes within you, sometimes around you on the planet. Every one of you have the ability to connect with something that may be going on and then you can infuse light, you can transition, whatever it may be. And even if you think I am but one person, understand that there are probably millions of others that are doing the same thing. So when it comes to**



doing energy work, you are not alone.

We will practice with Hurricane Erin (referring to what was live on August 18th) that is located off the coast in the Atlantic Ocean, off the coast of the United States and what I encourage you to do is with your consciousness you send out energy and then just pay attention. You can tap into it. It is as if you can see it within your mind's eye or perhaps you just feel a response. Many of you have seen the images so you could pull up that image but as we look at this storm and as we are connecting with it, we have that sense of movement in a spiral. There are a large number of us that are currently working with this hurricane, so envision that there is a group of people that surround this hurricane.

You may intuitively feel that there is something that you can do that will help to diminish it. I am going to express some potential. As you look at this, it is a spiral that is filled with wind and filled with rain. As we send our focus into the center, there is a sense of pulling that energy and sending it down into Gaia so that instead of it spiraling here, that energy goes down into Gaia and the Earth itself absorbs this energy.

Another potential that people can do is to have a sense of pulling out those winds that are moving in a spiral but then in some cases it gives that perception of getting bigger. Another option is that as you connect with it, start sending the energy in the opposite direction that it is moving. At first, it is as if nothing happens but as you connect, almost as if you are pulling on that energy and then you send it the opposite direction and you begin to envision it in your mind, in your consciousness, in your intention. You are sending that energy in the opposite direction because it is all just energy. As you begin to send it against the pattern that it is in, it causes it to come to a standstill and it diminishes the intensity.

Other people have been looking at this and just pushing it out into the Atlantic so that it does not come into landfall. When it is out in the Atlantic, it can also diffuse more easily. If this is what you choose to work with, create an energetic wall that goes down into the earth and up as high as it needs to go and just send from your heart light into this wall love, light, intention maybe it is pink and sparkling or white but begin to see this wall is created just as you create that ball of energy in your heart center you and the many, many others that are here send this wall of energy that is created through your intention, maybe you take a little bit of the energy from the hurricane, maybe you take it from the earth and bring it up. But this wall becomes very thick and very solid there are already many that have created a wall and we are adding to it and this is off the shore from the coastline so that as those winds come against it, it redirects it going back out to the ocean.

You can also work with color, color as an energy. One of the most soothing and balanced is purple or violet. Begin to send that violet light into this hurricane and the intrinsic energy of that color will also begin to slow things down so that it will find a more natural balance.

We have only spent a few minutes working with this, but already I can see a difference. So, if ever you wonder, will you make any difference? Yes, you will. You begin to see this calming going more and more into this hurricane. You begin to see it becoming softer and gentler. You begin to see the energies of the ocean coming up and pulling that spiral down into the ocean.

Interesting, it's as if I saw Poseidon and other beings of the ocean that are seeking to bring this down. Indeed, at one point, this was amplified by mechanical means, and that has also been diffused.

Now, we're fast-forwarding. This may not be all happening in real time in this now moment, but everything that you're doing, everything that you're working on, is having an impact. You know that you're working with many, many others, and you know that this is going to minimize as much as possible this hurricane. It's going out into the ocean. It is expanding and diffusing and sinking down into the waves. It goes on and on.

That wall of energy that is off the coast will stay there as long as it is needed, and then it will just dissipate on its own. But I ask you, with your inner eyes or your inner knowing, can you tell the difference of just working with it this short period of time?

You can do this if there's an earthquake. You can do this for flooding, a volcano, a tsunami. No matter what it is that happens on the earth, it is all energy, and you can work with that energy to seek it to find balance and to seek it to be neutralized. Everything happening in your own body is all energy, and you can work with it to help it become neutralized and help it to be in the optimal strength that is going to support you. We send our consciousness out to the hurricane. It will be there as long as it needs to.

There may be something going on in other parts of the world or other parts of the planet, so wherever you are, whatever is around you, invite whomever it is that you would like to help you. It does not need to be a specific person. Just, I'm working on diffusing this and anyone else that wants to help me, and up within All That is where we are, up within the ethers, there are many, many people in their consciousness that are open to assist by working with the energy to create changes on the planet.

We are already together as a group through working with Hurricane Erin. We have already connected with the earth plane, but if there's anything that you would like to specifically align with from your own journey of clearing out that you may have, let that come up now. Let that be here within this space, and then as you look around you, it's interesting.

It doesn't look like the hologram the way it usually does because it's still centered in that space, so let us take a step back. Let us release where we were working with the hurricane and now just see the hologram as it comes up. There we go.

This way, no matter where you are in the world, you can find your place and you can infuse into the hologram your own transition, or if you want to work with the energy of wherever it is that you live, you send that into the hologram, and then an aspect of it goes out to the universe, creating the balance in the universe, and the remainder goes down. It moves down into the space of the earth. It goes through the energy of the earth.

It goes through the collective consciousness, and it goes all the way down until it anchors. As it does so, it then reverses, coming back up through the many layers of the earth. It comes back up within the trees, the grass, the rivers, the water, and out of curiosity, look to where that hurricane is, and you can see there's a significant difference. You can still see it out in this space, but it doesn't look as big to me now, nor does it look as fast of winds. So you have done significant work on diffusing that energy.

You let your own intention for this evening flow back down in you. It comes down through your head. It anchors in your heart center, and you take a moment to just feel it as it's moving up and down within you.

In this time of ascension, you have a very unique opportunity to create your life. Energy is in everything. Energy is in your physical body. It's in your environment. It's in emotions. It's in the thoughts and beliefs. It's in everything that is within and around you.

So as you seek to create changes, as you seek to live at a higher frequency, work with your own energy so that you are at that place that gives you the most potential, and you know you're there because you feel good. Your intuition is flowing. Things fall into place in your life, and this is all telling you, yes, I'm in alignment. Yes, I'm where I need to be, and yes, this is exactly what I am seeking. So, too, don't forget to work with the energy of your environment because you are even more powerful than what you realize.

Beloved, know that I am ever with you and within 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!

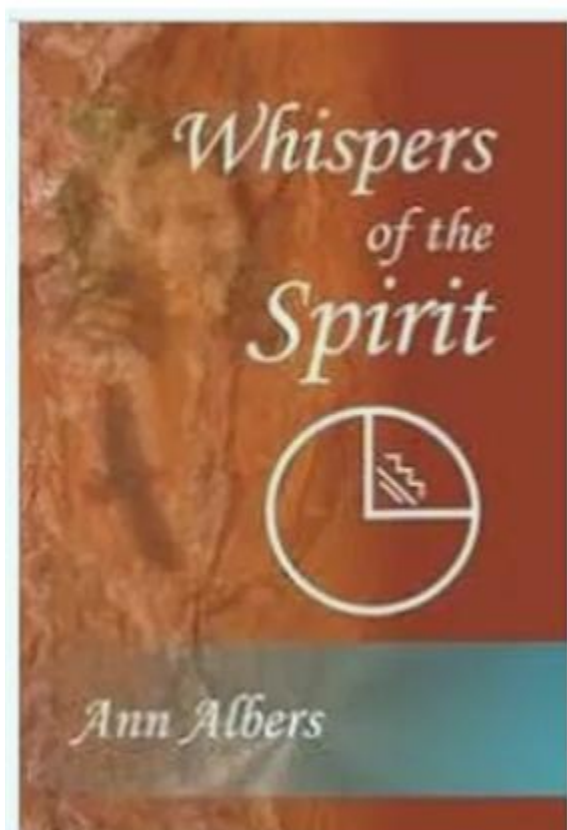
Shelly's website: : [www.goddesslight.net](http://www.goddesslight.net)

### Shelly's Video



Link: <https://www.youtube.com/watch?v=1241bywf2f4>

## Being An Empath In Frequency Soup! By Ann Albers



Hi All,

Today the angels talk about how you can be an empath and tune into the good vibes rather than feeling subject to anything and everything. I'll share how doing this helped me avoid an accident this week and a few tips to help you embrace and enjoy your empathy!

Have a blessed & beautiful week :)

♥ Ann

### Message from the Angels

My dear friends, we love you so very much,

Without exception, those of you on this list are sensitive, good-hearted souls. You care. You feel. And you feel deeply—far beyond the boundaries of your physical bodies. You can sense the moods of your loved ones, the feelings of strangers, and often, the emotional currents flowing through your planet.

For some of you, this is fascinating information. For others, it can be painful. In any case, dear friends, as you learn to manage your own "tuning," or point of focus, you can take charge of what you notice, what you feel, and therefore your overall experience as you move through a world that is, in so many ways, a mixed pot of frequency soup.



**Within the field of human consciousness, there's a blend of energies ranging from the lowest vibrations to the most elevated.**

**No one taught you that you can "take charge of your tuner." Most of you learned the paradigm of "taking on others' energies" and then having to "clear yourself." Metaphorically, these 3D analogies work well and can help you manage your energy field. However, a more precise understanding is that you tune into others' energies—and can learn to tune them out.**

**In truth, no one can dump their negative energy into your field like trash thrown on your doorstep. They can, however, display or project their negativity so compellingly that it takes willpower and effort to tune it out.**

**If someone is softly playing a song you don't care for, you can easily tune it out—unless you obsessively focus on it. If someone is blaring a tune you dislike, it takes much more effort to focus on something else. In both cases, you haven't "taken on" the song, but you have "tuned into it." Likewise, you don't need to "clear" the song—you just need to tune out of it.**

**In fact, everything you do to "clear your field"—whether it's sageing, enlisting your angels, or working with a healer—is an action that helps you tune into positive, high vibrations, and therefore tune out of the denser ones.**

**Healers move their loving energy through your aura, and you feel the relief of their love compared to the denser feelings you were focused on. Sage, crystals, and aromatherapy bring a beautiful, loving vibration into your space that calls so strongly for your attention that you can no longer tune into the lower frequencies. Your angels focus on your beautiful, loving heart like a tuning fork until you can feel that goodness flowing through you and as part of you.**

**Whatever—or whoever—helps you "clear your field" is really assisting you in focusing on loving vibrations to the exclusion of the lower ones that grabbed your attention.**

**By all means, go to your healers. Sit with your angels. Smudge your home, open the curtains, and let the sunshine in. Put out a dish of salt water if you like. There are many tools and techniques to help you attune yourself and your space to love so you don't have to feel at the mercy of the world around you.**

**Here's one method we taught our channel years ago that you can use to recalibrate your energy anytime:**

**Take a moment and think of something, some place, or someone you love. This can be grand or small. You can think of your beloved children, the best dinner you ever ate, the most beautiful place you've seen, or even a small act of kindness that changed your day. If nothing comes to mind, imagine the very best of whatever you like—the most delicious slice of moist chocolate cake, the most caring person, the most adorable animal.**

**Think about how and why you love this thing, place, or person. What is it about them that makes your heart sing? The more you focus on why you love what you love, the more appreciation you feel. And the more appreciation you feel, the more love you can flow.**

**Take a moment and "escalate the love." Feel it as deeply as you can.**

**Now let go of the object of your love and simply notice how you feel. Can you memorize this feeling of love and appreciation? Can you pay attention to it so clearly that later in the day, you can recall exactly**

how it felt in your body and mind?

Play with this idea. Whenever you feel good, see if you can memorize the feeling.

It may sound unusual, but in many ways, you've already memorized countless feelings. You can recall the moment you fell in love—or the moment you felt betrayed. You can remember what it felt like when you first saw your child or brought home your first pet. Many of you have become so familiar with feelings of anxiety that you can summon them instantly when triggered.

Just as easily, you can memorize the feelings of love, inspiration, and kindness. It only takes a few seconds of generating these feelings and focusing on them until you can remember how they feel, and then you can find them again. Your brain is wired for this.

Even if you practice this diligently, you will still have your wobbles. You'll never feel good about people doing bad things. You won't feel good about cruelty, falsehood, lack, or loss—and we would never suggest you should.

We're not encouraging you to fake positivity or stuff your feelings. We're simply offering you truths and tools so you can give yourself a better experience of life—even while you are deeply empathic, and even while countless energies vie for your attention.

These are spiritual principles that allow you to free yourself from being controlled by the behaviors of others, and techniques to help you tune into the love that is always present.

You deserve to eat food that tastes good, to tune into energies that feel good, and to tune out the ones that bring you down. You deserve to live in an elevated and loving space, and to let your light ripple out into the world, creating a flow of goodness, grace, and guidance.

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

Message from Ann..

Hi Everyone,

So many of you have shared with me that you've been feeling an unnamed anxiety—a sense that something awful is going to happen. There are plenty of people on Earth arguing that this is our trajectory. There's a lot of fear being projected by the masses. You feel it. I feel it. It's as real as bad weather—yet the love of the Divine is as constant and real as the sun behind the clouds.

Long ago, the angels told me I could either broadcast love or receive whatever frequencies happened to be flying around. I would much rather broadcast love. It feels so much better. It allows me to share light rather than be taken under by the darkness.

Like you, I see a lot going on that is upsetting in our world—both big and small. There are the massive cruelties of war, and there are the mundane annoyances—like finding out I may owe an \$80 tariff at the post office for a \$40 item I ordered on eBay if it doesn't arrive in the U.S. before the end of the month, when new laws kick in. In the past, that would have had me in fits. I choose not to give it my joy.

Likewise, I choose not to focus on the cruelties of war, but instead to be the peace and the kindness—so I can withdraw my energy from the vibrations that give birth to war and cruelty. We are not abandoning those in need by tuning out the negative. We are keeping ourselves open to guidance about what we can do, rather than feeling powerless and angry.

Beyond world service, choosing our tuning is incredibly practical, and it can save us a lot of trouble.

Just this Wednesday, I went grocery shopping. I was enjoying a friendly chat with the clerk, admiring the fresh produce, delighting in the beautiful grocery bags I designed, and soaking up the glorious blue sky. I felt blessed and grateful for the day.

Then, as I was leaving the parking lot, a parked car suddenly burst into reverse, heading straight toward me! It was as if time slowed down. I swerved, missing him by inches. A moment later, he seemed to "wake up," clearly having been somewhere else in his head. I was fine. My car was fine. And I had an intense wave of gratitude before returning to a beautiful day.

It could have gone very differently. Had I been stewing over a problem, I wouldn't have been present enough to respond, and he would have hit me. I'd have been dealing with car repairs, a jolt to my body, and squashed groceries. Instead, love guided my reaction so precisely that I got around him unscathed.

That's the simple power of being in a loving vibe: those in an unloving vibe can't "get" you. And perhaps I spared him an even bigger mess by jolting him out of his unconscious state. We'll never know.

So, for all of you empaths struggling to feel good right now—yes, you can tune into the good in spite of the nonsense going on. You can be of service without feeling the pain. I'm living proof. I feel everything. I've sensed solar flares moments before they knocked out a power grid. I think of someone and feel them. I look at someone and feel them. I tune into people's pain, trauma, and fears every day—and yet, the angels have taught me to focus on flowing love and appreciation so strongly that, unless I slack off, I feel good.

If I can learn this, so can you. I didn't go easily! Like many of us, I wanted the world to change so I didn't have to do the work of watching my tuning. I wanted people to make it easy for me to feel good. And I still like that—luckily, I have many in my life who do—but the truth is, not everyone will. Not every situation will thrill you.

But there's so much good out there that can thrill us. And the angels love to give us permission to focus on that, instead of what drags us down.

Here are a few tips to help you enjoy your empathy and recalibrate to those good feelings more quickly:

### **1. Be a Good-Feeling-Seeking Empath**

Being an empath simply means being aware of the energetic universe and able to feel it deeply. That also means you can pick and choose what you want to tune into.

Look for good wherever you go. Challenge yourself to notice kind drivers, helpful people, and beauty while you're running errands. When you hear bad news, acknowledge it and your feelings—then turn away. Don't dignify those who act out with your attention. In countless ways, we can seek out things we want to tune into rather than being tuned by others' desires by default.

## **2. Enjoy Helpful People, Tools, and Techniques**

**If you enjoy healers, massage therapists, YouTube creators, musicians, sage, crystals, religious practices—anything that raises your vibe—make it part of your life and routine.**

**A living saint I follow encouraged us to chant 10,000 mantras a day during COVID. I never quite reached that number, but even after a few thousand, I was spinning in a field of Divine love that repelled both viruses and bad vibes.**

**Whatever good you enjoy, whether it's saying prayers, chanting mantras, walking your dog, or basking in the healing purrs of your cat, will help you empath with the light and tune out the darkness.**

## **3. Train Your Mind**

**When my dogs were young, they loved doing "zoomies." They'd race around the hallway in circles, jumping on and off the bed, skidding into walls, falling over, and then doing it again with pure joy. It was precious, perfect, and hysterically funny.**

**It's not as funny when our minds start doing zoomies—racing in circles, banging into mental walls, and creating chaos. That's why it's of great value to train our minds to calm down and tune into peace when they start running amok.**

**For some, this means deep meditation or breathwork. For me, it's a trip to the ice bath twice a week. For others, it's a quick nap, an affirmation, or a happy thought. Whatever helps you consistently recalibrate your mind when it goes off into the weeds is worth practicing.**

**Our feelings matter. I accept all of mine—the good, the bad, and the ugly, as the saying goes. I take a moment to feel them deeply, acknowledge what they're trying to tell me, and then refocus on what feels better.**

**And in this way, even in a wild world with wars, tariffs, violence, and cruelty, we can focus on the peace, the prosperity, the benefits of our situation, the kind people, and the ever-present love of the Divine—that always and forever feels like Home. 🧡**

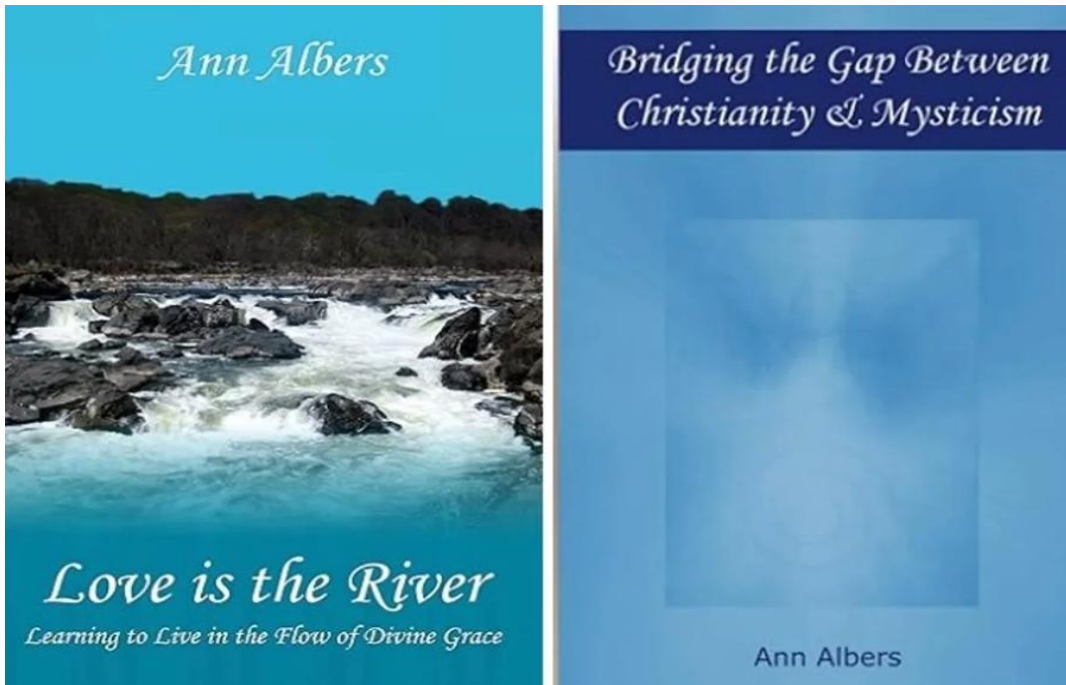
**Have a blessed week,**

**Love,  
Ann**

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



## Ann's Books



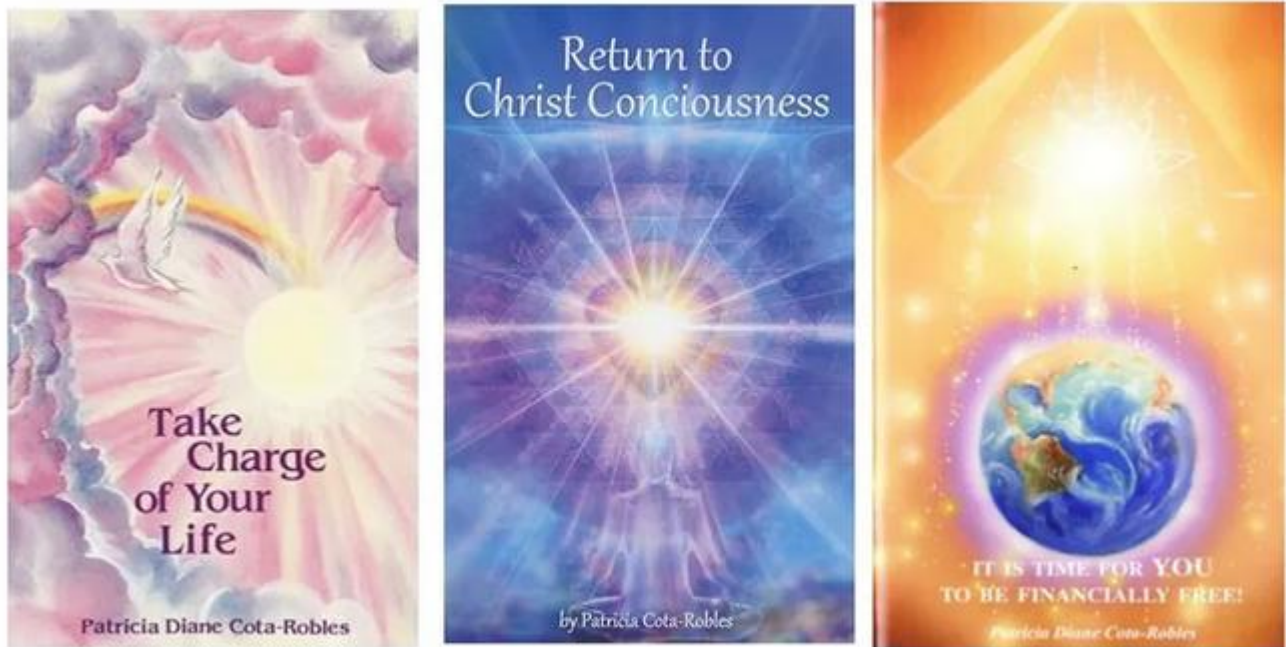
Find all her books on Amazon: [https://www.amazon.com/stores/Ann-Albers/author/B00J8F05US?ref=ap\\_rdr&isDramIntegrated=true&shoppingPortalEnabled=true&ccs\\_id=2dc315b5-ba96-4b68-a476-0944e1bd8001](https://www.amazon.com/stores/Ann-Albers/author/B00J8F05US?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true&ccs_id=2dc315b5-ba96-4b68-a476-0944e1bd8001)

## Ann's Video



Link: <https://www.youtube.com/watch?v=H7AmIxlGgSc>

## Shift Of Consciousness 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.

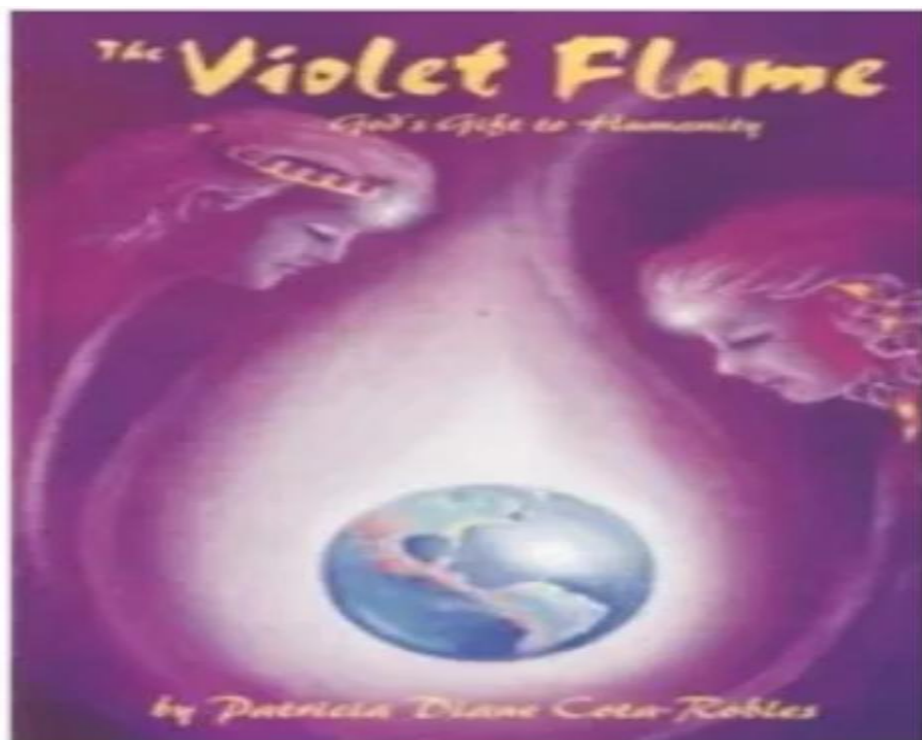
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, 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](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=ol59suePYuw>

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## ROC Metaphysical Event Advertising

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

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

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

## Mythic Treasures Faire



Come to the Henrietta Store on Jefferson Road for second Saturday

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

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

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

## Experience Psychic Fair is Back in September



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


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

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

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

## Events At ONE Wellness





### Gratitude Circle

*Walking the Path Together*




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


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

**When:** Second Saturday 10:00a-11:30a

**Where:** ONE Wellness Center  
Institute for Spiritual Integration  
2349 Monroe Avenue, Rochester 14618

All are welcome! Free of charge!





<https://onewellnesscntr.com>

Follow us on Facebook

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

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

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

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## Peace Meditation at ONE Wellness with Robyn

# Peace Meditation

with the Love Peace Harmony Calligraphies



## CREATE HARMONY

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

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

## FREE - All Are Welcome

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

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

### R.S.V.P. for Head Count

Robyn Michele 585.582.6194  
info@SoulMindBodyWellness.com

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

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



## Classes with Sheila Tillich

*Sheila Tillich*

# IET & UFH CLASSES

PRESENTED BY REV. SHEILA B. TILLICH  
IET® MASTER-INSTRUCTOR TRAINER, UFH PRACTITIONER &  
TRAINER, RECOVERY METAPHYSICIAN

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

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

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

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

*Register Now* [WWW.SHEILATILLICH.COM/EVENTS](http://WWW.SHEILATILLICH.COM/EVENTS)

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

**What is Integrated Energy Therapy® (IET®)?**

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

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

As you journey through your life, this flow of energy can become restricted or blocked (stuck). These blockages resonate at a lower vibration or frequency than your healthy cells need for optimum health.

Emotions such as anger, resentment, powerlessness, guilt, and fear are stored in the body's cellular memory. They influence the way we live our lives and interact in relationships.

#### **What are the benefits of IET®?**

**IET® painlessly identifies and releases your deeply suppressed feelings and your core cellular memories.**

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

#### **What can I expect from an IET® session?**

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

#### **What is the difference between IET® and Reiki?**

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

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

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

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

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

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

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

## Free Events with Robyn At One Wellness

### The Compassionate Spirit: Nurturing Self-Love from Within

Introducing the Tao Calligraphy Greatest Compassion

**FREE**

You are invited to explore the profound power of compassion, starting with yourself. Life can often feel demanding, and we frequently extend kindness and understanding to others while neglecting our own inner world.

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

**Tuesday October 7, 6-8 PM**

**R.S.V.P.**

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

For more information or to Register Now:

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



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

Questions? Reach Out!  
Email: [Info@SoulMindBodyWellness.com](mailto:Info@SoulMindBodyWellness.com)  
Website: [SoulMindBodyWellness.com](http://SoulMindBodyWellness.com)  
Phone: 1.585.582.6194

Oct 7, Tuesday 6-8pm 2 hour class

In this insightful class, you're invited to explore the profound power of compassion, starting with yourself. Life can often feel demanding, and we frequently extend kindness and understanding to others while neglecting our own inner world. This session offers a gentle yet powerful introduction to self-compassion, helping you to quiet the inner critic and cultivate a more loving relationship with yourself. Through guided reflections and simple, accessible practices, you'll discover how to befriend your emotions, navigate challenges with greater ease, and tap into the inherent wellspring of kindness that resides within your heart. This class is a perfect starting point for anyone seeking to foster a deeper sense of inner peace and self-acceptance.

Cost Free.

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



## THE SOUL'S AWAKENING:

# *A Deep Dive into Transcending Depression*

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

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

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

### Workshop Details:

Date: Saturday, September 27

Time: 10:00 AM – 5:00 PM

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

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

### What to Bring (Optional):

A journal for notes

Wear comfortable clothing

### **READY FOR THE JOURNEY?**

FOR MORE INFORMATION OR TO REGISTER NOW:

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



### **SOUL MIND BODY WELLNESS**

© ONE Wellness Center

2349 Monroe Ave, 2nd Floor

Rochester, NY (Entrance in back.)

### **Questions? Reach Out!**

Email: [Info@SoulMindBodyWellness.com](mailto:Info@SoulMindBodyWellness.com)

Website: [SoulMindBodyWellness.com](http://SoulMindBodyWellness.com)

Phone: 1.585.582.6194

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

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

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



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

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

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

Cost is \$75

### **October Event With Robyn**

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

# *The Compassionate Spirit: Nurturing Self-Love From Within*

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

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

## Workshop Details:

Date: Sunday, October 27

Time: 10:00 AM – 5:00 PM

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

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

## What to Bring (Optional):

A journal for notes

Wear comfortable clothing

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

For more information or to Register Now:

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



SOUL MIND BODY WELLNESS

@ ONE Wellness Center

2349 Monroe Ave, 2nd Floor

Rochester, NY (Entrance in back.)

Questions? Reach Out!

Email: [Info@SoulMindBodyWellness.com](mailto:Info@SoulMindBodyWellness.com)

Website: [SoulMindBodyWellness.com](http://SoulMindBodyWellness.com)

Phone: 1.585.582.6194

## Unity Field Healing Class Nov 8-9



Sheila Tillich is offering this class in November. See info on her website at [sheilatillich.com](http://sheilatillich.com)

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

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

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





**HEALING SESSIONS**  
Rejuvenate with Reiki, IET, and UFH

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

Contact: sheila@sheilatillich.com

**SPECIAL OFFER**

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

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

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

~ REIKI

~ Integrated Energy Therapy® (IET®)

~ Unity Field Healing (UFH)

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

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

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

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

**Cost for 60 Minute Session:**

**1 Modality - \$80**

**2 Modalities - \$100**

**3 Modalities - \$122**

**Remote appointments are available, too.**

**Email [sheila@sheilatillich.com](mailto:sheila@sheilatillich.com) to save your day and time.**



**Sheila B.**  
**Divine Angelic Gathering**

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

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

**What is included:**

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

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

[WWW.SHEILATILLICH.COM](http://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/>**

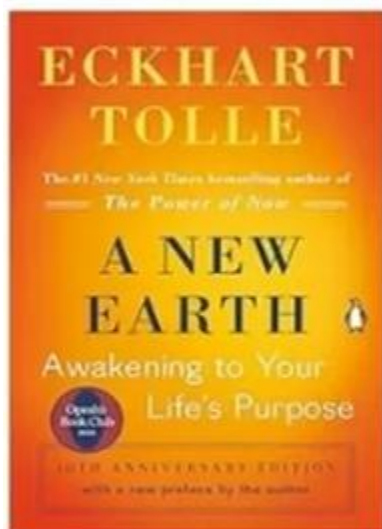


## ONE Wellness Center Book Club



### September Book Circle

*A New Earth: Awakening to Your Life's Purpose*



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

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

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



<https://onewellnessctr.com>

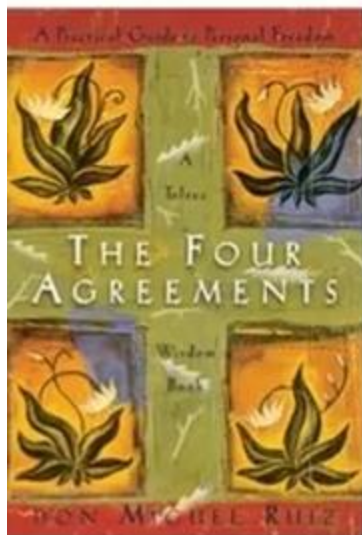


Follow us on Facebook



## October Book Circle

*The Four Agreements: A Practical Guide to Personal Freedom*



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

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

**When:** October 11, 2025, 1:00p-2:30p  
**Where:** ONE Wellness Center  
Institute for Spiritual Integration  
2349 Monroe Avenue, Rochester 14618  
**All are welcome! Free of charge!**



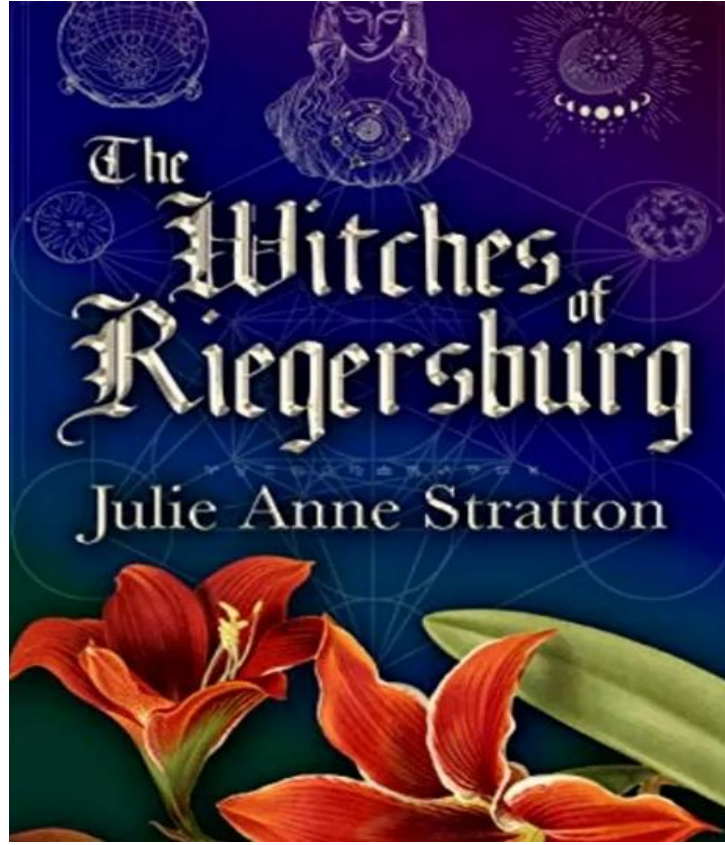
<https://onewellnesscntr.com>



Follow us on Facebook

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

## Books That Are a Must Read!



### **The Witches of Riegersburg by JA Stratton**

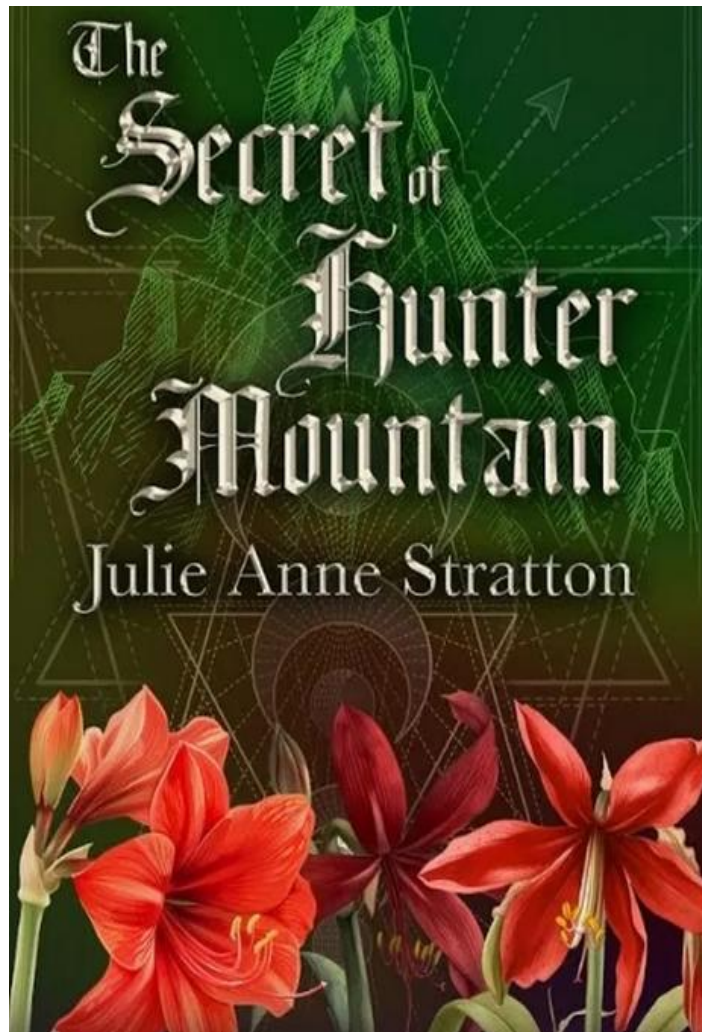
-- For fans of *The Da Vinci Code* and historical intrigue, *The Witches of Riegersburg* is an unforgettable ride through time, magic, and resilience.

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

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

-reviewed by Mansi Rawmani

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



**The Secret of Hunter Mountain by JA Stratton**

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

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

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

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



## More about Julie and her Books



### About Julie:

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

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

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

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

## **ROC Metaphysical Alternative Businesses & Provider Directory**



**Rev. Vicki Snyder-Young**

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

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

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



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

**585-266-8350**  
**Sue Stephens**

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

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



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

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

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

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



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

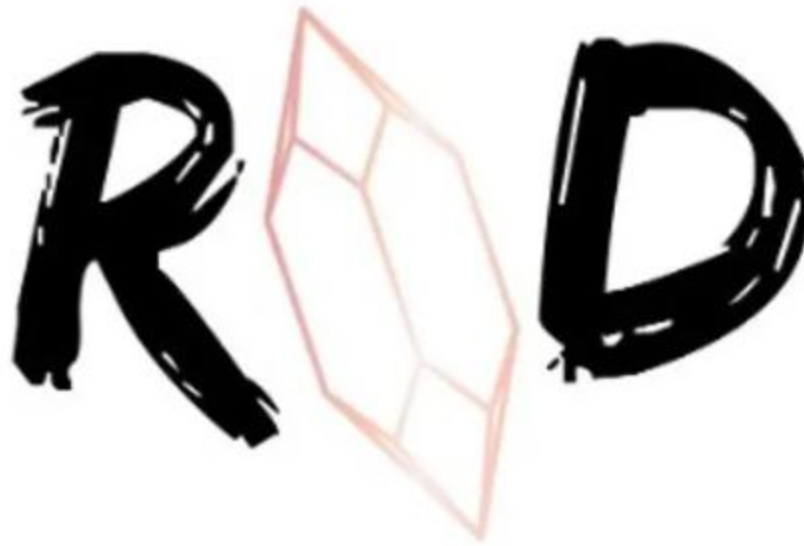
**Sage is a powerful spiritual guide for change. With divine energy for your body, mind and spirit she is committed to guiding you to create an empowered and happier life.**

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

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

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





ROCK DUDE

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

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



Healthy Alternatives Wellness Center

**Carol Scheg-Morrisette**

**4358 Culver Rd**

**Rochester, NY**

**[www.meetup.com/Rochester-Friends-Who-Meditate](http://www.meetup.com/Rochester-Friends-Who-Meditate)**

**[www.healthyalternativesrochester.com](http://www.healthyalternativesrochester.com)**

**(585)663-6454**

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



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

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

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

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

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



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

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

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





Janice McNamara, RN Intuitive Healer

**585-455-1953**

**<https://www.nextstepholistic.com>**

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



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

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



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

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

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



Marjorie Baker Price , RN

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

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

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

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





Sheila B.

***Recovery Metaphysician & Galactic Grandmother Channel***

**Fairport, NY 14450**

**585-313-3996**

**<https://sheilatillich.com>**

**SHEILA B CAN HELP YOU FIND ANSWERS**

**Find your purpose and connect with you**

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

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

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

**<https://sheilatillich.com>**

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



Rev. Bunny DuPuis

**716-241-1414**

**[revbunnydupuis@gmail.com](mailto:revbunnydupuis@gmail.com)**

**<http://www.bunnydupuis.com>**

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

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



Mellow Slow Minerals  
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**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.**



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**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](mailto:jlspiritualadvisor@gmail.com)**

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





**Michelle Brzezniak EEM-AP**  
**Eden Energy Medicine Advanced Practitioner and Authorized Teacher**  
**585-730-2762**  
**eembymichelle@gmail.com**  
**<https://eembymichelle.wixsite.com/hope>**  
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**Learn more about Michelle: <https://youtu.be/aw5IFhVfhNc>**



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



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## Sacred Light of Cosmic Awareness Community

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