# ROC Metaphysical

# Our Mission is to Enlighten and Inform April 2024

https://www.rocmetaphysical.com

Here's a Sampling of Articles for the month:

Who is Dr. Emoto and Why Did He Study Water?

**Beautiful Crickets By Jamie Linn Saloff** 

What Is Going On With Animals In 2024 And How We Can Support Them By Sofia Risberg

Why Judging Yourself Doesn't Work! By Melissa L. Watkins

The Secret Power of Need By Barry & Joyce Vissell

**Intimacy By Jennifer Sutton** 

Humanity And The Plant Kingdom-Together-At A Turning Point By Dr. Jim Conroy & Basia Alexander

I Am An Instrument of God By Patricia Cota Robles



# What Is ROC Metaphysical All About?



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

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

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

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

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

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

what comes to my email.

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

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

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

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

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

# Find ROC Metaphysical At These Sites



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



roc\_metaphysical



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

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# Highlights of The Magazine







# Read Interesting and Informative Articles

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

# Read Channeled Messages

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

# Learn About Incredible Alternative Businesses

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

# Lots of Interesting Events

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

# We Have A YouTube Page



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

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





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

# Go To Our YouTube Page



## **ROC Metaphysical Online Magazine Articles for April 2024**

#### Jamie Linn Saloff

Beautiful Crickets By Jamie Linn Saloff

#### Sofia Risberg



What Is Going On With Animals In 2024 And How We Can Support Them By Sofia Risbera

#### Dr. Emoto



Who is Dr. Emoto and Why Did He Study Water?

#### Tom T. Moore



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

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#### Melissa L. Watkins



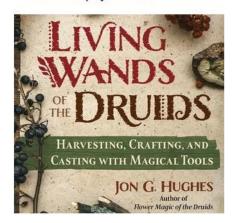
Why Judging Yourself Doesn't Work! By Melissa L. Watkins

#### Sage Walker



Touching A Soul By Sage Walker

#### **ROC Metaphysical Book Review**



Living Wands Of The Druids By Jon G. Hughes

#### Leo Babauta



Become Quiet So You Can Listen
By Leo Babauta

#### Doreen Scanlan



Tarot Tendencies for April By Doreen Scanlan

#### Dr. Jim Conroy & Basia Alexander



Humanity And The Plant Kingdom-Together-At
A Turning Point
By Dr. Jim Conroy & Basia Alexander

# You are an aperture through which the universe is looking at and exploring itself. Alan Watts



What Can Sound Healing Do For You?

"Education is the most powerful weapon which you can use to change the world."

- Nelson Mandela

### **Channelings**



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

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

#### Channeling can be done in two different ways:

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

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

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

#### Jamye Price Ronna Vezane



Equinox & Eclipse Gateway

By Jamye Price



Harmonizing the Physical, Emotional and Mental Bodies

By Ronna Vezane

#### Patricia Cota Robles



I Am An Instrument of God By Patricia Cota Robles

#### Ann Albers



Eternity Is A Long Time By Ann Albers

#### Lee Carroll/Kryon



Can You Influence Your Future? By Lee Carroll/Kryon

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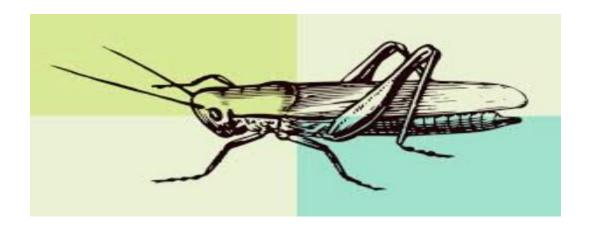
THE ONLY WAY TO MAKE SENSE OUT OF CHANGE IS TO PLUNGE INTO IT, MOVE WITH IT, AND JOIN THE DANCE.

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Embrace uncertainty. Some of the most beautiful chapters in our lives mon't have a title until much later.

#### **Beautiful Crickets By Jamie Linn Saloff**



I woke around 3am, and my mind was racing about many sorts of things... family, money, health... you know, the kinds of things that are like shadows in the dark, exaggerating themselves into something bigger than they are... until you turn on the light.

I found myself feeling very small and insignificant. I felt forgotten by God. As much as I've achieved in my life, it never feels like enough. I've never been the big hitter, the top dog, or king of the mountain.

I don't know why but I suddenly thought back to a few days before, sitting in the sun, my eyes closed, and listening to some nearby crickets. One in particular, perhaps quite close, really resounded in my ears. The cricket's song felt very calming, peaceful.

The funny thing is, if a small, black spider crawls out from under my chair, I will freak out and do whatever I can to adeptly catch it and flush it down the toilet. (The latter part is to make sure it doesn't come back!) I particularly hate the dime-sized black ones with a white dot on their back because they are jumpers and they are fast. Nothing bothers me more than to no one got away and could surprise me at any moment. My husband just steps on them, but I'm often barefooted. My youngest son claims that, if in the house, they "broke the international treaty" and it's okay to do away with them.

On the other hand, if a dime-sized black cricket crawls out from under my chair, I will do whatever is in my power to carefully catch it, protect it, talk to it, and release it outside. Crickets are lucky, they say. Now, I have no idea why an eight-legged black bug is so different from a four-legged one. Both are black. Both jump. Perhaps because one bites. I dunno. But there you have it. One is a lucky prize; the other is a scary surprise.

Back to the pre-dawn hours and my thoughts about the cricket song. . . the thought suddenly crossed my mind about how small a cricket is. Certainly, hundreds of times smaller than myself. And I don't know how many crickets there are in the world, but on any given warm, summer night, nearly everyone has heard one.

Right then, it was as if the angels were whispering, "it doesn't matter how small and insignificant you feel, if the cricket's song is heard, your words, your voice can be heard too. Maybe you don't have to be a luminary, a superstar, or a celebrity. Crickets are important too. Be a cricket. The cricket's song matters,

and so do you."

After that I went back to sleep. The shadows had dissipated.

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

Jamie's website: <a href="https://www.marvelousmessages.com/">https://www.marvelousmessages.com/</a>



Link: https://youtu.be/xMqrDot1eAk

#### Jamie's books



**.** 





# **JAMIE LINN SALOFF**

Find Jamie's Books on Amazon: <a href="https://www.amazon.com/stores/Jamie-L.-">https://www.amazon.com/stores/Jamie-L.-</a>

Saloff/author/Boo2BMGN5Q?ref=ap rdr&store ref=ap rdr&isDramInte grated=true&shoppingPortalEnabled=true

## What Is Going On With Animals In 2024 And How We Can Support Them

## **By Sofia Risberg**



I facilitate BodyTalk sessions for animals and have done so since 2020. I have noticed in the past six months that the animals have shifted in their consciousness. They have asked me to share what I have seen from them in order to help humans support them better.

The first thing they wanted me to address is energetic accountability. What does that mean? It means that you need to clear your energy before you return from being away from home. A simple example would be to sage yourself before entering the house. The reason is because there is so much energy shifting in consciousness that you are bringing in with you into your home that you collected over the day. Animals in the past have been our emotional support. They are not doing as an effective job because of the shifts and energy in collective consciousness and so they are asking you to clear your energy before you enter the house. It is energetic hygiene, and they have asked me to share this with you so that you can help keep your home and your connection with them clean and clear.

The second point they've asked me to share with you Is that they are complete with their roles as taking on the emotional work that you don't want to do. They will support you as you do shadow work, but they don't have the capacity to take on your energy anymore. So it's a request to shift out of codependency and expectations. It causes their illness and then they leave you because they can't sustain the old paradigm anymore.

This leads me to point number three: how they want relationships to shift. I have been shown that they no longer want a pet/owner relationship. But they do want is an animal/steward relationship. This means that we honor their sovereignty more than we have in the past, allowing them to express themselves as they are as opposed to what we want them to be. In sessions they have asked me to refer to them as four-leggeds and the beings they live with as their humans not owners. The ones that have been born in the past two years, carry a different frequency where they are already set up for that relationship. There is

more interdependence and less patterning than older ones. The older ones ask for a shift in the reliance upon them to carry your emotional wounds. When you relate with them, do you see them as the Divine beings they are or do you place expectations on them on how you want them to behave with you? This is not a judgment. It is an awareness. I used to torment, from their perspective, my chow chows back in my 20s and 30s. I would hug them, I would put antlers on them and sunglasses and expect them to enjoy it. They didn't, but they didn't have the ability, or rather, I didn't, to understand that they wanted a different relationship than what I wanted to impose on them.

The fourth point they have wanted me to bring up with you is to really tune in deeply to the food you are providing them. I have seen dogs with kidney failure. Dogs don't get kidney failure. Cats shouldn't get kidney failure. If you have gone by the western model of medicine through traditional veterinarians, you may have noticed an uptick in the amount of vaccines your four-leggeds are expected to receive. That, combined with the lack of awareness they place in doses, (e.g., a Great Dane should have a different amount than an a Corgi) have caused many problems with the internal functions of four-leggeds. As with us, most of their food has been sprayed by glyphosate, and a lot of brands use GMO, both of which affect their immune systems tremendously. There are supplements that help eliminate glyphosate and support immune systems, through Purium and other companies.

The last point they want to bring through me Is that there are alternative methods for treating anxiety and trauma than medicine. Like us, they have past lives. They have epigenetics. They have traumas. Unlike us, they don't have as many onion layers as we do in our subconscious. So, when you've reached the end of your capacity with Western medicine, alternatives like BodyTalk, Reiki, and other modalities can help your animals, transcend and transmute those concerns very easily.

About Sofia Risberg: Sofia Risberg is a former historian who started practicing BodyTalk in 2020. After learning the modality, she has been intuitively guided to work primarily with animals to help them find assistance with anxiety, trauma, ancestral patterns, and other issues that affect them.

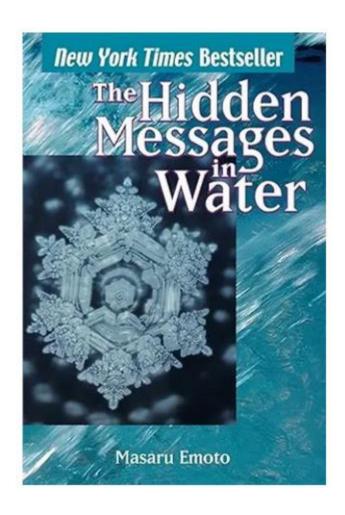
Sofia's been on a deep spiritual journey since 2009 when her father died (including adopting her spiritual name), to uncover the programs and beliefs that she took on that kept her from knowing and embodying her divinity (which we all carry within us). When she's not helping animals, she dives deep into nutrition, and explores frequency devices, supplements, and ways to support her body to allow her connection to consciousness to flow more fluidly through her.

**Sofia's website:** https://www.divine-love-quantum-healing.com/

## Who is Dr. Emoto and Why Did He Study Water?



These are images of words said to the water. Pictures were taken to show the difference between positive words versus negative words.



He was born in Yokohama in July 1943. He is a graduate of the Yokohama Municipal University's department of humanities and sciences, with a focus on International Relations. In 1986, he established the IHM Corporation in Tokyo.

In October of 1992, he received certification from the Open International University as a Doctor of Alternative Medicine. Subsequently he was introduced to the concept of micro cluster water in the US and Magnetic Resonance Analysis technology. The quest thus began to discover the mystery of water.

He undertook extensive research of water around the planet, not so much as a scientific researcher, but more from the perspective of an original thinker. At length, he realized that it was in the frozen crystal form, that water showed us its true nature.

He has gained worldwide acclaim through his groundbreaking research and discovery, that water is deeply connected to our individual and collective consciousness

He is the author of the best-selling books Messages from Water, The Hidden Messages in Water, The True Power of Water and Love Thyself. He has now also authored two children's books, The Secret of Water for the children of the world, and The Message from Water children's version. He is a long-time advocate for peace in relation to water. He is currently the head of I.H.M.General Research Institute and President Emeritus of the International Water for Life Foundation, a Not-for-Profit Organization.

We all learn valuable life lessons at our own pace, but there is one basic truth we all learn early. Positive, compassionate words comfort and heal; negative words and insults hurt. Until recently, we knew this only because we could feel it. Now we can actually see it. Thanks to the experimental work of Dr. Masaru Emoto, we can look to water, and its frozen crystals, to confirm the healing power of beautiful music, positive thinking, uplifting speech, and prayer.

In his various books, the first of which was published in 1999, Dr. Emoto, a doctor of Alternative Medicine, introduced the novel idea that water not only reflects the physical word around it (as when we use a placid lake or pond as a mirror), but it also reflects the consciousness of the being surrounding it.

The experiment he used to discover this included bottles filled with water, that were set under either a positive or a negative influence. For example, some bottles of water were wrapped with written notes, with the writing facing inside the bottle that said, "thank you." This was done in various languages. No matter what language was used, the water in these bottles, when frozen, created complete crystals that were lovely to behold.

Water over which a priest prayed, with love and gratitude, created the same type of crystals. Conversely, unpleasant, incomplete, and malformed crystals were created in water exposed to people saying or writing, "You fool," or other negative expressions.

By exposing water to a particular word or piece of music, freezing it, and photographing the ice crystals formed, Dr. Emoto has shown that from beautiful words and music, come beautiful crystals, and from mean-spirited, negative words, come malformed and misshapen crystals. What is the significance? It becomes clear when we remember that the adult human body is approximately 70% water and infant bodies are about 90% water. We can be hurt emotionally and, as the water can be changed, for the worse physically by negativity. However, we are always closer to beauty when surrounded by positive thoughts, words, intentions and ultimately those vibrations.

Dr. Emoto's theories can be explored further by reading his books, The Hidden Messages in Water, The True Power of Water, The Secret Life of Water, Love Thyself, and now in his children's books as well. His work is also presented in the movie What the Bleep Do We know?

"Water is very special to me. As a researcher, I have studied it and found that is has many magical qualities. I hope this seminar and my books will introduce you to the wonders of water so you will grow to love, value, and protect it. As children, you are very special to the world because you are our future. You see things in a bright, hopeful, and new way. I hope you hear my message about water, and use it to make positive changes for yourself, and for our world."

Masaru Emoto has studied water for over twenty years. Water has been Dr. Masaru Emoto's passion. He has studied water around the planet form the perspective of an original thinker, and is the author of a number of bestselling books, a three-volume photo collection of beautiful water crystals, and now two children's books about water. These books have been translated into more than thirty-five languages.

Dr Emoto is a longtime advocate for water and now spends a majority of his time traveling around the world giving seminars, in order to spread the message of peace that is indicated by the crystals he has photographed. He is President Emeritus of the International Water for Life Foundation, a not-for-profit organization that is in the process of distributing his free book for children The Message from Water, as promised in his keynote speech at the United Nations in 2005, to every child on the planet over the next ten years.

Dr. Masaru Emoto's stunning water-crystal photographs have enchanted millions of people in his many books. His groundbreaking work has shown that thoughts and words have a direct effect on water-crystal formation, and since our bodies are mostly water, our thoughts and words certainly affect not only ourselves, but the world around us. In Dr. Emoto's second book for children The Secret of Water, Dr. Emoto brings water's message of love, peace, and hope to the next generation. Entertaining and educational, his book offers an understanding of water that will encourage parents and children alike to value and give thanks to our most precious resource.

In 2003 the United Nations proclaimed the years 2005-2015 as its International Water for Life Decade, which urges citizens of the world to take individual responsibility to learn all about water. In a time wrought with environmental catastrophes and natural disasters, The Secret of Water and his not-for-profit book, The Message from Water children's version, show the necessity of protecting water, and offer messages of hope and empowerment. Help us shift consciousness through our thoughts, through our words, and prayers, and through our commitment to respect each other with love and gratitude. May our understanding of water, and help bring peace to all humankind.

His work was featured in the award winning film "What the Bleep do we know!?" produced in USA in 2004 and also "Water the Mystery" produced in Russia in 2006.

He was selected as Watkin's spiritual master's list for 2011 and 2012. He received a special award for water by Gala Spa award in year 2012.

Regretfully, he passed away on October 17 2014 in a hospital in Tokyo, with his wife Kazuko by his side. His last words were "Arigato". ("Thank you" in Japanese).

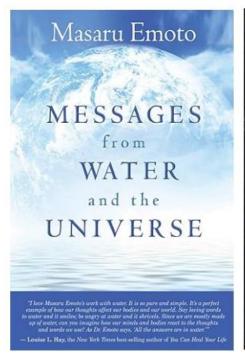
Website: https://masaru-emoto.net/en/

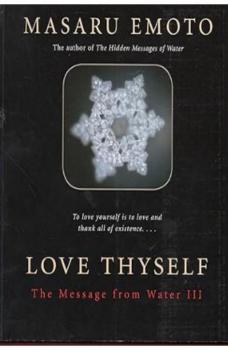
#### Dr. Emoto's Video

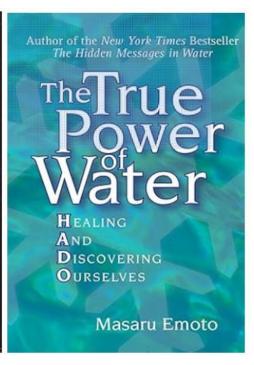


Link: <a href="https://www.youtube.com/watch?v=OUCvS">https://www.youtube.com/watch?v=OUCvS</a>

#### Dr. Emoto's books







#### Find these and more on Amazon:

https://www.amazon.com/stores/Masaru-Emoto/author/B001IODMIY?ref=ap rdr&isDramIntegrated=true&shoppi ngPortalEnabled=true

#### 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!"

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

Tom asks that we do this each day:

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

\*\*\*\*

#### **MBO FOR MONEY MIRACLE**

Larry writes: I saw on Facebook that you need MBO stories for the newsletter. During a recent meditation, I asked for a money miracle. I usually don't ask for things for myself, but this just came out of nowhere. A week later I received a call from a close friend's brother asking me if I wanted what was willed to me. My friend passed away over a year and a half ago and I wrote off ever getting to say goodbye, but from the grave, my friend sent me money, a true miracle!

#### BP IN DREAM FOR WOMEN CHASING HER

Candilee writes: I recently had a dream of being chased through a building by two women who I knew meant to do me harm. I felt like I was running for my life. When I reached a dead end and knew I could run no further, I called out loud the name of the World Teacher. One woman who had gotten close enough to hear me yelled (while still angry), "Who's that?" Realizing she would wait for an answer before attacking me, I used that opportunity to say out loud a benevolent prayer. I said something like "I ask any and all beings to aid and assist the ladies chasing me to be calm and comforted and please assist them to resolve whatever issues are upsetting them to the highest benefit of all concerned." The two ladies

caught up to me and one of them calmly and with curiosity asked, "What was that all about?" The dream ended with the three of us peacefully walking out of the room together while I explained to them The Gentle Way.

When I woke and remembered the dream, my first thought was "This doesn't sound like me." I'd be more app to say an MBO for my safety than a BP for my would-be attackers. But considering how the dream ended, I realize the BP was the better choice. My GA must have prompted that! So, in the future if it ever appears I have enemies or anyone wishing me ill, I will say a BP for them first, and if then time allows, an MBO for myself after.

#### MBOs FOR DRUG FREE FRIEND & MARRIAGE

Carrie writes: Forgot this one but it's good! I had asked an MBO for my friend to lose the taste for using drugs, as she had requested this herself, to me. This was maybe December. About a month ago she said she's not worried about going back to using them anymore and she doesn't feel the need or desire for them anymore.

This one is a good one, too. I had asked for an MBO for my friend and her partner who she's been with for about 10 years, and for their relationship. Just found out recently that they are getting married.

#### MBO FOR EVERY MOMENT OF THE DAY

Kahriana writes: The MBO below is one that I have been saying this daily for a long time. It seems to be working very well for me.

"I request a most benevolent outcome for every moment of this day, wherever I go, whatever I do, whomsoever I may meet, that all interactions are harmonious and with results even better than could be expected or hoped for. Thank you!"

Blessings to you and your lovely family and to all your faithful listeners as well.

#### **HOW MANY TIMES TO SAY AN MBO?**

Valeria writes: You stated to say MBO only once. Yet you ask for prayers for Ukraine or Israel to say multiple times.

My GA Theo tells me that requesting MBOs is specifically for you. He says that if you wish to say them multiple times, you are not penalized. I even will say an MBO a couple of times here and there, such as when we are making multiple stops. I will say MBOs for the travel to each place, but when we travel to the next stop, I'll just say another MBO for the drive—just makes me feel better.

On the other hand, Benevolent Prayers (BPs) are what you say for other people, animals, beings, countries, etc. and they can even be said for the past, present and future, since all of our lives on Earth are going on at the same time. So say them daily, as it effects days on all time periods.

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

on the subject! Read the REAL history of two societies that existed for over 50,000 years each.

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

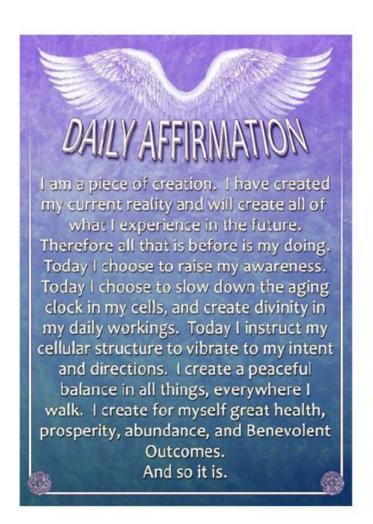


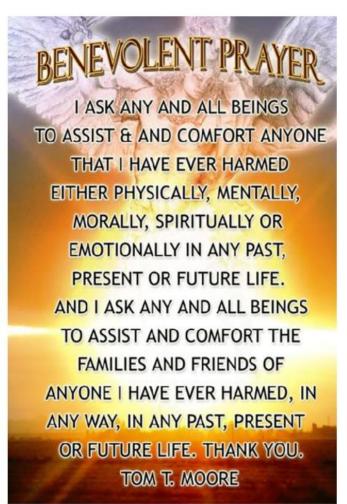
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#### Tom T. Moore's Books



Tom is also a prolific writer and these books you see can be found on Amazon at: <a href="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</a>





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

Find other signs on Tom's website

## Mt. Taburno By Richard Hughson



On Mt. Taburno in Italy, a young deaf/mute girl saw the Madonna, gained hearing and speech, and led her village to a miracle. This is the story of how Tom Sawyer came to know of her and the once hidden statue which still holds relevance for our world today.

Tom worked at the Town of Greece Highway Department along with his friend Rudy in the 1980s. Rudy and his wife Carmine had both grown up in a village at the base of Mt. Taburno.

Tom and his wife Elaine occasionally had dinner with Rudy and Carmine. At one of these dinners Rudy and Carmine's two nieces were present, on vacation from Italy. The nieces also grew up in that same village. It was a fun, lively evening among friends with Rudy and Carmine translating for the nieces who spoke no English.

The nieces had brought pictures and postcards from home to show. One of the postcards had a line drawing of a church with a few other buildings behind it. Tom, suddenly getting quite serious, picked it up and asked, "Is this real?" When Rudy translated Tom's question the nieces laughed.

Confused, Tom asked again, "Is this a real place?" Again the nieces laughed and giggled to each other as delightful young women do. This questioning went back and forth a bit and was the hit of the evening for the young women but was frustrating for Tom. He wanted to know if the pencil drawing was of an actual place or simply an artist's conception.

His only answer was laughter.

Tom was trying to point to a profound inscription written above the door of the church. The nieces on the other hand thought he was pointing to a building directly behind the church, which was their home, and asking, "Is your house real?"

Seeing the postcard had initiated a 'knowing.' Tom had immediately become aware of the ancient history of the church and its implications for the world today.

If look up "Sanctuary of the Madonna of Taburno" on Wikipedia you'll find that the name of the girl in the story is Agnese and the year was 1401.

#### Here's how Tom told it:

Agnese was a young deaf mute girl who lived in the village at the foot of Mt. Taburno. Each year the sheep were brought up the mountain to pasture at the higher elevations. Someone had to stay with them while the rest of the villagers returned to work below. This particular year Agnese was old enough to be left there alone. She was given a stern warning that she was to be working, spinning wool into yarn, not just sitting about idly watching sheep graze.

Agnese was a willing and hard worker, and singularly alone in her innocence. As she spun she had a vision. Mother Mary came to her and told her to bring the townspeople up the mountain, the Madonna had something to show them. Agnese protested that her job was to be spinning yarn and she'd risk getting a severe beating for leaving her work undone. Mary assured her that she'd take care of that. Agnese then asked how she was supposed to call them when she couldn't speak. Mary assured her that it would be taken care of. Agnese still balked saying that she can't hear what they may say in return. Mary again reassured Agnese that all would be well.

"Go." Mary told her.

Agnese ran down the mountain to the village and straight to the priest, who was the major authority figure in any Italian town of that era. "Father! Father! I've seen the Madonna! I've seen the Madonna! She has something to show us!"

"Agnese," the surprised priest said, "You can speak!"

"Yes, yes, I can speak. I've seen the Madonna! She wants us to come up the mountain!"

"And you can hear me?" The priest asked.

"Yes, I can speak and hear. But the Madonna! She's up on the mountain! She has something to show us!"

"Agnese, you can hear, and you can speak! This is amazing. We must show your father."

Word of these two miracles spread quickly around the town. However, providing for everyone to get up the mountain enmasse, and dealing with the doubters, took three full days. By then the openness and wonder that is so essential for the fulfillment of a spiritual experience had faded due to the necessary preparations and occasional controversy from naysayers. However, upon arriving at the location of Agnese's spinning wheel, there was more yarn laying around than anyone could have spun in the time involved. That was counted as a third miracle.

The people milled about the area talking and looking around, some waiting quietly. Some said they saw something but nothing that really consolidated their attention. After some amount of time they decided nothing more was going to happen and began to leave. That's when one of them noticed a glint of light shining through a crack in the rock, a small crack in a solid rock wall. It was just enough to tell that the glint wasn't coming from the face of the rock but from somewhere deeper within.

People began chipping open the crack with rocks they found laying around while others went back down to the village to get proper tools. Pretty soon they had opened the crack enough for one of the smaller

adults to climb through. He immediately began ranting and raving so fiercely they thought he'd gone mad. Eventually the rock face was opened enough for several others to get through.

Inside was a fair sized hollow space. In the center of the space was a statue of a seated Virgin Mary holding the Christ child in her left arm. Her right hand was outstretched to her side. Three large spheres sat in her outstretched hand. The spheres were too large to be held in her hand unaided. There was also a painting on the wall behind the statue. If you stood behind the statue looking at the painting, you would see a perfect depiction of the village as it was at that time, in 1401.

The painting and the statue had been done many years prior, perhaps centuries, by some unnamed artist/prophet. It then had became encased by the natural movement of rock due to compression and shearing stresses in the mountain itself.

Above the painting was a line of writing in Latin. The modern translation of which is, loosely put, "Pray the rosary daily or God will release one of these spheres upon you." The spheres are understood to represent the three natural disasters which mountainous areas are subject to, wild fires, storms, and landslides. In other words, it is currently translated as a threat from God.

However, Tom claims the original artist meant the warning to be understood this way – the spheres do represent natural disasters. And, they are too large to be held securely in the Madonna's hand unless there is some kind of 'glue' holding them together. The 'glue' which holds them in place is human spirituality; love, wisdom, and compassion. So, according to Tom, the original meaning was – we ought to strive to maintain 'spiritual glue' amongst ourselves, in our societies, and toward Mother Earth. If we do not maintain at least a minimum level of human spirituality we risk becoming an irritation upon the surface of the Earth.

Please understand, the Earth is no more aware of us than we are of the mites which live on our eyelashes. We don't notice them unless there is a problem, which is when we would whip out the cremes and ointments. So in turn, vibrationally speaking, if we become too much of an irritant on Mother Earth she may 'shrug her shoulders' in an attempt to relieve her discomfort.

In American society today we see deep divisions between various factions. We see an emboldening of white supremacists, nationalists, neo-nazis, and others. Some 'religions' view their fellow humans far less than compassionately. And, we see an increase in the intensity and frequency of storms, wildfires, and lava flows – as seen in Hawaii in 2018 when lava flows ate up suburban neighborhoods.

In known history, Tibetans are the only people to change from a warrior culture to a peaceful, spiritually oriented one. What helped them make that transition was that even though they truly were fierce warriors when the teachings of the Buddha reached them, they still had a strong sense of being 'shepherds' of Mother Earth rather than 'owners of land' who were entitled to exploit its resources for their profit. This attitude, this sacred connection to Mother Earth, provided a deeply compassionate foundation upon which a spiritual society could be built.

So we're left with a question... Today, right here where we live, what compassionate foundation might exist upon which we may build a more spiritual society?

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

traveling the world and goofing around together until Tom's natural passing in 2007.

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

#### **Interview with Richard**



Link: <a href="https://youtu.be/RxzJ-TwgIO0">https://youtu.be/RxzJ-TwgIO0</a>

#### Be The 100th Human To Create World Peace By Nina Amir



This essay ties the idea of creative thought, or the Law of Attraction, to the story of the 100th monkey, posing the argument that if enough people would think thoughts of peace would be created.

It may feel to many of us that we can do little at this point in time to help create peace in the world. However, by just being conscious of our thoughts we might, indeed, be able to move ourselves and the rest of the world just a little bit closer to this goal. We can find peace if we only become conscious of where we place our attention.

As the great Rebbe Nachman taught, "You are wherever your thoughts are. Make sure your thoughts are where you want to be." I heard this same teaching in metaphysical circles many years ago expressed in a slightly different manner: Thoughts are creative. What we think about expands. Our thoughts attract what we want, which most recently has been called the Law of Attraction.

In other words, if we spend much of our time watching the news of war and terrorism and if we focus most of our attention on the lack of peace and joy in the world, we will find ourselves experiencing more war, terrorism, sorrow, and suffering. However, if we force ourselves to focus on that which brings us joy or makes us feel peaceful, we will find ourselves increasing our own joy and peace. In addition, the more joyous and peaceful our thoughts are - and, in turn, we are, the more positive energy we send out into the world. Our manner of thinking, therefore, becomes a form of "tikkun olam," which in Hebrew means a way to heal or fix the world.

If enough of us focus our attention on joy and peace, maybe, like the 100th monkey, we can cause others around the world to experience more joy and peace. According to the story, one monkey learned to wash its potato in water before eating it and then taught others to do the same. When the metaphorical 100th monkey began washing its potato in the water, the rest of the monkeys suddenly began doing so. As if traveling in the collective monkey unconscious, this behavior jumped across the ocean and other monkeys in other places began washing their potatoes as well.

It seems we don't need everyone to change to create change on a larger scale. We just need enough people to change. Imagine, you could be the "100th" human to transform your consciousness and create a critical mass, a metaphysical and spiritual quantum leap! And, "abracadabra," world peace would become a reality.

About Nina Amir: Nina Amir, an acclaimed journalist, motivational speaker and Kabbalistic conscious creation coach, currently is writing Setting a Place for God, A Woman's Guide to Creating Sacred Space and Inviting the Divine to Dwell Within It. She also is the author of a booklet, called Abracadabra! The Kabbalah of Conscious Creation.

Nina's website: http://www.purespiritcreations.com

#### Nina's Video



Link: <a href="https://www.youtube.com/watch?v=grDxQ8U">https://www.youtube.com/watch?v=grDxQ8U</a>

#### Why Judging Yourself Doesn't Work! By Melissa L. Watkins



This has been being brought to my awareness lately...how much I am judging myself, others, and expectations of what I thing "they" should be and do. I catch myself judging decisions or how "they" are doing something. I am not staying in my own lane most of the time. I feel like I know best or some such nonsense. Yes, I am calling myself out! Who the hell am I?

Growing up American with post WWII raised parents, everything was judged. Our financial status, house, car, religion, clothes, body type, hair, and anything that could be judged. In this society, we are programmed to "keep up with the Jones's." Judgement wasn't even seen as bad, but a way in which we all relate. Since the 20th century, it has become less prevalent.

However, we are programmed from an early age and there is a whole generation of called Generation X that was raised by the Baby Boomers, who instilled in us the need to be judging or in competition with our peers. Not consciously does this generation foist their beliefs on us, but the unconscious patterns have been handed down.

Unfortunately, judgement is a lower frequency and brings with it the inability to have or be more. When you are always looking outside of yourself, noticing others and allowing the feeling of lack or shame enter your energy field or affect your vibration, then you are unable to have or create what you want in your life. It is law: Law of Attraction.

Do You!

Criticism, Judgement, and Releasing It

Non-judgement is allowing people, situations, and events to be what they will be. In my own life, this is monumentally hard. I want to keep others safe. I want to help where I don't belong because unfortunately, experience teaches lessons. I don't want anyone who is coming into my awareness to hurt, have hardship, or fall in anyway. I want to protect. And it does not work that way.

People an often become resentful of those who want to share unsolicited advice or experience. Let's face it we don't like to be judged, and just because we can see someone else's situation from a different perspective doesn't give us a right to come in all know it all on them. This can be hard particularly when we can see a bump on the nose coming for them and we are trying to help stop or minimize the pain.

Practicing non-judgement or allowing a situation to be what it is, does not feel safe! We are programmed to rush in and fix "the problem." Watching someone make a mistake, that you know from experience is a mistake, can be difficult because you want to protect those you love; or those who you just don't want to see go through what you know will be a long, hard process to overcome.

Two ways to be beneficial to others or even yourself when judgement comes up is: Allow Accept

Allowing is the non-judgement of a person or situation to be what it is. And, you act accordingly for your own safety and stability.

Acceptance is to let it be what is, let decisions be made, and let everyone have permission to be or do what they feel is right. And, you act accordingly for your own safety and stability.

What we sometimes forget is that we have to free will to stick in and do the work to make it better, or we can disconnect because the outcome is too far away from our comfort zone. Becoming self-aware of what you believe, want, and what your boundaries are is going to become very important in navigating when someone is judging you.

If you need help releasing or overcoming trauma surrounding this topic, please go to my website for more information.

Blessings, M xo

About Melissa Watkins: Melissa offers her website Guidance 311 is to help you in your evolution of *spiritually awakening*. When you are at the beginning of this journey, where do you go? How do you proceed? I am being guided to <u>share my experiences and lessons to help you</u> on your journey through my experiences and lessons guiding you with information and tools to help you. At this time on the planet, we are waking up to becoming consciously aware unlike ever before. We are all being guided to connect to realizing our divinity within through raising our vibrational frequency to be connected and living our life purpose.

Healing our past traumas and dramas will be essential in raising our vibration and I offer Integrated Energy Therapy® as an energy healing modality, working with the angels to transform the "issues in the tissues."

I have designed classes, meditations, and tools to help you learn to connect with your guides, ascended masters, angels, and crossed over loved ones. We are all hard-wired to connect, but we need to learn the skills, trust the guidance and act on the inspiration to begin to live in alignment...that is why we are here.

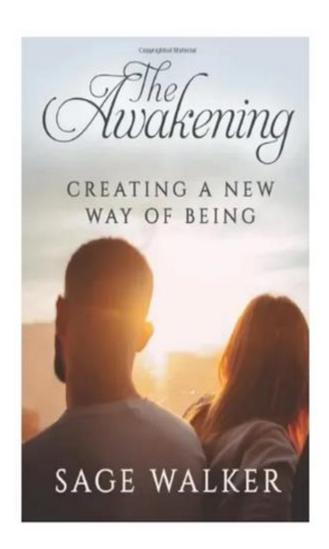
Melissa's website: https://www.melissalwatkins.com/

#### **Interview with Melissa**



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

#### **Touching A Soul By Sage Walker**



#### **Touching A Soul**

You come into a life
And change it for the better.
Your words, your care, your compassion,
your spice, all add up to the love.
You give to prolong life.
It's a gift few give
As they go through each day,
Giving to others,
Touching someone in special ways,
Is a wondrous thing these days.
Each soul is better for your care.
It's life's journey that you share.
No riches, no rewards
On this earth plane.

Just remember a soul's journey
Was made better again.
Go forth each day
As you always do.
Knowing your gift.
It is the greatest thing,
Your gift of caring
Makes a difference
To each soul.
Death's passing may come,
But life's journey is not done.

It extends beyond into all space,
To live within God's grace.
Of how much you care.
This lightens their journeys
Of which you are unaware.
Blessings to you,
That may never end.
As you help right to the end.
Your grace, your kindness, your loving-care
Make each person's life rich with what you share.
Lighter loads, welcoming light
On each journey to the light.

Throughout our life, we touch people every day. This is a gift of enlightenment as you care about others. As we around people toward the end of their life the simple act of caring makes their last journey easier. This caring is love which helps them on the journey, it envelopes them like a blanket.

~By Sage Walker

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

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

Find Sage's book at: You can find the book on Amazon. <a href="https://www.amazon.com/Awakening-Creating-New-Wav-">https://www.amazon.com/Awakening-Creating-New-Wav-</a>

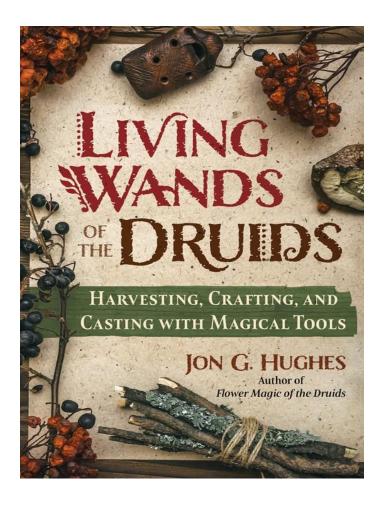
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**Interview with Sage Walker** 



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

### **ROC Metaphysical Book Review**



Jon G. Hughes is part of a lineage of Druids that has been practicing for five generations in a remote area of Wales. He teaches the tradition in Ireland and gives workshops and seminars throughout Europe. He is the director of the Irish Centre for Druidic Practices and the author of several books, including *Flower Magic of the Druids* and *The Druidic Art of Divination*. He lives in Killarney, County Kerry, Ireland.

A practical guide to the creation of natural wands for magical work

Exploring the history, lore, and creation of magic wands crafted from local natural materials, fifth-generation Druid Jon G. Hughes presents a practical guide to harvesting, crafting, and potentializing living wands, as well as rods and staffs. He explains the magical properties of a variety of woods and offers step-by-step instructions for magical wand practices.

- Explains the variety of woods and other botanicals that may be used to craft wands, their magical and hermetic attributes and virtues, and how these influence the adept's intention and magical workings
- Offers detailed harvesting advice, explaining the necessary magical actions specific to each tree as well as important influences such as the phases of the moon and the seasons

• Offers step-by-step instructions for wand practice, including magical workings, cleansing, intention, potentializing, and how to properly return a wand to nature

From Moses to Merlin to the power of the royal scepter, the wand has been a key magical device found in nearly every civilization and esoteric tradition throughout history. The fundamental purpose of a wand is to act as a spiritual conduit, harnessing the power of the adept's intention and channeling it into manifestation.

Exploring the history, lore, and creation of living wands—those crafted from local natural materials—fifth-generation Druid Jon G. Hughes presents a practical guide to the harvesting, crafting, and potentializing of living wands as well as rods and staffs. He offers detailed harvesting advice, explaining the spiritual energies specific to each tree as well as important external influences such as the phases of the moon and the seasons. He looks in depth at wood lore, explaining the variety of woods and other botanicals that may be used to craft wands, their magical and hermetic attributes and virtues, and how these influence the adept's intention and magical workings. Trees and botanicals examined include oak, hawthorn, hazel, birch, apple, rowan, mistletoe, holly, and ivy.

The author explores various types of wands—from rudimentary, entwined, and compound wands to more unusual wands, such as thorn, forked, and brewing wands as well as protective and binding bundles—detailing how each differs in its use and intended outcome. He offers step-by-step instructions on how to use wands for magical workings and explains other aspects of wand practice, including cleansing, intention, potentializing, and how to properly return a wand to nature after its purpose has been fulfilled.

Presenting a complete guide to crafting and using living wands, this book allows you to harness the magical essence of the living natural resources that surround you, helping you elevate your manifestations from the mundane to the higher spiritual planes.

Find his book at Inner Traditions: https://www.innertraditions.com/books/living-wands-of-the-druids

# **Interview with Jon**



Link: https://www.youtube.com/watch?v=kNLb9T

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## The Secret Power of Need By Barry & Joyce Vissell

When I (Barry) was a small child growing up in Brooklyn, NY, in the early 1950's, I rarely felt safe. I needed love but dared not show it. I was afraid of being ridiculed or worse, physically abused. My need for love eventually went underground, hidden even from me. Like many of us, I learned how to present a show of strength, independence, and competence.

But in truth we all need love. For me, it took having an affair with Joyce's best friend in 1971, and Joyce ending our marriage, to realize the depth of my need for Joyce's love. And it was this epiphany that eventually saved our marriage, even though it took two years to fully heal this betrayal.

There is a major difference between co-dependence and interdependence. Co-dependence arises out of our unconscious need or dependence upon another person, and is thus often expressed in an unhealthy way. It is a refusal to acknowledge our dependence upon another, and therefore puts pressure on the other person to fulfill our needs. In order to grow in love, we must realize our interdependence, the awareness of our healthy need for one another that puts no pressure on the other person.

An important aspect of the journey of relationship involves first the recognition of our co-dependence, really our "neediness," and then our acceptance of it. For each of us to accept our co-dependence is to accept a part of our humanity, rather than to judge it, make it wrong or push it away, which keeps it buried and unconscious. The acceptance of our co-dependence humbles us, and can lead to our awareness of healthy dependence, which we refer to as interdependence.

It is important to remember that there is a vast difference between feeling our need for another (an aspect of interdependence) and expecting or demanding another to fill that need (an aspect of codependence). Interdependence implies taking responsibility for our feelings, desires and actions, and requires nothing from another person. When we don't take responsibility for ourselves, a codependent interaction is the result, and we come across as too needy. When there is a feeling of joy or peace mixed in with our feeling of need for another, we are touching upon interdependence, and healing our codependence. I remember one time, when I was a resident in psychiatry and on call at the hospital, I felt the depth of my need for Joyce's love. I called her on the phone and told her how much I needed her love, and how happy it made me. There was zero pressure on Joyce to do anything except feel how very important she was to me. It made her very happy, and still does today every time I reveal my conscious need for her love.

Some years ago, Joyce and I were invited to teach a weekend on relationship wellness to a group of fifty people who were in the middle of a longer program. Unfortunately, we did not know much about the content of the whole program. Nevertheless, we dove in with this group, and helped them become vulnerable with their need for love. At the time, we didn't understand why there was so much initial resistance, but eventually everyone opened to their deeper needs with, what seemed to us, a rather extreme amount of tears and catharsis.

Finally, one person felt the need to clue us in to what was happening. The focus of the training thus far had been on the unhealthiness of needs, and the vital importance of getting rid of human needs to achieve spiritual growth. And then we come along and actually encourage the opposite, to embrace all our needs as a way to embrace our humanity, creating a more solid foundation for our spirituality. One by one, each person in the group expressed their gratitude for what we were bringing to them, describing it as a

breath of fresh air. The overall leaders of this program were not present, and we were never again invited to teach in their program. They might have had a mutiny to face after our "helpful" workshop.

I like to share that one of my highest paths of spiritual growth is the path of need and dependence. At one workshop some years ago, I vulnerably shared how deeply I need Joyce's love. During a break, a woman approached Joyce and said, "Barry is so needy! How do you stand that?" Joyce immediately said, "Please wait right here," and ran out of the room to find me. When she did find me, her face lit up with joy and she said, "Barry, there's a woman who thinks you're too needy!"

I was stunned and deeply flattered. Never before had anyone called me too "needy." Overjoyed, I said, "Where is she?" Joyce grabbed my hand and guided me back to the woman. Standing in front of her with a grateful smile on my face, I said, "You really think I'm needy?"

The woman was not smiling. She was dead serious, and obviously a bit uncomfortable with my eager joy. Still, she said, "Yes I do."

I grabbed her hands and said, "Thank you. Thank you for seeing a part of me that I have kept well-hidden for far too many years."

I'm not sure this woman really understood my joy and gratitude. She looked a bit confused, but I saw the slightest smile creep onto her face.

We need to acknowledge and be honest with ourselves about our co-dependence, our unhealthy ways of relating. Yet our eventual healing and fulfillment lies in accepting our interdependence, the awareness that we are not alone on this planet. We need each other very much. Our survival as a species depends on our interdependence. We can only survive through love and cooperation ... and acceptance of our need for one another as well as our need to give to one another.

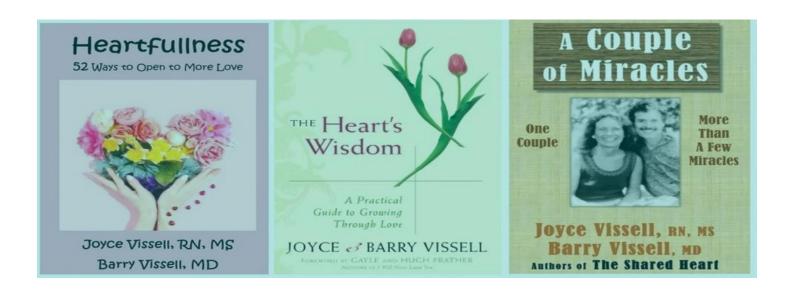
About Joyce & Barry Vissell: Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Call 831-684-2130 for further information on counseling sessions by phone, on-line, or in person, their books, recordings or their schedule of talks and workshops. Visit their web site at <a href="SharedHeart.org">SharedHeart.org</a> 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: <a href="https://sharedheart.org/">https://sharedheart.org/</a>



Link: <a href="https://www.youtube.com/watch?v=5DsQSm">https://www.youtube.com/watch?v=5DsQSm</a>

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref\_=dbs\_p\_ebk\_r00\_abau\_000000

# Bringing Spirituality To The Workplace By Judi Singleton



What is ... in the ... Some ... would tell you that it is bringing your values to work and using them in everyday life. Values like honesty, ... and good quality work.

What is spirituality in the workplace? Some companies would tell you that it is bringing your values to work and using them in everyday life. Values like honesty, integrity, and good quality work. Other companies would tell you it is treating each customer, employee and co-worker with respect and love. Yes I said "love". For yet other companies it is using prayer, meditation, in making all the small and large decisions each day. And for some it is being socially responsible for the community, environment, and the world. They see their companies serving the three "P's" people, planet and profit.

Some key values that companies are embracing are: Key spiritual values embraced in a business context include integrity, honesty, accountability, quality, cooperation, service, intuition, trustworthiness, respect, justice, and service. More and more companies believe this approach exemplifies a balance between deeply held spiritual values and respect for the need for profit in business endeavors.

With more women in the workplace than ever before (studies show that women are more concerned with the spirit) we are in a revolution in the workplace that the whole person be reflected in the workplace.

How do I find a job I really enjoy? How do I find meaning in my work? Is there more meaningful work I should be doing? How does my spirituality fit in with my career? People are asking these questions of themselves and their companies.

Since we spend so much of our lives working and so much of ourselves these are valid questions to be asking.

Corporate scandals fill the headlines but Signs of spirituality in the workplace keep turning up: companies not only allowing but sponsoring prayer or meditation groups; company-sponsored chaplains; conferences and executive training sessions that experiment with spiritual practices or how to incorporate values into decision making; and how to use prayer as a way of making decisions. I think

these headlines should dominate the headlines. There is a shift going on in business involving, going beyond maximizing profits to considering all stakeholders: employees, customers, vendors, shareholders, and the community.

Now that more and more people are doing business on the internet and companies have gone global the community has expanded as has the environment to a global village.

I believe that Joseph Campbell showed the way when he said follow your bliss. What he meant was that we should notice the things that give us deep joy and a feeling of satisfaction. People are not only looking toward following their bliss but having meaning in their work. In the agricultural age one saw the results of their work. Now so many times people only do a small piece of a large project and never see any results of the whole. So it is more important than ever that they do what they love and love what they do. We yearn for work to be a place in which we both experience and express our deep soul and spirit.

What would a more spiritual workplace mean for people? It would mean that work is a place beyond earning our daily bread. A place where the whole person can express themselves. It would also mean through our creative contribution that other people's spirit and creativity would be nourished .e Self (their aliveness).

Creativity is the core of business. It will allow us to come out with new products, ideas, and services that serve other people. To realize this goal we must create environments where spirit flourishes. When people incorporate spirituality they work more efficiently as teams for they are living values that nurture others. By being more ethical companies are able to trust employees, employees can give up some of the fear of being scammed by employers and customers trust the company and stay with them longer.

When we exercise leadership based on spiritual values, we build the character and reputation required for growth.

## **Intimacy By Jennifer Sutton**

Intimacy transcends
the physical. It is a feeling
of closeness that isn't
about proximity, but of
belonging. It is a beautiful
emotional space in which
two become one.

#### WHAT DO YOU CONSIDER TO BE INTIMATE?

Some people define it as being known on a deeper level — so you share inside jokes and maybe even have your own language. Others consider it being vulnerable — sharing the stuff you don't like about yourself and trusting you can be loved through it all. Still others think it is a physical thing – the ability to be physically naked or minimally clothed together and still feel safe (and maybe even sexy!). I think it's all of those things...and I was surprised to discover another definition recently. When I realized I felt like the experience gave me as much pleasure and connection as other intimacy does, I realized I had been given a special gift — a new way to be intimate with my lover.

### ARE YOU CURIOUS WHAT IT WAS? IF SO, READ ON!

I was on a date with my sweetie — dinner and bluegrass music! As we left the restaurant, he grabbed one of the hard candy mints from the bowl at the door. We walked and talked our way across the parking lot. Suddenly he interrupted himself and exclaimed how good the mint was and said I should get one to try. But he didn't wait for me to go get one... instead, he leaned down so his mouth was close to mine. I thought he wanted me to smell it... then he gently grabbed the back of my head to steady me, moved his mouth over mine and popped the mint into my mouth! I was so surprised, I just laughed and went with it! He kept talking about the mint, saying how creamy it was and how different than other mints.

I had to agree — it was delicious. I sucked on it a bit then reached up and grabbed his head and pulled him back down to meet my lips... and popped the mint back into his mouth! We both laughed and extolled its virtues a little more then headed to the music venue.

This one small act of shared pleasure has stuck with me. I loved that he wanted to share his excitement with me — but he didn't just want to tell me about it. Or even make me go get my own to experience it. He wanted to share his discovery with me — he wanted me to experience the same thing he had and to get the same enjoyment he had received. He trusted that I would accept his gift and that I would not be grossed out by his sharing it. It was spontaneous and fun, surprising and delicious!

I'm not sure how to label the type of intimacy that offered us... I only know that it was wonderful and memorable and sincere. And I'm grateful to him and to Life for it.

What experiences have you had where you felt deeply connected to your partner in a way that defies the common definitions of intimacy?

About Jennifer Sutton: Jennifer Sutton, M.B.A., is a Certified Infinite Possibilities Trainer, Transformational Journeys Guide, Founder of Trust Life seminars, business owner, and Shoshin Ryu martial arts teacher whose mission is to help people clear fear and pain so they can find and live in their joy on a consistent, daily basis.

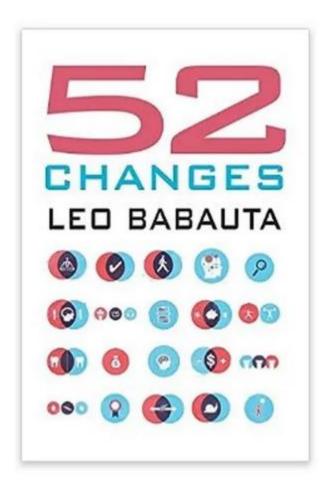
Jennifer's website: https://whatifwellness.net

**Interview with Jennifer** 



Link: https://www.youtube.com/watch?v=vD7mLL

## Become Quiet So You Can Listen By Leo Babauta



"The quieter you become, the more you are able to hear." — Rumi

There's rarely a moment in the day when most of us stop moving and stop the noise. For most of us, we're working, we're moving, we're driving, we're listening to things on our headphones, we're watching things, we're filling up the little spaces by checking our phones.

This isn't wrong — it's a very human tendency to want to be busy, productive, filling every space with something useful or entertaining.

But what if we could let ourselves become quiet?

What happens is something magical: we start to discover a new way of being alive, and a deeper experience starts to reveal itself to us.

What does it mean to become quiet? There isn't a simple answer to this, but here are some of what I've been learning:

\* It means slowing down for at least a few minutes, physically — refrain from moving around doing a lot of things, refrain from doing a bunch of tasks on your computer or phone, but instead just sit or come to

some kind of stillness or slowness.

- \* It doesn't mean you need to meditate though of course that's one way to do it. Instead, you could go for a quiet walk in nature, or sit watching the sunset, or lie in a hammock and just feel the breeze.
- \* Move away from technology, at least for a few minutes. Disconnect. Let go of reading and listening as well. Just sit still or move slowly, not trying to get anything done or consume anything.
- \* It means you let go of being productive or being entertained. You don't need to achieve anything, prove anything, be excited. You let go of these kinds of compulsions, even for a few minutes.
- \* It means you don't need to feel a certain way, or avoid feeling a certain way. For example, a lot of people want to feel productive, competent, entertained, so we do whatever we can to get those kinds of feelings. Also, we don't want to feel bored, lonely, sad, helpless ... so we do everything we can in order to avoid these feelings. Becoming quiet means we can allow ourselves to feel however we feel, just allowing it to be our experience. This gives us a freedom for life to be just as it is, and for ourselves to be just how we are, however we're feeling.

Stillness and quiet aren't the sexiest things, where you can make a lot of money or get a bunch of followers or viewers. We don't usually realize we're craving quiet. But in my experience, this is where the deepest experience of life lies, in the quietude.

What might you hear in the stillness and quiet? What life has to say.

"In stillness, the world is restored." — Lao Tzu

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

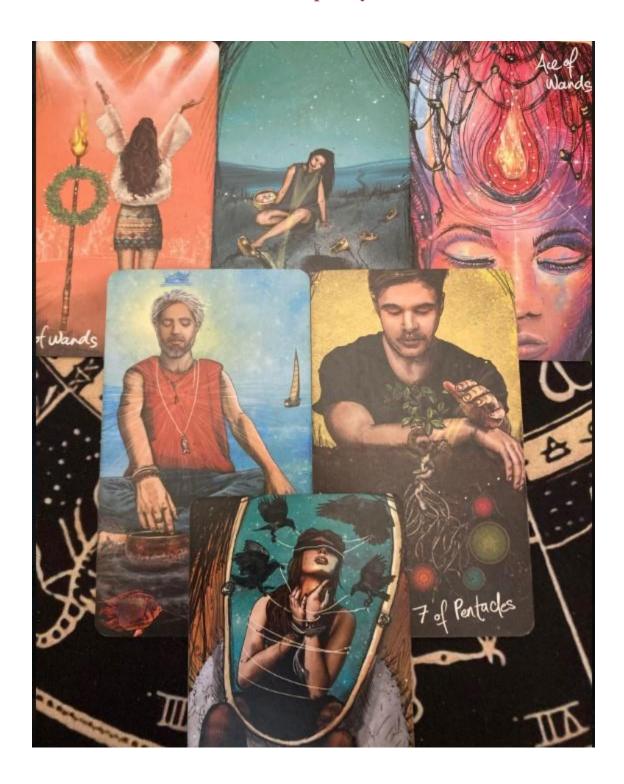
Leo's website: http://www.zenhabits.net and https://seachange.zenhabits.net

Leo's Video



Link: https://www.youtube.com/watch?v=4UjCiZ

# **Tarot Tendencies for April By Doreen Scanlan**



Get out there and show the world what you can do.

This is not on a small scale either. You are being asked to think bigger, make a bigger impression on a bigger audience. There is no need to sit and focus on what hasn't worked. Instead focus on the possibilities. Find ways to get NEW inspiration and act on it. Connect with people who know people. It may be time to expand your social network.

Having more people to draw experience from can replace your lack of ambition because you can't do everything. You are not expected to. Bring in people who would love to do the things you loath. Different strokes for different folks.

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

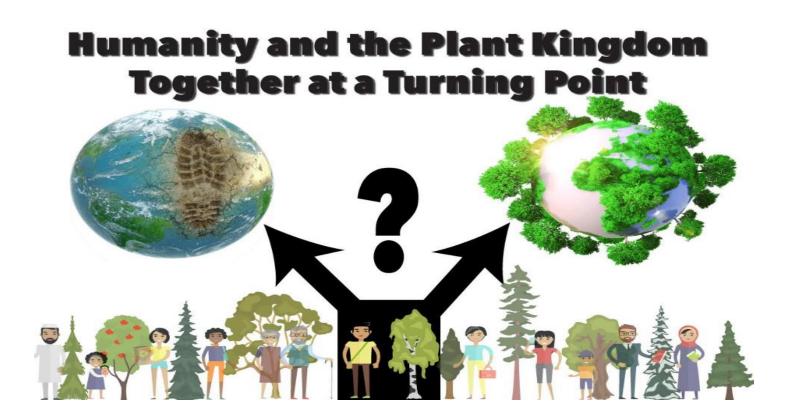
Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to provide a general monthly forecast to help everyone understand the tone of the month. If you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

### **Interview with Doreen**



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

By Dr. Jim Conroy & Basia Alexander



Humanity and the plant kingdom—together—are at a crucial fork-in-the-road where the future might continue its downward environmental cycle to humanity's oblivion OR can take a turn upward toward ecological livability and peace for all. Please stay with me as I weave this positive and hopeful tapestry for you...

### PEOPLE TEND TO COME FROM THEIR OWN HUMAN POINT OF VIEW

People want Nature to improve their health and well-being. It's normal to go to grocery or health food stores for plant-based items. It's easy to walk onto one's property and say something like: "I want herbs to grow here, or flowers there." "I want a tree here." Or "I want things this way..." People tend to come from their own human point of view.

### TREES ARE NOT HEALTHY, ESPECIALLY IN CLIMATE EXTREMES

But the REAL TRUTH in these climate extremes is that trees, all plants, crops you eat, ocean-based plants that make most of the world's oxygen, forests you walk in, and all of Nature ARE NOT HEALTHY—even in your backyard. For example, as extreme heat takes a toll on you, it takes a toll on them. But more subtly, daily temperature anomalies—such as too warm in winter or plunging warm to cold—are most damaging.

You might think that a 50° Fahrenheit day in winter is pleasant. But what does it mean if you are coming from the trees' or plants' point of view?

According to The Tree Whisperer®, Jim Conroy, PhD Plant Pathology, trees are using up more and more of their stored food to run circulation at a higher rate in warmer temps. You may think trees are "asleep" in winter, but they are still functioning. What of your own body in sleep? You are building new cells and repairing yourself. Both leafless and evergreen trees are doing the same. So when it is too warm in winter, they have to use precious, vital, often scarce stored food to keep tissues alive at a higher rate than they would if temps were colder.

So, they have less stored food to support leaf-bud development in spring. With less leaf-buds producing less leaves, they will make less food. With less food made, there is less growth of additional leaves, xylem and phloem "tubes", and roots. This downward spiral is a death sentence. And, it's even worse if people have been interfering in some way such as using excessive mulch, excessive chemicals, or digging around roots.

### "WHAT CAN I DO FOR TREES?"

People are often looking for "what it means to me" but ultimately people need to become altruistic—to turn the tables. Instead of asking "What can trees do for me?" people need to ask "What Can I Do For Trees?" "How can I help trees and plants recover their health?" With healthier trees, plants, crops, forests, then people can have what they want: to survive and have better health as climate extremes continue. But, how can the Plant Kingdom continue to support humanity when humanity is human-centric and oblivious to the Plant Kingdom's REAL inner health and functionality problems?

### THE OTHER HALF THAT'S NEEDED

Humanity can impact its future and have a safe environment... IF, IF, IF... individuals shift their thinking and actions toward a humble partnership with Nature. Government, big business, and tech solutions are only half of what is needed.

The other half that's needed to counteract climate extremes and for a livable planet is individuals adopting new beliefs, taking new actions, and gaining new skills.

What beliefs? The beliefs that trees, plants of all kinds including herbs and crops, ocean-based plants, and forests are alive and intelligent. Such beliefs are actually scientifically proven facts. But that's another article.

What actions? Connecting in experiential and intuitive ways with tree and plants. And that's another article, too.

What skills? Consciously collaborative and co-creative skills of healing and restoring balance. It may sound unusual, but people can heal and restore balance to Nature Beings by asking them what their health and inner functionality needs are from the inside-out. People can gain new skills that restore tree/plant health in physiologically correct and botanically targeted ways.

So, we have hope for humanity's long term future. Our friends of the plant kingdom, once healthy from the inside-out, have the ability to turn-around climate dangers. When people heal the plant kingdom from the inside out—first—and come from the plant's point of view, then tree and plant decline and climate extremes can be reversed.

### NEXT MONTH'S ARTICLE AND GIFT

I'll talk about HOW humanity—YOU—can impact your environmental future by shifting your mindset and by using one easy, simple mindful methods that we'll give you to do in the backyard or local park.

It'll be a free gift.

### WHILE YOU'RE WAITING FOR NEXT MONTH'S ARTICLE

Please take this short introductory course at our school that illuminates basic ideas and practices toward manifesting the upward road to livability and peace. www.BioBaliaInstituteSchool.org/p/humanity-and-the-plant-kingdom-together-at-aturning-point2

About Dr. Jim Conroy & Basia Alexander: Dr. Jim Conroy and I, Basia Alexander, co-founded BioBalia Institute School and teach environmentally workable beliefs, how to take new actions, and new kinds of skills. The skills we teach are a form of energy medicine and consciousness-based collaborative healing called Tree Whispering®. It's easy and simple to learn.

**Check out their website:** 

www.TheTreeWhisperer.com

Dr. Jim Conroy, PhD Plant Pathology, and The Tree Whisperer® also provides tree and whole-forest healing services in person and by distance.

www.PartnerWithNature.org

Basia Alexander's website offers extensive reading on topics such as how and why to partner, connecting with trees and Nature, and paths to a livable planet.

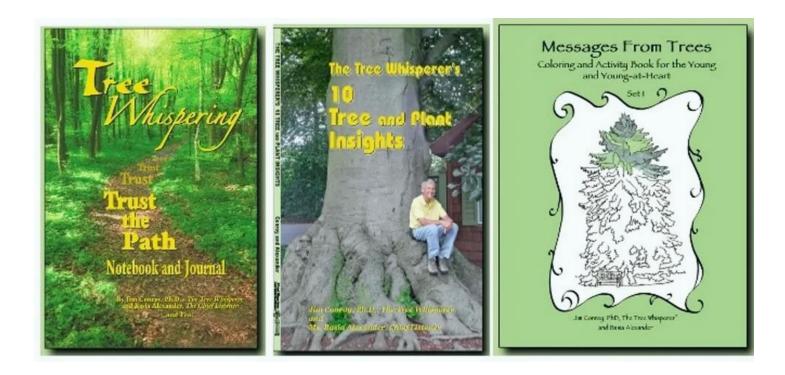
www.PlantKingdomCommunications.com/category/books Please take a look at our 7 books at our store.

Dr. Jim's Video



Link: https://www.youtube.com/watch?v=tTc5Z8F

# Dr. Jim Conroy's & Basia's Books



Find these books and more at: <a href="https://www.thetreewhisperer.com/store">https://www.thetreewhisperer.com/store</a>

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# What Can Sound Healing Do For You?



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

Some benefits of Sound Therapy are:

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

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

Makes positive changes to our whole being.

Removes blockages and toxins.

**Self-regeneration.** 

Stimulates circulation.

Stimulates endocrine glands and regulates hormonal functioning.

Affects all cells in your body.

Balances both hemispheres of the brain.

Cleanses negative energy and emotions.

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

Stress reduction.

Deep relaxation.

Take some me time and listen to the video.

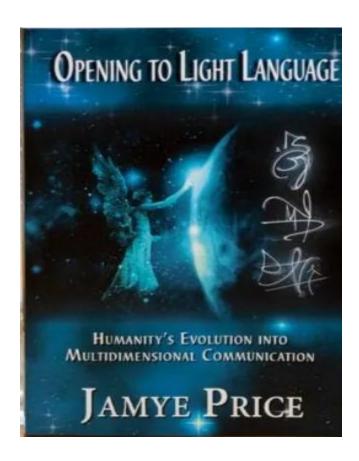
# Video



Link: https://www.youtube.com/watch?v=yEGA4

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# **Equinox & Eclipse Gateway By Jamye Price**



### **Hello Powerful Light!**

I hope your Equinox was beautiful and balancing.

Over here it's a little colder than usual but the birdies are happy and homemaking. Some trees are budding, some are still stark. All are beautiful.

As the balance of day and night tips, we are heading towards an eclipse. The in-between, until this Monday with a lunar eclipse in Libra.

The scales of justice have long been leaded. Libra calls us to integrity of thought, word, and especially deed. That inner-actions and interactions en-light-en the heart.

As the Earth is in between the sun and moon, the shadows of long reset short tempers to illuminate the heart strong.

It's not the leaders of man, for they are the weakest of love. It's the leaders of Light, for they are the strongest of time.

Evolution's arc - angels on Earth. Those who Know; Love bends all into it's fold. Through time.

This week's post is continuing on what has been coming up for awhile, choice points and the power of Love.

Profound time.

I hope you have a wonderful week!

**Feeling The Love** 

Blessed Being, you are presented with an opportunity of supporting the freedom within the self, or the surrender of the self to the freedom of others.

It is a point of choice in your moment that calls you to work with your inner realm directly, or offer your focus to another.

As with all in your duality experience, it is both.

One point gets "chosen" and becomes obvious to the senses. The other silently and invisibly surrenders to the flow.

This is the passive and active forces of creation in action, inner action.

Love is the binding force of Life. It is the passive, invisible magnetic connection.

It does not dominate, it resonates.

That which is resonant is compelled.

Where then is choice if the compelling creates?

**Choosing Love** 

Choice is the <u>stillpoint</u> of creation, the moment of awareness, or lack thereof, which life receives and responds. It is your inner awareness of the opportunity and action of decision.

To Feel the Love when the active force strongly shows its opposite is the opportunity. How one tunes into that opposite [opportunit-ing?] in the midst of an active force is the work of stillness.

Love is the guieter force in those moments, yet it is there.

As you become a highly sensitive instrument into the opportunity of Love, you amplify the availability of the passive force of Love on Earth.

Like a bountiful harvest, there is greater opportunity for the consumption and fulfillment, though temporary; it currently is in the physical realm.

When you are feeling Love's opposite, tune the self into any flow of Love through the energy of surrender.

Not to give up the power of the self, but to surrender the unhealthy control of fear.

This opens you to the power of the infinite Self.

In essence, you meet the energy of the opposite of Love with your passive force of Love. This is the internal choice, the internal stillpoint of connection of opposites within resonance.

As we sit to Blast Feeling the Love, we are finding our power of mercy to sustain a powerful Love within.

We are freeing our heart from the constriction of fear into the opening of divine grace, discovering our infinite wellspring of potential.

We are leading humanity to more Love by the simplicity of honoring our sacred space within, merely by offering the opportunity for Love to propagate within.

#### Blast on!

About Jamye Price: Jamye Price is an energy healer, channel, teacher and student of life. She channels healing energies in the form of Light Language, which are ancient and universal languages that your heart and infinite mind speak fluently. When she is running healing frequencies, she speaks and signs Light Language, tones, emotes, and physically clears energies for clients through Divine Grace.

Jamye's work assists with transmuting physical, emotional, mental and spiritual blocks into wisdom, compassion and empowerment. She teaches self-love, forgiveness and finding a perspective of Love in any situation to provide people with practical tools for Soul Progression and creating a joyful life.

Jamye's website: https://jamyeprice.com/about-jamye-price/

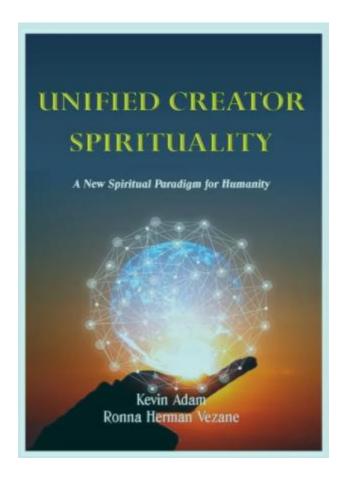
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# Jamye's Video



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

# Harmonizing the Physical, Emotional and Mental Bodies By Ronna Vezane



### MESSAGES FROM ARCHANGEL MICHAEL RONNA / SACRED SCRIBE

HARMONIZING THE PHYSICAL \* EMOTIONAL \* MENTAL BODIES

#### THE THREE PLANES OF HIGHER CONSCIOUSNESS EVOLVE AS FOLLOWS:

- \*\* THE BRIDGE TO HIGHER CONSCIOUSNESS IS THE HEART CHAKRA.
- \*\* THE EMOTIONAL BODY SENSES EVOLVE VIA THE SOUL/SACRED HEART CENTER.
- \*\* THE MENTAL BODY CONSCIOUSNESS EVOLVES VIA THE SACRED

#### MIND AND SOUL CONSCIOUSNESS.

\*\* SPIRITUAL AWARENESS BECOMES THE THIRD COMPONENT VIA THE SOUL, AND THE CURRENT RESIDENT, OVERSOUL/HIGHER SELF.

Beloved masters, when you are attuned to the mid-Fourth-Dimensional frequencies of Light, you relinquish the idea of being human as you have known it in the past. It is a time of the emergence of your Soul Consciousness as you allow it to become the reigning influence within your life. This means you begin to listen to the wisdom of your Body Elemental, and the signals it sends as to what is appropriate

for your physical and emotional well-being. Your DNA and the cells of your body begin to integrate the higher frequencies of Light, and gradually, you begin to vibrate and attune to the refined energy of the New Age.

This period of the transformation process could be likened to a death of your old self-consciousness, which is really the process of removing the veils of illusion. As you integrate each new level of your OverSoul/Higher Self, you absorb the wisdom and illumination of that Facet of your vaster Being. You are in the process of shedding the multiple layers of density, which you have absorbed within your Auric Field down through the many ages of earthly experience. The saying 'the Light shall set you free' is a true statement, for the Light is dissolving the layers upon layers of negativity that you have carried for such a very long time.

You begin to function within an auric field of refined Light of your own creation, as you turn inward, and learn to stay focused and centered within your Sacred Heart in the power of the NOW moment. Over time you, as Light Transformers, begin to draw forth and integrate the maximum amount of Adamantine Particles of Creator Light, and you then consciously radiate forth the remainder out to humanity and to the world.

When you achieve a certain level of harmony within, you open the physical body gateways or portals to the higher Dimensions: the Ascension Chakra or the Medulla Oblongata, and the Vagus Nerve at the base of the skull, and also the back portal of your Sacred Heart and your Sacred Mind. These are major steps in the Ascension process. When this process is complete, you are well on your way to gaining access to the first Sub-Level of the Fifth Dimension, where your entry-level Sacred Triad is waiting to welcome you.

THE ADAM/EVE KADMON BODY is your original individualized Seed Atom God-Self in a fully conscious Light Body form, created by the Elohim (Lords of Light/Builders of Form) as the archetype of humanity. The Adam Kadmon embodies the original complete Divine and spiritual nature of man/woman. It is not the same as your personal OverSoul Body of Light, which is evolving towards divine consciousness. Your Higher Selves, your Spiritual/Oversoul Body, and your Sacred Triads are refracted Facets of your God Self, your original Light Body.

The Kadmon Light Body has the ability to take on any form necessary to create and experience all forms of Creation in your Father/Mother God's plan for this Universe. The Adam/Eve Kadmon is a spiritual-physical creation, which incarnates in the planetary worlds during all cycles of Divine Creation.

PHYSICAL BODY: In the beginning awakening process there is a desire to turn inward and to listen to the Inner wisdom of the Soul. This Soul awareness includes your Body Elemental, the Memory Seed Atom which contains the perfect blueprint for your original Adam/Eve Kadmon Light Form.

EMOTIONAL BODY: First you become aware that your emotions control you through your wants, needs and desires, which in the long run do not bring you a sense of happiness or satisfaction. You begin to turn inward and question your life choices, asking what have resulted from your actions? You begin to seek answers for the pain and dissatisfaction in your life. The voice of your Super-conscious mind becomes stronger as you gradually take heed and follow your Soul's guidance. As you become comfortable, and begin to rely on this voice of higher wisdom, the ego-desire body gradually relinquishes control, and the Soul-Self becomes the director and guiding influence in your life. You begin to align your will with the Will of your Higher Self, for you have gradually learned to trust the inspirational and intuitive thoughts from your Sacred Mind.

Eventually, you begin to view all interactive events in your life from a higher vantage point. You develop Emotional Detachment through a more refined view of human interactions. Having experienced most of the important tests of the emotions, you develop a better understanding of the human emotional nature. Again, you learn to go with the flow, and you view your tests and challenges as gifts and opportunities for growth. You have learned to make peace with the past, and to script your future, as you endeavor to live and focus on the NOW moment. Gradually, over time, the vibrational patterns of the Emotional Body are lifted above the magnetic pull of the physical realm.

THE MENTAL BODY: You begin to realize the limitations of your subconscious and conscious minds, and you see how rigid, limited and stuck you have been in the mass consciousness belief structure. You willingly begin a self-analysis process, whereby you reevaluate your attitudes, judgment and programmed concepts. You begin to feel a burning desire to expand your knowledge beyond your physical reality, as you seek to learn why you are here on Earth, and the greater meaning of life. Your instinctive mind gives way to your higher intellectual mind, and gradually you gain access to your Sacred/Intuitive Mind. As your Soul-Self becomes the Director of your destiny, your life begins to change dramatically for the better; then faith and trust become an inborn certainty that all is happening in Divine order. You also know with certainty that you are on an upward spiraling path to a more refined, harmonious and loving reality. All you have to do is stay in the moment, and take one step at a time as the WAY is opened before you.

I am Archangel Michael.

~Ronna Vezane

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

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

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

### **Interview with Ronna**



Link: <a href="https://youtu.be/6ZdlCiMZS5s">https://youtu.be/6ZdlCiMZS5s</a>

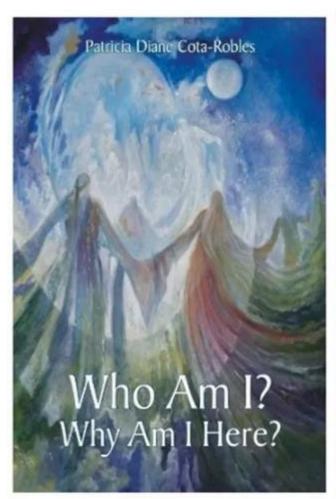
### Ronna's Video

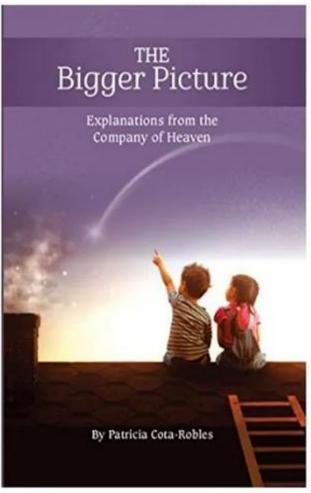


Link: https://www.youtube.com/watch?v=28BiuJx

I Am An Instrument of God Page | 66

## I Am An Instrument of God By Patricia Cota Robles





**Books By Patricia Cota Robles** 

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

\*\*\*\*\*\*

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

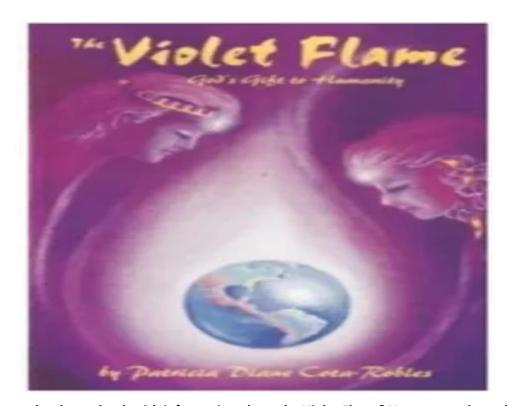
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program,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

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

### **Interview with Patricia**



Link: https://youtu.be/hTX11kQV\_2A



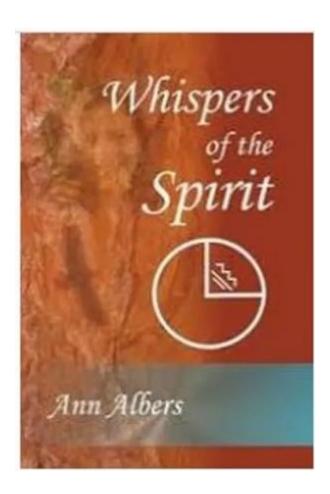
Want to have a hard copy book with information about the Violet Flame? You can purchase the book at: <a href="https://eraofpeace.org/collections/products">https://eraofpeace.org/collections/products</a>

# Patricia's Vlog



Link: https://www.youtube.com/watch?v=813Zn9

# **Eternity Is A Long Time By Ann Albers**



### Hi All,

This week, the angels remind us of our eternal existence, how finite worries cause stress, how we can enjoy the journey, and how being present is a powerful place. I'll share my thoughts, a little dip out of the present, and how it has strengthened my resolve to be there more often! Tips are included as always:)

Have a blessed & beautiful week :) ♥ Ann

**Message from the Angels** 

My dear friends, we love you so very much,

Try for a moment to imagine an existence without end. All your goals now would be replaced with new ones... for eternity. All plans you make now will be fulfilled or replaced by others. All experiences you have would satisfy or not, and new desires would arise. All you have lost will be found. And this would continue forever.

For some of you, that sounds incredibly exciting! You can see so many possibilities. You have so many chances to experience joy. For others of you it sounds like an endless journey through hell. Wherever you

are now will define how you feel about eternity, for one simple reason — your future is based on what you are attracting now. The good news is that you can change your vibration at any time.

You all exist for eternity. You never end. Your lives come and go. Your bodies come and go. The roles you play with and for one another begin and end. But you don't end. You exist forever. You have forever to do everything you desire. You have forever to learn what you want to learn. You have forever to experience all that you wish. What you don't do in one life, you can do in another. What you don't accomplish in this dimension, you may choose to try in another.

Can you imagine your endlessness?

All the stress upon your planet arises from the feeling of a finite existence. You fear death as if it is an end or a diminishment, but instead, it is an expansion into greater awareness.

You fear missing your deadlines or opportunities, not realizing opportunity will cycle to you repeatedly, if not in one form, then in another.

You fear loss, not yet knowing that there is no end to a relationship once set in motion. Only the two involved get to define the dance as you weave yourselves through eternity.

You fear not being "enough" when you already are, and always have been, and always will be, even as you expand into more.

The single root cause of all stress is feeling finite.

The single root cure for all anxiety is to reconnect with your Source, with love, in any way you choose to do it.

Right here, right now, you can embrace your eternalness by enjoying this moment. Look around. What can you find enjoyable now? It is a human tendency to do your utmost to rush through undesirable moments in an attempt to find better ones, but you can't do it. It goes against vibrational law.

You can't hurry up and heal to feel better if you can't find something to feel better about now.

You can hurry up and rush to abundance from a feeling of lack. You have to find something to feel abundant about now.

You can't hurry up and find a partner to calm your loneliness. You have to grant yourself some way to tune into the better feelings you desire right here and now.

You can't hurry up your kids or spouse to help them feel better so you can feel better. You have to feel good about something now if you are to be of service to them.

Now, dear ones, is where all your power exists. Now is where you tune into love or something else. What you tune into now, starts to attract more of that later. As you tune into the same things you see now and again and again, you get more of them. As you tune into the best feeling you can find here and now, you start to attract better.

Now is where it all begins. Now is where your future begins. Now is where your new opportunities begin. Now is when you start to aim toward love again. Now is where you point yourself towards abundance.

Now, dear ones is all you have. You've heard it a gazillion times. The past is gone, except insofar as you focus upon it. The future is not yet here except insofar as your focus right now. Now, dear ones is where to place your focus.

You can, of course, enjoy your thoughts of the past now, and in this present moment, your enjoyment will draw more of that to you.

You can learn from your past, and in this moment, celebrate your new wisdom with appreciation, and you will attract what your wiser self now focuses upon.

You can think of something you anticipate in the future and you will attract that to you to the degree you allow for it, with joy.

But now, dear ones, no matter where you place your attention is where you will find your connection with the universe. Now, whatever you think about, you are attracting into your life. Wherever you point your focus in space/time, the feelings caused by your thoughts will tell you what you are attracting. Your vibration is always what matters most.

We must repeat that. Your vibration matters most. Your vibration is what attracts. The topic is irrelevant. If your crop of apples makes you feel abundant, while thinking of losing money does not then think about your abundant crop of apples often. As a result, you will attract abundance in all areas of life. If you feel lonely thinking of years without a partner, celebrate feelings of camaraderie and love with your dog, avoid thoughts that make you feel lonely, and you'll attract a loyal partner.

You are learning to treat yourself more often as the eternal, vibrational beings that you truly are.

Right here, right now, as you journey through eternity, grant yourself permission to find something to feel good about. We do understand that there is plenty to feel upset about but if you challenge yourself, in this moment, to find something to feel good about, you can find it. It may not be what you want to change right now, but if you can shift your vibration frequently, you will shift your reality.

God Bless You! We love you so very much.

-- The Angels

Message from Ann...

Hi Everyone,

As many of you know, I went a little crazy making holiday decorations after 2020. Like all of us I was tired of being cooped up and I had been helping others nonstop. To balance the intensity of that experience, I made frequent trips to the dollar store in 2021 and happily created decorations for every season. Although meditation, gardening, and hiking were all wonderful ways for me to stay connected, my creative spirit demanded attention. I've never regretted the happy hours of gluing and painting. Now, in the middle of helping someone go through their life's deepest challenges, I can look up and see the results of my joy all over the place. It helps me stay in a good vibration.

I was feeling nostalgic as I put up the Easter decorations last weekend. A few years ago, I was blessed with a family visit right after Easter, and it was one of the best weeks of my life. I've had so many amazing times, but sharing love with the people I've journeyed with this life was bliss. In the past, we

drove each other crazy! We're all so different in many ways, yet as time and wisdom have overtaken us, we've realized how much we have in common.

We've fallen in love with our differences, and our time together was one of ease and flow. No one tried to force anyone into doing anything. Mom woke up early and enjoyed the birds on the patio. Dad took naps in the afternoon after sneaking some work in. We got outside every day, had picnics, and ate healthy food. We watched new YouTube channels together and laughed. It was so relaxing and easy. Life itself guided us to beautiful memories. The backyard hummingbird visited and posed for photos every day. During one outing, a total stranger made a comment that inspired the next memorable day. To share such love after earlier years of upset and conflict was bliss.

I was thinking about this memory with such joy when the winds of another thought blew through me, and I burst into tears. Suddenly, my thoughts turned in another direction. I missed my family's presence in my home and their unconditional love. As I focused on what I missed, I missed more. I thought about experiences I had missed. I started feeling the weight of aging and the joys of youth no longer present. And then I caught my own insanity and literally said out loud, "Stop it! Stop that now!" I couldn't believe how easily my mind had wandered down that thankless path!

I zapped myself back to the present and the good feelings that were there only seconds before. I have my family's love every day, and we talk often. I have the backyard hummingbird. I can take a walk and eat a good meal on the patio any day I choose. I have visits to look forward to. And even someday, when they're all in heaven, and I remain, I will have them present, all day, every day. Missing what was when what is and what will be is so filled with goodness really struck me as a mindset I don't want to indulge. It doesn't feel good.

It is easy to fall into the world's vibrations that resonate strongly in the "human pool." It is easy to get sucked into feelings of missed opportunities and endings, of aging and possible illness, of political unrest and challenges. But the truth is that every present moment is a beginning and an opportunity for the next creation. Now is always ripe with things to enjoy.

I decided to make the incident an opportunity to dive more deeply into the present moment. I consciously thought of all sorts of things with great appreciation. I enjoyed the beautiful day, and the way spirit had guided me to haul all my decorations on a weekend when the temperatures were blissful and cool. When my body ached after a long day of lifting, I sat and surrendered and enjoyed a comfy cup of tea and a few minutes of total silence.

So many times in life, I've been in tough challenges, when a moment of presence with something beautiful has turned it all around. A hug has given me strength at times to keep going. The scent of a single rose reminded me of the beauty in life. When possible, I run out to the yard in between clients and sit with the bees that are happily sipping on the lavender and rosemary blossoms. These little miracles of nature spend their entire life to give me 1/2 teaspoon of sweet healing honey. I admire their strong and delicate wings—cellophane laced tightly with veins that somehow keep them aloft, fuzzy little colorful bodies and legs covered with yellow pollen. Yes, the world is shaken and stirred these days, but the bees keep buzzing. Nature knows nothing other than the present, and she's a good reminder.

As the angels have often said, "Ann, you have eternity. What's the rush?" I've been guilty as the next of trying to hurry up and get something done so I can rest, but I find that resting in the middle of my large tasks, helps me accomplish them with greater presence and energy. I've been guilty of obsessing about healing so I can hurry up and feel better, only to realize that finding ways to feel better makes me heal faster. I've been guilty of pushing myself to pay off a bill only to attract another, and brilliantly also able

to slow down and enjoy life's other abundance to find bills paid easily.

I often think about eternity. What am I rushing towards? What am I rushing to finish? Am I enjoying the journey? If not, eternity might seem like one long time. If I am enjoying now, eternity is now, and now, and wonderful now again. It is a mind-bender, but I like to bend my mind and get it out of its rigidly conditioned thinking while I attempt to allow deeper truths to arise from within.

How would I live if I really embraced the fact that this life is part of my eternal, never-ending journey? If I knew I could live for decades or die tomorrow, how would I live? The answer is what I try to do most of the time. I find reasons to enjoy where I'm at. I do what I desire as soon as I feel the urge and am able. After the little slip into an alternate mindset, I'm determined to enjoy the present even more. I may not be able to change politics or prevent bills. I may have things going on physically that I created in the past and am healing, but now can still be pretty amazing when I let it. The basil plants I bought yesterday sit in the sink in the sunshine, awaiting their spot in the yard. As I treasure them and think of their amazing future in my garden, they suddenly release their fresh, delicious scent, and we enjoy a moment of shared love and appreciation. Now is pretty good.

Here are a few tips to help you slip back into the present moment so your eternity can become better right here and now...

1. Give yourself permission to enjoy life no matter what else is going on

We get sucked into the things that we think we "should" be thinking about. We have been taught about what we should be thinking about. The news tells us what we should be thinking about. The late-night commercials on television like to tell us what diseases we should worry about. The financial institutions tell us what we should be thinking about.

Sometimes, thinking about these things is natural and part of our ongoing intention to be happy and wise with our resource. More often, thinking about these things engenders fear or doubt about our well-being. It is best to choose our thoughts as carefully as we choose our food, and select only the ones that nourish our spirit.

No matter what is going on, and what we have been taught to think about it, we can always find something small to enjoy. I often pause to enjoy a single ray of sun upon my face. You can give yourself a hug and feel the security arising from the oxytocin (bonding chemical) it triggers in the body. You can read or recall a single inspiring quote to help lift your spirits. No matter how bad or how challenging life is, there are things to comfort and enjoy. It is not "abdicating responsibility" to be happy even when ill, to feel positive even when in debt, or to enjoy love even when missing another soul. Permission to enjoy something now will help you rise above your challenges.

#### 2. Challenge yourself to pause and appreciate often

Cultivating any habit takes effort. You can set a timer on your phone to remind you to "pause and appreciate" something in front of you throughout the day. If you get into the habit, you are training yourself to find things to feel good about any time and anywhere.

#### 3. Remember, "Slower is Faster"

If you can slow your mind down to focus on the task in the present, you will accomplish it much more quickly. Whether you are washing dishes or performing an important task at work, enjoying what you are doing here and now rather than thinking about "getting through it" will actually get you through it more quickly.

Eternity is a long time. Interestingly, those outside of our experience of time don't think that way. They enjoy where they're at. I suspect that is one of the reasons heaven is heaven. Those in the heavens do not resist feeling the love there is now. We can learn and constantly train ourselves to look for the good now, and as we do so, eternity begins to sound like the joyous never-ending adventure it was intended to be.

Have a blessed week,

Love, Ann

About Ann 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 Video



Link: https://www.youtube.com/watch?v=zlxsyH-P

### Can You Influence Your Future? By Lee Carroll/Kryon



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

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

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

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

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

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

# Lee Carroll/Kryon Video



Link: https://www.youtube.com/watch?v=PZWg6A

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# **ROC Metaphysical Business Advertising**



# **Experience is Back**

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

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

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

April 4-6 Batavia Downs Gaming and Hotel 8315 Park Road Batavia, NY 14020

April 13 & 14 Finger Lakes Gaming & Racetrack 5857 NY Rt. 96 Farmington, NY 14425

April 20 & 21 Embassy Suites 6646 Old Collamer Rd. South East Syracuse, NY 13057

May 11 - One Day Only! The Lux Hotel 2468 NY Rt. 414 Waterloo, NY 1316

## **Thursday Evening Mediation**



Weekly meetings during April-May on Thursday evenings for group meditations to boost confidence/courage, reduce stress and support the immune system. Starting 4/11-5/30 from 7:00-9:00 pm. (8 classes total).

Relaxation techniques + 'tools' for self-empowerment, energy healing, and becoming your own best self.

Learn energy medicine with a skilled intuitive & certified holistic practitioner, Brandie Kristle Furniss. Teaching in the WNY for 11 years with 30 years experience with the self-development field, advanced metaphysics, and culinary herbalism.

Cost of intuitive guidance sessions + expertise to assist you in becoming the best You that you can be is suggested at \$60.

These sessions include but are not limited to exploring different types of meditation from sound baths with a variety of instruments, blessing meditation, mantras, affirmations, nada yoga (union of sound), toning, chanting, seed words. As well as techniques + energy medicine modalities Brandie has been studying and gleaning wisdom from traditions around the world. Ask your health and wellness related questions, boost your vital life force energies, and receive insights from a certified practitioner that is sensitive to the individual and group needs.

This is an affordable group coaching container where you can choose to attend one, some, or all transformative events. 1:1 support + intuitive life coaching available as well.

Event Location: The Body Oracle 72 S Lake Ave · Bergen, NY

Phone: +1 585.993.373 Email oracleofwny@gmail.com

Website: www.thebodyOracle.com

### **Healing Messages From Spirit**



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

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

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

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

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

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

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

For bookings email oracleofwny@gmail.com
Or just walk-in to inquire.
Website: www.thebodyOracle.com

Phone: +1 585.993.3723

# **Rochester Spiritualist Society Presents:**



Join Rochester Spiritualist Society Mediumship Group for an opportunity to connect with your loved ones in spirit. Readings will be done by a team of 2-3 psychic medium readers. Each attendee will receive a reading of approximately 15 minutes. You may prepare for your reading by thinking of your loved ones in spirit around you, and ask them to bring you a loving message!

Spirit connections are not guaranteed, however those attending our events have been very pleased with their messages.

\$10 advance tickets via Eventbrite.

https://www.eventbrite.com/e/an-evening-with-spirit-tickets-842108708817?aff=oddtdtcreator

\*Walk-ins \$15 as available basis. \*\*For entertainment purposes only.

# **Gathering of Angels**



The Gathering of Angels Event is skipping April. But the next one is May 18th from 10-5 at The Artisan Cove, 349 W. Commercial St, East Rochester, NY 14445.

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

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

To keep updated on the event go to:

https://www.facebook.com/gatheringofangels111/about or

https://gatheringofangels.weebly.com/

### Sign Up For this Class

	PRESEN	ETCLASSES TED BY REV. SHEILA B. TILLICH NG IET MASTER INSTRUCTOR TRAINER	M		
	APR 06-07th, 2024	IET® Master-Instructor Class - Rochester, NY			
	MAY 17-19th, 2024	IET® Intensive Workshop - Rochester, NY			
	JULY 13-14th, 2024	IET® Master-Instructor Class - Rochester, NY			
55/	AUG 16-18th, 2024	IET® Intensive Workshop - Rochester, NY			
About IET® Intensive Workshops:  Stand in Your Magnificent Life's Purpose! You can do this by learning all 3 levels of IET® Master-Instructor Trainer Sheila Tillich for a 3-day IET® Intensive Workshop. This is a way to learn all three levels of Integrated Energy Therapy in a quick time frame. Whether for your own self-healing journey or adding it to your other healing modalities, this workshill help you live your magnificence! In this Intensive Workshop, you will learn a activating five pairs of DNA, healing yourself and others, empowerment, and practice.					
	About IET® Master-Ins	structor Class:			
	It's time to step into your Magnificence and Live your soul's purpose! Join us for our two-date life-changing Master-Instructor certification class. Pre-requisite: Completion of IET Basis Intermediate, and Advanced levels by the time of the class. Master-Instructor Level works 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 Advance Levels.				
	Register	NOUP WWW.SHEILATILLICH.COM/EVENTS			

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

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

Go to www.sheilatillich.com to sign up



Step into a realm of divine enchantment and celestial whispers at our exclusive inperson 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/



# Come to the SHIFT NY Psychic & Holistic Fair

The S.H.I.F.T. New York Holistic Living and 18thth Annual Spiritual Arts Fair will be April 27th & 28th (10-5 pm both days) at the Quality Inn, Oneonta, NY, "Its packed with exciting free events that will feed your body, mind & soul, and inspire you on your life path goals," says Fair Director, and Psychic Medium, Diana Friedell. The acronym, "S.H.I.F.T.", stands for Spiritual Holistic Integrative Festive Transformation. People are SHIFTing their awareness toward natural health and more meaningful spiritual lives. This Fair, in its 18thyear is offering them some of the best complimentary health practitioners, and Spiritual Intuitive Teachers from the Northeast to guide them. The SHIFT Fair has partnered with the Institute for Spiritual Development in Oneonta in bringing this year's fair to life. The Institute for Spiritual Development was started in 2017 on the foundation of the like-minded community brought together by 15 years of SHIFT Fairs.

There are tried and true psychic readers & energy healers from across the Northeast-shopping for mystical delights such as: aura photos, Portraits of your Soul Energy, Holistic Herbal Remedies, hand-crafted Jewelry, healing crystals & gems and 20+ free presentations on: Meet your Guiding Angels, Are Animals Souls?, Sound Healing, Hypnosis for Stress Relief, Guided Imagery for Healing, Shamanic Journeying, Past Life Regression, Life Wave Technology & much more- 1-Day Pass: \$10 in advance/\$13 at Door; 2-Day Pass \$15 in Advance/\$18 at Door, includes entrance to all workshops; Pre-book your readings & healings to guarantee your spot with your preferred renowned reader or healer, around the workshops you want to attend, or just drop in. One fair-goer stated, "Top notch readings, all different! All enlightening and insightful... the whole event was just so uplifting and fun!"

The SHIFT Fair is a proud recipient of a Community Events Grant administered by the Otsego County Government,. Find more Info & all practitioners/workshops at our website: https://www.shiftnewyork.com

Here's the list of speakers:

Happy Haggs Dance Presentation Saturday 2:00 pm - 2:50 pm,

Radical Spirits: Spiritualism & Women's Rights in 19th century NYS, w/Story Ducey Saturday, 3:00 pm - 3:50 pm,

"Meet Your Guiding Angels" with Leiah Bowden, Saturday 4pm,

INTRO to SHAMANIC JOURNEYING, with Tiffany Butler Sunday 11:00 am - 11:50 am,

"ANIMALS ARE SOULS TOO!" 12:00 pm - 12:50 pm, by ECKANAR, Sunday,

Connecting With Your Higher Self for Healing, Shadow Work, and Ascension Guidance w/Dani Holman 12:00 pm - 12:50 pm, Divining the Sacred Feminine with Renee Guidelli, Heart Centered Healing-Sunday 1:00 pm - 1:50 pm,

<sup>&</sup>quot;Sound Healing" with Renee Guidelli, Heart Centered Living, Saturday, 11-11:50pm

<sup>&</sup>quot;Ascension Now" with Gloria DiPietro, 12-12:50pm

<sup>&</sup>quot;Hypnotherapy for Stress Reduction" by Ann Mei Saturday 1:00 pm - 1:50 pm,

<sup>&</sup>quot;LifeWave Technology" Free Workshop by Dawn Wadsworth,

<sup>&</sup>quot;Chakras: Your Body's Energy Centers" with Jaya Buckland Saturday 2:00 pm - 2:50 pm,

<sup>&</sup>quot;Marconics: The Next Wave of Ascension" with Robin Landau- 1:00 pm - 1:50 pm,

<sup>&</sup>quot;Crossing the Bridge to Health" by Penny Baron Sunday 2:00 pm - 2:50 pm,

<sup>&</sup>quot;Past Life Regression" with Story Lucile Ducey, the Ivy League Psychic- Sunday 3:00 pm - 3:50 pm

## Dr. John Ryan Friday Night (only) Presentation



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

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

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

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

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

The Sirian Blue White Collective, a group of light beings from the Sirius star system, appeared to Dr. John in 2019. Since then, they have been working in harmony with him to support this new system of energy healing and ascension. This event is not just an

opportunity to learn – it's a chance to experience a direct energy transmission from these extraordinary light beings.

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

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

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

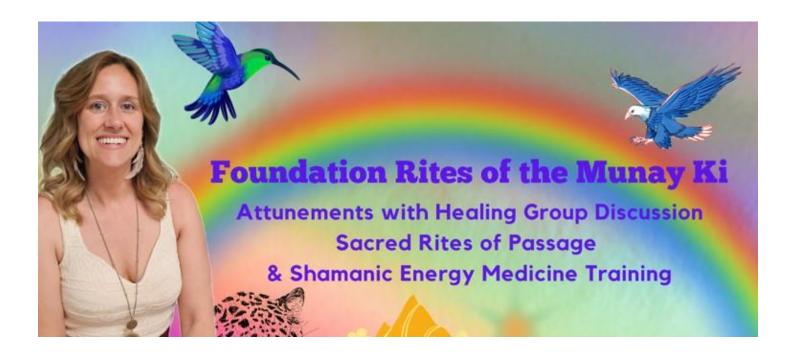
For local concerns, reach out to our host, Sheila Tillich: EMAIL sheila@sheilatillich.com PHONE: 585-313-3996

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

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

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## **Munay Ki Foundation Rites of Passage**



Saturday, May 18th, 2024. 10am-6pm.

"The Munay-Ki Rites are the codes for the 'new' human, and are delivered as energetic transmissions, or attunements. The energetic attunements plant the seeds of the new codes in our energy bodies. The Rites realign and attune our neural pathways, and help us to activate a new human body, and consciousness.

As described on the Munay-Ki website, http://munay-ki.org/ the Rites heal the wounds of the past-the karmic & genetic programs, and beliefs you inherited. They will re-inform your DNA, enabling you to grow a new body that ages, heals, and dies differently. Munay-Ki means "I Love You" in the Quechua language.

From the Shamans of Peru, this lineage has been transmitted for the highest good of Humanity during this time of transition."

\*Bring an earth element (pinecones, stones, feathers, special items) for the group mesa & a crystal of your choice. You will be taking these back with you after being charged with the healing energies of the Munay Ki.

\*Weather permitting, we will be outside for a portion of the course. You may bring a healthy dish to pass or a bagged lunch. Light refreshments & fresh fruit provided. I usually make homemade soup or another vegetarian style dish. There is an alkalizing machine for purified/ionized structured water if you'd like to have some too.

Deepen your shamanic abilities + receive the four foundation rites from this lineage. Brandie Kristle Furniss has been sharing these rites since 2015 and leading shamanic healing workshops through the previous eight years. Exchange/Tuition is \$175 for the day.

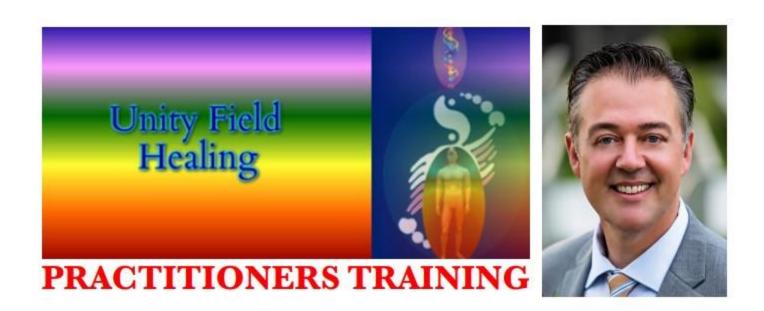
As well as teaching & facilitating other offerings, she has a local, and international clientele for all things Body Oracle related to assist you on your personal journey of empowerment, with business, and relationship goals. With over thirty years connecting with nature through plants, alchemy, and gardening, she now offers spiritual life coaching/alchemical mentoring as well as co-creates with other like-minded individuals within and around central/WNY.

8 hours training ~ Receive shamanic healing & the first 4 foundation rites of passage. with healing messages from spirit.

**Questions:** call or text +1 (585) 993-3723

Email: Oracleofwny@gmail.com

Website: www.thebodyOracle.com



#### UNITY FIELD HEALING (UFH) PRACTITIONER TRAINING

Discover the Power Within: Unity Field Healing Practitioner Training Program

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

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

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

What's in it for you?

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

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

Choose your PAYMENT OPTION:

PAY IN FULL or

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

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

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

https://www.eventbrit	e.ca/e/unity-field-healir	ng-ufh-practitioner-	-training-tickets-63	<u>32858826787</u>



Kryon and Dr. John Ryan in Rochester

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

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

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

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

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

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

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

### **episode #156!**

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

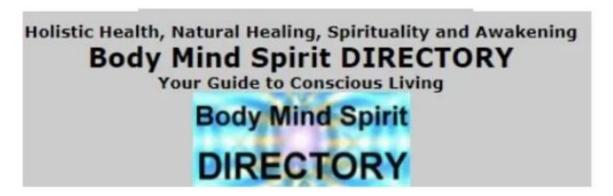
# **Metaphysical Business Cross Promotional Advertising**



Since 2004 people have come to our Health and Wellness Directory because they know they will find everything holistic, from practitioners, products, classes, talk radio, videos, retreats, books, magazines, newsletters, blogs & more.

Alternatives for Healing's mission is to be the bridge to help those on their journey to Health and Wellness, with the goal to provide natural alternatives for those that are searching for a holistic path to wellness.

http://www.alternativesforhealing.com



Want to know where there are practitioners in a certain location or where there is a wellness or psychic fair? Check out the Body Mind Spirit Directory.

http://www.BodyMindSpiritDirectory.org



Email <a href="mailto:rocmetaphysical@gmail.com">rocmetaphysical@gmail.com</a> to advertise

# **ROC Metaphysical Alternative Directory**



Rev. Vicki Snyder-Young

Spirit and Tarot Connections Pen-Far Office Park 481 Penbrooke Dr Suite 3A Penfield, NY 14526 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. HypnoRegresssion and Ignite Your Light Life Coaching are also available. Book your appointment at www.vickisnyder.com



ONE Wellness Center
2349 Monroe Avenue, 2nd Floor (REAR)
Rochester, NY 14618
<a href="https://www.onewellnesscntr.com">https://www.onewellnesscntr.com</a>
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,



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

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





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

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

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



727 E Main St Rochester, NY 14605

and the NEW LOCATION 1225 Jefferson Rd Henrietta, NY

**585-266-8350 Sue Stephens** 

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

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





The Lotus Blossoms

100 White Springs Ln

Geneva, NY

315-789-4650

<a href="http://www.thelotusblossoms.org">http://www.thelotusblossoms.org</a>
<a href="https://www.facebook.com/TheLotusBlossoms5/">https://www.facebook.com/TheLotusBlossoms5/</a>

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
<a href="https://www.theangeliclink.com">https://www.theangeliclink.com</a>

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

Sage offers divine guidance, energy healing sessions, spiritual consulting, energy healing, crystal message session, angelic information provided either in person or thru Zoom. She also does house cleansing, and private parties. I also offer Life Release sessions. where I read your aura for issues or

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

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



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

### Where magic and healing begin!

I am an intuitive tarot reader, animal communicator, evidential medium, psychic, Reiki master, and an intuitive transformation coach.

I had been walking this path my whole life without even realizing it. Looking back, I know that I was always sensitive. As a child, I felt energies, had psychic dreams, heard voices, and felt otherworldly things. Jumping ahead years later, I started on my psychic development, mediumship, and communing with the animals.

Another lifetime would go by, before I would embrace being a lightworker on a professional level. In May 2021, I created my Mountain Magic Healing Studio in Schenevus, NY. It is nestled in the mountains and surrounded by nature and wildlife.

Along with offering readings, I also teach classes from the tarot, dreams, animal communication, psychic development, to my Spiritus Animalis class connecting to wild animals. I offer a free dream circle every Monday night. I have also followed the path of becoming an Intuitive Transformation Coach. I assist those seeking transformation of mind, body, and soul so they can trust their own intuition for connection to themselves, the earth, and the universe.



Rock Dude
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-Morissette
4358 Culver Rd
Rochester, NY
www.meetup.com/Rochester-Friends-Who-Meditate
www.healthyalternativesrochester.com
(585)663-6454

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



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

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 Theressa at: https://youtu.be/cE8xQohKhrE



Twizted Creations

Roxanne Hartley - Owner

247 E Main St, Palmyra, NY 14522

(585) 857-7922

<a href="https://twiztedcreations.rocks/">https://twiztedcreations.rocks/</a>
<a href="https://www.facebook.com/twizted669">https://www.facebook.com/twizted669</a>

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
<a href="https://www.nextstepholistic.com">https://www.nextstepholistic.com</a>

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

<a href="https://themagicalmuse.org/">https://themagicalmuse.org/</a>
<a href="https://www.facebook.com/themagicalmuse">https://www.facebook.com/themagicalmuse</a>

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
<a href="http://www.centeringtools.com">http://www.centeringtools.com</a>

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

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

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



Sheila B.
Recovery Metaphysician & Galactic Grandmother Channel

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

#### SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

Learn more about how Sheila B can help you through her services: <a href="https://sheilatillich.com">https://sheilatillich.com</a>

Join Sheila B's Inner Circle: <a href="https://sheilatillich.com/inner-circle">https://sheilatillich.com/inner-circle</a>
Follow on Facebook: <a href="https://www.facebook.com/sheilabhealing">https://www.facebook.com/sheilabhealing</a>
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<a href="https://www.facebook.com/groups/lightworkersconnectioncircle">https://www.facebook.com/groups/lightworkersconnectioncircle</a>
Follow me on Instagram: <a href="https://www.instagram.com/sheilabhealing">https://www.instagram.com/sheilabhealing</a>
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Learn more about Sheila: <a href="https://voutu.be/snB1hTRfbZk">https://voutu.be/snB1hTRfbZk</a>



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

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

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

To contact email at wyldravin@yahoo.com

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



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

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

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



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

https://www.facebook.com/crescentcollectivecny

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



Janice Wilton NBCR,RMT, CRTS, IHP

Touch of Life

4535 Southwestern Blvd Ste 801

Hamburg, NY 14075

<a href="http://www.touchoflife.net/">http://www.touchoflife.net/</a>
716-238-6426

janice@touchoflife.net

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

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

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



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

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

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



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

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

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

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

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

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



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

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

Donna Eden's Energy Medicine gently balances the body's 9 subtle energy systems so your body can restore itself to a natural state of well-being. Take an active role in your health today...call me for a FREE phone consultation!

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

Learn more about Michelle: <a href="https://youtu.be/aw5IFhVfhNc">https://youtu.be/aw5IFhVfhNc</a>



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



## **B & R Crystal Cavern**

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

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



Jon Kotowski
<u>Lockport, NY. 14094</u>
https://lifeforcerejuvenation.com/
716-344-3787

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## **Metaphysical Stores in NY and More**



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

These are all Brick & Mortar businesses.

Some may have limited hours or by appointment only Have Any Info to Update - email rocmetaphysical at gmail.com

Majestic Hudson Lifestye Boutique 223 Katonah Ave Katonash, NY 10536

Demure Lyfe 27 Main St Chester, NY 10918

Moonstone Melody 24 N. Main Street Florida, NY 10921

Sunshine Studios 563 E Main St Middletown, NY 10940

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

The Open Spirit 55 Burd St Nyack NY 10960

Crystals On The Rocks 11 S Broadway Nyack, NY 10960

Modern Druid 60 S Broadway, Nyack, NY 10960

Light Club Curiosity Shop 1379 Kingshighway Sugar Loaf, NY 10981

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

Light Club Curiosity Shop 40 Main Street Warwick, NY 10990

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

Magical Vibes 215 Main St New Paltz, NY 12561

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

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

The Emerald Lotus 82 Broadway Ste 222 Greenlawn, NY 11740

The Mindful Rabbit 146 Main St Northport NY 11768

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

Crystal Reiki Holistic Healing Arts Ctr & Gift Shop 135 State Hwy 67, Amsterdam, NY 12010 Saratoga Metaphysical Boutique @ Living Well Ctr 18 Low St Ste 2, Ballston Spa, NY 12020 Among Angels 1675 Route 9, Ste 106 Clifton Park, NY 12065 Heaven & Earth Gift Shoppe 1505 US Route 9 Clifton Park, NY 12065 The East Witchery 661 Lansing Rd, Glen, NY 12072

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

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

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

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

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

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

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

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

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

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

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

Soul Vibes 682 Abbott Rd Buffalo, NY 14220

Dragonfly Art & Soul 8290 Main St Williamsville, NY 14221

The Psychic Shop 2822 Elmwood Ave Buffalo NY 14217

Lightways Journey 7 Main St Brockport, NY 14420

A Mae Zing Mind Body Soul Center 142 Mill St #2023 Canandaigua, NY 14424

The Enchanted Butterfly 360 Macedon Center Rd Rochester, NY 14450

Scent and Stone 4550 Millennium Dr, Geneseo, NY 14454

Mystic Moon Crystals 74 Main St Mt. Morris, NY 14510

Twizted Creations 247 E Main St Palmyra, NY 14522

Wiccad Intent 2 W Main St 2nd floor, Victor, NY 14564

Angelic Love and Light 488 Plank Rd Webster, NY 14580

The Spell Jar 9018 Route 5 & 20 West Bloomfield, NY 14585

Mythic Treasures 727 E Main St, Rochester, NY 14605 & 1225 Jefferson Rd Henrietta NY 14623

Mystic Moon 115 Park Ave, Rochester, NY 14607

Obatala Shango 412 State St., Rochester, NY 14608

Healthy Alternatives Wellness Center 4358 Culver Rd, Rochester, NY 14622

The Purple Door Soul Source 3450 Winton Rd S, Rochester, NY 14623

The Tempermental Goddess Shops on the Ridge 3200 West Ridge Rd Rochester, NY 14626

Crystal Bodhi Tree 16 E 3rd St, Jamestown, NY 14701

Tree of Life Studio 1771 Foote Ave Jamestown, NY 14701

Good For The Spirit Gifts 11-15 Martha St, Ellicottville, NY 14731

Mindful Inspirations 4032 Lake Ave, Burdett, NY 14818

Behind The Willows Store 40 Catherwood Rd Ste E-04 Ithaca, NY 14850

Moonlight Treasures 4268 Main St, Millport, NY 14864

Griffin's Aerie 1 E Lamoka Ave Savona, NY 14879

Mystick Rose Magick 31 Main St., Apt 201, Addison, NY 14801

Cookie's Creations 231 W Water St Elmira, NY 14901

Okultik New Location Elmira, NY 14901

Kokoro Ancient Healing & Sacred Ritual 2078 College Ave, Elmira Heights, NY 14903

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

#### **Rocks/Crystal Stores**

Rock Star Crystals 146 W 26th St, New York, NY 10001

Crystals of Quartz 61 Windemere Ave Greenwood Lake, NY 10925

Fortune Crystals 2116 Merrick Ave Merrick NY 11566

Crystal Crossing 568 Columbia Tnpk E Greenbush NY 12061

Reiki Rocks and Crystal Shop 1811 Western Ave, Albany, NY 12203

Tincture of Time 296 Delaware Ave Albany, NY 12209 At Kate's 60 Broadway Tivoli NY 12583

Stone Corner Minerals 5 Main St Chatham, NY 12307

Lodes of Nature 135 Canal St, Ellenville, NY 12428

Crystal Connections 116 Sullivan St, Wurtsboro NY 12790

Natural Stone Bridge & Caves 535 Stone Bridge Rd Pottersville NY 12860

Twin Crystal Rock Shop 36 Broadway Saranac Lake NY 12983

Two Hawks 6930 Cold Brook Rd Homer, NY 13077

The Finders Keepers Mining Co Syracuse, NY

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

#### **Spiritualist Churches**

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

### **Spiritual Churches & Retreat Centers**



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

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

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

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

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