

ROC *Metaphysical*

Your Mind, Body and Spirit Connection

December 2022

Rochester, NY USA

<https://www.rocmetaphysical.com>

"Balancing Spirituality And Indulgence" By Susanne Kempken

"Gratitude Isn't Just a Platitude" By Jayme Price

**"The True Meaning of 11:11 The Duality of Polarity"
By Ethan Indigo Smith**

**"How to Be More Present & Alive In The Moment"
By Leo Babauta**

"The Gift of A Friend" By Barry & Joyce Vissell

**"Activating Your Crystalline Chakra & Pineal Gland"
By Shelly Dressel**

"Have An Authentic Holiday Season" By Ann Albers

"Abundance Lies Within" By Pamela Kribbe



ROC Metaphysical December 2022

About ROC Metaphysical



Here's a more personal look at why and how the magazine came to be.

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 www.issuu.com.

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

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

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

I'm a studious soul, always reading books on all kinds of topics, checking out websites and you tube 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, Issuu, 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.

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Have a story idea for us, want to share your article?

Your article should fall under
metaphysical/spiritual/alternative health topics.

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head shot, bio and web link.

Advertise your business? Provide a jpeg and the
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Email us at rocmetaphysical@gmail.com

Sections



Read Great Articles

Thanks to all the contributing writers who voluntarily share their wisdom, knowledge and guidance.

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And we also do cross promotional listings, contact us at rocmetaphysical@gmail.com for more info.

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Calendar of Events

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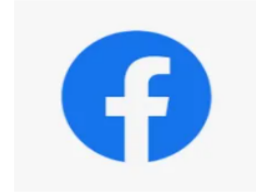
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Now that Google+ is gone the next generation is MeWe. Find us there. <https://mewe.com/profile/5caba69765a0815f48d3d128>



You can read prior issues of ROC Metaphysical thru the www.issuu.com website where you can enlarge the version into a full screen. The monthly editions are in a pdf version. Try it out.

ROC Metaphysical Interviews on YouTube



Sheila Tillich

ROC Metaphysical interview with Sheila. Learn more about her background in energy healing and classes.

Link: <https://youtu.be/Uf0EGNCvSMo>

Sue Fiandach & Connie Wake

Interview with Connie and Sue to learn more about their background as psychic mediums. They share info in their articles to understand what these gifts are and how they can be used.



Link: <https://youtu.be/l6DdLY2dsj0>



Michelle J. Howe

ROC Metaphysical interviewed Michelle who is a contributor and works with empaths to help understand the positive aspects of being an empath.

Link: <https://youtu.be/T5gCpnrSEP8>



Learn more about Dr. Seema Khaneja and what she does to help people on their path to spirituality.

Link: <https://youtu.be/RLKr2UE0vKw>

Erika Buenaflor has written a few books about healing and energy work especially from her healing heritage..



Link: <https://youtu.be/RLXyK8SXePs>

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

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ROC Metaphysical Online Magazine

Articles for December 2022

Susanne Kempken



"Balancing Spirituality And Indulgence"
By Susanne Kempken

Amanda Hoover



"When We Know Better We Do Better"
By Amanda Hoover

Jayme Price



"Gratitude Isn't Just a Platitude"
By Jayme Price

Sound Healing



"What Can Sound Healing Do For You?"

Lee Carroll/Kryon



"The Lightworker's Reaction To The Shift"
By Lee Carroll/Kryon

Ethan Indigo Smith



**"The True Meaning of 11:11
The Duality of Polarity"**
By Ethan Indigo Smith

Monique Lang



"Full Moon" By Monique Lang

Stacey Duffy



"Construct or Create?"
By Stacey Duffy

Leo Babauta



**"How to Be More Present & Alive In The
Moment"**
By Leo Babauta

Michelle Brzezniak



"Eden Energy Medicine Tip
Energy Clearing for Headaches and Insomnia!"
By Michelle Brzezniak

Dr. Judith Orloff



"How to Attract Positive People in Your Life"
By Dr. Judith Orloff

Tom T. Moore



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

Poetry



Poetry By Carolyn Chilton Casas

Jim Self



"11 Tricks For An Easier Transition"
By Jim Self

Doreen Scanlan



"Tarot Tendencies for December"
By Doreen Scanlan

Sage Walker



"Sage Wisdom"
By Sage Walker

Patricia Cota-Robles



"Pay Attention! Cosmic Moments Come and Go"
By Patricia Cota-Robles

Barry & Joyce Vissell



"The Gift of A Friend"
By Barry & Joyce Vissell



"Christmas Characters-Advent Devotional"
By Melinda Johnston

[FIND OUT MORE](#)



Channelings



What is Channeling?

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.

Pamela Kribbe



"Abundance Lies Within"
By Pamela Kribbe



Shelly Dressel

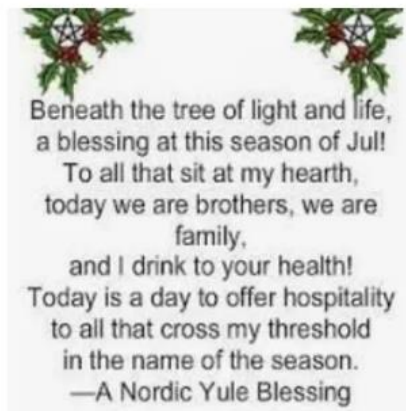


"Activating Your Crystalline Chakra & Pineal Gland"
By Shelly Dressel

Ronna Vezane



"Seeking Peace and Serenity From Within"
By Ronna Vezane



Ann Albers



"Have An Authentic Holiday Season"
By Ann Albers

"Balancing Spirituality And Indulgence"

By Suzanne Kempken

When the material, psychological and spiritual dimensions are brought into balance, life becomes whole, and this union brings feelings of comfort and security.

Many people believe that in order to be 'spiritual' you need to adhere to a strict way of life. You need to live by a certain set of rules if you want to lay claim to being spiritual. If you are aiming to achieve ascension or enlightenment, then I agree that you need to fully commit and be disciplined.

But what about all the people who are just looking for a happier, more fulfilling life through spirituality? Should the same discipline be applied? Discipline is such a highly regarded trait in our society, but does discipline make us better or more limited? Is there a point where discipline does more harm than good?

Whoever said that you have to be a vegetarian in order to be spiritual? Where is it written that you can only listen to relaxing music if you are spiritual? Someone told me a few weeks ago that they are completely avoiding sugar because they are now on a spiritual path. Curious as to what zero sugar intake has to do with being on your spiritual path, I asked the obvious question, 'Why?' The person gave me a strange look as if to say 'Isn't it obvious?' I never got an answer as the person turned away to start a conversation with someone else and the moment was gone.

That same week I participated in a group meditation on 'indulgences'. In the meditation you had to think of something you indulge in. As you can imagine many, many things popped into my mind ranging from a good novel to eating a bag of chips, enjoying a glass of wine,

coffee, chocolate . . . needless to say it's a long list. It made me smile just thinking about it. It's the little things in life that can bring me so much joy. So while I was sitting there smiling and feeling good about myself, the meditation shifted gear. All of sudden I was asked to imagine myself overindulging in my 'indulgence'. For example, if your indulgence is chocolate, you eat yourself sick. It was at this point that I was beginning to struggle with the meditation. I have many indulgences that I allow myself because I am of the opinion that life should be enjoyed. I also know from experience that when I allow myself these indulgences and feel good about it, I never feel the need to overindulge.

In the end I chose to stop participating in this particular meditation because I did not want to imagine myself overindulging in anything. It just didn't feel right to me. However, I can see the benefit in a meditation like this if you have a true addiction to something, something that you just can't stop overindulging in. The keyword here is 'over' indulging. There is a big difference between a life-enhancing indulgence, and harmful overindulgence.

This is important to understand because thinking that all indulgences are bad for you is a very unbalanced approach to spirituality.

What I have come to realise is that some people seem to think that if you restrict yourself from anything pleasurable, you become more spiritual. The foundation for this belief can be found in many religions, which teach us that discipline and suffering make you a more spiritual being.

In my opinion, to restrict or deny yourself does not make you more or less spiritual, nor does it fast-track you down the spiritual path. I believe that we are here to experience life, not take the joy out of it because we choose a spiritual path.

I am a great believer in balance. For example, now and then I listen to heavy metal music. At first I was reluctant to share this bit of truth about myself because I know from experience that some spiritually minded people frown upon this type of indulgence. And that is exactly why I decided to share this titbit of information. I know that I enjoy it, and so I refuse to deny this part of myself because I love and accept

myself enough to own this indulgence, and feel good about it. Does it make me less spiritual? Certainly not! It just makes me someone who can appreciate spirituality in all things.

Do I become a less centered and clear person if I enjoy a good steak? Absolutely not! But I do spare a grateful thought to the cow. Do I become a less loving person if I allow anger or frustration to show? No way! We are multi-faceted individuals with a huge array of emotions that are to be experienced, not labelled as good and bad. You don't need to suppress the so called 'bad' emotions simply because they don't fit the worldly view of being a spiritual person. At our core we are all spiritual beings, regardless of how we live our lives.

If you are not pursuing enlightenment, then enjoy your spiritual journey with a healthy dose of balance. Stop being critical of yourself just because you've eaten two cookies instead of one, or because you've enjoyed a glass of wine. You're not a less spiritual person if you enjoy dancing in a nightclub or reading a good thriller.

Personally I try to live my life by keeping these two simple rules in the forefront of my mind:

- 1. Harm no one**
- 2. Spread love and light wherever I go**

Everything else in life is open for discussion and available to be experienced – the choice is mine . . . or yours.

So in the spirit of being spiritual don't forget to have fun and do whatever makes your heart sing. Take the limit off what it means to be spiritual. Remove the judgements. They don't serve your highest evolution. Being balanced is a healthy and wonderful way to live.

About Susanne Kempken: Susanne Kempken is the co-founder and managing director of The Guided Meditation Site. She left behind her successful corporate career to follow her passion for all things meditation.

Once a professional singer, Susanne is now best known for her soothing vocal performances as a voiceover artist. A serene and spiritually evolved individual, Susanne has practiced formal meditation for more than 20 years and as a result, her voice is naturally imbued with a rare sense of sincerity and peacefulness.

As an empath, Susanne is a deeply intuitive and compassionate person with a natural gift for understanding people. She has a genuine desire to help others lead happier, healthier and more peaceful lives, and her work reflects this aspiration.

Susanne's website: <https://www.the-guided-meditation-site.com/>

Susanne's Video



Link: <https://youtu.be/KmV1D6WjZz8>

"When We Know Better We Do Better"

By Amanda Hoover



We don't know what we don't know and we can only resonate with what we can integrate. Yet the same old thing is the same old thing and will be the same old thing. Old comfort zones shedding leading to new comfort zones... sometimes uncomfortably enough to make us make a shift. Uncomfortable purging leads to beautiful new views and experiences.

So don't be hard on yourself, forgive yourself for everything and others too. As you do, when they know better they do better too. Most especially when we hold that sacred space for ourselves and others, infinitely. We are all capable of healing, growing and changing for the better... knowing we are exactly where we are supposed to be in this very moment of our soul's journey.

Have an excellent day and take time to smell the presence and stillness of the opening of the rose of your heart... of love for yourself and all through the power of your breath and capacity to love.

About Amanda Hoover: In 2017 she began following her bliss and spiritual calling of metaphysics and healing and completed the Intuitive Development Practitioner Program and Healing Practitioner Programs at the Institute for Spiritual Development in Oneonta, NY. She became a Certified Life Coach and spent the next few years developing her energy gifts and is now a Reiki Master Practitioner/Teacher and Vibra Acoustic Energy Healer. Amanda has studied Ancient Egyptian Ascension extensively since 2018 and

identifies most with the pre-dynastic teachings of divine love throughout the psyche. She is an Ordained Minister and Faculty Member at the Institute for Spiritual Development in Oneonta, NY.

Amanda works with clients to uncover the subconscious program to assist with rewiring of beliefs and re-scripting the stories we tell ourselves about ourselves and others, that are not for our highest and greatest good. Sessions for clients include coaching on cognitive reframing and re-scripting techniques, energetic clearing, collaboration on daily rituals to support continued growth, establishing and maintaining a direct connection to high self and source, as well as meditation practices to support self-healing.

Amanda's website: <https://netoflove.com/>

Instagram: @net_of_love

Facebook: <https://www.facebook.com/Net-of-Love-104744154681210/>

Amanda's Video



Link: <https://www.youtube.com/watch?v=Gt20qkwIXsw>

"Gratitude Isn't Just a Platitude" By Jayme Price



Develop an attitude
of gratitude,
and give thanks
for everything that
happens to you,
knowing that every step
forward is a step toward
achieving something bigger
and better than your
current situation.

I had a funny experience with gratitude. One day I decided that I wanted to flow gratitude to my (non-physical) Guides—just a moment of deep appreciation for them. As I did that, I started feeling so much Love flowing to me that it was beginning to overwhelm me. I actually said to them, “Hey! I’m sending you gratitude!”

I received a loving response, “You cannot send gratitude without receiving it. You are in such a space of Love flow, acknowledging receipt, that you cannot stop that flow of receiving.”

Gratitude Is Love Continued

Gratitude is a powerful frequency, it is an aspect of Love. It is important for humanity at this time because we are opening to more of a sacred frequency of Love—a more conscious connection with the power of our Love.

Gratitude activates a sacred flow of Love because it creates a full circuit of connection—give and receive. This full circuit of connection is what helps you transcend duality. As you give and receive with Love, you are connecting directly with your divine nature, creating a conscious trinity. Your merkaba responds.

A current challenge for humanity is getting into a full flow of energy that creates a replenished, empowered sovereign interacting with Life. This exciting point of Ascension is opening us to fuller flow with the subtle

realms, in addition to the physical focus that has been so obvious and concrete.

In order to interact effectively with the subtle realms, we must be able to let go of control and domination and do the inner work to change our personal resonance. Gratitude is a powerful doorway for this.

The Amplitude of Gratitude

When you emit gratitude, you are opening to receiving. You are vibrating, “Thank you, I acknowledge receiving with Love and appreciation,” into the field of Life.

Receiving, like inhaling, is necessary for physical survival. Receiving with Love enhances thriving. When you appreciate with Love, you are flowing healing and empowering energy into this world.

When you receive gratitude, it opens you to honoring and loving yourself more. Self-love is a powerful flow that shifts your inner realm so that you are interacting with the world from Love. Self-love is very different than an imbalanced ego that just seeks domination and external fulfillment.

Self-love creates a wellspring of Love flow within you that filters all that you experience with Love. It changes how you interact, because you are no longer needing fulfillment from the outside, yet you are receiving it fully when it comes. This changes your relationships, your creativity, your obligations—everything flows with more Love.

Gratitude Can Be Misconstrued

Gratitude isn’t always appropriate. When you need to transform your inner resonance, gratitude can either help you or harm you.

Gratitude may not feel like blissful joy in every moment. Sometimes it feels like disappointment along with understanding, the courage to say no, or appreciating challenges for the growth, even if you’re annoyed in the moment. Sometimes the best gratitude I can access in a moment is, “This, too, shall pass!” “Thank you for making me stronger!” or something similar.

One of the challenges I see for some is trying to get to gratitude before the inner healing has happened.

They intellectualize the gratitude by imposing the attitude of gratitude upon themselves.

They “understand” that a harmful situation was caused by a hurt person and impose the attitude of, “I understand, therefore I already am.”

They create a mental experience without healing, or even honoring, their emotional pain. It is a pattern of avoidance.

The tricky part? When it is truly healed, that is the experience—there is no emotional charge on a situation, the one who was harmed does “understand.” To determine this, a clear connection with your inner authenticity and courage is beneficial. Otherwise you can skip the healing process in the moment and other areas in your life will eventually start to show the effects of repression.

Your Aptitude with Gratitude

Areon, the Lyran Council of Time, repeats constantly: observe your initial, authentic reaction to something, because that is generally where you aren’t censoring yourself yet. Then remind yourself—this is just information! It doesn’t define who you are, it defines how you feel about something in a moment. This is how you discover what to shift.

Hating something does not make you a hateful person, it is a moment of clarity that you can use to refine your inner vibrational experience. Loving something doesn’t make you a loving person, it is a reaction to something external that may not be sustainable if your inner integrity is dependent on pleasant circumstances.

Being authentic offers opportunities for internal growth that creates a more flexible and strong being. Areon says when you find something you don’t like (such as hating something) celebrate it! You’ve just begun a healing process!

The process of healing often comes in steps and layers. Sometimes it reaches plateaus that feel like completion. I have a personal example of this. I bit my fingernails since I had teeth. I tried everything to stop through the years. About a year after I left home, I suddenly stopped. No deep healing focus, no trauma, just stopped.

When I was out of the stressful environment of my family, my body responded differently. Now I had other issues that came up, but the nail biting stopped and I began to grow gorgeous fingernails. Nail polish became my new best friend.

23 years later...yes, 23 YEARS LATER—I suddenly started biting them again. Painful, deep, compulsive nail biting. I could not stop. Nothing in my life had changed so drastically or suddenly to warrant the nail biting.

I knew a layer of something was up, but I didn't know what it was. So I created a Light Language healing audio to stop biting my nails. I sat in the same room with it for over a month, but I couldn't make myself listen to it. I knew I was in a pattern of avoidance.

Finally, I committed to listening. Within days I stopped biting and could see nail growth. Within a week, my issues started coming up. It wasn't completely easy, but overall it was incredibly easy. It was way easier than the physical pain of my fingers. I'm still benefiting today from emotional and mental changes; not only in myself, but in how others interact with me.

The Latitude of Gratitude

When you reach a plateau and the issue isn't there, relax and enjoy the progress. Because you're aware of the situation, don't worry. If it comes up, you'll be able to deal with it and you'll be supported to deal with it.

I see in sessions (and my own life) that it varies. Sometimes it's obvious that it's complete, or it's obvious that it is not complete. Other times it seems complete because it is complete for now.

How do you really know when it's complete? Drumroll please...it never comes up again. I know you wanted better news than that! But sometimes Life is growing you into trusting the process and progress of Life.

Perhaps you have found yourself saying, "I already worked on that/healed that." I've seen that shut down someone's healing many times because they won't allow the healing to continue. You'll know it's done because that issue, area of your life, or what it effects is running smoothly and has no emotional charge on it. In fact, you may even have a modicum of feeling appreciation that it occurred.

As you relax into the flow of Life you are assisting your healing, you are opening to change, and you are allowing new information to flow to you.

Your Gratitude Altitude

Sit and activate the frequency of gratitude and see how that feels. Send some gratitude to yourself for being the amazing you that you are. Send some gratitude to Gaia for providing such a beautiful Earth. Send some

gratitude to animals, friends and family. If you notice any unpleasant emotional/mental or physical reaction, it's an area to look at healing.

Can you send gratitude to some tougher things? Can you send gratitude to your government for playing its part in this game of life? Can you send gratitude to your own lessons that throw your ego out of balance? Remember, from a space of gratitude you are in that pyramid of Source Love and the government begins to align with Source energy—Love.

Can you send gratitude to gratitude itself and augment its scope and effect? I'm sending you some gratitude for spending a few moments to make a HUGE difference in this world. Shine your beautiful Divine Light! You are magnificent.

About Jayme 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 psychic opening was gradual for many years then quite rapid beginning in late 2002. This has helped her integrate unusual spiritual and psychic experience into realistic application for people from all walks of life. Her passion is Ascension - bringing people to the understanding of the truth of who they are; cherished, powerful and brilliant Divine Humans, interconnected with All Life. She feels humbled and blessed to be able to experience people in the truth of their glory, and to share her path and perspective of reconciling the old way of being human with Divine Human Being.

Jayme's website: <https://jamyeprice.com/>

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Jayme's Video



Link: https://www.youtube.com/watch?v=BMwMFVp_K9Q

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.

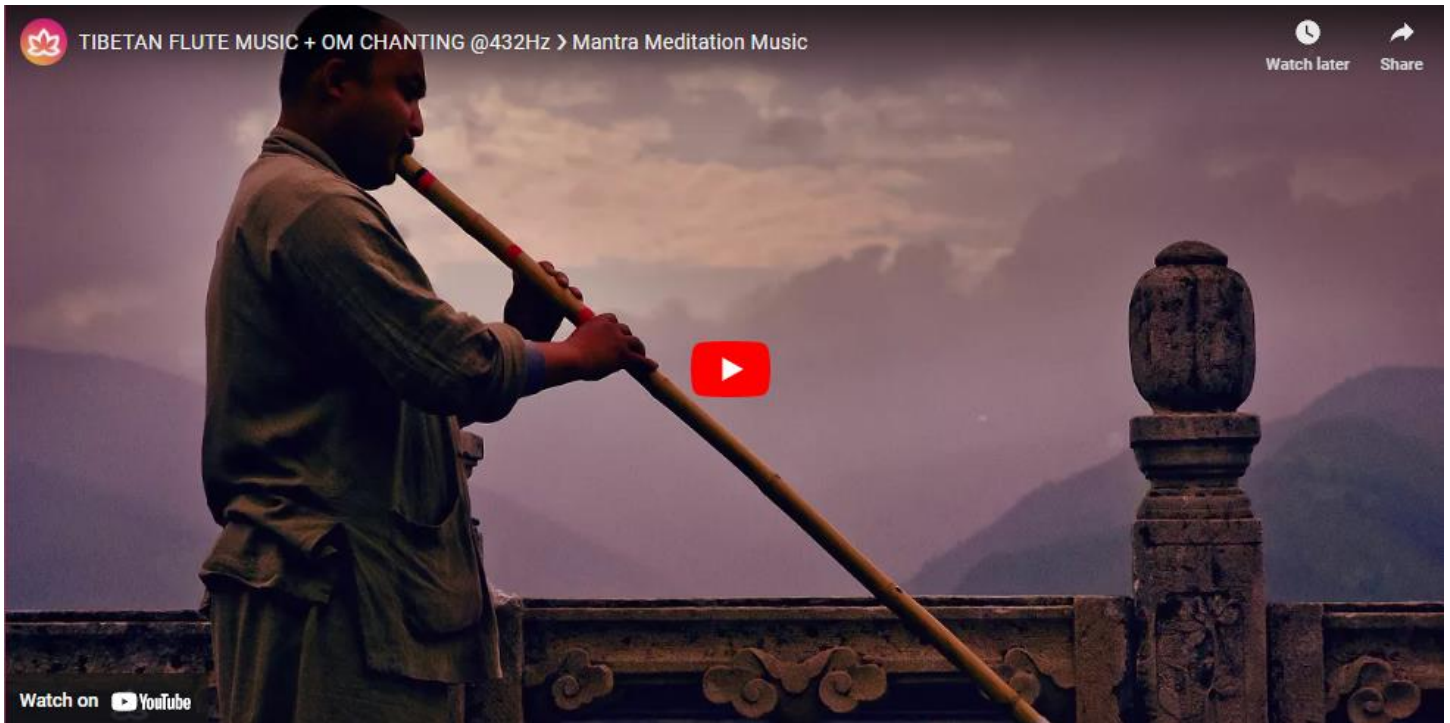
Improves sleep. Strengthens immune system.

Stress reduction.

Deep relaxation.

Take some me time and listen to the video.

Video



Link <https://www.youtube.com/watch?v=cMHmwHJJGZE&t=3s>

"The Lightworker's Reaction to the Shift"

"The Lightworker's Reaction to the Shift"

By Lee Carroll/Kryon



Greetings, dear ones, I am Kryon of Magnetic Service.

Many people talk about the future of this planet, so let's go back in time. Not a lot, but just a little, and talk about that which took place in what astronomers call The Precession of the Equinoxes. To be more accurate, the time frame we wish to speak of would be the middle of The Precession of the Equinoxes, the end of your year 2012.

In astronomy, that name represented a timing where a 26,000-year wobble of the Earth on its axis was at the neutral point, or the middle of its wobble. It's where the angle of wobble goes through the neutral point and continues another cycle. This position of the planet has an awesome potential, and the Ancients knew it. It was targeted by many societies and cultures as a time of new calendars, and of new consciousness. It was also the time we told you a Great Shift was coming.

So, in essence, your future is here. You sit in the energy of The Shift and this is a brief reminder that a test is upon you - did you see it coming, or did it capture you in other ways?

I have given much channelling for the last eight about how Old Souls can be ready for The Shift, and now the Earth is firmly involved in it. Not only into it, but there is more to come. One

channelling that we gave lately was all about how to see and deal with changes you will see in daily life directly because of The Shift.

Many of you felt that this new energy was coming, but that it would be very slow in evolving. Like everything else that deals with the planet, you thought you would have a chance to see a new normal slowly emerge and would have time to adjust.

We have used the term “New Normal” over and over, long before you were seeing it on your news. It's here. Although you expected The Shift, perhaps you didn't expect it so quickly? COVID was right on time, you might say, for now you are in the middle of something that has begun to re-write your normal. This is a much faster change than you expected, and it looks like it's not going to return to the way it was. That's correct.

How were you doing up until COVID? Were you ready for it? Were you practicing any kind of new energy? Were you changing your lives in any way? It's true: Things were already starting to change in consciousness. You had a new Pope that I predicted, and you had the Me-too Movement. You had begun to change all manner of things that were actually starting to rewrite the paradigm of an older-energy past. It was already in progress. Some of you were saying, "Well, this is the new normal and we're getting ready for a higher consciousness on this planet. That higher consciousness will slowly bring us into what has been described as "An evolved consciousness for humanity." Then there was COVID.

Now, where am I going with this? I'm going to ask you, Lightworker, pointedly:

How you are doing with The Shift?

How are you doing with the new normal? Right now, as I channel this message, The Shift continues to step on everything that was normal in many lives.

We are in 2022 where you still have this planet dealing with lockdowns, mandates, demonstrations, unhappiness, and a polarized population. There is a large split between those who disagree and agree what the governments are doing - it's universal. It's not just in your country.

There has never been anything like this dividing issue, which affects the entire planet in this way. There have been governments that did things, and countries who then reacted. There have been demonstrations for generations about many things, but this is the first time you have seen a world problem like this.

Dear ones, the Shift is a world issue. Are you beginning to see how all this might be right on time? The planet is now at the juncture where it has to make decisions, but in the process of making decisions there is polarity. That polarity is: Who is right? Who is wrong regarding the rules of the virus?

There is a huge split of opinion.

"Look, they are not obeying, and their actions are endangering others." or "That's incorrect. The rules themselves are what is hurting us, can't you see?" Let me ask you: Can you look at the ones you don't agree with and say, "They are also Lightworkers - and I love them dearly?" Or not?

How are you doing, Lightworker, with the Shift?

These things that are being presented right now on this planet are truly the litmus test of a Lightworker. Did you see the test coming, or did it grab you... and make you part of it? Were you caught up in the right or the wrong, and then went right to and anger it gave you? This is the time, dear ones, for you to start taking action that only Lightworkers know how to do.

My partner [Lee] told you earlier on this program: Lightworkers know that their compassion and their love is an energy that can be targeted - literally targeted to other places. Your consciousness is energy. It's the attitude of how you think, and that creates a patterned energy.

To use words that you truly understand, why don't we call it a patterned missile, with a patterning of love or compassion that can be sent wherever it needs to go. It's a love missile. When it gets to the target it explodes in love and compassion, with thousands of hearts coming out of it. It falls and lands gently upon others who need it. What a visualization! What a visualization where you would be able to target compassion and love. Indeed, it might be from one country to another. However, sometimes it's across the street. Perhaps across the room? Perhaps on the other end of the phone? Did you think about that?

The next time you begin to be excited about what you believe or become angry about the fact that others don't believe what you believe, what is your action? Do you just think: "They are wrong! How could they think that way? Why can't they see the truth?"

Or - perhaps, just perhaps you have listened to the attributes of mastery I have given you? Perhaps you remember that you are powerful, beyond emotions of the hour, and you have the maturity and the wisdom to send a love missile? There is no better way of saying it where you're targeting compassion and love, and sending it across the room, perhaps across the table, to someone who may not agree with you at all. Dear ones the love won't change their mind or your mind about an issue, but it sends a message: "I might not agree, but I have kindness in my countenance of all of this. I know how to be kind to those I disagree with. When this is over, love will win." Let me tell you what happens when you do this: No matter how angry they are, they feel what you are doing. How can they not? You just sent them a compassion love missile. They feel it.

The Physics of Kindness

The other part of this equation? They may send a love missile back! This is the way it works! We have spoken about this even in healing. When you start a process of helping to heal someone else, this energy comes back at you. There is a reciprocal energy received - always.

Physics operates in pairs. All energy of physics operates in pairs. Kindness, compassion and helping something heal is sending energy. It's energy and the more you send it, the more it comes back in certain ways. You may not have it verbalized back to you, but I'll tell you this: With the energy of high consciousness, the other knows what you're doing! There is an understanding you're doing it in love. You may disagree since you haven't seen this happen yet? That doesn't matter, since the energy was received. Human are built to sense energy. You sense fear and anger right away, don't you? How are you doing with sending and receiving love from those you don't agree with?

How are you doing so far, dear ones, dear Lightworker?

This is the new normal. It's here. You might say, "Kryon, is it always going to be this way?" Of course not. These are the tests we told you were coming. And the virus is not the test! Everything around the virus and vaccine is a test of your consciousness, given to you right where you feel it the most. How did you do? Are you going to get through this? Are you going to look backwards and say, "I did it in love and kindness"? Or, are you going to look backwards and say, "How can they be so wrong? ... those other lightworker friends I used to have."

Are you going to look backwards in anger and say, "Well, I'm glad we got through that." Let me tell you: You're going to be in this little test for a while. It hasn't reached its climax yet. The virus has, but there is more. And it will for more decisions and the opportunity for love missiles, or no, and you will know when it is here. Meanwhile, you have a wonderful set of opportunities.

Now, for those who are listening and perhaps are in the future, and this is now old news - you're going to have something too: You'll always have something to test you to see if you are going to use your mastery and your light, or you're not.

Dear ones, the more Lightworkers who can do this, the faster the consciousness of this planet will raise to the point where you don't have to practice like this anymore from the tests. It will be automatic that you will look for kindness in others as the litmus test to see if they belong with you as a friend or not, or if you want them to be your partner perhaps in anything. You will look for mastery and kindness and maturity, and it won't matter what they believe. Listen dear one: There will always be a separation of ideas regarding what you believe compared with someone else. A discrepancy between your perception and their perception is always the way. That's Human nature. It's how you treat it, that is the test. That's where mastery starts to show.

How are you doing so far?

These are the testing times, dear ones. This is where a Lightworker shows they are a Lightworker. These are the times where more compassion, kindness, and love is available than any time in the last eight years.

These are the times we have told you for years were coming. This is The Shift... a time when the consciousness of the planet starts to change.

Someday you will awaken, when time has passed, and you will realize how insignificant and small are the subjects that created the arguments of 2022. Time will have moved on and the situations that caused anger are also gone. The big question is this one: Did your reactions to all this create a victory in friendship and love?

If it's love, your friends and family are still your family. How are you doing?

I am Kryon in love with all of you.

And so it is.

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=KJRtz6xHeel>

The True Meaning of 11:11

The Duality of Polarity

By Ethan Indigo Smith



People often ask me ‘What is an Indigo?’ Even though it is a common question, and natural to wonder, the question itself shows how little we actually understand of Indigos; it is actually converse to how Indigos communicate and think. Indigos take the commonly understood quotients and push beyond them, not seek to define, reduce and categorize them by what is already known. Indigos utilize commonly held ideas but transmute them into new conditions, unbound by the confines of previous understandings and beliefs. So then, the question is not so much, ‘What is an Indigo?’, it is more accurately, ‘How do you be Indigo?’ For any discussion of Indigos, it helps to recognize the difference between these questions.

The truth is, one is not born an Indigo, rather we are each born with the potential to embody the perspective of the Indigo. However, most of us have this innate inkling quickly removed from us through authority and indoctrination. We are trained and conditioned to become institutionalized individuals, naysayers, dependent on authority, who accept what already is and fear what is not.

Most all the systems we know as martial arts practices are actually anti-martial arts. They were systems used by farmers and peasants living under the thumb of feudal and fascist institutions, to defend themselves against imperial aggression. This is why the martial arts were so often secreted, and why so many martial arts weapons have their origins as farm tools and implements: throughout recorded time, the common narrative has been one of fascists and their foot soldiers versus common farmers and freedom fighters. And yet, while the origins of the martial arts are related to soldiering, they are in perfect philosophical opposition to soldiering. The martial arts, like so many yogic and meditative practices, are about developing the self and the individual consciousness, not by instilling servitude to a collective.

Now, it would not be right of me to tell you how to develop yourself. That would be like telling you how you ought to interpret God — It just is not my place. What I can tell you is that Indigos use communication to affect their world, instead of farm implements. Through rhetoric, slang or otherwise, they communicate on consciousness, innately use their words (and deeds) to show us how things are, revealing a vastly different perspective to the status quo. Like many things, being an Indigo is not so much what you do, it is how you do it or rather, how you are, your state of mind.

Do you often see the number 11:11?

In numerology, 1111 represents the unity of all things; that we are all of the same vibration even though we appear to be separate in the physical. It also symbolizes the number 4. At its most basic, the number 4 is symbolic of completion; the four elements which, combined, create the one; the totality of everything, the duality of polarity.

When we see 11:11 we are being asked to pay attention to this connection — to transcend the status quo; to go beyond what is already known; to create new unprecedented conditions; to become an Indigo.

In nature this symbolism is illustrated in the cycle of four seasons — spring, summer, winter and fall — derived from the flow of cycles between

two solstices and two equinoxes of our orbit, as well as the elements of nature: air, fire, water and earth. Four is also reflected in the four aspects of the self: the mental, physical, spiritual and emotional. Similarly, the Daoist tradition points to four phases of training and being, or developing self — first as a martial artist (or anti-martial artist), second as a healer, then as a scholar, and then a priest. The symbolism of four is also represented in the four forms of arithmetic: addition, subtraction, multiplication and division.

Just as there are four seasons and four forms of arithmetic, comprehensive thinking and problem solving encompass four dimensions: the thesis (Is it so?), antithesis (Is it not so?), synthesis (Are both so?) and nullis (Are neither so?). Thus there are also 4 paths before us in every situation. There are the known quotients — the thesis (Should I do this?), the antithesis (Should I do that?), and their synthesis (Should I do both?) And there is the fourth path — the nullis (Should I do neither?) — the path of infinite potential, the path into uncharted territory — the realm of the Indigo.

11:11 symbolizes the duality of polarity exactly, visually and symbolically. 11:11 symbolizes an opportunity in time to embody the higher aspect of self, the higher aspect of our natural function. 11:11 and the duality of polarity symbolize potential, the power of peaceful perspective. 11:11 represents an opportunity in time, to be our most ascended, highly functioning self and the duality of polarity represents the idea. Each of us at every moment has the opportunity be a true warrior, a healer, a scholar or a priest, on one level or another. Each of us has the opportunity to rise up in peace, understanding and compassion, like a Bodhisattva, or Indigo, and be the change in a world confined by outmoded understandings and beliefs.

Despite our level of capability or learning, despite who or what is restraining us, we always have the option to reach toward higher levels of being, toward the peaceful potential of completion and oneness. Just as there are unlimited levels of development in warrior, healer, scholar and priest modes of being, there is an unlimited number of choices available to us — the infinite potential of the unknown fourth option — and we are being called, through the synchronicity of the 11:11 symbolism to make our choices and resonate our energy in tune with the powerful peaceful beings we are, and the powerful peaceful future we are creating.

11:11 is a reminder. 11:11 reminds us of the nature of duality and polarity (represented by 4) and of our higher levels of spiritual function. 11:11 reminds us to return to our most peaceful and powerful potential; to

embody the potential of the Indigo. And, it reminds us that we have the opportunity to create peace, oneness and completion, to transcend the status quo and transmute it into something new, unexpected and beautiful.

To close, I will leave you with the four Bodhisattva Vows of Buddhism, which eloquently describe the Indigo state of mind.

Sentient beings are numberless; I vow to save them all.

Desires are inexhaustible; I vow to put an end to them.

The dharmas are boundless; I vow to master them. (*Dharhma is Buddhist/life lesson)

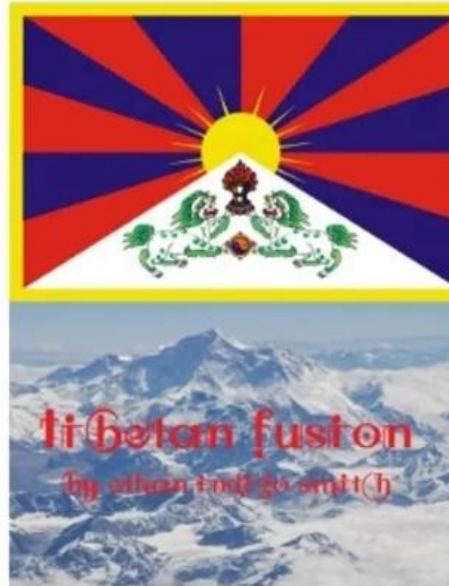
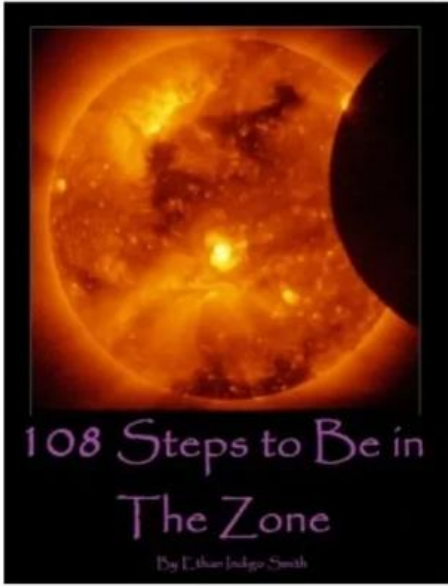
The Buddha's Way is unsurpassable; I vow to attain it.

About Ethan Indigo Smith: Activist, author and Tai Chi teacher Ethan Indigo Smith was born on a farm in Maine and lived in Manhattan for a number of years before migrating west to Mendocino, California. Guided by a keen sense of integrity and humanity, Ethan's work is both deeply connected and extremely insightful, blending philosophy, politics, activism, spirituality, meditation and a unique sense of humour. Ethan's most popular publications include "108 Steps to Be in The Zone", a set of 108 meditative practices for self discovery and individual betterment, and "The Little Green Book of Revolution" an inspirational book based on ideas of peaceful revolution, historical activism and caring for the Earth like Native Americans. His latest book, "The Geometry Of Energy", explores meditation and meditative energies through the sacred dimensions of geometry.

Ethan's websites: <https://wakeup-world.com/category/contributing-writers/ethan-indigo-smith/>

<https://matrixof4.weebly.com/the-duality-of-polarity-of-1111.html>

Ethan's Books



Find Ethan's books on Amazon: <https://www.amazon.com/Ethan-Indigo-Smith/e/B0058V4P2U/>

"Full Moon" By Monique Lang



Why are we so attracted to the moon, the stars, the planets?

Is it because they remind us of where we come from?

Some traditions hold the belief that we are made of the same material as the stars and the planets.

We do know that we are less than 1% genetically different than some plants. So why not star/moon material?

Next full moon, maybe take a minute to look and notice what you feel or know or remember - or not!

play laugh love

Listen to my new Podcast with Mariana Medrano of What a Word is Worth: <https://youtu.be/h1VVKj8lQ2I>

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

Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual orientations. This understanding is helpful in my work with

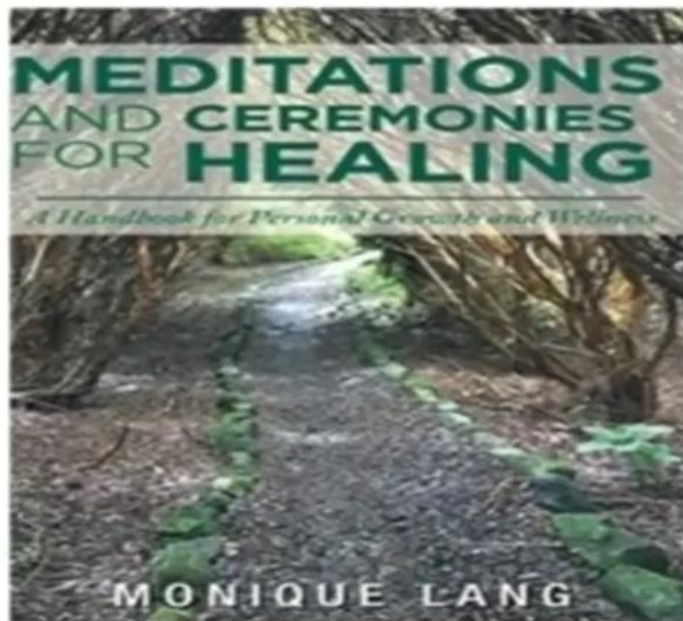
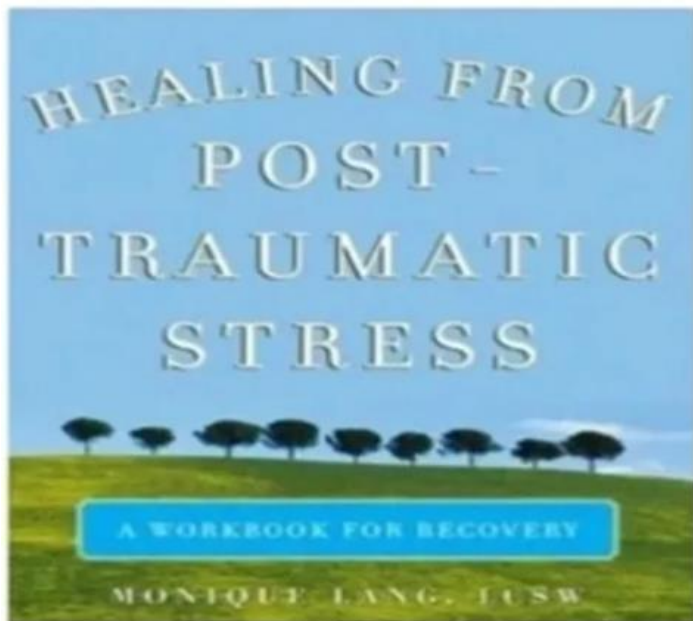
my clients as it enables me to understand and put into context each person's particular background and way of viewing the world.

Prior to becoming a psychotherapist I was an editor and a security analyst for a financial institution, a translator, an office manager for a community action group and program director in a community center where I developed several programs. These varied experiences have given me a wider lens to understand and connect with my clients.

In addition to providing psychotherapy to individuals and couples, I co-leading trips to South America to connect with and learn from Indigenous healers and wise elders, run a variety of workshops, teach clinicians how to use a multi-modal approach in their practices and help individuals and organizations in program visioning and development.

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

Books By Monique



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

"Construct or Create?" By Stacey Duffy

Even in stillness, there is movement. Sometimes it takes time for the molecules of change to shift form. Even when it feels like nothing is happening, transformation is taking place.

We often hear that everything happens for a reason, or that things happen as they should. "It's all part of the journey". I believe that I really do, but we cannot always see how the pieces fit together. Religious people will say it's their relevant Gods plan. Spiritual people will refer to divine timing and karma. We choose to be content in the knowing that one day it will make sense.

Lately, I have been staring upon a blank canvas. I am starting over. It is, in truth - an intimidating place to be. My new beliefs about life and death have undoubtedly changed me. Although they bring a new sense of clarity and freedom, within that freedom, I am intimidated. I harbour no fear of failure, but fear of success.... well, that is quite real.

It's hysterical! All the work and introspection I've done and here I stand with the power to create whatever I want and I'm frozen. The inner dialogue - " WTF Stacey?" Ha, ha! 😂 I initially did many a meditation on the topic. Trying to analyse it, understand, see the way forward. I found memories and lessons from the past, glimpses of people no longer here, some 'trippy' experiences, but it was sans any actual advice.

On recurring occasions, my main guide, draped in red with her very superior vibration, kept showing me the same thing over and over again. Me dancing in a field, me dancing around a fire, me dancing with some random person at a random place, me dancing all the time. Also recurring were two tarot cards. Whether I pulled them, or they fell out or jumped out. The 3 of Cups and The Sun. Now if you know me, this all seems bloody wonderful!!!! I'm happy to dance for days and days and party my way into

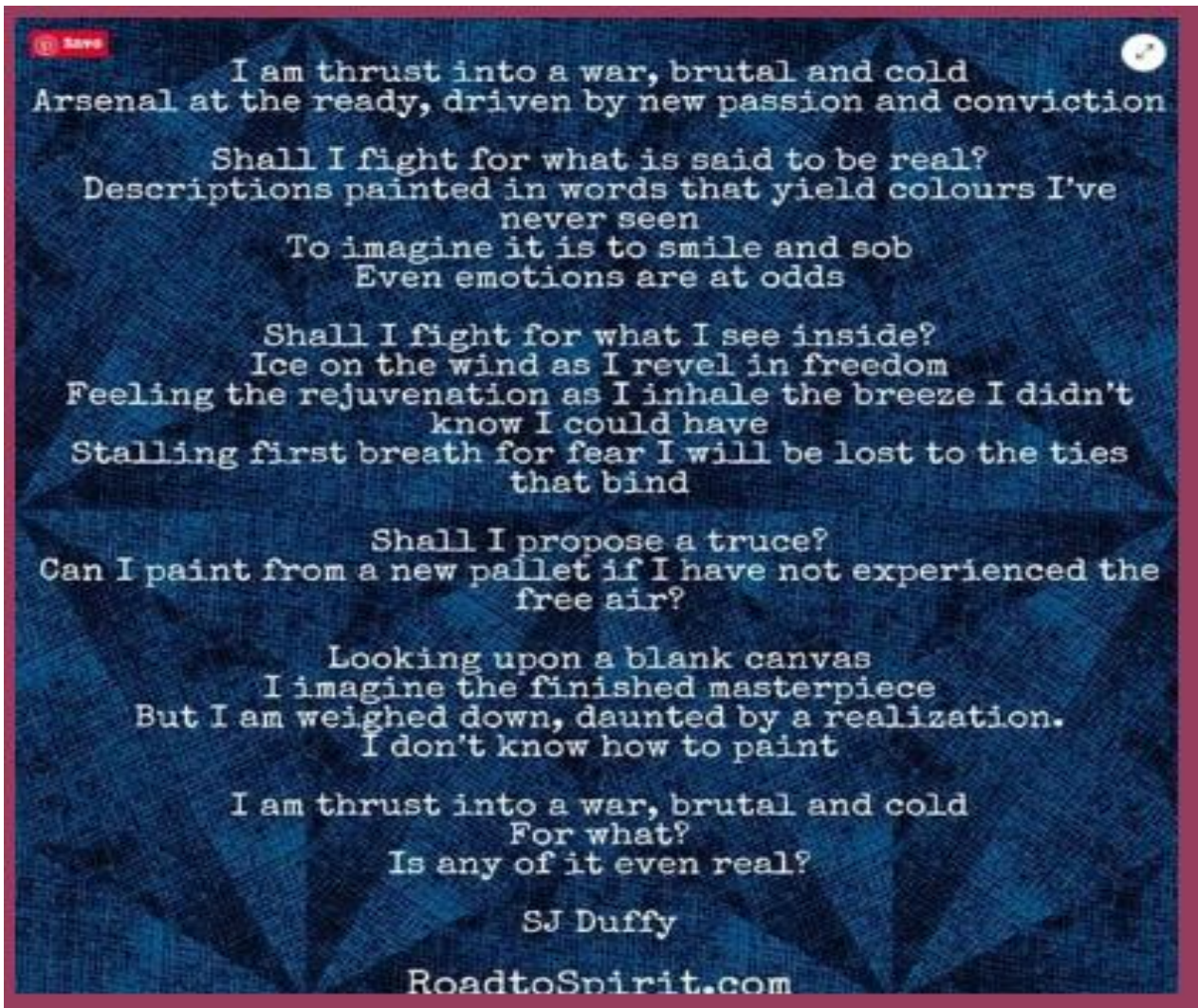
the future.... but that is not what she meant.

The best and shortest way to summarise the metaphor. STOP PLANNING! I always refer the way I lived life. I 'checked the boxes' and kept all feelings at bay. Planning is always necessary, but it is also an extension of control. If left unchecked, it become the construction of a new life as opposed to the creation of one. So now I am tasked with doing the opposite. EXPERIENCING, living. It is a more comfortable vibration now than it has ever been, but still. I'm nervous... and excited. 😊

About Stacey: A drone for the first 33 years of my life, I lived by checking the boxes. Finish school, go to varsity, get married have children... etc. I am not filled with regret but post spiritual awakening - I feel alive, I am a writer, and I craving experiences.

Writing for calm and clarity I find myself passionate about guiding the beginners. Spirituality is an ethereal rollercoaster and, in amongst the deluge of captivating information, I strive to be a relatable voice of encouragement and confirmations for the many who will undoubtedly question their sanity and resolve as their paths unfold.

Stacey's website: <https://www.roadtospirit.com/>



Interview With Stacey



Link: <https://www.youtube.com/watch?v=QC7T8Mny74s>

zen habits by Leo Babauta

"How to Be More Present & Alive In The Moment"

By Leo Babauta



One of the people in my Fearless Mastery mastermind group is an amazing leader who is exceedingly good at getting things done and leading a team.

Her entire life is filled with doing, and she's so good at it.

What she wants to shift is more into Being, and it's a beautiful intention.

She wants to be more present, more joyful, more appreciative. She wants more fun! And to be truly happy to be with the person she's speaking with.

I freaking love this.

So how do we become more present and alive in each moment? I have some ideas, based on the work I've been doing over the last 15 years on this.

Practice fully pouring yourself into every act. This is a Zen practice – being fully in every task you do, every act. If you're sitting in meditation, be fully in your seat, not have your mind be somewhere else. If you're brushing your teeth, just brush your teeth – and be completely immersed in that.

This is a practice, of course, which means we'll forget to do it most of the time, but it's an incredibly rich practice. Fully express yourself in everything you do.

See the divinity in the person in front of you or in this moment. When I say "divinity," it might mean God if you believe in God ... but if you don't, it's seeing the incredible gift of the world, of each person. Seeing the profound beauty in everything. Seeing the sacredness of the ordinary. When you're talking with someone, can you fully appreciate their divinity? Can you feel wonder at the world around you, no matter where you are? This is an incredible practice that will help you feel more alive, each time you do it.

Let yourself express your emotions physically. Working with my coach, I've discovered that I don't let myself feel anger — the world trained me that it's not OK to express or even feel anger. So every day, I practice not only feeling it, but physically expressing it in a safe way that doesn't hurt people — for example, punching a pillow or yelling your head off in the woods or going crazy on a heavy punching bag. It's not just anger, though — most of us barely let ourselves feel any emotions. We can express them physically — scream into a pillow, throw a tantrum by kicking and banging your fists on the ground, express pain by writhing in anguish or letting your heart be broken. When we express our emotions fully and physically in our bodies, we unleash our vitality.

Open your damn heart! Most of us move through our days with our hearts closed. We do our tasks, go through the motions, but we aren't connected to our hearts. (Some people, of course, are able to live in their hearts much of the time — let them be our role models!) What would it be like to be open-hearted today, feel loving toward every person you see, loving and tender toward the world around you? Try it and see!

As you can see, these are not things that you'll be able to get perfect, immediately or even ever. They are things to practice.

But I can tell you, in my experience, this kind of practice of being fully immersed in each activity, with your heart open, your emotions fully expressed, seeing the divinity in everything and everyone around you — this will help us be fully alive in each moment.

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.

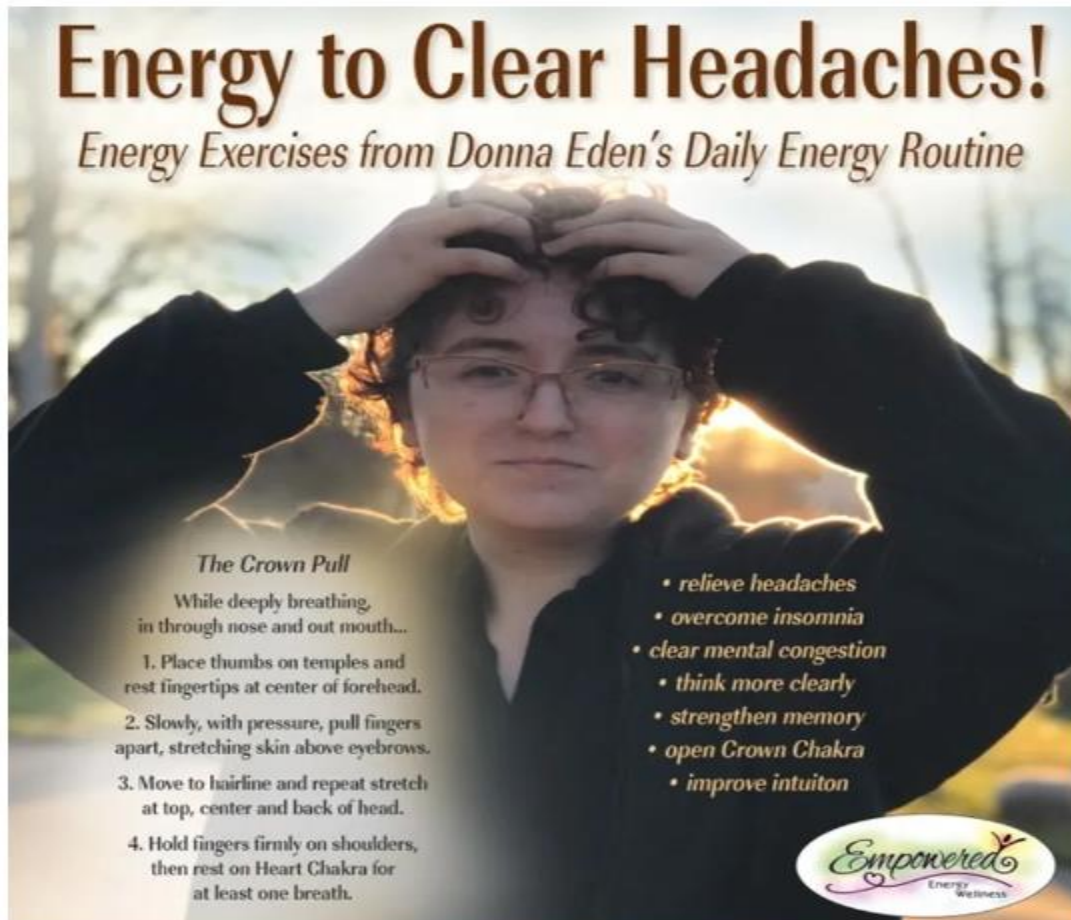
Leo's website: <http://www.zenhabits.net> and
<https://seachange.zenhabits.net>

Video with Leo Babauta



[Link: https://www.youtube.com/watch?v=leGNFUSH1Rk](https://www.youtube.com/watch?v=leGNFUSH1Rk)

"Eden Energy Medicine Tip Energy Clearing for Headaches and Insomnia!"
By Michelle Brzezniak



A very integral part of Donna Eden's teaching is her Daily Energy Routine, which she designed to rebuild the immune system, relieve pain, increase vitality and improve clarity of mind. When I discovered the routine, I had no idea it would end of my 25 year struggle with chronic, debilitating migraines and lead to relief from my own autoimmune disorders. Committing to this simple, daily self-care really changed my life, and I am confident it can yours as well!

Each month, I am highlighting, in detail, one exercise from Donna Eden's Official Daily Energy Routine. We have covered the 4 Thumps, the Shoulder Pull, the Cross Crawl and the Wayne Cook Posture in previous months. You can still find these tips on my Facebook page, Empowered Energy Wellness. This month I am covering the Crown Pull, which

sequentially comes after the exercises listed above, in the official routine. However, each of these simple exercises certainly can be done individually or out of order...and still remain effective in their purpose.

Most of us live busy, stressful lifestyles, which force our brains to process an incredible amount of information, and of course, energy. This overwhelming amount of energy often gets stuck in our brain and the bones in the skull. Constrictions in the physical anatomy, as well as in the energy pathways, limit the space available for oxygen, cerebral spinal fluid, blood and energy to flush through effectively, as it is naturally intended to do. This can result in headaches, mental congestion and insomnia. Have you ever felt like your head is just full...or stuffy headed? This happens when your head is literally stuffed full of energy and has no space move.

The Crown Pull is a physical stretch that is designed to open the Crown chakra (a spiraling energy center on top of the head), literally making space in the head for stagnant energy to be released. This exercise can help clear your mind, calm your nervous system and stimulate blood flow in the head. This often helps relieve headaches, sharpen memory and improve sleep quality. Clearing the Crown chakra also opens you up for higher inspiration and deeper spirituality. This exercise is best done at least once daily, and more often if you have chronic headaches like I did. It also feels great...every time I do it I can feel a cool, refreshing release of energy, and a renewed sense of clarity!

The Crown Pull

(takes about 15 seconds)

Breathe deeply in through your nose and out through your mouth and...

- 1. Place thumbs on temples, resting fingertips at the center of forehead.**
- 2. Slowly, with pressure, pull fingers apart, stretching the skin above eyebrows.**
- 3. Then place fingertips at hairline and repeat the stretch (with pressure). Repeat this pattern at the top, center and back of head. Stop at the base of the neck. (If you would like to go further you can also do the same stretch above the ears, along the suture lines of the skull)**
- 4. Move hands down to shoulders, push fingers in and hold. When ready, rest your hands on the Heart Chakra, for at least one breath.**

Excerpts taken from pages 89-90 Energy Medicine by Donna Eden and David Feinstein PhD.

For more information on Energy Medicine please visit www.edenmethod.com

If you like this exercise, feel free to skip ahead and follow Donna Eden's entire Daily Energy Routine. It only takes about 12 minutes each day. That is a very small percentage of your day, and I think you'll find the benefits well worth it. I honestly don't go a day without doing it, at least once!

**The routine can be found at the following links:
<https://eembymichelle.wixsite.com/hope/blank-page>
or <https://www.facebook.com/eembymichelle>**

Donna Eden actually has hundreds of free exercises available, but if you need more help, have a stubborn, chronic condition or would like to embark on a personalized energy balancing journey, I would be honored to help. And if you enjoy these monthly tips, or have questions or comments about Eden Energy Medicine feel free to leave me a message on my Facebook page or email me. I would love to hear from you!

About Michelle: Michelle Brzezniak is a Clinical Eden Energy Medicine Practitioner (EEM-CLP) at Empowered Energy Wellness, serving the Rochester, NY area. After having chronic migraines for 25 years, which were resistant to traditional treatments, she found natural, effective relief in Eden Energy Medicine. She then completed the 3 Year intensive, hands on Clinical Certification program, offered by world renowned energy healer, Donna Eden. By consistently balancing her own energies, Michelle's autoimmune Psoriasis and Psoriatic Arthritis symptoms have significantly improved and she has had a dental cavity resolve itself and no longer need a filling. She is extremely dedicated to this work and plans to continually deepen her studies.

Not unlike Donna Eden, Michelle is also very passionate about sharing this work with those who struggle with chronic pain and health issues. Michelle also has considerable experience in Reiki, Therapeutic Touch, Intuitive Consulting, Teaching, Graphic Arts and has a Bachelor of Fine Arts (BFA) from Syracuse University.

In an Eden Energy Medicine session, 9 subtle energy systems are gently balanced, so the body can reclaim its natural state of health and well-being...and thrive! This work serves as a complement to traditional health

care as well as a complete system of self-care. Michelle offers complete balancing sessions and empowers her clients to participate in their own well-being with Donna Eden's simple techniques. Michelle is currently accepting new clients, in person or remotely.

Michelle's website: <https://eembymichelle.wixsite.com/hope>

Michelle's Facebook page: EMPOWERED ENERGY WELLNESS

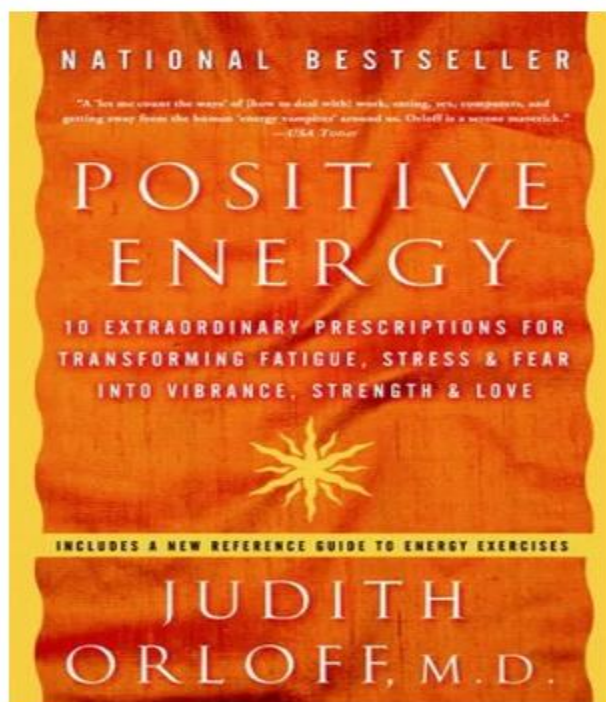
<https://www.facebook.com/eembymichelle>

Interview with Michelle



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

"How to Attract Positive People in Your Life" By Dr. Judith



Are you longing for relationships that do your heart good and generate stronger connections? Tired of poor choices? Tepid chemistry? Want a more commanding role in who you attract? Knowing about energy can transform your modus operandi in this not-always-easy area to prevent loneliness and insidious fatigue. Then, no longer in an endless uphill battle, all systems are “go” for achieving your fondest dreams.

In my book, Positive Energy I discuss how to generate the positive energy of attraction: that mysterious, seemingly elusive magnetism between us. It masterminds love, friendship, work, and the chemistry of shared ventures. Attraction’s opposite is repulsion or aversion, the force that pushes away. As a psychiatrist, I work with my patients to help them grasp the energetic exchange between people – those who give energy, and those who drain it. Though attraction is often paired with appearance, IQ, bank account, or charm, these aren’t enough to summon such blessings. Doing so depends on realizing that you don’t just want attention; you want the right kind. The level of attraction I’m referring to has to do with life essences jibbing, a byproduct of

both karma and smarts. You can't completely control it, but you can modify your vibes to maximize possibilities.

How can we harness this intriguing alchemy to bring yearned-for prospects to us? The crux is to strive to energetically embody what we want to attract. For starters, take a look at where you're at now. This entails nailing down parameters for what being positive does and doesn't mean in terms of attitude and behavior. Once you're definitive about this, you can strengthen these traits in yourself, and attract the same. What sets positive people apart is a determination to do their best, and not succumb to what's negative in themselves or externals.

Here is how I see it:

Positive people are:

Committed to developing compassion towards themselves and others, and having an open heart

Courageous about following their dreams

Those who seek to be authentic and believe in themselves, even when externals are crumbling

Aware of their darkside, and are trying to heal it

Willing to learn from mistakes

Positive people aren't:

Perfect, phony, or positive all the time

Beating themselves to a pulp over shortcomings or a black hole of pessimism

Constantly mired in fear or tolerant of letting their hearts harden

Squeaky clean do-gooders who neglect their own well-being.

Saccharine pleasers who ignore their darkside and unconsciously act it out at the expense of others.

4 Strategies to Attract Positive People and Situations in Your Life

Energy doesn't simply have an on-off switch. Just as a radio emits has a volume control, you can adjust your vibes. You can amp them up with some people, tone them down with others. Here's how to boost your positive signals.

1. Identify your best parts and speak from them.

Pinpoint your finest qualities. Perhaps irreverence, sensitivity, compassion, humor—then project them to the world. By speaking up and stepping out of your comfort zone you're enlarging your energy field. Before meeting new people or going to important events prime yourself. Take a break for an inner pep talk. Think, "I'm not going to focus on my insecurity but on a strength; I'm going to feel and trust the positive energy inside me. I'm going to claim my full power." Such a selective attention device puts your best parts front and center. Then, perspective shifted, it's easier to confidently move forward. You can't overdo this approach. Use it routinely. Making a choice about where you're coming from focuses your energy.

2. Extend love outward.

Love creates an irresistible charisma, a warm glow that makes us and others happy. You can send it in any situation, a nurturing that won't drain us. How? Focus on your heart, and envision something you love. A flock of seagulls. Your son's smile. A blooming rose. Then, during a conversation, inwardly ask, "Let love flow through me." Feel it rise from your chest; notice a sense of heat, serenity, a radiance. These energies move outward. People soften around it, feel safe, and want more. So, when standing by your boss start pumping away. Loving energy smooths the rough edges of any circumstance, facilitates rapport. Try it even if you don't like someone, but seek to get along better.

3. Regularly Meditate

Happiness can be increased by meditating. Cutting edge brain research confirms that we all have a certain mood set point, a range of feelings we usually inhabit. But with regular meditation, it's been shown that we can alter our habitual moods towards the positive. In chapter 2 of Positive Energy I describe a simple but powerful 3 minute mini meditation to open your heart center. Use this method. When feelings surface during meditation, monitor them. Focus on what's uplifting, not the swirl of negative emotions. Use your breath to center yourself. This inner turnabout transmutes pessimism to something higher. Subsequently, your vibes change; others will respond.

4. Commit to Emotional Housecleaning

Consistently chipping away at the negative makes room for more positivity in yourself. Self-awareness is our greatest ally against fear. Psychotherapy, introspection, meditation, journaling, and/or talking with friends all further healing. As negativity remits, you become more alluring.

Remember when doing this work not to hold idealized expectations, everyone—including yourself!—has irritating/challenging/disappointing aspects. We all have foibles. Even so, you can legitimately hope to personify and attract others fighting their way out of the muck with an open heart and sense of humor. These are my heroes and friends.

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

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

Video by Dr. Judith Orloff



Link: <https://www.youtube.com/watch?v=FO9r2lp0bAw&t=1s>

MBO's by Tom T. Moore

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

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

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

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

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

Tom asks that we do this each day:

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

MBO TO FIND MISSING RING

Sue writes: I was speaking with my sister on Thanksgiving, and she shared a recent MBO experience she had, concerning a treasured college ring that belonged to our deceased father. Not long ago my sister shared the ring with my nephew and he began wearing it on his little finger. Late one rainy night after walking the dog my nephew noticed the ring was missing. Immediately he grabbed a flash light and began retracing his steps outside while my sister searched all over the house in hopes it had fallen off inside, but alas, no success. Hope was almost lost as the sidewalks were littered with fallen leaves making the task nearly impossible.

Becoming very distressed and desperate to find the precious remembrance of our father, my sister sat down on the sofa, took a deep breath and in tears she sent out a heartfelt MBO request to recover the ring. Two days later while walking the dog in the afternoon my nephew spied the gold ring near a tree, GAS to the rescue! My sister was only 8 years old when we suddenly lost our father (1963) and she has very few memories of our dad, except for seeing him wear this ring.

Both my sister and nephew have been MBO believers for several years and this is our most beloved story. Sending love, peace and good health wishes to all.

BPs FOR FRIEND'S CT SCAN OF HER CHEST

Ellen writes: I continue to say MBOs daily for the little things and the big things in my life and have received most benevolent outcomes on both. I recently said a benevolent prayer for a dear friend and she received really good news recently!

My friend, Christine, was in the process of going through multiple tests to become a kidney donor for a friend of hers. In that process, the doctor ordered a CT scan of her chest and abdomen. The results were questionable as they saw a small nodule in her right middle lung and thickening of her stomach wall. Both of these findings could indicate possible cancer. Her doctor then ordered a PET scan. I said an immediate prayer for a benevolent outcome and continued to say them until today. I said "I ask any and all beings to aid, comfort, and assist Christine that her PET scan will have an outcome even better than she can hope for or imagine, thank you, thank you, thank you!"

Christine let me know today that the PET scan was negative for any cancer! The nodule was probably old scar tissue from pneumonia and the stomach wall was fine. I was overjoyed for her.

I am so grateful for this prayer and the positive outcomes I've experienced. Thank you, Tom!

MBO TO FIND MISSING KEYS

Rick writes: This morning I could not find my keys — Car key, keyless entry, apartment key, FOB for the secured apartment entrance, among other things. I usually keep the keys on a shelf at my apartment entrance, along with my phone and wallet. I did an immediate search of the apartment but turned up nothing. Having to leave to go to the gym, I used my spare car keys.

At one point while at the gym, I said an MBO to myself, "I request a Most Benevolent Outcome for finding my keys." A few moments later, an image popped into my head — a wind breaker that I wear in the cool weather while I ride my bike. As soon as I returned home, not having a FOB, I enter through the manager's office, run up the steps, open my apartment door (which I had to leave unlocked), walked straight to my bedroom and to the windbreaker that is hanging on a clothes rack. There they were, inside the right pocket.

It sucks when the term "senior moment" becomes plural.

MBO TO FIND MISSING PENDANT

Robin writes: Here's an MBO success story: A week ago, I was trying on a necklace I have with a handmade silver/glass pendent I had ordered from an artist in Germany (I live in the USA). I accidentally let go of one end of the chain and saw/heard the pendent slide off, and heard it hit as it landed. I assumed it had landed on the floor, but despite a very thorough search under the dressers and bed, and even under the rug that's under the bed, I could not see/find it, despite using a flashlight to look (the pendent is shiny, so I thought for sure I'd see it with the flashlight).

I asked the angels who help with finding lost things to help me find it, and said an MBO to find it. It took several days (and I repeated my prayers and MBO daily, because I really wanted to have this pendent for a trip I'm taking this week), but yesterday I "heard" (in my mind) the phrase "check the dresser drawers". I emptied the top drawer, and didn't find it. I emptied the second drawer — and there it was! Either the drawer was open just enough to "catch" it as it fell, or it took a little jaunt around another dimension before finding its way back to me, lol.

MBO FOR THE PERFECT HOUSE

Deborah writes from Arkansas: I and moving back to Illinois from Arkansas to be close to my family there, but was having difficulty finding the right house. I said a Benevolent Prayer, and one of my friends found one that had everything on my wish list and then some! Then I asked that my house closing could be moved up, in order for me to be able to be there for my birthday and Thanksgiving, and it happened.

It was proving to be extremely expensive to move from Arkansas using local movers, so I contacted a company in Rockford and we agreed to a price \$2,000 less! My next benevolent prayer will be that the sellers of house I'm buying will agree to credit me money for the new roof that is needed as well as some electrical upgrades required. I know they will be fair in this request.

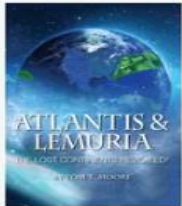
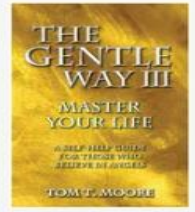
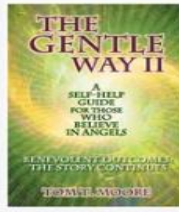
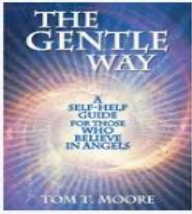
My Spirit guides, and relatives that have transitioned, especially my mother, are orchestrating all of these events as I had initially planned on moving to St Louis. It's going to be wonderful being closer to my family, and I am extremely grateful and appreciative of all these blessings!

Wishing you and yours a very, very Happy Thanksgiving Tom! Thanks so much for all you do to bring awareness to the world. You are a blessing!

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/>

Tom T. Moore's Books



Tom is also a prolific writer and these books you see can be found on Amazon at:

https://www.amazon.com/Tom-T-Moore/e/B00CR1C231/ref=dp_byline_cont_book

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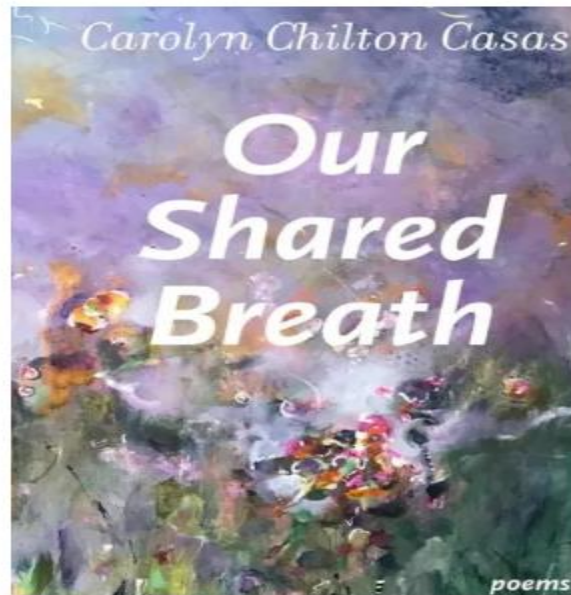
Poetry
Christmas



*Every time a hand reaches out
To help another....that is Christmas
Every time someone puts anger aside
And strives for understanding
That is Christmas
Every time people forget their differences
And realize their love for each other
That is Christmas
May this Christmas bring us
Closer to the spirit of human understanding
Closer to the blessing of peace!*

~Anonymous

Poetry By Carolyn Chilton Casas



Winter

Every year as we enter
those crusty, frost covered mornings
and evenings that turn dark
way too soon,
don't you want to go back,
or hurry through
this barren landscape
of longing?
Don't you imagine it improbable
that spring will return on time
like they say it always has?
What gets us through
the ice blue shadows
where our comforts
are short-lived and transient?
Could it be the coming of dusk
as we gaze at the horizon
soaking in the last drop
of carrot light?

~ Carolyn Chilton Casas

Tug of War

Lately to my uneasy dismay,
longstanding super-driven me
no longer cares
much about accomplishment
or the weight of things
waiting to get done.
Former good girl doesn't
find this acceptable.
She wants the ultra-achiever
ribbon-winner to return.
She wants the roof re-shingled,
the closets cleaned out,
a rich, nurturing stew
simmering on the stove.
The new trouble-causer says nope—
to please just let her be.
She takes go-getter gal and sits her
in a corner,
looking out the window,
pad and pencil in her lap.
Perhaps what they need now
is for the two minds
to come together—
a sunset stroll hand in hand
under tangerine skies,
their feet grounding in the sand.

~Carolyn Chilton Casas

Dear One, Hang On

**All emotions eventually shift.
Every circumstance changes.**

Always.

**Even though in the muck
of sorrow, we can't see the end.**

Ever.

It is a morning to just hang on.

Consider the mercy of thaw.

**Be grateful for the universal law
of transformation.**

**Sooner than we think possible,
we'll be open to birdsong again,
to laughter from the playground,
to light dancing through the window.**

**Help me to remember,
the gibbous moon
is a bowl more than half full.**

~ Carolyn Chilton Casas

About Carolyn



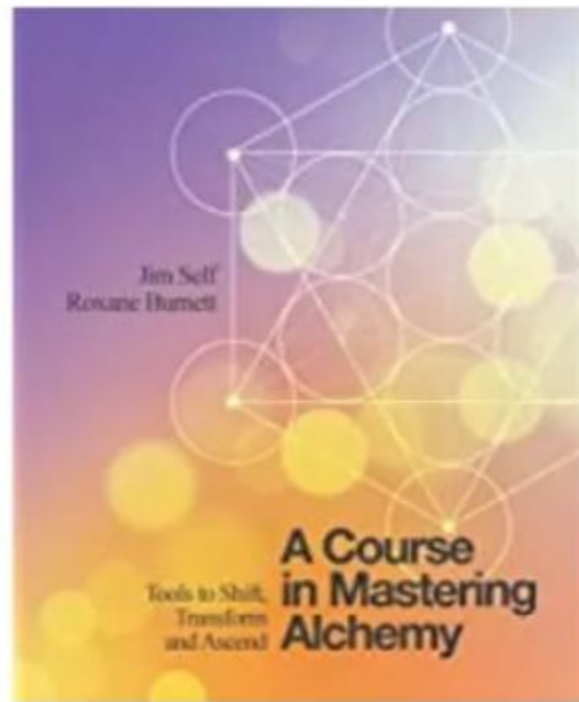
Carolyn Chilton Casas lives on the central coast of California, the perfect landscape for a love of hiking and playing beach volleyball. She is a Reiki master and teacher whose favorite theme for writing is about ways to heal. Her stories and poems have appeared in Braided Way, Energy, A Network for Grateful Living, Odyssey, Reiki News Magazine, Touch, and in other publications. You can read more of Carolyn's work on Facebook, on Instagram at mindfulpoet_, or in her first collection of poems titled Our Shared Breath.

Interview with Carolyn



Link: <https://www.youtube.com/watch?v=7s5LCnNtfF4&t=28s>

"11 Tricks For An Easier Transition" By Jim Self



The primary objective of any transition (whether it's a deliberate transition or one that steps into your life) is to accomplish your goal with as little stress and emotional, mental or physical upheaval as possible. The secondary objective is to leverage it in order to become a better, more whole, mature and masterful person. Career change? Re-entering the job market? Recovering from a loss? Moving your office or home?

Regardless of what your transition is, these key strategies will make it easier:

1. Begin the process early. Waiting to plan the move a week before you're to be out of the office will probably cause a bit of stress and overwhelm, and increase the likelihood of forgetting important steps. If you forget to change addresses, missed credit card payments are not fun.

2. Deliberately create a plan for success and well-being. Write it down. Most of us resist this step. Writing it all down makes the plan and the process more tangible and actually begins the energetic momentum forward. Trying to keep all the details in your mind is a way to reach overwhelm quickly.

3. Answer these key questions:

What must I have? Be thorough and specific (quiet office, 400 square feet, sunlight, nearby bathroom, cleaning service, wifi, friendly co-workers...)

What can I live without?

What must I avoid? Be very picky - this is your life after all. (piped music, carpet, back yard, Friday pizza party, old-school boss, dress code...)

What must be done Before, During and After Transition Day (T-Day)? Keep your time separated into these three categories. Most of us (especially women) tend to lump time into one moment (now!) and get overwhelmed with the items to be accomplished. Chunk it down to small, do-able pieces and place them in the appropriate time slot. This will also allow for more successful multitasking and clarity of vision.

Who can help me? List your resources. You do have resources - really you do. Don't be logical. List everyone and everything that comes to mind. There is no right or wrong here - just possibilities. The universe and all her teams are waiting, willing and able to jump to your command.

What is the most generous time frame possible to reach T-day? Be generous with yourself. What time line feels comfortable? This isn't necessarily a race, even if you're on a tight time schedule. You're the leader of this project even if it doesn't feel that way.

4. Review and update lists daily. This will keep your tasks fresh in your mind and checking things off regularly will help you stay aware of your successes and progress. It feels great to see how much you've accomplished. Check off each item with enthusiasm.

5. Ask for help. Having a list of resources (above) may be easy. Asking them for help may not be. Even if you don't have three strong teenage boys to lift and drive or friends to help clean, there is someone you can ask to do something. Next to each item on your to-do list, add the resource that might help. Also, unless you've been working out consistently and have a strong back, it will help to find someone who does.

6. Stay on track with your present lifestyle. If you didn't drink coffee before T-day - don't begin during the process. Keep taking your vitamins. Go to bed at your regular time. If you meditate now - continue to do so. If you work out now - keep it up during and after the move. Make these things a requirement. Doing so will allow you to complete this transition in a much

happier frame of mind and body. It will - I promise!

7. Things will cost more than you expect. Transferring the internet - \$159! It doesn't make sense, but you can choose to fight, moan, groan and resist, or choose to pay in installments and stay in gratitude for wifi. See this as a chance to release your poverty beliefs and Have more in your life.

8. Purge your stuff. Material and non-material. Use this opportunity to release the Old and welcome in the New. Anything you haven't worn, read or touched in the last two years probably doesn't need to be dragged along.

9. Lighten your emotional, mental, and spiritual load as well. Use the Mastering Alchemy energy tools to clear and balance your space. Check out the free tools and Level 1. Simple, practical, easy to follow tools. And you can even use them with your eyes open. Meditation optional.

10. Give to yourself. Walks, films, massage, a facial, dining out, phone calls to supportive people. This isn't an easy thing you are doing. Schedule in time to nurture yourself. Every aspect of you will be happier and healthier and more productive if you do. It doesn't have to cost a great deal of money to treat yourself nicely. A walk on the beach is a lovely healing. Curling up with the dog is medicinal (just ask the dog).

11. Leave the space better than you found it. Whether a cubicle, an 11,000 square foot home or a relationship, the masterful person will completely remove her items, dust, smudges, and her energy from the space. This allows all of what you possess to move forward with you. Leave no part of yourself behind.

This is an amazing time to have a body. What an incredible time to be alive and awake. Sure, this transition may not have been your idea but you believe the Law of Attraction and you have a choice. Will you be the master of this transition, or will it control you? You choose.

Remember— Misery IS Optional!

About Jim Self: The co-founder of A Course in Mastering Alchemy, and an international speaker and author, Jim Self has been leading seminars and teaching healing, clairvoyance and personal energy management courses since 1980.

Since childhood, he has retained a conscious awareness and ability to recall his experiences within the sleep state. Over the last twelve years, this

awareness has expanded into relationships with the Archangels, Ascended Masters and Teachers of Light. The tools and information presented in the Mastering Alchemy programs is a co-creation of these relationships.

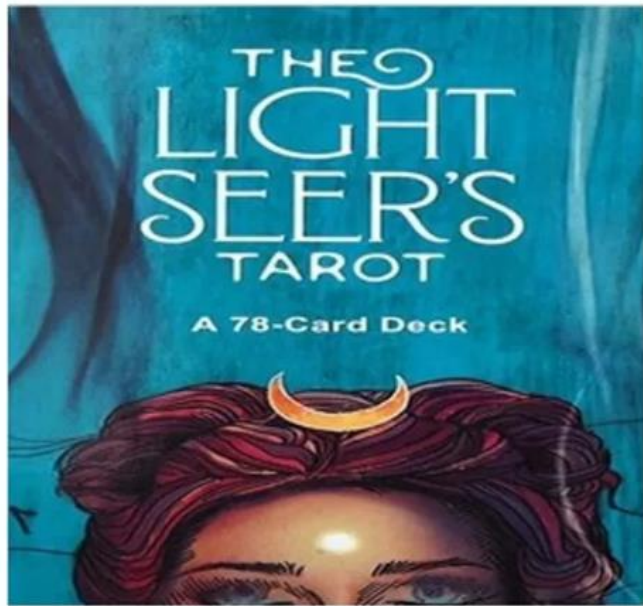
Jim's website: <https://masteringalchemy.com/>

Jim's Video



Link: <https://www.youtube.com/watch?v=7xho5ZDoKWY&t=82s>

"Tarot Tendencies for December" By Doreen Scanlan



The deck used for this month



Actual Card Spread

The last month of 2022 leaves us with many options as we approach at least two crossroads but first you are asked to focus on your sense of purpose. Take some time to reflect on your current beliefs. What really motivates you based on those beliefs ?

As we are about to close out this year, we are encouraged to identify not only what we are passionate about but who else may share those same passions.

It is time to unite with others to make them a more prominent reality in your life. Together you can open new doors and explore what brings you even more joy.

You may also be put in the position to be asked to make some major decisions that may not only impact you but the lives of those around you.

Stay close to your current beliefs in making those decisions. Try not to overthink them but follow your intuition as to what feels right.

The second crossroads comes in the physical aspects of your life. This may involve a career change or something as simple as applying yourself more in your current position so that you can increase your value and thus get compensated more. Ask yourself, “What can I accomplish that will make me proud and possibly get me more noticed?” Living up to your full potential can be immensely satisfying.

As you close out the year be looking to see how you can apply your own personal perspective to the start of 2023 and make it your own.

Happy Holidays !

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

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

"Sage Wisdom" By Sage Walker



December is a month of being with friends and family. It is a time to be grateful and reflect on our year and celebrate our success's. I have always done this very purposefully.

I get linen paper and write what I am grateful for on 12/31.

In the evening I make a list of everything I want to release. I look at my thinking patterns, emotions, anything which does not serve me. I write these all down as I go through the evening. I destroy the list before I go to bed with the intention of releasing all the energy attached to them.

The next morning, I tune in to how I feel giving gratitude for all I've released. Next, I take the linen paper and write all I wish to bring into my life. I end the list with the statement "this or anything more which is for my greater good, I accept." I do this because I may not be aware of some things that will serve me. I then post it so I will see it throughout the year as a reminder.

I like doing this because it helps to reset my mind and gives me a positive focus for the New Year.

HAPPY NEW YEAR

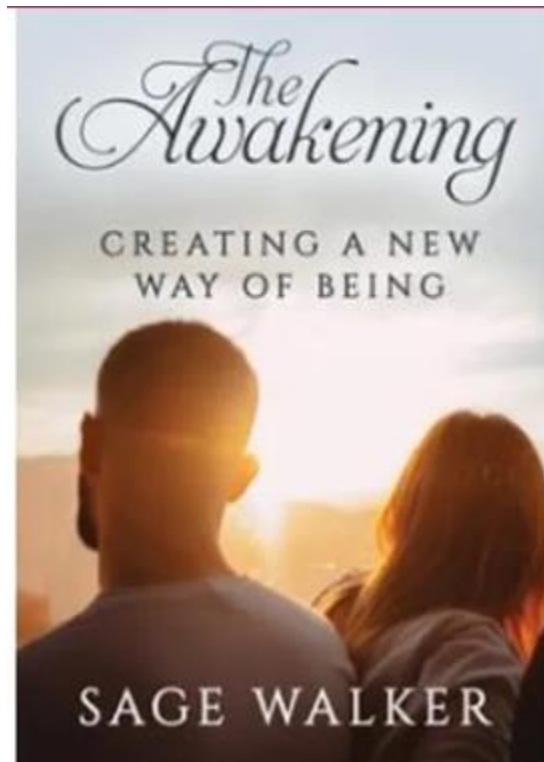
Sage

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>

Sage's Book



Here's Sage's new book with lots of new channeled messages. You can find the book on Amazon. https://www.amazon.com/Awakening-Creating-New-Way-Being/dp/1641842385/ref=sr_1_1?crid=6V705QUD1F6Z&keywords=sage+walker+the+awakening&qid=1580588937&sprefix=sage+walker%2Caps%2C163&sr=8-1

Interview with Sage



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

"Pay Attention! Cosmic Moments Come and Go"

By Patricia Cota-Robles



We are in the midst of a truly Cosmic Moment. The Company of Heaven has encouraged us for decades to pay attention, because, as they say, “Cosmic Moments come and Cosmic Moments go.” What they mean by that is that throughout the Universe there are myriad Celestial alignments and cycles within cycles within cycles that greatly amplify the frequencies of Divine Light that Humanity can benefit from IF we take advantage of the opportunities and serve as the Open Door for these cyclical influxes of Light. At this time, we are experiencing a very rare and very complex opportunity.

We are currently being held in the embrace of a powerful Eclipse Series. On November 8th, we will experience not only a powerful Full Moon Lunar Eclipse and the midterm Elections in the USA, but also the building momentum of several other Celestial events that have been blessing the Earth for quite some time. These events have allowed the Solar Logos from Suns beyond Suns to greatly amplify the Solar Light Codes that are bathing the Earth.

During this Cosmic Moment we have the opportunity to receive amplified waves of Celestial Light from Lunar Cycles, Sun Cycles, Eclipses, Solstices, Equinoxes and various Planetary Alignments. In addition, we have the ability to receive greatly intensified assistance from Comets and Meteors which shake the Ethers and break down the crystallized patterns that no longer serve our highest good.

The amplification of Light from Galactic Solar Waves, Plasma Solar Storms, Solar Winds, Photonic Light Streams, Solar Radiation, Magnetic Fields, Sonic Impulses, Gamma Rays and various other Celestial events are influencing Mother Earth's magnetic fields and have the ability to positively affect the Divine Alchemy taking place within the electronic Light substance forming Humanity's Earthly Bodies in ways beyond anything we have ever experienced. All we have to do is volunteer to be the Open Door for this influx of Light.

On October 9, 2022, a few days before the 36th Annual World Congress on Illumination began, astronomers reported seeing a Gamma Ray burst about 2.4 billion light years away from Earth which they believe is the most powerful explosion on record. The explosion, named GRB 221009A, was witnessed by the Gemini South telescope in Chile. Even though these myriad Celestial events present the opportunity for Humanity and the Earth to benefit in seemingly miraculous ways, if you and I and the rest of Awakening Humanity do not deliberately volunteer to be the Open Door for this Light on behalf of ourselves, Humanity and the rest of Life on Mother Earth, this unfathomable Divine Light will pass us by and it will not be tangibly available in the physical world of form on this Planet.

The Universal Law is, "The Call for assistance MUST come from the Realm where the assistance is needed." In order for Humanity to benefit from the powerful Light Waves now bathing the Earth, we must Invoke that Divine Light through our I AM Presence and BREATHE it into the physical plane of Earth through our Heart Flames. Once we do that, the benefit from that influx of Light is then available in the physical plane of Earth. The more people who are willing to BREATHE this Divine Light into the physical plane, the more obvious and life-transforming the effects will be in the individual and collective lives of ALL Humanity.

During the 36th WCI, Awakened Humanity God Victoriously Cocreated in collaboration with the Company of Heaven the Divine Matrix for a Generational Changing of the Guard. Our Father-Mother God and the Company of Heaven said this was an essential facet of the Divine Plan for Mother Earth and ALL Life evolving upon her. Each day during the World Congress the Beings of Light in the Realms of Illumined Truth guided us step-by-step through various activities of Light. You can experience the magnitude of what has been accomplished by watching the replay of the online virtual events for the 36th WCI. These five videos are available on the Patricia Cota-Robles You Tube Channel.

One vitally important facet of the Divine Plan during the 36th WCI was for Awakening Lightworkers around the World and those gathered within the Portal of the Holy Breath in Santa Fe, New Mexico to be the Open Door for the Light and the Holy Breath of our Father-Mother God that would, at long last, open this Portal of the Holy Breath to full breadth. For literally thousands of years our Father-Mother God and the Company of Heaven have awaited the time when Humanity would be Awake enough to accomplish this mighty feat so that the full Divine Potential of the HOLY BREATH OF GOD would be available to Humanity, the Elemental Kingdom and Mother Earth through this Portal of the Holy Breath.

This miraculous facet of the Divine Plan was God Victoriously Accomplished. This paved the way for our Father God to permanently BREATHE the highest possible frequencies of Prana and the Life Force of the Divine Masculine, and our Mother God to permanently BREATHE the highest possible frequencies of Prana and the Life Force of the Divine Feminine, through this Portal to raise the frequency and consciousness of ALL of the Sons and Daughters of God on Earth.

The final step in the Cocreation of the Divine Matrix for the Generational Changing of the Guard was victoriously accomplished on October 20, 2022. On October 22, 2022, for the first time in 150 years Venus, the Star of Divine Love, began her 100-year transit through the sign of Libra. Libra represents the scales of Divine Justice and Venus represents Divine Love, Harmony, Grace, Beauty and the Divine Feminine. No one embodied on Earth has experienced this passage in this Lifetime.

Venus the Star of Love rules Libra the sign of Divine Justice. What a perfect Forcefield of Light to embrace the first 100 years of the Generational Changing of the Guard and the Clarion Calls of the I AM Presences of the young people who are now coming to the fore to reclaim this Planet and take their places as Heart-based Transformational Leaders.

The initial frequencies of the Venus-Libra Transit were greatly amplified by the powerful New Moon Solar Eclipse that took place on October 25, 2022. That began the Eclipse Series that will be brought to fruition on November 8, 2022 with a Full Moon Lunar Eclipse. November 8th will be a very significant day not only because of the midterm Elections that will take place in the United States of America, but also because of the completion of a very important event that began 19 years ago with a Full Moon Lunar Eclipse on November 8, 2003. That event was called Harmonic Concordance and was considered the second wave of Harmonic

Convergence which took place in August of 1987.

In August of 2003, during the 17th Annual World Congress of Illumination we were told by the Company of Heaven that due to the successful activities of Light that had been accomplished by Lightworkers around the World since 1987, Humanity en masse was at long last vibrating at a frequency that would allow our I AM Presences to open our 5D Heart Chakras to full breadth. The Divine Intent of this phase of Mother Earth's Ascension process was to Create the sacred space for the permanent return of our Mother God.

Through the unified efforts of Heaven and Earth the I AM Presences of both Lightworkers and the masses of Humanity were able to intervene in this activity of Light in unprecedented ways. Lightworkers around the World invoked the Transfiguring Divine Love of our Mother God and BREATHED this gift of the Holy Spirit into every person's Heart Flame. When the frequencies of our Mother God's Love merged with our Immortal Victorious Threefold Flames, the Divinity within our Hearts expanded through our 5th-Dimensional Solar Heart Chakras and opened them to full breadth. Our I AM Presences took full dominion of our open Heart Chakras and held the sacred space for the return of our Mother God.
Patricia Cota-Robles

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

Learn About The Violet Flame



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

Patricia's Weekly Vlog



Link: <https://www.youtube.com/watch?v=J8FddPia2Ac>

"The Gift of A Friend" By Barry & Joyce Vissell



Having a true friend (or several) in your life is a true gift. Having someone who you can call and say, “I am not doing well. I need your love,” is a huge blessing. It takes a lot of courage to feel your need for someone and be able to express it. It is such a gift in your life to have someone who will say, “Absolutely, I am here for you.”

I have saved a card from a good friend who passed from this world perhaps ten years ago. The card shows a beautiful garden and the entrance to the garden is a broken gate. The card says, “A good friend overlooks your broken-down gate and admires the flowers in your garden.” A true friend looks past your faults, and sees your beauty and believes in you.

My mother strongly believed in the power of friendship. When I was a young child, our family lived in the inner city of Buffalo and I had a lot of friends there. It was a poorer neighborhood and no one cared how you looked. We all just played.

In the third grade, we moved to a middle-class neighborhood and I felt so different from the other girls. I didn't fit in with the other girls who talked about others and made fun of them. I was deep in my feelings, and very sensitive. I thought about God. No girl my age seemed like that. So I stayed by myself most of the time. This bothered my mother very much, as she lived her life on the premise that friends are the true treasures in life.

One day, she came into my room while I was deep in a fantasy play with my dolls and stuffed animals. She asked me why I didn't ask friends over. I replied, "I am so different from everyone else, no one would want to be my friend." She looked at me very seriously and said, "Joyce, to have a friend you have to be a friend. Look for someone who needs your love, and be thoughtful to them."

There was a girl in my class named Carol, whose father was an undertaker and they lived upstairs from the funeral home. The other girls made fun of her as she seemed so serious. Taking my mother's advice, I started sitting with her at lunch, and yes, she was rather serious and we had little to talk about. She told me that she always had to be quiet at home in case there was a funeral downstairs. She could never run wild or play music, and her father didn't want her to laugh in case someone was downstairs crying over their dead relative.

I told my mother about Carol, and her immediate response was, "Invite her over this Saturday. I'll make a special lunch for the two of you with cookies for dessert, and your father will play games with both of you. My father was very funny and knew how to entertain children with laughter and fun. So I did invite her over. Carol came to our home very shy and quiet, and she left laughing and making a lot of noise. She had such a great time that she begged to come again soon. It was so much fun to see her so happy at our home. Her mother called later and told my mother that her little girl didn't have much fun in life. Her mother was so grateful and Carol came often to our home and I had a friend.

My mother loved to collect friends. She told me that she would rather collect friends than tea cups, books, clothes, shoes and other material things that people like to collect. To my mother, a friend was worth so much more. My mother lived to be 90 years old. Eventually all of her long-term friends died as well as her seven siblings who were also best friends. My mother did not let this stop her from friendship. She went right on making new friends in the way that she had taught me, "To have a friend is to be a friend."

Three days before my mother died, she woke up in the morning with a lot of energy. She had been mostly sleeping before that. She looked at me and said, “I feel so good today. I would like to make a new friend! Please find me one.” How was I supposed to accomplish finding a new friend for my mother in just one day? I looked out the window and there was our daughter’s friend, who was visiting from Colorado, washing his car. I yelled down to him, “Can you please come up and visit with my mother?” He jumped at the chance! He ran up and sat with my mother for one hour. He loved to sing old musicals and so they both sang together.

After he left, I went back to my mother and she was beaming, “I really wanted to make a new friend before I died and now, I have. I feel very fulfilled.” I guess she felt her “collection” was complete. She showed me that it is never too late in life to make a new friend.

It takes time to be a good friend, and also a willingness to share deeply and be vulnerable together. Having a good friend is about being willing to listen to them. Even if you have heard the story before, your friend needs to be able to share it again. But having a good friend also means that your friend listens to you as well and asks questions about your life. A good friend does not do all of the talking without listening to you. If your “friend” is always doing all of the talking and does not seem interested in your life, then they are using you and are not really a good friend.

If you have a friend who listens to you and is interested in your life and who believes in you and who is supportive of your dreams, then indeed you have a great treasure. Treat that great treasure well.

A Free Gift for You

We would love to give you a free gift, our new audio album of sacred songs and chants, available for download at SharedHeart.org, or to listen on YouTube:

<https://www.youtube.com/watch?v=ZGml4FDMDyI&feature=youtu.be>

About Joyce & Barry Vissell: Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Call 831-684-2130 for further information on counseling sessions by phone, on-line, or in person, their books,

recordings or their schedule of talks and workshops. Visit their web site at [SharedHeart.org](https://sharedheart.org) for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

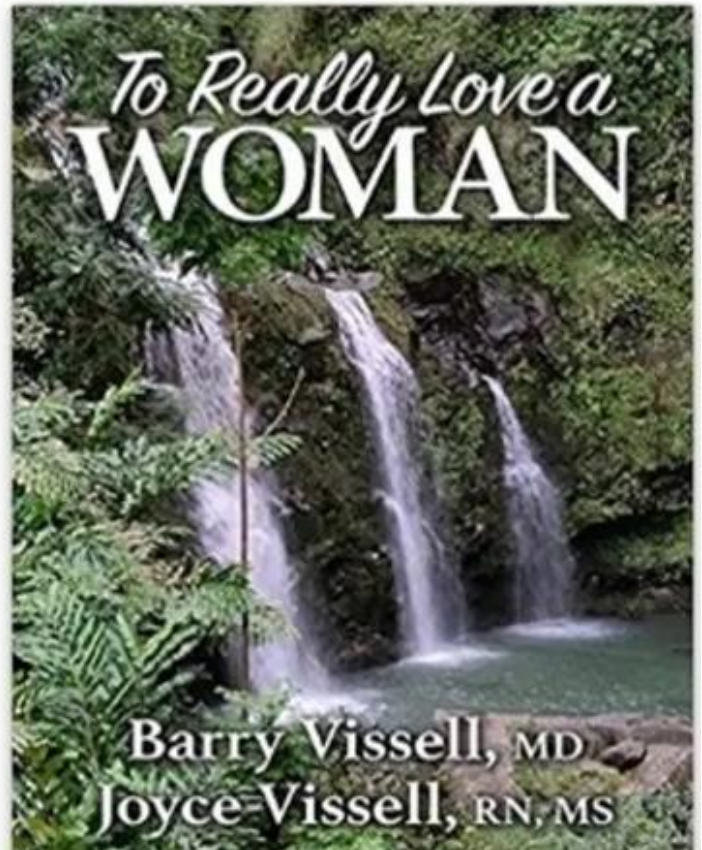
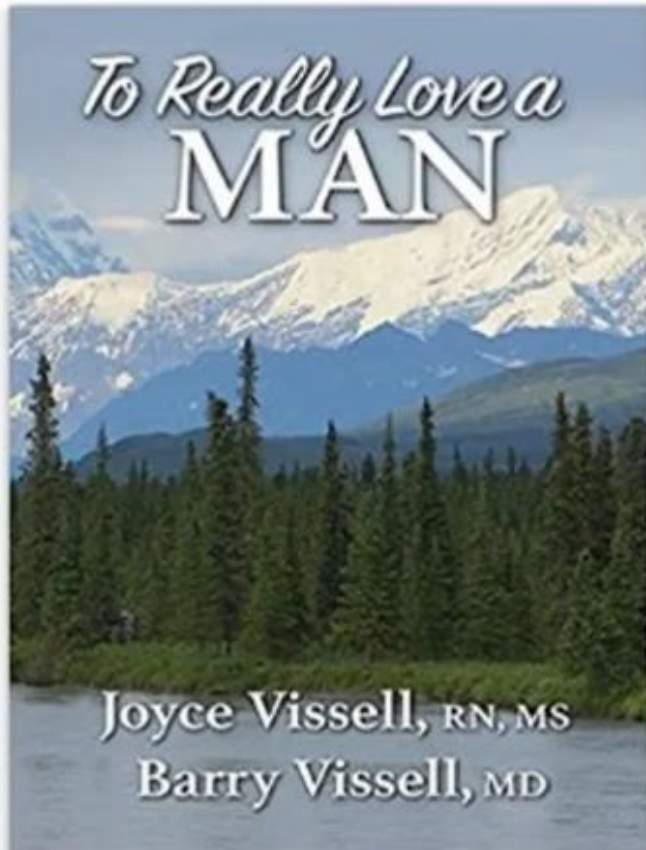
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce Video



Link: <https://www.youtube.com/watch?v=UMHh7L7DQbE>

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

"Christmas Characters-Advent Devotional"

By Melinda Johnston



Christmas will always be as long as we stand heart to heart and hand in hand.” ~ Dr. Seuss

Practicing HOPE is certainly the theme of Week One Advent celebrations, but the action of holding onto HOPE is also depicted in almost every Christmas Story written, or made for TV movie.

In spiritual practice, we are often “invited” to consider questions such as, “What would Jesus do, or what would Buddha do?” Asking ourselves this type of question helps to raise our consciousness. But now that the Christmas Season is here, we are reunited with some of our most beloved fictional characters that also have a lesson to teach us. So which Christmas character or characters would you most want to emulate this season?

Me? I am most intrigued with the Whos in Whoville.

Why you ask? They prepared for the holiday with a spirit of great Joy. They engaged with all of their actions expecting the best. But when the hour came to reap their reward, all of the earthly treasures were gone. All the work was for naught. But did they suffer? Did they lament? Did they crumble and contemplate, “Why did this happen to me? No. They sang.

They sang about absolute LOVE, which is the true spirit of this season... and absolute LOVE is the cause for HOPE.

So what character(s) inspire you this season??

What About Mary??

HOPE is refuge for uncertainty.

When I was a little girl, my grandmother gave me a copy of The Children's Bible. I loved that book! Having it my hands made me feel like a specially chosen child of God. Silly I suppose, but to me, at the age of 5, that book was pure magic, and I was magic when reading it.

Just about all the bible stories amazed me, but I remembering thinking about Mary all of the time, and how special she must have been that an angel came to tell her that she had been chosen by God.

I was too young to really understand the totality of a virgin birth, but I do recall that the only thing I would think about was: how Mary must have been filled with a sense of Glorious hope and uncertainty at the same time...feeling happy, yet also perhaps quite overwhelmed.

I would also wonder if an angel came to me if I would be afraid, or if I would have hope or doubt to not only believe the angel, but live as God wanted me to. Apparently, I have been a spiritual philosopher from the "get go." I would think about these types of things for hours.

Now, 53 years later, I still think about Mary and the hope that she must have held onto. Did she ponder uncertainty in her own mind, "is this really true what the angel told me," or was she able to have firm faith simply from the "Word(s)" of the angel?

Did she have to "wait" and see to satisfy any doubts? Or did God's LOVE fill her with full KNOWING that her mission was True and Divine.. all she had to do was live it? Did Mary hope, believe, or know that the angels words were true?

Ponder this weekend:

If you were a Christmas character, which one would you most want to emulate?

What gifts inside of you are Divine?

Do you trust the Inner Gifts that God has given you to share with the world, or do you hide them with uncertainty?

Practice HOPE, and let your Light Shine!

TODAY'S REFLECTION

“You keep us waiting. You, the God of all time, Want us to wait. For the right time in which to discover Who we are, where we are to go, Who will be with us, and what we must do. So thank you ... for the waiting time.”

~ John Bell, quoted in The Westminster Collection of Christian Prayers, compiled by Dorothy M. Stewart

About Melinda Johnston: Melinda has over 30 years of study and practice in religious culture, practical philosophical, metaphysical sciences and understanding for the historical “webs” of human history, which have impacted most of our modern religions and spiritual practices.

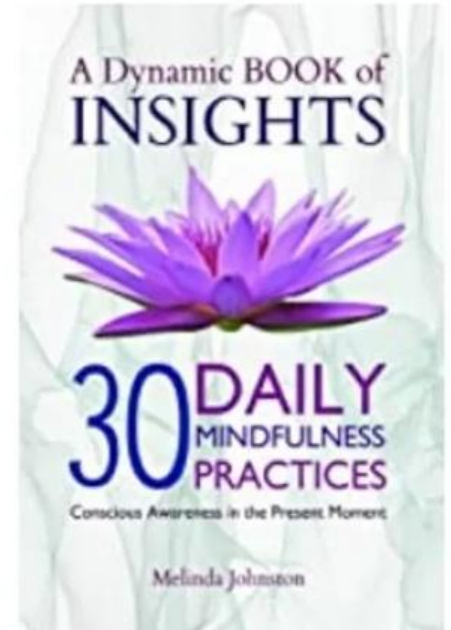
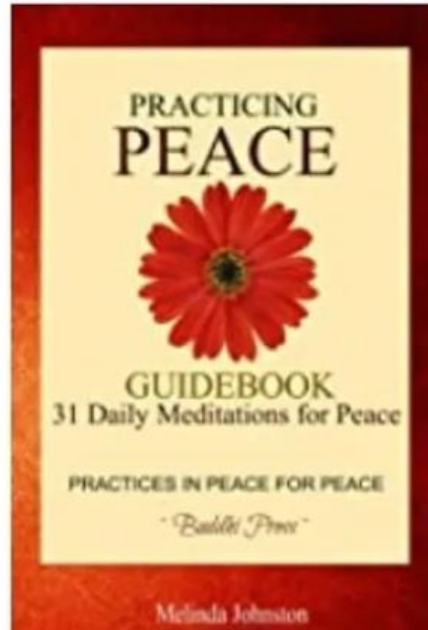
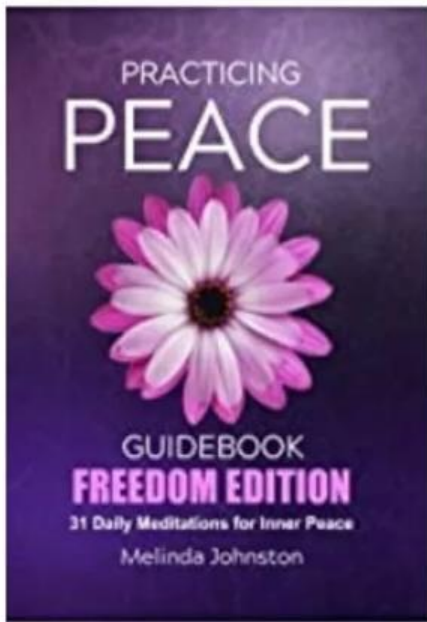
She has created a variety of alternative methods for celebrating life and seeing the “sacred” in simplicity. Her knowledge offers students and clients a unique insight into mindful inner dialogue, which in turn honors and expands one’s innate wisdom and allows for one’s perfect state of wellness to exist.

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

As owner of The Buddhi Institute her goal is to teach practical methods and programs that incorporate mindfulness, along with other ancient wisdoms, for the integration of mind and spirit so a sense of complete wellness arises almost effortlessly into one’s day to day living.

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

Melinda's Books



Find the books at: <https://buddhiinstitute.com/shop>

Channeling



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.

"Abundance Lies Within" By Pamela Kribbe



Dear friends,

I am Mother Earth. I am so happy to join with you on this day. I am the spirit that inhabits your planet, that pervades all nature, including your body and you. Please become aware of my energy, the Earth energy in your own body, and know that your body has a natural rhythm and wisdom. If you want to know the answers to your life's questions, than please be aware that you can not truly receive them without connecting to your body.

So now relax your body. Become aware of your hands, your feet, the way you breathe, and be aware that your body stores a lot of emotions, even if you are not aware of that happening. The more relaxed you are, the more these hidden emotions can come to the surface where they can be expressed. Often your thinking keeps these feelings hidden behind locked doors, and from my perspective, the perspective of nature, you are far too much inside your heads, and it is not natural to be that way.

Just imagine that your awareness descends down through your jaw and throat and into your chest, very softly like a gentle breeze. Say "hello" to your body, and with your awareness go into your abdomen and down into

your thighs, your knees, your feet. Remember that you are part of nature, a creature of the Earth, and that there is a flow of life running through you that can not be controlled by the mind. This natural flow of life, to which your body is so attuned, is in accordance with your soul. The soul and the body are good friends; it is often the mind and the judgments that interfere in that relationship.

I invite you to explore the issue of work and abundance from the level of your body and soul. Imagine that you are walking in a beautiful place in nature. Your feet are bare and you are aware of the Earth beneath your feet. You feel the sunshine on your skin and hear the sounds of nature. You feel that you do not have to prove anything, that you can truly relax and focus on the light of the Sun. Feel that there is an inner dimension to the Sun, just as there is an inner dimension to the Earth. And feel the sunshine in your heart; it wakes you up and reminds you of the abundance that is present in your own heart.

Remember what it is like to be joyful, carefree, and playful. It is similar to how nature feels: the animals, the plants, the flowers. They do not know the heavy energy of worry nor the dividing energy of judgement. They are very present in the now and that is an important part of abundance: being carefree, being joyful, and not being worried. Please remember that true abundance is an inner quality, not something outside you. You can have all the money in the world and many material goods, but if you are still a prisoner in your mind, and you worry a lot, you will not enjoy your wealth. Real abundance lies within, and you can give it to yourself, now.

The first thing is not to limit yourself in your own dreams. Ask yourself in a carefree way: “What gives me the most joy in life? What makes me feel excited, happy, most like a child?” Let that energy of joy go through your body and know that this is your true purpose in life: to find this energy of joy. That is what true abundance is about. You can only find that joy, and allow yourself to have it, if you really believe in yourself: “I am allowed to have this joy, to feel this way.” Can you sense how far removed this idea is from your ordinary thinking?

It makes me sad to see how many of you feel that you are not really good enough and that you have to work so hard, and to try your best to be worthy. Look at yourself and see if you can find inside yourself the voice that is telling you: “Be good, work hard, perform”. Please know that this is not the voice of nature, and not the voice of your soul. It is the voice of society with its traditions. This is why it is often difficult to find work that really resonates with you. To do that asks of you to break away from

society and many of society's standards. Society will tell you: "You can't do that; you can't be like a child again; you have to grow up; you cannot be a dreamer." Do you feel how sad this is and how it goes against the rhythm of nature? So I ask you to change this attitude and to bring a new energy into society by being different and by listening to the voice of your heart.

You can do this in your everyday life by not continually asking: "What does society expect of me and what do other people want from me?", but by turning your questions around and asking yourself: "What do I want; what really gives joy to me?" At first glance, you may think: "This is selfish! How can I focus just on me and what I like?!" But saying that shows you do not understand the truth of what I am asking you to do. The truth is that if you listen to your heart's joy, you will bless other people with your joy; and you will be an example to other people. They may be afraid when they see someone who dares to break free and who pursues their own path, but in the end, it is every person's mission to find their own heart's voice. So trust the language of your body and your emotions; trust the voice of joy.

Thank you for your presence.

Pamela Kribbe

About Pamela Kribbe: Pamela Rose Kribbe works as a psychic reader and healer in her own practice in Tilburg, the Netherlands. She obtained her doctorate in the philosophy of science in 1997, after having studied philosophy at the universities of Leiden, Nijmegen and Harvard (U.S.).

The Jeshua channelings by Pamela Kribbe are a series of inspired or channeled messages about the transformation of consciousness in the present era. Humanity is growing towards a heart based consciousness, acknowledging the oneness of all that lives and letting go of fear based ways of living and thinking.

Jeshua is the Aramaic name for Jesus. He prefers this name, as it better conveys his humanness and kinship to us. In these channelings, Jeshua presents himself as our brother and friend.

Jeshua's messages shed light on our soul history and destination and they also deal with everyday issues such as relationships, health, work, and more.

The Jeshua channelings have been published in book form. Click [here](#) for more information or to order on line.

Pamela's website: <https://www.jeshua.net/>

Pamela's Video



Link: <https://www.youtube.com/watch?v=OZfnTGRqhi4&t=34s>

"Activating Your Crystalline Chakra & Pineal Gland"

By Shelly Dressel



At the beginning of this meditation, the Goddess speaks at length about Ansaluia. This greeting can be used at the beginning or end of correspondence or conversations. She helps you to connect within yourself and tap into your spirituality. From there, you flow the energy of love and light to another person, group, or situation. We are all aware of sensing the energy of people around us, particularly if it is something discordant with our own. This is a way for us to become aware of what we send out and what we receive.

We all have energy bodies, called chakras, within our physical bodies. These are what connect us to our spirituality. They are also linked to the mental, physical, emotional, and spiritual aspects of ourselves. They can become congested or blocked due to problems you have in your life. They can be over-expanded which can also lead to imbalances. We, therefore, had an opportunity to clear out each one, then infuse it with light from the All That Is. Once done, the Goddess had energy flow from the head center down through the root, then around the outside and back to the head. After a short time, she reverses the flow to the other direction. This cleared and balanced everything within each person.

While balancing your chakras is very important to help you in life, the most important aspect of this meditation is the activation of your crystalline chakra which is your link to the crystalline light body. In addition to that, activating the pineal gland is what opens the door to intuition and all your expanded abilities. During this time of ascension, many people have already activated these parts in an unconscious manner. When you connect with the pineal gland and crystalline chakra with fully conscious intention, it can advance your abilities even more.

I hope this helps you to move forward in your life in a balanced, more expanded way.

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

I greet you, beloved family. I reach out from my heart to yours. I reach out from my third eye to yours. I reach out from all the energy bodies within me to each of the responding energy bodies within you.

As we take this opportunity while here present on the Earth plane, consider what that may mean. As you are in touch with each of your energy bodies within you, and then you're sending that out to whomever it is that you may be in conversation with, that you may be thinking about; you send that energy and light from energy bodies to energy bodies so that everything lines up and is in place.

As you do so, understand that you are first and foremost aligning within yourself so that you may have that open flow and balance. You then are sending that into whomever you are speaking with so as to create a relationship or a moment of communication that goes beyond the words and begins with the energy flow and movement. This is in essence, Ansaluia. You may use that at the beginning or at the end of communication.

You are over and over and over affirming within yourself I AM in Balance, I AM open to the flow of love and light, and I send that into you as we communicate deeper than the words that may be spoken.

Breathe in and breathe out, just considering that for a moment.

From within, create that ball of energy. You can do it with your imagination, you can do it with pulling through the energies, but create that ball of energy that starts within your heart center. Then you send a stream of light, it moves down through your energy bodies. Consider your solar plexus, your sacral center, your root center, and then all the way down into the Earth.

As this moves into the Earth, it spreads out in every different direction. This is your way of communicating with Gaia. This is your way of anchoring these energies. Feel what that means to you. Take a moment and open your Consciousness so that you may feel the heartbeat of Gaia. You

are just quietly in this presence, allowing that energy to move back and forth, you will know that you are connected and that you can feel the pulsation that is Gaia.

Allow for that to come back up within you moving up through your energy bodies and as it swirls through your heart center. You then send it up. It goes through your throat, your third eye, and out through the top of your head. From there, it moves all the way up into your higher self.

As we arrive within this space, some of you may feel pressure on your third eye. As you begin to take in whatever may be there for your perception. Others of you may feel movement around your solar plexus or even any of your energy bodies.

As you consider your higher self, what comes to mind? Are there certain activities? Are there certain things here within your higher self that you would like to focus upon even if only for the moment? It then moves. Do you see things that are perhaps out a step or two? You can now let them go. Clear them out. You no longer need to have them around you.

For some, it is as if you have lifted a burden and you expand your energy. You then continue to send that thread of energy that goes from your higher self all the way up into the space of your divinity.

Look around at what this is. As you look at your soul, you are looking at your I AM presence. This is your alignment with God and with source. This is you living in the multitudes of different experiences. So consider all that is here and what that may mean for you.

I, the Goddess, walk in and amongst each one of you. As I align with you, we merge our energies which in turn moves everything into the All That Is. Look around. You may see some of the projects you have. Just as you notice them in your higher self, some of them may be here, perhaps it's something that you needed to work with on a higher level. Sometimes you may have alignments with others where you have a karmic agreement to experience something in this lifetime. There are many, many different reasons why people utilize this space.

Consider how we aligned with those primary chakras, while you were still present on Earth. I invite you to have a sense of just stepping forth. We are here as your consciousness. However, we are still aligned with your physicality. So allow that to become present.

What I mean by that is that I want you to consider yourself as if you are physically here, not just your Consciousness, and for some, I'm feeling it's pulling you back down. So disconnect as I wish for you to stay here at this higher frequency.

As you are aware, you have thousands of energy bodies within your physical body and around your physical body. When people speak of the chakras, they frequently mean just those seven primary chakras. However, there's another major one outside your body between you and Gaia that fully supports you remaining present on the planet. There's another fairly significant chakra above your head that works to balance to balance the other one, but this one is a filter for anything that comes down from your soul.

Now frequently considered in the back of your head is the crystalline energy body. It is as if it's in a plane that moves around you. It moves through the pineal gland, and it moves at different angles. But the very basis of being alive is through the base of your skull into that medulla oblongata, as it is called. This is where the crystalline Energies are incorporating within you.

You are here in the All That Is. Take a moment to consider your root Center. I'm going to just stay with those primary, but everything you do with the root is also connecting the one below it. Everything you do with your head Center is also connecting the one above it.

So as we begin with your root Center, take a moment as you look at it. Does it have clarity? does it seem overly big or very tiny? Is it not even red but perhaps very murky from other colors from other stuck energy?

I'm not going to go into what each chakra represents because that would end up taking such a long time. But we're just going to tap into the chakra it's as if you take a snapshot. So as you look at it, consider whatever it is that is coming to your perception. And then you can pull out anything that may be stuck. Then send into that energy body just an impulsive light that comes from here within the All That Is your own consciousness is gathering that energy and sending it into your root Center. In all of you, I can see things clearing out, and the Natural Balance is coming into place

We next step up into your sacral Center. Frequently this one is orange again is it too big too small a totally different color barely moving. We are going to go inside of it and again if there's anything at all that is stuck we're just going to pull it out. Whew~ Then your Consciousness sends a little

impulsive light into it and then you take a moment to let it rebalance. You can see this natural rhythm of how these two respond to one another as they are cleared out and balanced.

Your sacral Center is yellow that gut reaction that you may have that gut instinct, that part of you that just knows and that you sometimes try to talk yourself out of. I know I wasn't going to go into a lot but this one I need to is it murky? Is it shut down? Is it overly open? We are going to go in and we're just going to clear out anything at all that is in there. Phew, clear that out.

As you clear that out, you let go all that old tension and stress you let go anything that was keeping it out of balance. And then poof you send in that clarifying pulse from your own Consciousness. And it begins to move with the brilliant clarity. Now as you see the three they are all moving synchronistic to one another.

Your heart Center is what merges your lower energy bodies and your higher. It's connected to self-love, to your divinity, and to that expression to others. Is it murky now? For this one it may look pink, it may look green and other people are calling it kind of a turquoise color. But if it's murky, not moving, or overly inflated, we're just going to connect with it, ~whew~ clear that out. For whatever reason, I didn't feel the clearing that time. So come back into your heart center and as you're looking at this essence of you, you're going to just tap into everything that your heart center represents to you. ~whew~ There we go, clear it all out.

You send in that impulse of light so that it rebalances. Many of you may be feeling palpitations. You might be feeling a change in your heart rhythm. Just temporarily be aware that this rebalancing will strengthen you and balance you.

You go to your throat. As you look at that energy body that represents your throat, it should be blue, a light blue. If it's murky, if it's too small, if it's too big, we want to just tap into it, clear it out. Oh, I can see this one needs to be cleared a second time also as you tap into your throat, that communication that can be communication inward or outward. So you want to tap into that energy body and if there's anything at all that's keeping it from working in a balanced way ~whew~ there we go, much better. You send in that ball of light

Now let us go to your third eye; that deep purple, indigo. Sometimes people will feel the pressure on their forehead. It may be too big, too small,

murky; but we're just gonna tap into that, and as we do so if there's anything to be cleared; ~whew~ clear it out.

For some, for some reason, I can feel this wave of nausea going through. So this is your intuition, this is your gut instinct, so there may be a connection between those within you. We're going to go back again to your third eye tap into that energy, and if we need to clear your solar plexus, also we'll do both of them together. There we go, poof you send that dab of light, the white light.

That Violet Flame that comes in that represents your soul, it comes in through the top of your head. Everything that happens in your higher self, what comes through from your own divinity, comes through from the top of your head. Your head sometimes may feel hot to the touch and that's the running of that energy coming through.

So as we tap into your head Center, once again if it's too big, too small, if it's blocked, ~whew~ That didn't work right, so we want to perhaps you see it as a halo such as what Yeshua had. Perhaps you see it vertical, but we're just going to tap into that energy body, and if there's anything that's stuck, we're just going to pull it out. ~whew~ There we go.

We're now going to go to the back of your head where you have that crystalline energy body. Some of you have been working with this for years, for others of you this may be your first time connecting with it. This is what is becoming activated in every person as the Earth ascends to the higher level. So as we tap into that back of your head this crystalline energy body is literally that.

When you consider the colors of the purest Crystal, there's like a clear, it's like a white light, it's like um maybe a touch of golden, um some say magenta there's many different colors that it may come across to an individual. So you may and it may be a blend of them. We are activating, okay let me change that. If there's anyone that as yet has not activated their crystalline energy body, we're going to tap into it right now and we're going to again clear out if there's anything that's keeping it from working.

As we do so, we send in that little pulse of light and that energy center begins to grow foreign. If you're looking at an individual and their crystalline body is activated, you'll see a lot of light over their shoulders and around here. It's as if it encases their whole head, it connects the third eye the crystalline and the head center, as if it's a triangle and in the

middle of that is your pineal gland.

Let's take a moment and send just an Impulse of light that starts at the top. It goes through the crystalline, the head Center, the third eye, the throat, the heart, the solar plexus, the sacral, the root and out through the bottom. As you can feel that essence of who you are, the energy is flowing downward. It circles around the sides and comes up and goes down once more.

Then you take a moment to reverse that energy so that it starts at your root center and comes up and goes out the top of your head and circles around. You can feel the difference, and you can feel how it shifts the energies for you. Clear out if it gets too much, clear out and expand your energy bodies if it feels too much to you.

If that energy is flowing through, I invite you to make a direct link from your third eye straight into your pineal gland. As you do so, we're going to just send that little ball of light and it's going to go into your pineal gland and it's going to just open it up. Many of you will feel pressure in your head and you need to expand your energy field so that you no longer feel pressure.

You take a moment, and you let that integrate within you. With the expansion and the opening up of your pineal gland, you can also feel that the crystalline energy body is now working more directly within you.

I also invite you to feel that direct link as if that crystalline energy body goes straight to your head center, your third eye, your throat, your heart, your solar plexus, your sacral, and your root so that the crystalline energy body is literally linking and balancing all that is within you. Feel how expanded you are.

As you activate and balance these major energy bodies within you, your physical body will feel it and react differently. It may be exactly the same as it has always been, but the potential is there that it may change. You may begin to feel pressure on your forehead, and if you do so, just pull the energy open.

You may notice the movement around your other energy bodies. You may notice that you keep getting insights and hits; trust it. Don't question, just trust. Questioning comes through your ego, and it frequently will talk you out of what your instinct is telling you to do or your intuition is telling you

to do.

So believe in yourself believe in your direct link to your soul and the ways in which it is activated throughout your entire body so that it supports you.

Take a deep breath in, and breathe out.

You have created a hologram of you as your physical essence and the Hologram contains these energy bodies. I invite you to just take this hologram and, as if you are embracing it, let it flow down to that alignment that you have and let it flow all the way down within you in your physical essence.

You'll feel it as it comes down through your head. It is also going to be wider than your energy fields, so it's going to come around you and within you. Feel as every single impulse is moving through you.

Let your focus and your consciousness come back up once more into the All That Is. Take a moment to let your awareness just be within this space. That hologram is still there in front of you. You can work with your energy bodies either within your physical body or up within this space, whichever is easier for you.

I sense that many of you are still working still with your energy bodies. You may choose to sit here and have a conversation with yourself. You may choose to sit here and feel how your intuition is expanding and opening. You may choose to focus on more energy going into your pineal gland so as to expand it. But for whoever is ready, come back together as a group.

Look for a moment at each one of you. You are all lit up with your energy bodies balanced, and moving and the aura around you is huge. If it gets to be too big and you feel like you're just overwhelmed, just breathe in and bring your energy down within you and that'll bring your aura back within you.

You see coming up within this group that hologram of the Earth. As it's here in front of you, you send within it your experience of the day. It takes on the activation of the crystalline energy bodies, the activation of the pineal gland, and the balancing of all your energy bodies. There's an aspect that goes out into the universe, and the remainder goes down coming back down into the Earth.

As it moves through that magnetic energy, it'll go through the collective consciousness. It then anchors within the center of the Earth. From there, it expands outward. It comes up through every level. Your own through your link with Gaia, you bring in and anchor in another way your own experience this evening.

This is available to every single person living upon the planet. Many will automatically tap into that, and others, it will be there for when they are ready.

Allow the remainder of your Consciousness to flow back down within you. Take a moment to once again feel as you bring that energy back down through your head Center. Feel it as it moves through every energy body within you.

Balancing, clearing out, activating and then it moves out horizontally, so there's that flow that goes up and down and that flow that goes in and out. It is almost as if I can feel some of you wanting to levitate with this completely balanced essence!

Each day as you wake up, you have an opportunity to create your intention for the day. You have an opportunity to rebalance yourself whether you do it at the beginning, ten times a day, or you totally forget about it. This is a process that you can set up so that it is constantly renewing your own energy, rebalancing everything within you, and then expanding your crystalline light body.

You have arrived! You are here in the ascended space. Allow for this to integrate and support you in everything that you do.

Beloved, know that I am ever with you!

Ansaluia

About Shelly Dressel: Shelly first began channeling in 1995 as means of seeking a deeper connection to her own divinity as well as to that of the angels, guides and teachers who surround her. She is now known world wide and works one on one with people from many countries. Shelly has been a registered nurse for most of her adult life. Following her divorce in 1989, she began a path of seeking to find her inner truth and to put an end to loneliness. Along her path of discovery, she received attunements in Usui, Shambhala and Celtic Reiki. Through varied interests she took classes in yoga, meditation and aromatherapy, to name a few. Each step

has opened a door to something new!

When Shelly began receiving messages from her guides, she chose to talk with them directly, which evolved into the type of channeling she does today. In the ensuing years, she's channeled innumerable angels, teachers, masters, ET's, the dolphins, people's pets and those who have crossed over. Early on, Shelly was also drawn to the divine feminine energies and, subsequently, in 2001, she brought through the Goddess of Creation; the feminine aspect of Source energy. This high vibrational energy was able to be communicated directly through humanity only since the year 2000, when our planetary consciousness reached a frequency with which the Goddess could interface.

Shelly is a clear channel who is able to tap into situations from a soul perspective. This perspective is higher than the plane in which our mental activity takes place. Shelly's channeled information always comes from a place of love and acceptance. She can assist you in receiving helpful information, shifting negative or stuck energies, and with healing your energy fields from the physical to the spiritual. Any changes that you make originate from within you; Shelly merely facilitates connecting you with your greater potential.

This is Shelly Dressel channeling the Goddess of Creation; the feminine aspect of source essence, for the free teleconference offered on the first and third Sundays of each month. All rights are reserved. You are welcome to share this information; we just ask that you keep it intact. For further channels and information on both the Goddess and Shelly please see our website: www.goddesslight.net

Shelly's website: <https://goddesslight.net/>

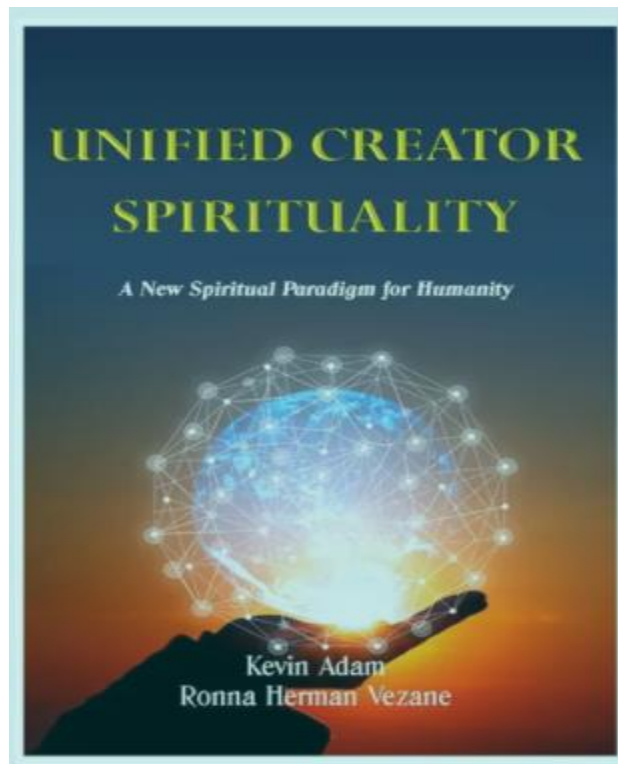
Shelly's Video



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

"The "Seeking Peace And Serenity From Within"

By Ronna Vezane



Beloved masters, it is time to take an inventory of what you are habitually thinking and the emotional energy you are projecting during these critical days of conflict, turmoil, and stress on your planet. Are you diluting or distorting the aura of harmony you have created around you by allowing yourself to be caught up in the chaos of miscreation and destruction that is taking place on Earth at this time? Are you engrossed in the scenarios that are being presented over and over again via the television, radio and newspaper media? Have you once more allowed yourself to be drawn back into the density of the negative environment of misinformation and illusion?

If your answer is yes to any of these questions, you are adding fuel to the chaotic vibrations of the negative mass consciousness belief system with your energy instead of adding your Love, Light, and Power to that of other emissaries of harmony and serenity throughout the world. Will you stand on the side of those whose greatest desire is to bring about a peaceful solution for the greatest benefit of all – or are you unintentionally aligning with those who wish to perpetuate separation, suffering and domination?

We do not mean that you should not stay informed as to what is taking place around the world; however, we are saying that now, as never before, you must rise above what is occurring and join us as observers from a higher vantage point: a vantage point where there is no right or wrong way, only different shades of truth and different motives; a vantage point where no race, country or religion is totally righteous or blameless, nor totally in the wrong.

Remember, each and every Soul on Earth carries a Spark of the Divine within. You must stay heart-centered and Soul-focused as you attune to your Higher Self with a Spirit-inspired consciousness so that your actions and decisions are always in alignment with the Divine Plan. Then, beloveds, you will stand among the ranks of the righteous ones whose greatest desire is to return the Earth and humanity to a true state of peaceful co-existence in an environment where our Father/Mother God reign supreme.

Granted, there are those who have agreed to play the devil's advocate, those who are presenting your shadow-side to you in its most destructive way. There are others who self-righteously claim to have only the highest, most altruistic motives; however, we see and know the ulterior motives behind the decisions that are being made, as well as the actions that are being initiated in the name of peace and justice. The game of duality is being played out on Earth in its most dramatic form right at this moment, and it is up to you whether or not you will be drawn into the swirling, downward spiral of mass karmic action that is currently taking place.

We have spoken many times before about the laws of cause and effect or "for every action there is a reaction," which results in what is known as negative or positive karma. For many Ages, you, as the en-Light-ened ones, have been working diligently to bring into balance your personal karma, ancestral karma and race karmic influences. That was a major part of the game of duality and polarity – returning to balance and harmony in all Facets of your Being-ness.

There is much conjecture about what will happen now as the winds of war, conflict and destruction swirl like a dark and heavy cloud around the Earth, touching and affecting everything and "everyone." Dear ones, it depends on what you are feeling and thinking. What is on your mind and in your heart? Are you standing firmly in the Light or are you adding to the negative karmic thought forms that are being created each and every moment? Many of you have succeeded admirably in balancing your karmic ledger of life. Symbolically, imagine that you have a plus and a minus

column, and your goal is to turn the minuses into pluses or positive energy patterns.

We are not asking you to passively sit by the wayside and do nothing. You are being asked to stand up and be counted, for your dynamic Life Force energy is needed now as never before. You are much more powerful than you can imagine, my brave friends. Make no mistake, you ARE playing an important role in attaining a peaceful solution to a very unsettling world situation. The collective energy you and other Light Workers are radiating forth from your heart centers has just as much an influence on the outcome of this great conflict as those who are on the “front lines.” You, too, are on the front lines, so to speak, for you have the ability to tap into the pure, un-manifested Adamantine Particles of Creator Light, so that you may mold them into powerful positive thought forms and actions that can overcome any adversity.

It has disturbed many of you that we use the terms “Warriors of Peace” and “Warriors of Light” or what might be construed as militant terminology. Here again, there are many different interpretations and different Facets of truth. Ever since the Earth’s and humanity’s fall into the density of separation and pain, we have fought diligently for you and with you. We have fought the shadows of illusion and the negativity, which were created by your collective consciousness beliefs of fear, guilt and unworthiness. We have endeavored to assist you to reconnect with your Divinity and to help you remember how magnificent you truly are.

We have also diligently carried out the orders and directives handed down from our Father/Mother God and the Creator, “Assist our children to return to the Light and to reclaim their Divine Heritage.” Yes, we have been involved for eons of time in a war between the Light of the Creator and the shadows of humanity; however, our weapons have been love, compassion, understanding and support as you traverse the valleys of despair and seek to soar to the mountain tops of hope and illumination.

If you will join us in our efforts to bring Light unto the shadow world and hearts of humanity; if you will stand firmly in your convictions that ultimately right will prevail (knowing that only our Father/Mother God are aware of the total picture and what is truly the best outcome); if you can maintain a sense of peace and joy within and radiate the expansive love of the Creator to ALL humanity, then you are truly a warrior in our Legions of Light.

Those who protest, shout and march for peace are adding their energy to the melting pot of chaos. They are not offering solutions or taking positive action, but laying blame and protesting the actions of others, declaring that non-action is the only way to achieve peace and harmony. It is another form of fence-sitting or not taking a stand. We have told you many times before, it is time to get off the fence of inertia and indecision, it is time to declare which side you will serve – the Light or the shadow side. It is time to declare that you are an Emissary of the Light, a blazing Spark of the Divine, and a cocreator of love, joy, abundance and harmony. Or a human being who is willing to take the easy way by following the dictates of others, thereby, for the time being, putting aside your Divine Birthright. Peace and serenity are not the same. Peace refers to the Third- and lower Fourth-Dimensional fields of consciousness, which are primarily dominated by the emotional nature of humanity. Every step forward on the Path of Light is marked by conditions or challenge and chaos, interspersed with periods of integration and a sense of peace.

Serenity of mind and emotions creates a deep calmness within, which is free of any emotional disturbance, and therefore, the emotional nature is focused within a very slim spectrum of duality. The highest choices are the rule, and a detached view of all circumstances is maintained. Peace is a lower density state of consciousness, whereas serenity is a Fifth-Dimensional, emotional quality.

“Peace” is an often-used word in these unsettling times and can be interpreted in a multitude of ways. You use the term “peace of mind,” which means having a calm, tranquil state of mind, which is free of discord, inharmonious thoughts, or mental conflict. Peace can mean a mutual agreement between two people, a family, a group, neighborhood, city or nation which benefits all who are involved, and brings about a calm, serene and secure atmosphere, as well as lawful order. It can also mean a treaty or agreement to prevent or stop a conflict between two dissenting factions. You may be called a peaceable person or a pacifist because you are inclined toward or you seek to promote a peaceful environment. You may “seek peace” or endeavor to “keep the peace” through conciliatory actions or by settling disagreements through compromise.

Peace is the end result of achieving harmony and balance in any situation. Peace is never attained via the emotional nature or mind of the ego, but through the higher vibrational energies of Spirit, which always seeks the greatest and best outcome for ALL concerned. In your world of duality and polarity, the optimum goal is to seek harmony and balance in all things; however, this harmony must begin from within. It must blossom within

the heart as you allow Spirit to descend and once more take dominion within your physical vessel. Then you will begin to see through eyes filtered with love, and you will listen with ears tempered by compassion.

You will know that all you ever require is yours for the asking, and you no longer seek to take that which belongs to another. You will always strive for a win/win solution, and you know that when one loses, everyone loses as well. You become champions of Light, and you walk softly but courageously as you carry the blazing etheric sword of Divine will, honor, truth and justice. You affirm what is your truth, and you live your truth steadfastly with integrity and humility, teaching by example, and allowing all others the same right.

You must first seek peace from within, beloveds, and when you find what you are seeking, you will radiate an aura of serenity out into the world where it will be joined and magnified by that of others with a peaceful and harmonious nature. Together and in force, you can overcome any adversity, and you can create and enhance the cells or areas of Light that you are building on Earth, as well as within your new Fifth-Dimensional environment. And when those thought forms of Light reach a certain level of magnification, they will miraculously begin to manifest on the earthly plane. Many of your visions are nearing that point, and they will manifest seemingly without effort. The final touches are being made, and the preparations are almost complete, beloveds. Now watch for the wondrous results of all your steadfast efforts.

Humankind's inhumanity toward one another has been an ongoing, never-ceasing process since the fall into density. Peaceful co-existence has hardly ever been the ultimate outcome of a conflict. The underlying intent has most often been to conquer, seize, and force others into submission, without any consideration for the welfare of those caught in the middle or forced to fight.

We explained some time ago how the chasm between the Light and the shadows has been increasing for some time. However, gradually, the vibrational patterns of Light are being superimposed over the Third- / lower Fourth-Dimensional world of illusion and shadows. This condition is becoming more dramatically defined every day. It is imperative that you stay vigilant, heart-centered and Spirit-inspired each and every moment. You must learn to set assertive boundaries, and constantly reinforce your shield or column of protective Creator Light. You must listen to the whisperings of your heart, for that is where your angelic guides and

teachers will leave gems of wisdom for you to access and use.

Go within, my faithful companions, and remember how, so many eons ago, we soared the Universe together as we created new galaxies, worlds and civilizations beyond your wildest dreams. Remember how you had available to you all the Divine substance of Creation, and all you had to do was envision something and it miraculously appeared before you. Try to recall the many forms you have taken – some human – however, also many different forms in a variety of compositions, textures and features, but all beautiful and perfect in the eyes of our Father/Mother God. It is important that you remember that you have experienced every Root Race that has ever populated the Earth, meaning that you have been every color, and you have borne the characteristics of every Race now embodied on the Earth Plane. We are telling you that you, the StarSeed Souls, are multi-faceted Beings who have experienced all the richness and diversity that this Earth, this solar system, galaxy and Universe have to offer. And so how can you judge your brothers and sisters who are following on the Path behind you, because in this lifetime they have different colored skin than you, and they have different customs, beliefs and worship differently or call their God by a different name? It has been said, but it bears saying over and over again, “YOU ARE ONLY JUDGING YOURSELVES!”

Remember, brave hearts, during these times of great change, you can make a difference. Shine your Love/Light for all to see. Allow us to assist you to fulfill your earthly mission and nurture you with our love. Together, we shall prevail. I AM Archangel Michael.

As transmitter of this article I, Ronna Herman Vezane, claim the universal copyright in the name of Archangel Michael. Personal sharing with friends, or posting on websites and in publications is permitted as long as the information is not altered, excerpted or added to, and credit of authorship.

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

About Ronna: She teaches a common sense approach to the basic principles of spirituality. Thousands of people around the world testify that her books and seminars have changed their lives for the better. Ronna established her company/website *STAR*QUEST* in 1994 and is currently

known worldwide for her inspired monthly messages from Archangel Michael, and for her life-changing seminars and workshops.

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

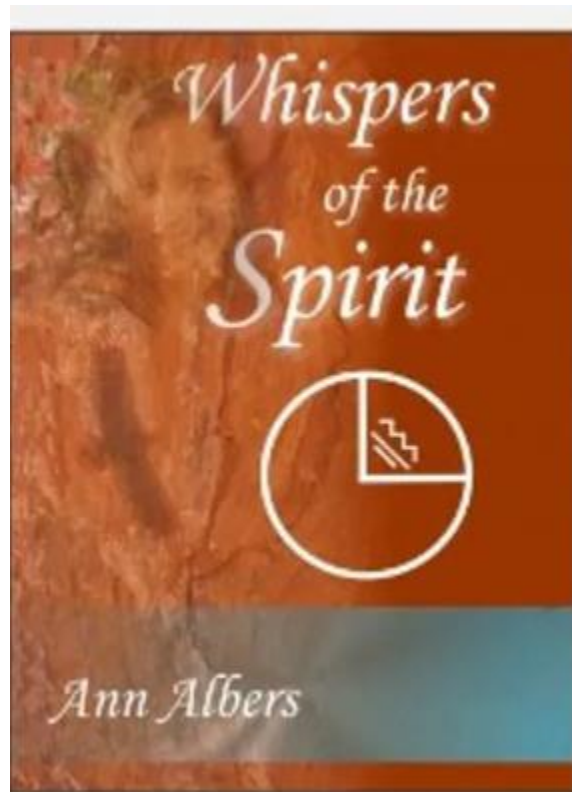
Ronna is a living example of what she teaches: to integrate the subconscious, conscious and superconscious minds, to heal the physical, emotional and mental bodies, and to partner with Spirit to become a Self-master and a cocreator of love, abundance, peace and joy.

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



Link: <https://www.youtube.com/watch?v=tedd1NBXzpY>

"Have An Authentic Holiday Season" By Ann Albers



Hi All,

Today the angels talk about enjoying the holidays more authentically by releasing yourself from expectations and choosing the activities that genuinely light you up. I'll share how I recreated my holidays years ago during a big life change, and some additional ways you can have a more authentic holiday season.

Have a blessed & beautiful week :)

♥ Ann

Message from the Angels

My dear friends, we love you so very much,

As you move into your holiday season, breathe. Remind yourself to relax, slow down, and enjoy the moment. It is better to do less with more love than more with less love. It is better to fully engage in the activities you choose rather than rush through them and, in so doing, miss the moments

of your life.

The universe responds to you as you are now. No matter what you have or haven't done for lifetimes, decades, or even in the past five minutes, now is all that matters. You are who you are because you are thinking thoughts now. You are experiencing what you experience because the universe is responding to your vibration now. Often what you are vibrating to is the result of many thoughts you have thought in the past. You develop patterns, momentum, and, therefore, vibrations that are well-practiced. Nonetheless, the universe is responding to you now and only now.

Suppose you were a musician. Imagine you practiced a song until you could play it by rote, only to discover a little later, that a few notes were off. You would have to re-learn the song. Teaching yourself the new notes might take a great deal of practice and perseverance since the old ones were so well-practiced. You could do it, of course. It would just take some effort.

Likewise, you have many practiced patterns of thought. Some are "on key" because they create feelings of love in your life. Some are off the key of love because they don't make you happy. Some are complex notes – a little love mixed with a little less. It may take some work to practice new thoughts that feel like love. It may take some diligence and compassion for yourself to develop new habits. You can do it, however, and the rewards are well worth the effort.

The holidays, especially, have many practiced patterns of thought. Some activate beautiful feelings within you. A song, a smell, a particular food, the twinkling of lights, or the lighting of a candle can activate vibrations of warmth, joy, and comfort. For others of you, these can activate very painful memories.

If your holiday activities activate joyful feelings, enjoy them! If they activate painful feelings, then it is time for a change. Create new traditions, new beliefs, and new activities that please you more. Do this, whether or not the new is related to the old. You don't have to celebrate just because everyone else is. You don't have to mail cards, go to gatherings, or play special music if it doesn't give you joy. You may prefer a quiet retreat or a simple gathering of friends. Do what makes your heart sing. Bring a new you to the present moment. Be like a child. Look for what is interesting, pleasing, and fun – wherever you are. A child may cry one moment but then quickly look for what is more enjoyable the next. So can you.

Dear ones, your holidays are meant to be a season of light. Emotions are running high this year, yet you can embrace the light and the love within you more dearly than ever before. Permit yourselves to slow down, savor the moments, and live in a state of love. What you do or who you are with, who understands, approves or not, is infinitely less important than whether or not you choose to honor your own heart.

As your world struggles to recreate itself, let the light of the season be born within you once again – in this moment and the next, with honesty, authenticity, and a commitment to your own good-feeling season.

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

**Message from Ann...
Hi Everyone,**

I love the holidays. No matter what is going on in my life or the world, they remain celebrations of light for me. Years ago, when my life changed, after a divorce, quitting my job, losing all but one of my old friends, and becoming an intuitive, I faced my first Christmas alone. I knew it was up to me to create the spirit of the season and that I'd have to do it differently. I bought a tree and put it up in my apartment. I found pine cones and painted them gold. I picked sprays of white flowers in nature and stuffed them in among the greenery. Inexpensive red plastic bulbs and hand-made ornaments completed my little masterpiece. My tree was decorated with love.

I made myself a traditional dinner and ate it to the sound of Silent Night. I went into meditation and spent my Christmas Eve in the same silence that was present in a manger so long ago. I held a quiet vigil and connected with the Christ energy in a way I had never done before in all my years of church and social gatherings.

On Christmas day, I woke up and opened the presents I had bought and wrapped for myself. It felt fun and somewhat liberating in a way. That finished, I made pancakes. I didn't know what to do next so I sat until a local mountain popped in my mind. Bucking tradition, I put on my hiking clothes and headed for the hill! On top of a mountain, I met the kindest families. I was even serenaded by a kilt-wearing, happy, humorous Scottish exchange student whose friends had dragged him to the top,

bagpipes and all! It was definitely not a traditional Christmas day but it was oh so much fun.

Over the years, I've recreated the holidays with my own traditions. Once a year, on Thanksgiving, I cook a twelve-course meal with all the trimmings. My house is filled with lights, greenery, and handmade decor. It smells of simmering cinnamon and orange on the stove, while outside, the yard is vibrant green, roses are blooming, lemons are ripening, and my late-season watermelon is still trying to decide if she will come to fruition. It is a beautiful time of year. The Presence of light fills my heart and home.

I've not been handed this on a silver platter. I made one choice at a time. I planted one plant with love at a time. I put in one tree at a time. I cook one dish at a time, and I put my trees up one ornament at a time. I love one client at a time. I save up for the gifts I want to share one day at a time. I sit with the Divine and receive love one minute at a time.

The world can get us down if we let it. People can be hurtful. Many of my relationships have changed over the years. Some have become brilliantly beautiful and others have sadly left. I've been loved, judged, praised, and crucified, but one thought at a time I choose to live in love. It is a lovely way to live, not only during the holidays but every day that we can. Here are a few tips to help you add more love to your holidays...

1. Ask yourself what matters & be honest

No answer is more right, holy, or pleasing to the Divine when you ask yourself, "What matters?" than an honest answer. What matters to you may not matter to me. What matters to me may not matter to you. It is OK. You do you.

There is always a heaping list of expectations around the holidays, so before they get in full swing, stop, and ask yourself which activities really matter to you. Which make your heart and soul sing? Which feel like drudgery. No guilt here. No self-judgment. Just honesty.

Then resolve to either do what brings you joy or bring your joy to the things that usually don't. You are in charge of your life. The external expectations may be huge, but ultimately those who truly love you would rather be around a happier version of you.

2. Be in the moment

If you're going to enjoy something, bring your whole self to it. Focus on it or the people involved. Make your to-do-later lists if you must, but bring your focus into the now. Focus on the good. Focus on the beauty in the people around you. If people present something less, ask better questions of them. "How have you had fun this year? Have you don't anything interesting? What is the best thing you learned this year?"

While I prefer having elevated conversations with others who choose to feel good, the angels have taught me that, with diplomacy and love, I can bring out the good in others. If I cannot steer a conversation towards greater love, I remain silent and imagine the light pouring from my heart to the other. That vibration, in and of itself, often shifts and elevates conversations.

3. Do more of what gives you joy

If a cup of hot cocoa, a warm blanket, and a movie bring you more joy than a holiday party, enjoy being authentic and cozy at home. If you want to attend a gathering but aren't invited to one, create one of your own. Invite neighbors or people you find interesting. Do what calls to your own heart.

If you are grieving and missing a dear one, you may not feel like doing anything remotely related to what you once did. Drop into your heart and see what feels right to you right now. Sit quietly and allow your dear one in spirit – in their glorious, loving, light-filled reality – to embrace you. There is no more beautiful way to feel the spirit of the season than to allow a loved one in heaven to surround you and fill you with the love they live and abide in daily. You will miss what has been, but you can surrender to who they are now. You can sit, breathe, receive, and like that cold lamp or the empty manger, wait for their light to fill and illuminate you. You can create new traditions that honor their spirit and your eternal relationship.

It is not always easy to be true to yourself when there are so many long-standing traditions and expectations, but ultimately the holidays are about birthing the light within, and brining that light into a world in need. During the upcoming season I wish you a heart filled peace, joy, and the spirit of the season.

Have a blessed & beautiful 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/>

Video By Ann



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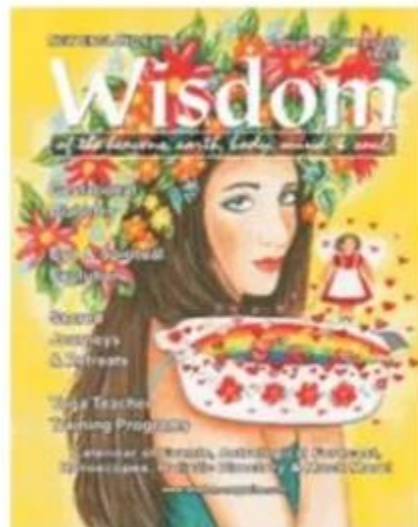
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The ONE Wellness Center is located on Monroe Avenue, Brighton, on the 2nd floor of the historic Cherry House building. The Center's practitioners are focused on working with clients to promote greater health and well-being. This is accomplished via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



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



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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.



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



**Brenda Gilasso
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**Brenda Gilasso is a leadership Coach & Trainer, and founder of the
Compassionate Assertiveness Training program.**

**Brenda holds a B.A. in Psychology and Art Therapy and is certified in a wide
variety of healing modalities. She is a Trainer for numerous personal growth
programs, including Compassionate Assertiveness Training, Team Building,
Communication Building, Life Transition Coaching, SLC, and Diversity
Awareness.**

**Before shifting into her leadership, coaching & healing practice, she spent six
years in the Army, then several years in corporate IT and Higher Education
Management and Training. In addition to her private speaking, leadership
and coaching practice.**



Sage Walker, RMT Master Teacher IET, BARS
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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.



Healthy Alternatives Wellness Center

Carol Scheg-Morissette

4358 Culver Rd

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

www.healthyalternativesrochester.com

(585)663-6454

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



Theresa Johnson
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Theresa Johnson, Psychic Medium teaches Psychic and Mediumship Development classes at several locations in and around Buffalo, NY. She loves reading at Psychic Fairs in and around Buffalo, Niagara Falls and Rochester, NY and Erie, PA and also holds specialty classes including Past Life Regression, Meet Your Spirit Guide, Meet your Guardian Angel, Learn to Read Tarot Intuitively and more ! She became aware of her abilities at the age of 6 and teaches others to develop their own abilities and awareness because she was helped to do this. Look for her live video's and astrology reports on Facebook. She can also be seen on the Youtube Channel Psychic Inspiration: <https://www.youtube.com/channel/UCNlx19eoFgnHnsUIR63ejJw> and can be contacted for a telephone or private reading at psychic fairs or her home via her website..



Twizted Creations
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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.



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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.



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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!



Dancing Crowns, LLC
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Leticia Ferrer-Rivera is the Owner and Founder of Dancing Crowns which is an online based business and also is at different Psychic Fairs and events around WNY. The title comes from her being a Dance Instructor, Performer and former Pageant Queen. Leticia has been an intuitive person all her life and she started getting clairvoyance messages through her dreams at the age of 7. Since then she always did Dreams Interpretation along one of her aunts who helped her understand and search for the meanings. Leticia became a Wicca Priestess in 2005 and since then she started studying Tarot, connecting with crystals and using Pendulum. She kept developing her connection with the Feminine, the Goddess and all Elements through Belly Dance and Afro-Caribbean Drum and Dance. In 2018 she decided to take her skills and gifts of Tarot, Pendulum and Crystal Reading to another level and she also got Certified in Crystal Healing. She expanded her business to include her handmade Crystal Healing Jewelry, Crystal Grids, Crystal Therapy Bags, Magickal Items and a whole variety of Stones, Rocks, Minerals and the famous Gems Water Bottles. She has recently incorporated handmade greeting cards with Pagan and Holistic designs. Leticia is also a Holistic Life Counselor, Tarot Master and Certified Crystal Caster. She is also certified in other areas such as Reiki and Crystal Healing for Pets. Leticia has achieved her High Priestess as she finished her studies of Magick and the occult as a student of Marcus Katz.



Marjorie Baker Price , RN

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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.



Ellen Gans, Psychic Medium
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When I was a child I told my mother her brother was mapping stars in heaven. I could see him at his desk with all his art supplies around him and his pipe in his mouth. I knew he was telling me about his job in heaven. He crossed over in 1965, I was 6 years old. This clairvoyant vision let me know that our Loved Ones are around us and can communicate with us. It is the foundation for my work with the Universe and Spirit, conveying messages and information to you.

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

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<https://sheilatillich.com>**

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

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

To contact email at wyldravin@yahoo.com



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My name is Stephanie Powers and I am the proud owner of Eclectic Hedge. I was born and raised in Weedsport, NY and currently reside in Port Byron with my husband and our two children. I absolutely love living in the Fingerlakes.

Since I was a little girl, I have always felt at home in nature. I could spend endless hours in the woods, or playing in streams, and never get bored. I still connect best by taking a stroll through the woods or dipping my toes in the water. Simple pleasures. Along the way I have discovered my love for crystals, cleansing, and I can't get enough incense or candles. You can find all of these items and more in Eclectic Hedge.

I recently became a Reiki Master and love sharing its beautiful energy. I offer in person and distance reiki healing sessions. The Eclectic Hedge exists to share my passion with YOU. When you enter my shop, it's like coming to visit an old friend. I look forward to serving my community and creating meaningful experiences for my guests. Small shop. Big Heart. See you soon!



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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.



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

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



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

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

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

It is her goal to provide holistic services and education with a focus on an ethical model of professional practice. Holistic or "Whol-istic" health approaches all parts of the individual, not just the physical aspect of a person where manifested problems are often most apparent. Give customers a reason to do business with you.

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



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

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

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



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

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

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

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

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



Michelle Brzezniak
Certified Eden Energy Medicine Practitioner
585-730-2762
eembymichelle@gmail.com
<https://eembymichelle.wixsite.com/hope>
Rochester, NY Area by Appointment

The legendary Donna Eden's simple Daily Energy Routine relieved my chronic migraines and changed my life dramatically. I was given a renewed sense of vitality and life purpose! I then completed the rigorous 2 year hands on Certification Program for Eden Energy Medicine, and I am currently in the 3rd year Clinical Mastery Practicum. I also have a diverse background in Reiki and Therapeutic Touch, Intuitive Consulting, Teaching and 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!



Maureen Law LPN, RMT

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

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

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

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

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

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

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



Advertise Here



Your Business Here

Metaphysical Stores in NY and More



Metaphysical 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 Lifestyle Boutique 223 Katonah Ave Katonah, 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

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

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

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

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

The Mindful Rabbit 146 Main St Northport NY 11768

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

Crystal Crossing 586 Columbia Tpke Ste 9 Rennselaer, NY 12180

Hippies, Witches & Gypsies 33 2nd St, Troy, NY 12180
Star and Splendor 34 S Main St Voorheesville, NY 12186

Reiki Rocks! Crystal Shoppe 1817 Western Ave Albany NY 12203
Sour Girlz Wellness Boutique 443 Saratoga Rd 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
Mirabai 23 Mill Hill Rd, Woodstock, NY 12498
Salem's Moon 408 Main St Catskill, NY 12414
Luna Enchanted 1461 RT 9W Marlboro, NY 12542
Magical Vibes 215 Main St New Paltz, NY 12561
The Awareness Shop 180 Main St, New Paltz, NY 12561
Nutz 1708 U.S. 9, Wappingers Falls, NY 12590
Dreaming Goddess 44 Raymond Ave, Poughkeepsie, NY 12603

The Pointed Hat 43 Front St, Port Jervis, NY 12771
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
The Hidden Gem 66 Margaret St Plattsburgh NY 12901
Crystal Caboose 4 Academy St West Chazy, NY 12992
Inncantation 1224 Stevenson Rd Suite 1 Westport, NY 12993

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
Eclectic Hedge 8893 S Seneca St Weedsport, NY 13166 - **See Directory

The Magical Muse 103 N Peterboro St Canastota NY 13032 - **See Directory
Foundation for Elevation / Heathen's Touch 554 South 1st St Fulton, NY 13069
Julie's Caldron 6749 N Manlius Rd Kirkville, NY 13082
Healing Inspirations 215 First St Liverpool, NY 13088

3 Sisters Gifts 116 W 2nd St Oswego, NY 13126
Esoteric Mood of the A.R.T.S. 163 Bridge St Oswego, NY 13126
The Crystal Jelly 7 South Jefferson St Pulaski, NY 13142

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

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
Seven Stones 64 N Main St Bainbridge NY 13733

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 and Earth 385 Main St Otego, NY 13825

Reflections Mind Body Soul 620 Main St E Aurora, NY 14052
Lady of the Lake 29 W Main St Fredonia, NY 14063
Circle of Light Spiritual Center 40 E. Main St, Fredonia, NY 14063
Flicker Gifts 38 Main Street, Hamburg, NY 14075
Spiritual Mystic Healing 4477 Lake Shore Rd, Hamburg, NY 14075

Mystic Dragon's Lair 339 N. Main Street, Medina, NY 14103
Lightways Journey 35 Market St Brockport, NY 14420 - **See Directory
Scent and Stone 4550 Millennium Dr, Geneseo, NY 14454

Spiritually Rooted 90 Webster St N. Tonawanda, NY 14120
Rising Goddess 225 Highland Parkway, Tonawanda, NY 14150
I Am Magick 216 Grant St Buffalo, NY
Strange Brew 2703 Elmwood Ave Buffalo, NY 14217
The Psychic Shop 2822 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
Alchemy of Spirits 168 Kennedy Rd, Cheektowaga, NY 14225

Soulful Beginnings 97 Pre-Emption Rd Bellona, NY (opening in Sept) 14415

A Mae Zing Mind Body Soul Center 142 Mill St #2023 Canandaigua, NY 14424
Karma Metaphysical Shop 246 S Main Canandaigua, NY 14424 (Opening in Spring)
Twizted Creations 247 E Main St Palmyra, NY 14522 - **See Directory

See These Stores in the Directory -

Dancing Crowns Commercial Street Piano Works Mall 2nd Floor E. Rochester, NY
14445

Mythic Treasures 727 E Main St, Rochester, NY 14605
Healthy Alternatives Wellness Center 4358 Culver Rd, Rochester, NY 14622
The Purple Door Soul Source 3259 Winton Rd S, Rochester, NY 14623

Spirit, Spindle and Root 9018 Route 5 & 20 West Bloomfield, NY 14585
The Enchanted Butterfly 35 North Goodman Street Suite #2, Rochester, NY 14607

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

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

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
Imagicka 39 Court St Binghamton, NY 13901

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
Stone Corner Minerals 5 Main St Chatham, NY
Crystal Crossing 568 Columbia Tnpk E Greenbush NY 12061
Tincture of Time 296 Delaware Ave Albany, NY 12209 At Kate's 60 Broadway Tivoli
NY 12583 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
Crystal Cove 8348 Brewerton Rd Cicero, NY (moving soon) 13039
Two Hawks 6930 Cold Brook Rd Homer, NY 13077

The Rose Quartz Stand 107 Mohawk St Herkimer NY 13350
Fall Hill Bead and Gem 411 Canal Place Little Falls, NY 13365
The Crystal Spell 73 Glenwood Ave Binghamton NY 13905
Past & Present 3767 South Park Ave Blasdell NY
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 Hampton Inn 5444 Camp Road, Hamburg, NY
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 -**See Directory
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

Get To Know Our Metaphysical Providers



Healthy Alternatives is in a new location, find out more.

Link: <https://www.youtube.com/watch?v=gZU7lKYtMXc>



Dancing Crowns offers a variety of services.

Link: <https://www.youtube.com/watch?v=XoCo91TfXwQ&feature=share> XMA
Header ImageL8-2_A

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.

ROC Metaphysical Calendar of Events

ROC Metaphysical						
Today ◀ ▶ December 2022 ☰						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	Dec 1	2	3
4	5	6	7	8	9	10
11	12 6:45pm Herstory of Goddess and Mo	13	14	15	16	17
18 The Purple Door Holiday Celebrat	19	20	21 Yule	22	23	24
25 Yule Merry Christmas	26	27	28	29	30	31

Our calendar is updated frequently and we use ROC Metaphysical's Facebook page to also promote events. If your event is free there is no charge to list it. If your event has an admission fee the charge is \$10 for one event and \$20 for three events. If you'd like to have your event listed please email us at rocmetaphysical@gmail.com.

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