ROC Metaphysical

Our Mission is to Enlighten and Inform August 2024

https://www.rocmetaphysical.com

Here's a Sampling of Articles for the month:
Why Couples Don't Get Help By Barry & Joyce Vissell

Your Stress Response: Harnessing The Power Of Ayurveda For Self-Understanding By Christianne Asper-Contant

Nightly Examen — My Answer To Several Readers' Questions By Galina Krasskova

Nothing Is As It Was Two Weeks Ago By Brenda J. Hoffman

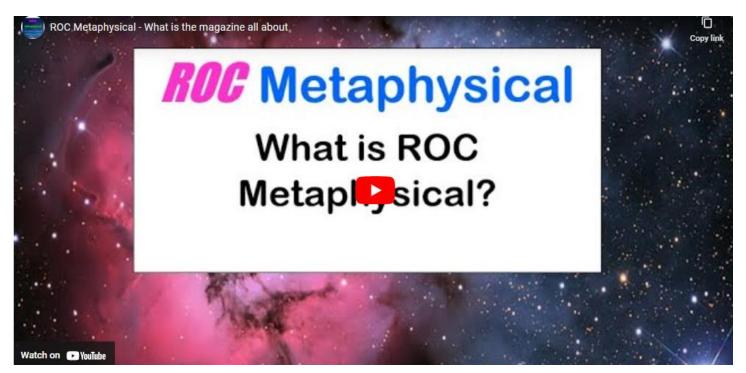
Cosmically Speaking... By Rev. Judy Lynn

I Celebrate Myself By Rev. Sharon Jacobson

Permission To Feel Good By Ann Albers



What Is ROC Metaphysical All About?



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

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

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

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

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

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

what comes to my email.

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

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

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

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

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

Find ROC Metaphysical At These Sites



https://www.youtube.com/channel/UCUckLvvdv S3diMGuUR-muQ



pinterest.com/rocmetaphysical



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



roc_metaphysical



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

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Highlights of The Magazine







Read Interesting and Informative Articles

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

Read Channeled Messages

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

Learn About Incredible Alternative Businesses

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

Lots of Interesting Events

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

We Have A YouTube Page



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

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





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

Go To Our YouTube Page



ROC Metaphysical Online Magazine Articles for August 2024

Susan Fiandach & Connie Wake



Attuning To Vibration

By Susan Fiandach & Connie Wake

Tom T. Moore



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

Monique Lang



moods By Monique Lang

Christianne Asper-Contant



Your Stress Response: Harnessing The Power
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Energy Healers, Shaman ... And Knowing Who To Trust By Takara Shelor

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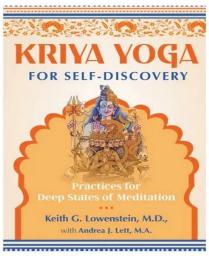
Navigating The Triggers Of A Dysfunctional Family By Dr. Judith Orloff

Doreen Scanlan



Tarot Tendencies for August By Doreen Scanlan

ROC Metaphysical Book Review



Kriya Yoga For Self-Discovery Practices for Deep States of Meditation By Keith G. Lowenstein, MD With Andrea J. Lett, MA

Galina Krasskova

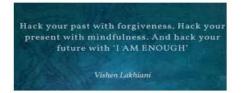


Nightly Examen — My Answer To Several Readers' Questions By Galina Krasskova

Sound Healing



What Can Sound Healing Do For You?







Channelings



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

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

Channeling can be done in two different ways:

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

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

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

Channeling Articles

Ann Albers



Permission To Feel Good By Ann Albers



Nothing Is As It Was Two Weeks Ago By Brenda J. Hoffman

Brenda J. Hoffman

Pamela Kribbe



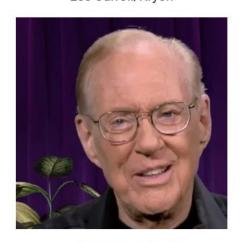
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Patricia Cota Robles



Cocreating Eternal Peace and God's Infinite
Abundance
By Patricia Cota Robles

Lee Carroll/Kryon



Are Human Beings Evolving? By Lee Carroll/Kryon

I am a Divine, magnificent expression of life, and deserve the very best. I accept miracles. I accept healing. I accept wholeness. And most of all, I accept myself. I am precious, and I cherish who I am.

- Souise Hay -

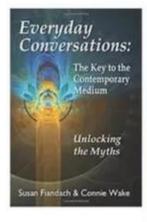
"She stood in the storm, and when the wind did not blow her away, she adjusted her sails."

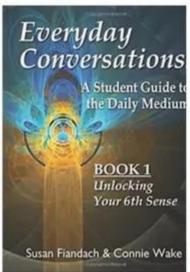
-ELIZABETH EDWARDS

OF WHAT YOU'VE BEEN THROUGH, BE PROUD OF WHAT YOU HAVE OVERCOME.

- DR. PH

Attuning To Vibration By Susan Fiandach and Connie Wake





We are in an evolvement of understanding consciousness, mind-body, and the universe in general; namely, the concept that everything is energy. The energy-consciousness of all that is vibrates at frequencies we perceive and do not perceive, such as color, sound, etc.

We are transmitters and receivers of these vibes from the people, places, and things around us.

What do we do with them? We engage them, but not what the vibes are doing to us...it's what we are doing to the vibes!

In our society, we are obsessed with looking to the outside of ourselves for explanations, reasons, causes, and unfortunately, blame. We can quickly become victims of our perceptions. A successful way to move away from that is described in a quote by Wayne Dyer: "Change the way you look at things and the things you look at change."

It's pretty easy to get caught up in the "everything is energy" around us, that people, places and things emit negative energy, that chakras close, and the consciousness of energy out of the body (e.g., dead) are relegated to the rules of the physical. That last point relates to people who pass under dramatic circumstances can "get stuck" here on earth, which is more of a spiritual belief than a fact.

We can say "we are energy" but then what? It's like saying, "the sun is yellow" but the sun is much more than yellow...with its light energy that allows life survive and thrive when we take it in and use it.

What we can do with all the vibes around us is to attune to those energies...to survive and thrive. Attune means to adapt to; to complement; to equalize. These are all verbs...actions as the part in the experience that create...create a change...create a more and better outcome.

Adapt – Adapt is the action of making adjustments, including a new thought, belief, or condition. Adjust to a self to a higher and fulfilling, purposeful, and abundant standard. During an experience with energy movement, such as a space (or self) clearing, Reiki energy session, or meditation, we have the opportunity to experience a new thought/belief/condition that improves our well-being. It is not the outside force (e.g., the sage, crystal, or energy worker) but the adaptation power of you! We can't rest of that one-time fix, but to keep it going means to purposefully intend to adapt.

Complement – Complement is the action of adding to. This is a way that we can take a vibe and "walk with it" in our intentions, experiences, and outcomes. In the case of using crystals, oils, incenses in our rituals, meditations, and intentions, we coordinate our vibes, our actions, towards our goal. We don't put more power in the thing than the person holding it…complement your vibe is action taken with the vibe!

Equalize – Equalize is to balance out. This is an actionable way to handle the perception of receiving "bad/negative vibes" from a person, place, or thing. As the mind interprets the information of such vibes received, we have the opportunity—indeed the power—to balance out our reaction/outcome with good vibes! For example, picking up a negative vibe of the person standing in line with you? Since you do not know their story, you are only interpreting based on your perception and frame of reference. Don't judge the moment…being unconditional is the power of mental, emotional, and spiritual balance. In this example, feel a bad vibe from a person?…just give them a smile!

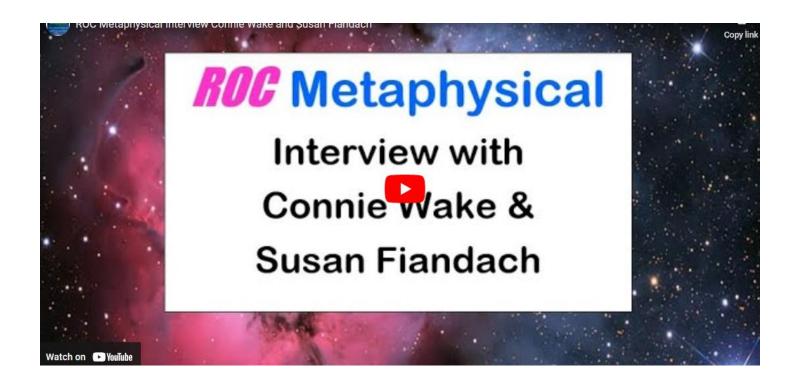
When vibes are received, we interpret, display, and then adapt, complement, or equalize the vibe within ourselves through our mind-body AND our free will and choice to intend, choose, do, experience. This process repeated present moment to present moment is the journey of expressing our best selves.

Attuning not only gives us a choice, it gives us the power. Take in an energy and decide what to do with it. Through mindful focus we can adapt, complement, and equalize to the "...grandest version of the greatest vision you ever had about Who You Are" (Neale Donald Walsch)

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

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

Interview with Connie & Susan



Link: https://www.youtube.com/watch?v=l6DdLY2dsjo

Your Stress Response: Harnessing The Power Of Ayurveda For Self-Understanding By Christianne Asper-Contant



Discover cooling routines for balance as you begin to explore your mind-body constitution

Isn't it intriguing that your partner, your sibling, and your best friend — all three — react so differently to a crisis of similar significance?

Why does one of them become irritable and impatiently search for an immediate solution when trouble comes knocking while another instantly defaults to anxiety and feels overwhelmed? And what makes the third one seem unfazed when it happens only to find themselves resenting the incident much later?

The answer, according to Ayurveda, is related to your mind-body constitution, a unique combination of the 3 Doshas: Pitta, Vata, and Kapha. Doshas are the conditions in nature that provide form and function to all that we experience. Although all three are present in each of us, the inherent combination is unique. Furthermore, the amount of each Dosha we contain at any given time is continuously influenced by our environment, such as the season we are in.

The multiple-choice questions below are merely intended to get your feet wet. So, please do not become overly attached to what you find. There is a great deal more exploration required before your mind-body constitution is properly identified and understood.

Now, no overthinking as you answer these.

Which of these environments do you naturally favor most? A) An intellectually stimulating space B) A nurturing space C) A loft with lots of big open windows

In which of these arenas do you shine the brightest? A) Clarity of purpose B) Artistic abilities C) Seeing a project to the end

Which of these struggles is most familiar to your body? A) Skin rashes and/or inflammation B) Excess weight and/or lethargy C) Internal and/or external dryness

Although getting to know the Pitta (Fire energy) in you will be a boon beyond measure; this will be especially so if you can relate to the irritable and impatient tendency when trouble comes and have selected option (A) for each of these questions.

A boon because the better you come to know the internal heat in you, the better equipped you become to regulate it.

For this hot month of August, here's your invitation:

Bring your attention to routines that you either know or suspect will have a cooling effect on you. Even if you haven't formally studied Ayurveda, your common sense can help you create a list of things to cool off. To give you a boost, I share this one mini yoga routine created especially to help dissipate excess heat. See below.

Yoga aside, experiment with cooling activities that make sense to you (e.g., going for a cool swim, drinking mint water, cooking with coconut oil, and cooling spices). Do something daily, and if you also take the time to journal its effects— amazing!

This process is one way to build your "antidote list", something I discussed in July's article "Harmonizing w/ Nature: A Guide to Ease and Balance".

In case you take me up on the yoga class, let me know how it goes for you by leaving a comment on the video itself.

Stay cool, Tchau, Tchau, Christianne

About Christianne Asper-Contant: Christianne began exploring mind, body, and soul around the globe 30 years ago and has been coaching and teaching those who share her curiosity ever since. As a clinical ayurveda specialist since 2003 and a yoga teacher since 2008, she pursues her passion for refining her understanding of these two sister sciences so that they can be taught in interesting, useful, and accessible ways. The teachers who have supported her on the path to Ayurveda are Dr. Marc Halpern, Dr. Vasant Lad, and Dr. David Frawley. Her Yoga certifications include Ayurvedic Yoga Therapy and Yoga Nidra at the Sivananda Yoga Vedanta Centre, Relax and Renew® with Judith Hanson Lasater Ph.D., and Advanced Teacher Training under François Raoult. Christianne lives in Rochester NY and is the Yoga director at The Assisi Institute.

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

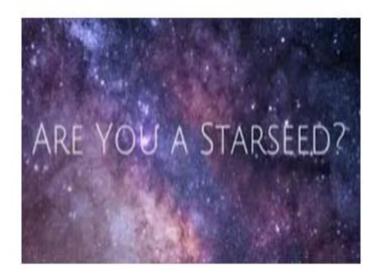
Contact Info: https://linktr.ee/wellbeingcompass

Christianne Asper-Contant's Video



Link: https://www.youtube.com/watch?v=o66bagqYaX8

Cosmically Speaking... By Rev. Judy Lynn



The whispers of the cosmos have always held a strange allure for me. Like a moth drawn to a distant nebula, my curiosity ignites at the fringes of the ordinary. Years ago, I encountered a murmur – the word "Starseed." It was a book that was handed to me by a dear friend. I remembered I turned a few pages and thought I would return to turn more. But, it drifted through my awareness, enigmatic and intriguing, but life swept me on so it was forgotten.

Now, rekindled by my adult son's own exploration, I feel an irresistible pull to delve into this celestial wellspring once again. This time with determination and time on my side. So, down the rabbit hole I tumble, a willing Alice in a wonderland spun from stardust. A question hangs in the shimmering ether: "Do you know what Starseed you are?" A delicious tremor runs through me – a soul's recognition of a long-forgotten truth. No, I don't know, but the answer shimmers just beyond the veil, a promise whispered on the solar wind. The hole opens wider and I don't resist this time.

They say Starseeds are luminous beings, their souls woven from the fabric of distant star systems – Sirius, Orion, Pleiades, and countless others. I wondered what am I, Pleiadean, Sirian, Arcturian, Andromedian, Feline to name a few or am I a hybrid of several starseeds.

These celestial pilgrims chose Earth as their crucible, to infuse our planet with the wisdom of the cosmos and guide its ascension. These luminous beings have chosen to cloak themselves in human form, to walk among us on a mission far grander than the mundane. Their purpose? To ignite the spark of evolution within Gaia's heart, to usher in a new age of awakened consciousness. Over twenty unique lineages are whispered of, each with a specific song to sing, a vital thread to weave into the tapestry of Earth's awakening.

The concept itself is a whispered echo from the pioneering work of Dolores Cannon, a soul cartographer who charted the landscapes of past lives. While not all may resonate with the Starseed label, a profound truth resonates within: the potential for each of us to awaken to our own cosmic heritage and contribute to the grand symphony of a rising Earth.

This is but the first ripple in a cosmic pond. Stay tuned, as we delve deeper into the mysteries of Starseeds, their unique frequencies, and how they might resonate with the melody of your own soul's journey. This post and those that will follow on Starseed Archetypes are my interpretation through the research I have done. I must also add with the help from my spiritual team of guides who always assist me down the many rabbit holes of life.

I hope you join me as I delve into the characteristics attributed to over 20 Starseed archetypes. As we explore their physical, emotional and energetic makeup. While acknowledging the obscurity surrounding their supposed arrival and purpose on earth.

Blessings,

Judy Lynn International Psychic Medium

About Rev. Judy Lynn: Judy Lynn is an internationally renowned psychic medium and teacher with a profound ability to connect individuals with their loved ones in the spirit world. With a career spanning decades, she has honed her craft through extensive training in Lily Dale, NY, and under the guidance of esteemed teachers worldwide. As a founding member and accredited psychic medium at the Institute for Spiritual Development in Oneonta, NY, Judy is dedicated to sharing her knowledge and compassion with others.

Experience the power of connection through Judy's insightful and evidential readings. Whether you seek guidance on love, career, or life's purpose, or long to reconnect with departed loved ones, Judy's compassionate approach offers solace and clarity. Choose from in-person sessions at her Earlville, NY office, convenient phone or Zoom consultations, or create an unforgettable experience with a psychic home party.

Beyond her private practice, Judy is a certified healer and teacher, sharing her wisdom through the Spirit Compass Academy. Explore a world of spiritual growth and development with online classes designed to empower your journey.

Judy has been delving into the fascinating world of Starseeds and is excited to share her discoveries with you. Get ready to embark on a journey through the diverse universe of Starseed archetypes as she introduces them to you over the coming months.

Judy's website: https://www.judylynn.org/

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

Interview with Rev. Judy



Link: https://www.youtube.com/watch?v=rcCyz2HJYhs

MBO's By Tom T. Moore

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

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

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

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

Tom asks that we do this each day:

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

MBO FOR TWO TREES TO BE SAVED

Deena writes: Tom, this is a story about the man who is building a new home in the adjacent lot. We had planted two trees in his lot about 20 years ago, but we were not aware that we had done this. They are on his property line by a few feet. I subsequently requested an MBO for the trees after he told my husband that it was his intention to cut down the trees. They are beautiful trees, and I certainly didn't want them to be eliminated from his property because they provide a nice shady area. Therefore, I said a MBO to ensure that they would not be cut down. My husband and I then left for vacation for a month to our other home in Tupper Lake New York.

When we returned home that Sunday there was a knock at the door around 5:30 PM and my husband and I looked at each other and questioned whether either I or he was expecting anyone. We weren't. Therefore, my husband went to the door and opened up the door and there was no one there. So he looked all around on the porch came back and told me he didn't see anyone, so then we went out the back door and looked to see if there was anyone downstairs. There wasn't and on our way back up into the house, the property owner of the house next-door started talking to Jeff, my husband. He told Jeff that

his wife had expressed her desire to keep the trees, therefore he was not going to cut down the trees. I was so happy and I know that the knock on the door was my deceased son, JARED. He wanted to get our attention to go outside while the new property owner had arrived so my husband could be advised by him that he wasn't going to cut down the trees.

Thank you for all that you do!!

MBO FOR DENTAL PROCEDURE

Kateryna writes: I am writing to tell you about how I used MBOs before visiting the dentist. I asked for no pain during the procedures and the prayers worked!

I just felt a little uncomfortable while I was getting anesthesia but that's it. Also, my wisdom teeth were deleted very quickly, in a few minutes. I thought it would take longer.

Thank you for your newsletters!

BPs FOR RESTFUL AND PEACEFUL WEEKEND

Severine writes from China: On Friday last week and Yesterday with my BP partner, from the group (member) with whom we do daily personal BPs.

We asked I ask any and all beings to arrange a WONDERFUL, RESTFUL, PEACEFUL weekend for -name —- and name and their families this weekend, may the outcome be better than we could for or expect + I expect Miracles thank you.

Results On Saturday, I took my kid to one playground we had 2 options the expensive one and cheap one where I have a membership. I had reluctantly agreed to Gabriel to go to the expensive one... I needed a drama free weekend. I was ready to pay full price for 1 ticket once a lady popped up and said she had one discounted ticket left all I had to do was to pay her the discounted ticket and they would let us in, which I did.

It was a great deal, thank you! We had an amazing time dinner afterwards and I slept very well that weekend

I did the same yesterday and we have an amazing Saturday, which ended with our Whatsapp call. Thank you!

MANY MBOs!

Carrie writes: I have had a ton but here's a few I could think of off the top of my head today.

- *Said an MBO to win raffle drawing at work and actually won! I never win anything! Won the big prize, too, a \$55 spa gift certificate.
- *Also, I found a hidden gift card for another event at work, I wasn't even looking for it like others were. My GA just pointed me in the right direction.
- *MBO for quick, affordable dryer repair service. Found a new repair guy to come out the next day and he got it fixed for a very good price!
- * MBO for healing my leg. Led me to find old guy carnivore YouTube channel. This guy really resonates with me and my GA had already told me this was the quickest means to heal my leg and my health. Now I feel like I could actually do it.

- * MBO for daughters health. For the first time she has expressed interest in trying the diet with me to improve her own health as well.
- *MBO for work to be better. We have gotten better management and better staffing most of the time and have even gotten a raise.
- *MBO for my friend who lost his beloved cat of 14 years. Had hoped he would try the MBO for his cat to return to him but my friend was especially considerate (and is a Christian) so he replied that he would not want his pet to have to come back just for him. Most people don't even respond when I tell them about it.
- *MBO for my dogs to stay safe when they get away. Last time they came right back when I called and walked into the house. Usually I have to chase them!
- *MBO for a safe, good trip into the city for haircut for my daughter with a new stylist (always risky!). All went well and we had a great day together.
- *MBO to pay medical bill. I didn't get the \$ but I did, just in time, grab a pre-approved credit card app out of the mailbox. As I was ready to pitch it I thought, why not apply and I could pay the looming bill with my card. Not the best solution, but maybe (probably!)what I needed. I have asked in my meditations why I didn't get \$ or financial assistance with the bill but was told it was because I "don't need it." And that I am more than capable of making that much and more with my writing. Bonus, my new card has 15 months of zero percent interest.
- *MBO for (more) motivation to write, my best friend at work finally retired so now I really want to "retire" too. And my writer guides have given me even more ideas of what to write now. One of them I even got the entire story start to finish come to me all at once after asking for guidance from them. I literally just wrote it all down.
- *MBO for my perfect mate (soul?) to talk to me. And oh yes, I had an MBO to meet my perfect mate as I requested that maybe 2 years ago when I first discovered the gentle way. After asking, within a short time I received a message from My GA telling me what his name is and other details as well as "whispering in my ear "where to go to meet him. I didn't go. And I still haven't, but my GA still sends me nudges from time to time as well as warnings that it's going to be too late before too much longer.

 Anyway, so finding out about him was one MBO and another a couple of weeks ago when I asked for him

Anyway, so finding out about him was one MBO and another a couple of weeks ago when I asked for him to talk to me. His soul. We had quite a conversation and it was reassuring even though I'm still not sure if I will go or not.

I mean, what if I go and he doesn't exist. What if I'm just crazy? Lol. Or what if he does exist and we are perfect for each other? Even that is still is a huge change in one's life. My GA and I have had many discussions on this!

Sorry for such a long email. As always! But I have had so many great things happen since I discovered the gentle way. So, thank you! Thank you for all you do.

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/

Interview with Tom

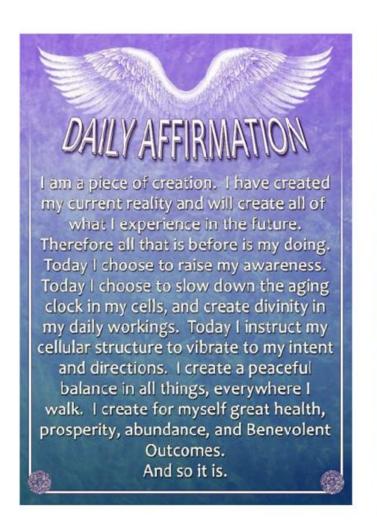


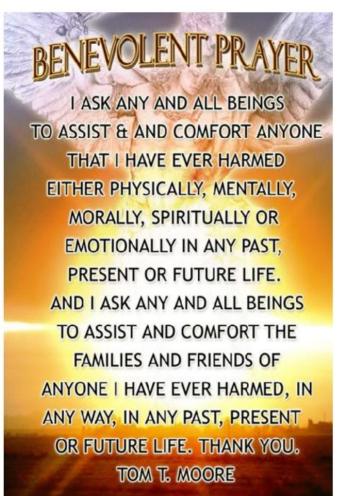
Link: https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s

Tom T. Moore's Books



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



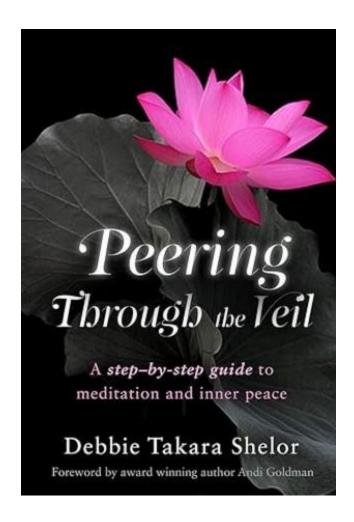


https://www.thegentlewaybook.com/PDF/1.pdf

Find other signs on Tom's website

Energy Healers, Shaman ... And Knowing Who To Trust

By Takara Shelor



Energy Healers and Shaman

Most spiritual seekers have had an energy healing session of one form or another. Perhaps they have had some sort of color sound therapy, or seen a shaman or other medicine person for a soul retrieval or other process. They have probably had a Reiki session or even been trained in that modality. Typically those seeking energy healing assistance are looking to heal something physically or mentally/emotionally. Or perhaps they want to break through a pattern in which they feel stuck in one or more areas of life.

I had a spiritual awakening back in 1993. Almost immediately I found books by Stuart Wilde who then became my first spiritual teacher. And I found Karen Schweitzer of the Body Mind Center in Reading, PA, who soon became not only a dear friend, but my go-to energy healer and spiritual adviser for many years. Week after week I went for Reiki sessions, her unique form of past life regression and many other sessions and experiences. I had years of physical and mental / emotional abuse and trauma/drama to heal. Karen helped me find inner peace, taught me numerous practical techniques for handling stress, and recommended great classes and books. Practically every time I went home from a session with her, it was with a book she was loaning me to read or a stone or object that she had infused with healing energy for me to work with until next time. It was a beautiful time of exploring and involved a massive amounts

of energy clearing. I feel so blessed to have found her.

Physical Pain and Entities

Up until the day I met Kaaren Shikiah Kaylor, I had never needed, or even thought of, having an energy session for physical pain. I so rarely have physical pain. But living in Santa Fe, New Mexico, the energies there brought up so many things, I often found myself dealing with phantom pain from past lives and had lots of encounters with disharmonious energy, vampires, energetic attachments, etc. Where there is light, there is also darkness.

We had just moved to Santa Fe a few weeks prior and I had been invited to have a booth at a Goddess Weekend in Madrid, NM. As I was setting up the booth, I suddenly began having excruciating back pain. I could hardly walk I was so uncomfortable. I was still setting up the booth when this woman, Shikiah, was doing the opening ceremony. When my then husband, Raven, came back to the booth after the ceremony, he said, "I scheduled you an appointment with Shikiah." Hmmmm I am freaking picky about who I let work in my energy field. I had never laid eyes on her and yet, I was scheduled for a session. If it weren't for the pain, I probably would have cancelled. I like to make my own appointments, thank you very much. hahaha

I walked down to the teepee where sessions were being held and went inside. It was so lovely and beautifully decorated in there. Shikiah and I instantly connected and have been dear friends ever since. I was sitting on a cushion and as I explained about the pain, she walked around behind me, grabbed whatever it was in my energy field and threw it off. Whatever it was had hold of me with such intensity that when it let go, I literally fell forward with great force and the pain was absolutely and totally gone, never to return. It was a truly strange experience and it let me know, quite dramatically, that entities are real. After that, whenever I had pain, Shikiah was the one I called on for help.

I Am an Energy Healer

I'm an energy healer, the kind naturally born with the gift. I've been called the Chalice of Divine Frequencies and many people come into center and balance just being in my presence or listening to my voice. I am an amplifier and clarifier and I am extremely intuitive. For the past twenty+ years I've been in Spirituality and "Energy Healing School" through various ways and means. It all began with Reiki ... the doorway many walk through to enter the world of energy healing. It quickly expanded into something else entirely when the dolphin energy healers entered the picture and sort of took over my world. I say that laughingly and lovingly.

According to a channel in New Zealand, I work with "a very fine frequency . . . Feminine integrated energy."

Hopefully by now you know the story of how I learned to meditate and as soon as I began meditating, dolphins started to spontaneously appear in my visions and dreams, bringing with them powerful energy healing frequencies and processes, which I was then able to transmit to others.

Whatever you are called to do as a true life purpose, those talents and gifts you came in to awaken, activate, fine-tune, and enhance, often require that you grow immensely in consciousness and awareness, healing layer upon layer of fear and limitation in order to step fully into that role. That's what I've been up to for two decades ... awakening, activating, fine-tuning, expanding, allowing, healing, growing, in a never ending spiral upward.

Like everyone, I've gotten stuck and required assistance to move forward on more than one occasion. I've developed friendships and business partnerships with people who showed up so I could fine-tune and

hone my "bull shit" meter (pardon the language), my ability to read energy, my ability to sort between the truly, authentically, genuinely Light and the wolves in sheep's clothing – those who appear light, use all the right words, appear to be intent on helping others, but are instead running hidden agendas and in some cases are energy manipulators or actual energy vampires. If you are going to work with energy, this is something you must master.

Read more about the nature of who I am and what I do here.

How to Tell the Dark from the Light

Sometimes developing the ability to tell the difference takes a bloody long time and the emotional damage created by getting involved with the wrong people can be devastating. Of course all of it is about the learning and there are never truly "wrong" people in your life. Everyone is there for you to learn and grow beyond whatever you are experiencing.

The more your heal your own issues, rise in consciousness and awareness, and have encounters with disharmonious, unkind, manipulative people, the easier it is to spot them next time. If you are on a spiritual path, these are part of the lessons one must learn. If you don't heal the issues, you will continue to draw those same type of people until you have.

Manipulative Healers

Sadly, there are energy healers out there who do a disservice to others by telling them they have a particular problem, causing them to break down emotionally by pointing out a deep dark shadow issue, but fail to provide solutions. Those types of healers are definitely to be avoided. I find that behavior unkind and manipulative. It is about as irresponsible as someone doing energy healing who hasn't fine-tuned their ability to see, feel, or hear what is happening in the unseen.

Talk about the blind leading the blind. Just as people you can see range from the Dalai Lama to serial killers, the unseen realms are teaming with everything from angels and Ascended Masters to downright scary entities that you really don't want to mess with unless you have been trained to do so. Naivety and a few words of protection do not provide a safety net.

I recently read a thread on social media where a guy said he went to a shaman. The shaman told him that a sorcerer had placed a curse on him, but since he didn't have much money and this was an initial free consultation, he was left with knowledge about this horrible thing going on, but no solution.

I jumped in to the conversation and agreed with someone else who commented about what you latch onto mentally causes a HUGE impact on your life experience. I almost never get readings and am extremely careful about who I let do any form of "healing" with me or do work on my energy field.

If what the shaman said was really there, they should have cleared it out completely, disconnected them from the person, and sealed up and protected their energy field, then taught them things to keep that going.

You have to take part in your own healing. You can't be "fixed" entirely by another. A lot of it is belief and the release of fear.

Energetic attacks are real. But anyone talking about "bad" things that result in doubt and fear within a client, needs to also be giving them tools and advice about how to remedy the situation. Just planting seeds of doubt and fear is no good for anyone. It is, however, a great way to get repeat customers who need to be continuously "fixed." Maybe that was not the shaman's conscious intention, but it definitely

could have been. As a side note, most true shaman would never call themselves that. As my dear teacher, Stuart Wilde, once said ... If they call themselves a master, they aren't.

The person went on to say that the healing was incomplete because it was initially a free intro. After discussing finances, the guy left depressed.

That sounds to me like a scam to get customers. It is, sadly, human nature to give power over to those who seem to know more than we do about various things – particularly when dealing with the unseen realms. When I say give power over, I mean believe, without any filters whatsoever, whatever they say.

And belief happens not only with the conscious mind, but the unconscious as well. You may think one thing and believe something else entirely. True healers, those born with the gift and who have spent years honing and fine-tuning it are rare.

When you have cleared, healed, and aligned yourself enough, then the energy and intention of others becomes more apparent. You can then, fairly easily, tell the energy level (meaning clarity and level of consciousness) of whomever you are going to for support.

Until then, you end up in situations like this person did. This is not a bad thing, it is a learning experience. The more difficult encounters you have had with energy and people running hidden agendas, the more you grow and evolve as a person. It's like training wheels for your personal mastery.

Some Will Steal Your Power

Selo Black Crow, a Lakota Medicine Man, once looked me in the eye and said "Never go to a Medicine Man for healing because he will steal your power." I was shocked to hear him say those words. But then I went to a female Native American friend and repeated what he said. She gave me this look that kind of said to me "you poor ignorant white girl" and said, "yes, everyone knows that." Well I didn't know it.

I am not at all saying that all Medicine Men, shamanic practitioners, or energy healers will do these things. There are some extraordinary healers out there that can literally facilitate miracles. I'm just saying be careful and don't assume just because they call themselves shaman or Reiki Master, and show you a laundry list of training certifications, that they are any different than other people. Some are nice. Some aren't. It really is that simple.

How Can You Tell?

If you spend time with someone and afterwards you feel confusion, worry, exhaustion, or self-doubt, that is a neon sign that you have been manipulated energetically and/or mentally. Clear the energy between you and spend less time with them if at all possible.

How often do you take the time to meditate, open the energy channels within the body, connect to the earth and your Higher Self?

These are actions I take every single day. I encourage you to do the same. As you continue the practice, you will become better at determining people who are running harmonious empowering energy vs the opposite.

Have a glorious day,

About Takara Shelor: She is the founder and head instructor at Magnificent U - an online higher wisdom, empowerment portal that assists people in being healthy, happy, and whole, body, mind, and

soul. Within her online "Sacred Circle," women receive wisdom training, community, integrative practice, energetic support, advanced energy healing tools, and guided shamanic vision journey meditations that she "brings in" in the moment for transformation, healing, activation, energetic upgrade, Divine insight, and more.

Takara is a bestselling author, award-winning speaker, engineer, and mystic. She is known as The Spiritual Treasure Hunter. She helps you discover the diamonds and gold within, your Divine gifts, your passion, your purpose, and your joy. She helps you achieve success, reach your highest potential, consciously manifest your desires, radically enhance your intuition, and experience profound inner peace. She offers products, programs, and private sessions.

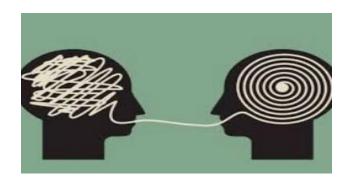
Takara's website: www.MagnificentU.com

Takara's Video



Link: https://www.youtube.com/watch?v=6riVk_RJ3O4

Why Couples Don't Get Help By Barry & Joyce Vissell



A deep and intimate relationship is one of the most rewarding as well as one of the most difficult things in life. To truly give and receive love makes life worth living. Most of us don't learn enough about this subject growing up or in school. All too often, the modeling we receive from our parents is not very helpful either.

Joyce and I just finished leading a weekend couple's retreat at Esalen Institute in Big Sur, California. Twenty-six couples attended, which is a large group for us. Every one of the couples had significant issues. Some of the couples were on the verge of separating. But they chose to get help, to come to the retreat, and every couple got the help they needed. Every one of these couples left the weekend more committed and more deeply in love.

But this is not the norm. Many more couples refuse to get the help they need. Here are 7 reasons Joyce and I have heard over the fifty years of our counseling/therapy practice:

1. We should be able to resolve our problems by ourselves. It's the "do-it-yourself" attitude. These couples keep putting off getting help with the hopes of helping themselves. But, sadly, they often fail. Couples are usually too involved, too partial, and lack the perspective needed to work through issues. I am an enthusiastic DIY'er, but I also recognize the repair projects that are beyond my scope of expertise.

Our love relationships are far more important than ordinary repair projects. Expert help is available and vital.

Another aspect of number one is the feeling that asking for help is a sign of weakness. I like to compare this to physical therapy. Seven years ago, I needed to have a partial knee replacement. Afterwards, I needed regular physical therapy sessions to rehabilitate and strengthen my knee. I could have said, "It's a sign of weakness to go to physical therapy," but I knew it was necessary for a healthy recovery. It's the same with couple's therapy. Strengthening the relationship and a healthy recovery are likewise the goals.

- 2. Getting help is admitting we have a problem. Yes, this is a common attitude. If these couples don't ask for help, then magically there is no real problem. It's kind of like the ostrich trying to hide by sticking its head in the sand. Similar to this is the feeling that their problems are not serious enough to warrant seeking help. Typically, this will come from one partner who is not aware of the gravity of the issues, and the other partner who has been afraid to fully divulge their unhappiness.
- 3. I'm afraid of what might happen in counseling or therapy. Couples are understandably afraid that their problems might be irreparable, and the counselor or therapist might recommend separation. Please Page | 33

trust that if both of you are willing to do your own individual work, healing is inevitable. But remember, there are no guarantees. Some couples are better off separating. With good help, this can become a clear and even loving decision.

- 4. I'm afraid that I will be proved to be the problem. While arguing, it is easy for partners to see the other's faults and issues. When faced with getting expert help, however, each person may fear their own exposed responsibility. A good therapist will never take sides, but will equally support each participant, encouraging each person to look at their own issues
- 5. We can't afford professional help. A good therapist/counselor can often help in just a few sessions. It doesn't have to be a long, drawn-out process. Of course, deeper work might take longer, but don't let finances get in the way of getting professional help. Compared to the typical cost of a divorce, counseling/therapy is cheap.
- 6. We tried counseling/therapy and it didn't help. Again, even the best counselor won't be able to help you if even one of you is unwilling to address the issues in an open and honest way. But given that you are both onboard to make real changes in your lives and relationships, you can find a good professional. It doesn't matter how many therapists you try in your quest to find the right one. Every counselor has their own style, personality and methods. It is your responsibility to find the right fit.
- 7. My partner refuses but I am willing. Don't let this stop you from seeking help. By all means, go by yourself. You will have the opportunity to learn more about your own part of the issues, and make changes within yourself and your behavior. Joyce and I often see one person, who comes for one of two reasons. First, their partner refuses to get help for all the above reasons. Or second, their partner sends them to get "fixed." We have seen countless individuals who come to sessions as the identified patient. Many even believe that they, and they only, are the problem in the relationship. We find a way to invite the "healthy" partner to a couple's session, where we can then find the relationship issues that both partners contribute to.

Early in our relationship, especially with young children, Joyce and I needed help. We were deeply blessed to find a talented and compassionate therapist who helped us tremendously. We will always be grateful for that help.

Occasionally, Joyce and I see a couple who are thriving. They have booked a session for relationship wellness. They want preventive maintenance, to learn new tools for an even deeper intimacy. I can't tell you how gratifying and refreshing this is for us. Sadly, most couples come to us in crisis. They have waited much too long, suffering needlessly rather than getting the help they need. But we feel it is never too late to get help, if there is a willingness to learn, to grow, and to love.

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

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

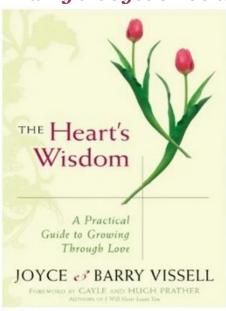
Barry & Joyce's Video

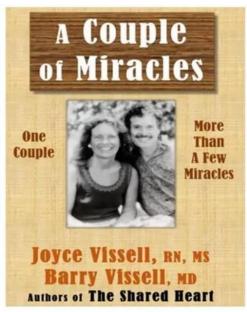


Link: https://www.youtube.com/watch?v=zmyvocmlcSg

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

moods By Monique Lang



If you look at the sky you will note that it is constantly changing & shifting. At least here where I live in the north east.

Life is like that. Constant change. Our moods shift from happy to sad to angry to loving to scared to bored to excited and on and on.

The challenge is that most of us have a predilection for those emotion we consider 'good.' We believe that there's something amiss if we are not.

Maybe, as Rumi would say: Be grateful for whoever comes, because each has been sent as a guide from beyond.

Remember, be kind to yourself

it will naturally follow that you will be kind to others

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

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

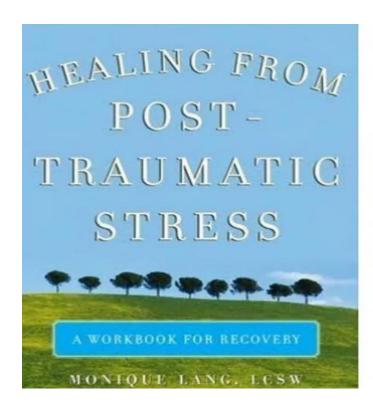
and put into context each person's particular background and way of viewing the world.

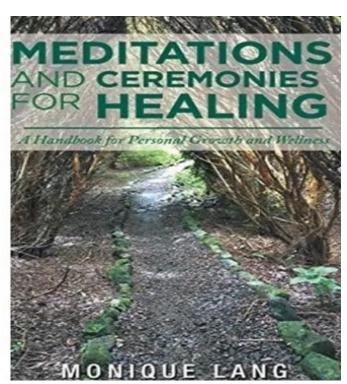
Prior to becoming a psychotherapist I was an editor and a security analyst for a financial institution, a translator, an office manager for a community action group and program director in a community center where I developed several programs. These varied experiences have given me a wider lens to understand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

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

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

Monique Lang's Books





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

Monique's Video



Link: https://www.youtube.com/watch?v=EdRPn5gW7eo

Now Is The Time For 'Visible Helpers' Amber Marie Tuttle,

Tom Sawyer, And You By Richard Hughson

Amber Marie Tuttle lived in rural England in the early 20th century. She was a mystic and wrote a book called The Works of Invisible Helpers. The book chronicles many accounts of psychic intervention by spiritual beings who have come to the assistance of living people.

Tom became psychically aware of her and her book while at home in Rochester, NY. He mentioned aloud to some friends that he would like to see her book, meaning the original hand written volume which he assumed would be large and leather bound. A week later a letter came in the mail mentioning that it was understood that he was interested in the book and that it could be had for \$6.00. The return address showed that it came from Lady Harmony of the Rainbow Coalition of Light in Sedona, Arizona.

To those involved in New Age vernacular such an address would not raise an eyebrow, but to the old Tom Sawyer (mechanic, carpenter, bicycle racer, hard as nails, live-in-the-woods, fisherman) it did more than that. I wish I could capture his sarcastic inflections as he repeated, "Lady Harmony of the Rainbow Coalition – and what the heck is a Sedona, Arizona?"

Plus, it left him with three questions: Who was Lady Harmony? How did she know he was interested in the book? How did she get his address?

But, for only \$6.00 he said yes, expecting perhaps a small pamphlet. A week or so later a two-volume set of green hard cover books arrived in the mail. He then realized the \$6.00 had only covered the cost of shipping – the books had been free.

Thus begins a series of stories related to The Works of Invisible Helpers – and what they mean for you, today.

Lady Harmony

The 'old' Tom Sawyer attitude of dismissing anything psychic or new age as a bunch of hocus pocus baloney didn't die off immediately after his NDE. It popped up for quite some time afterward, often as wry sarcasm. The phrase 'Lady Harmony of the Rainbow Coalition of Light' ignited that sarcasm perfectly. At the time he received the books he had not heard of her nor of Sedona, Arizona.

He enjoyed the books and championed them for years without knowing anything more about who wrote them or where they came from. However, by 1989 he began receiving guidance about his responsibility in 'anchoring the Blue Light.' He described it as a process by which the spiritual circuitry of the Earth would be completed. This was to be done by holding a series of prayer circles, made up of spiritually receptive individuals, at various locations around the globe. The first stop in that effort, he became aware, was Sedona, Arizona.

Carol Scoville arranged the trip, which included a large group of friends. Arriving in Sedona they ventured off to hold prayer circles at the various energy vortexes to be found there. Energy vortexes are numerous in that area due to the large number of crystalline fragments occurring naturally in the soil, and enriched over time by the energy of thousands of years of native American ceremonies.

Standing in the parking lot of a vortex called airport mesa, Tom suddenly turned around and pointed at the roof of a house a little below where he stood. "That's Lady Harmony's house," he said. He could not go see her right then but a visit was arranged shortly thereafter. Arriving at Lady Harmony's house he was told she was in the hospital and her transition was expected soon. A quick trip was made and he had the opportunity to share some time in her presence. As with many of his high spiritual communications, he had trouble conveying the depth and fullness of it. But the tone of his few words and his emotional reactions let us know that it was not only fulfilling for him but also a loving reminder of his spiritual responsibilities.

Invisible Helpers, a Suicide Averted

In her book, Ms. Tuttle had carefully written down her perceptions of instances of psychic intervention by spiritual beings. If you read her books today you may realize that while she was remarkably perceptive, her descriptions of the events were limited by her lack of education and her colloquial world view. Her entire life was contained within a small area of rural England; very likely never venturing outside of the community into which she was born.

One of the stories she wrote was about a man often who hit his wife during their lives together. When he passed on, Ms. Tuttle's perception was that he had to live on the other side with a grossly enlarged hand which was a constant and embarrassing reminder of how poorly he had treated his wife. A more modern description, gleaned from NDEers and their life reviews, might include his experience of actually being his wife during their interactions and thereby experiencing the full personal impact of his treatment of her. Either description, him having the grossly enlarged hand or experiencing his wife's feelings, can be seen as an intense learning experience.

If you choose to read her book you can see that you ought not take every word she writes as literal truth. Some amount of translation is useful to see into the heart of the matter or to get to the deeper inner lesson.

Now allow me to take a slight sidetrack. Barbara Harris Whitfield emailed me sometime in 2015 about a man I'll call "Bob". Barbara had been working as a counselor with him, attempting to dissuade him from committing suicide. I do not recall why she contacted me about him. Perhaps Bob had met Tom previously, and through our mutual acquaintance, she was hoping I might be able to say something that could help.

In a suicide attempt the man had put his military pistol, loaded with military issue ammunition, to his head and pulled the trigger. The pistol misfired. He tried again. The pistol misfired a second time. He tried a third time and the pistol amazingly misfired a third time. He walked outside, aimed the pistol at the ground and pulled the trigger. It fired normally. This event caused him to consider what was happening on a much deeper level than he had previously and it gave Barbara time to contact me.

I related to Barbara a story from "The Works of Invisible Helpers" of how spiritual beings or 'helpers' as they are called in the book had at one time interrupted the burning of gun powder, causing a gun to misfire to save someone's life.

At the time I read the story I was skeptical that such a thing was possible. Could something or someone from spirituality stop such a seemingly basic chemical reaction? I asked Tom about it. He gave me a massively intense look, slowly nodding, "Yes".

I found out later there was good reason for him to be so massively intense on that point, but I will finish this story first.

Barbara relayed the story, and Tom's validation of my question, to Bob who apparently received it well. Later on, she considered Bob to no longer be a candidate for suicide. Whew!

An Airplane Hijacking

Here is why Tom gave me such an intense look about the mis-firing gunpowder that I mentioned above. In 1985 Tom became aware of the hi-jacking of Egypt Air Flight 648 in the Middle East. The hi-jackers were in control of the plane with all passengers and crew aboard. They forced the plane to land at an airport for refueling while waiting for their demands to be met. In his methodical, scientific way Tom had searched the plane for receptive individuals through whom he might work; first the pilot, then the copilot, the navigator, the chief flight attendant, and so on, finally working his way down through the passengers one at a time, row by row according to seat number.

He found one person who was praying, or 'looking upward' as he called it, asking for help. She was a young woman who was receptive to his gentle, calming suggestions. He kept telling her, "This will be terrible but remain calm. Be at ease. You will be fine."

The hi-jackers decided to apply pressure on the authorities by threatening to kill the passengers, one every fifteen minutes, if their demands were not met quickly. They began to do so. They would lead a passenger to the doorway, shoot them in the back of the head, then let them fall down the steps to the asphalt below.

One of the women who had been shot and had fallen to the asphalt was not dead. When she groaned and moved a little one of the hi-jackers ran down the stairs and shot her again.

They eventually got to the young woman with whom Tom had been 'speaking'. He continued to reassure her that she would be fine. The gun partially misfired. The gunpowder in the shell did not burn with full force. The bullet struck her in the back of the head, lodging in the bone of her skull. Some bone fragments did penetrate her brain tissue but the bullet itself did not enter her brain cavity. It remained as a plug, limiting her bleeding.

The stand-off with the hi-jackers lasted five hours. She laid on the asphalt among the dead bodies with Tom's continual reassurances, "Everything will be ok. Just lay still, Don't move."

What was Tom physically doing during that time? I don't know what time of day he became aware of the event, but he went to work that morning. Being the foreman of a highway department work crew he could assign jobs as required. He took the lowest, simplest job to be done that day, spreading gravel with a rake and shovel. Later on, while talking about the event he mentioned how that gravel was the most loved gravel he'd ever spread.

The stand-off eventually ended and the young woman made a nearly full recovery from her injury. While the bullet lodged in her skull to prevent massive bleeding, it also blew bone fragments into her brain, causing neurological problems. She had been a teacher of children with developmental disabilities. After the event she was not only spiritually enhanced but was also a better teacher from having to deal with her own difficulties.

Some years after the event Tom was asked to appear on the Phil Donahue show. He was to be a member of a panel of near-death experiencers answering questions from the host and the studio audience.

Arriving in the hotel before the show he found that the young woman from the hi-jacking event was also on the panel. This made Tom nervous. He was concerned that she might recognize him as the person who had assisted her during the hi-jacking and that it might be disturbing to her in some way.

There was a comical moment in the hotel when Tom spotted the young woman entering the lobby. He quickly jumped behind a column and cartoonishly slid around the column so as not to be seen as the woman passed by. It was his intention to avoid her, to avoid being recognized. The sweet irony of the event came when the director placed him in a chair on the stage, then seated the young woman right next to him.

The show went well. She did not recognize Tom at all. When asked about the hi-jacking she simply replied that she kept thinking to herself, "Everything will be ok. Just lay still. Don't move." She was a bit nervous and not used to being on television with all the lights, cameras, and people moving around. At the beginning of the show there was a quick shot of Tom sitting there holding her hand, helping her through that difficult moment as well.

Crossing the Veil

This story is a bit more difficult to recount because it involves me personally. More than once I have found myself responding to a calling during a dream state. I dearly wish I could describe to you how I would 'hear the call' or be in the necessary spiritual state to answer it. But so far, I have no idea how that came to be nor why it has not happened more often.

However, this is my best attempt at describing what I experienced being a guide while helping children cross the veil, the transitionary period from life to the Light. It may sound too fantastic, as if I am being sensational or making it up just for attention. I can only say that it is not the case. I have held back from telling this for years just because it sounds too amazing.

My hope is that this may be a comfort to those who may be grieving and perhaps a call to engagement for others.

Each time it occurred was during the dream state. I am using the term 'dream state' to mean not simply dreaming normal dreams but a state beyond typical waking consciousness. Such 'dreams' often feel more real than physical reality. It is a state in which you're operating at a very high spiritual level.

I heard a child cry while in this dream state – a lost, confused child, wondering what was happening to it. I voluntarily went to the child, more floating than walking since I had no sense of my body. As I approached, I was able to adjust myself to a form which the child found comforting, calming, and welcoming. I was not adjusting any physical form. I was adjusting my energy patterns to match what the child needed.

You may have heard stories of near-death experiencers encountering angels who changed shape, size, or colors of robes as their meeting went along. I will state here that they were not changing their physicality. They have no physicality. They were changing their energy patterns which were then perceived as physicality by the experiencer. Our brains are bombarded with imagery from birth, and so we become deeply accustomed to perceive in that manner. We have a strong tendency to turn feelings and energy into material imagery. It is a human frailty.

Being in that high spiritual state allows instantaneous knowing of any necessary adjustments because you are not encumbered with the limitations of human psychology with its endless desires, justifications, and

judgements.

So, with the child more at ease and feeling welcomed, I took their 'hand', the only physical imagery of the entire event. It was my indication that a connection had been made. The child had moved from feeling lost and confused to feeling welcomed and joyful at being with a new friend.

This is an essential transformation for the child. Their energy, their aura, their vibration, whatever you want to call it needs to be upgraded, enhanced, or enlightened so they can move on. Please choose your own wording but you get the idea. They are transitioning from material life with all of its possible pains, loneliness, and disappointments to the intense beauty of spirituality. It is a huge difference, and quite a blessing to have released their fears and trepidations.

Now, with the child at ease, the vibrational distance from physical life to the Light itself needed to be traveled. I had a sense of turning around, from turning away from the ending of what was familiar toward what was yet to be known. During this middle part of the transition the child and I transformed together. Again, it is an essential transformation, the purifying of one's energy, which is required in order to approach the Divine.

And yes, we both had to transform. It was essential in order to get close enough to hand the child off to the Light. The child and I were approaching together. I could not have accompanied the child without transforming myself as well. This is a very natural and beautiful transition to make. It is about going home, returning to Source, the central desire of all souls. I am incapable of describing the emotion of that approach, along with the naturalness of the purifying. The only English word which applies is 'ephemeral' or beyond words. Sorry, but there's no way to describe it with language developed from human material existence.

The final step occurred when the child was purified enough to recognize where it was going, and then wanted to go. The event began at a level far beyond waking life, grew throughout, and then came the time to let go. The only analogy I have is raising a child on Earth who then moves on as an adult which, as beautiful as it is, simply does not come close. Here we run into that word ephemeral again.

So, the child started out being welcomed into my arms, grew with me as we approached, and then reached out to the Divine. It was time to let go of our connection. The moment was incredibly beautiful, beyond all words. But I go no further with the child. I run out of superlatives, no matter how many orders of magnitude you can imagine, to describe the beauty of fulfilling such a task. And then boom, it all ends.

I was back in human psychology, Earth level energy, sobbing like a small child for missing what and where I had just been, while also feeling intensely honored and humbled. I imagine there is a similar scenario taking place in post-partum depression. The woman has been spiritually enhanced for the purpose of bringing life into the world over the course of nine months, and then the enhancement is gone. Having never given birth myself it is only a guess, but I sense there is a recognizable loss.

All of this is not to say, "Look at me being a great healer and spiritual guide, what a wonder I am." Quite the opposite. It is not about me at all. It is to say this is available. In other words, you can do this too.

Tom had said that at the time Ms. Tuttle wrote her book it was appropriate for people to know about 'invisible helpers' assisting humankind. But once, after a lengthy talk about the book, he turned to the audience and said, "Now is the time for 'visible helpers' to be at work." His implication was that there are people living today who have the potential to do the same kind of work the "invisible helpers" had done.

The same kind of work he had done as a "visible helper" for the young woman during the hijacking The same kind of work that I experienced as a guide to small children. And, that you may also be someday be called to do.

It is my understanding that this is the right time for humanity to rise to such callings.

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

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

Interview With Richard



Link: https://youtu.be/RxzJ-TwgIOo

Love Beyond Death: The Role Of Evidential Mediumship

By Rev. Colleen Irwin

"Love stretches beyond the threshold of mortality, reaching into the realm of eternity."

Evidential Mediumship offers a profound connection between the living and the spirit world, providing concrete proof of life after death. This practice transcends mere belief, offering tangible evidence and comfort to those seeking to reconnect with their loved ones who have passed on. By presenting verifiable details about the deceased—such as their personality traits, memories, and specific life events— Evidential Mediumship validates the continuity of the soul. This validation brings solace and healing, helping individuals navigate their grief and find peace in the assurance that their loved ones continue to exist in another form.

The medium acts as a compassionate conduit, bridging the gap between the physical and spiritual realms, and facilitating meaningful and healing communications. This profound connection not only affirms the existence of an afterlife but also reinforces the enduring bond of love that transcends death, providing comfort and hope to those left behind.

Evidential Mediumship is not just about proving the existence of an afterlife; it is about healing and transformation. When a medium connects with a spirit, they often provide specific details that only the client and their loved one would know. This could include favorite memories, unique mannerisms, shared experiences, and even specific phrases or jokes. Such detailed validations help clients feel a continued connection to their loved ones, offering reassurance and comfort during times of grief.

This practice also plays a significant role in the healing process. Grieving individuals often struggle with feelings of loss, guilt, or unfinished business. Through Evidential Mediumship, they can receive messages of love, forgiveness, and peace from the spirit world. These messages can bring immense relief, helping clients to let go of guilt or regret and find closure.

The medium serves as a bridge, using their heightened sensitivity to perceive and convey the presence and messages of spirits. This process requires great skill and compassion, as the medium must accurately interpret the information and relay it in a way that is meaningful and comforting to the client.

Moreover, Evidential Mediumship highlights the unbreakable bond of love that exists beyond physical death. It provides a profound reminder that love transcends all boundaries, including those between the living and the deceased. Clients often find that this realization brings a sense of peace and continuity, knowing that their loved ones are still with them in spirit, guiding and watching over them.

Beyond Belief: Knowing Through Mediumship

Evidential Mediumship involves mediums bringing forth compelling evidence that loved ones continue to exist in another form after death. This evidence can include character traits, hobbies, professions, shared memories, and passing conditions. Clients can validate the information provided by the medium about their loved one, confirming the continuity of life beyond physical death. This process helps transform grief into a sense of peace and understanding, fostering a belief that love transcends physical boundaries.

Spirits Seeking Connection

Spirits are eager to communicate with the living, maintaining a deep and unbroken connection through the powerful bond of love. Whether people are aware of it or not, their loved ones in spirit are everpresent, watching over them and seeking to reach out. This desire to connect often stems from a need to provide comfort, guidance, or reassurance, reminding the living that they are never truly alone. The bond of love that once existed continues to thrive, bridging the gap between the physical and spiritual worlds.

Tuning In to a Different Frequency

Mediums play a crucial role by opening their awareness to the spirit world, much like tuning in to a different radio channel. Just as radio waves of different frequencies are all around, spirits are present but on another frequency. By attuning to this frequency, mediums become vessels through which spirits can communicate with their loved ones still on earth. This process requires a heightened sense of perception and an openness to the subtle energies that spirits emit, allowing for a clearer and more precise transmission of messages.

The Clairs: Unlocking the Senses

In the practice of Evidential Mediumship, a range of psychic faculties known as the "clairs" are utilized to facilitate communication with spirits. These include and not limited to:

- · Clairvoyance: Seeing images, symbols, or scenes from the spirit world.
- · Clairaudience: Hearing messages or sounds from the spirit world internally.
- · Clairsentience: Sensing the emotions, feelings, or physical sensations of spirits.
- · Claircognizance: A clear knowledge and sudden understanding comparable to intuition.

By using these abilities, mediums can receive and interpret messages from the spirit world, providing a deep sense of connection and healing for those seeking to reconnect with their loved ones. Each clair serves as a unique channel, offering different forms of communication and understanding, enriching the overall experience for both the medium and the client.

The Communication Triangle

The process of communication with the spirit world can be visualized as a triangle with three integral components:

• The Client: The seeker plays a crucial role in this triangle, seeking connection with a loved one in spirit. Their presence and intent are essential, as they set the stage for the communication to take place.

- The Loved One in Spirit: The departed loved one is eager to convey their love, messages, and guidance through the medium. Their willingness to communicate ensures that the connection is meaningful and impactful.
- The Communicator: The medium serves as the bridge between the client and their loved one in spirit. They open themselves to the spirit world, using the clairs to interpret and convey messages accurately and authentically. The medium's ability to tune in and relay these messages with clarity and compassion is vital to the success of the communication.

Evidential Mediumship provides a powerful and healing bridge between worlds, offering undeniable evidence of life after death and allowing spirits to share their enduring love and guidance with those they have left behind. This practice not only brings comfort and closure to the living but also honors the continued existence and presence of the departed, fostering a sense of unity and inter-connectedness that transcends physical separation.

About Colleen: Rev Colleen is a natural born medium. Discovering how to share this knowledge with others has been an adventure that she captured in her book "Discovering Your Stream". In addition to volunteering time at Lily Dale, her speaking engagements, private readings, and spiritual classes she teaches across the country, Colleen is also a volunteer Docent sharing the experiences of Susan B. Anthony to visitors of the Susan B. Anthony Museum.

In 2019 she joined a long line of women as a Previvor – Preventing Cancer before it appears as she carries the BRCA2 gene mutation. She now uses her platform to educate others about the BRCA genetic mutation and how one can take control of their health and well-being.

Colleen's Media Links: http://talkwithcolleen.com/about/ Facebook: https://www.facebook.com/revcolleenirwin/

Twitter: https://twitter.com/talkwithcolleen

Linkedin: https://www.linkedin.com/in/colleen-i-a563251b0/ Instagram: https://www.instagram.com/talkwithcolleen/

YouTube: https://www.youtube.com/channel/UCygiREJNkKCEenfDWeTozCQ

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

Interview with Colleen



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

I Celebrate Myself By Rev. Sharon Jacobson



"I celebrate myself," Walt Whitman wrote. What is it like? What does it take to be able to celebrate one's self. This morning I shared a nomination with friends and there was joy in doing that with them. What would our lives be like if celebrated ourselves, every aspect of our selves our achievements, our experiences, our relationships, our very existence. What would it be like if we looked at our selves in the mirror and told ourselves this is good or if we could hear our selves say like the Ultimate. this is my child and I am well pleased. We are experts at pointing out our flaws and weaknesses, but what if we stopped saying I criticize myself and like Whitman began with I celebrate myself.

~Rev. Sharon Jacobson

About Rev. Sharon Jacobson: While I am familiar with Jewish and Christian traditions, I am most interested in esoteric traditions, ancient wisdoms, and the use of arts in spiritual formation such as storytelling, mandalas, finger painting, soul collages, and writing.

I did my formal theological training while working on my M. Div at Colgate Rochester Crozer Divinity. However, it is through the time I spend with my Higher Power through prayer, meditation, journaling, poetry, reading, and writing that I have moved to deeper levels in my own spiritual journey. It is through these practices that I came to understand and accept my call to help others develop a deeper relationship with their authentic selves and their Higher Power.

While I have worked to evolve to where I am in my own journey, I am also mindful that it is never over. I am consistently working on my own spiritual evolution. My personal spiritual disciplines include writing and other expressive arts, reading, angel and oracle cards, meditation, cooking, and prayer. While cooking may seem as if it does not belong in this list, it for me, is an important part of my spiritual journey as it provides me with the daily opportunities to both feed and serve others. It is also one of the practices that led to my also becoming a Pampered Chef consultant and allows me to share that gift with others.

Periodically I may share some of the cooking tools, training, recipes and tips from Pampered Chef with you here on this blog! You can check out what Pampered Chef has to offer on my Pampered Chef website http://pamperedchef.biz/sharonjacobson

If you are ready to look within and develop a deeper relationship with yourself and your Higher Power, I invite you to begin your inward journey with me at Inspiritual.

Inspiritual Website: https://www.inspiritual.biz/about

Tarot Tendencies for August By Doreen Scanlan



The King of Earth puts the focus on career and finances. It is time to give new life to both.

There is untapped potential that needs to be recognized and utilized. Without taking on too much, it is time to take on more responsibility. If you don't initiate the changes, you might be a victim of higher forces stepping in to equalize things and get you on the right path.

You taking action is better than having that thrust upon you.

Happy end of Summer.

About Doreen Scanlan: I am pleased to have been asked to join the ROC Metaphysical Family. I have been doing Tarot readings for over 20 years both through local shops and festivals and on my own. The

past 2 years I have been invited to the Gypsy Camp at the Sterling Renaissance Festival. I have a very eclectic spiritual background that I draw upon to guide and inspire.

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

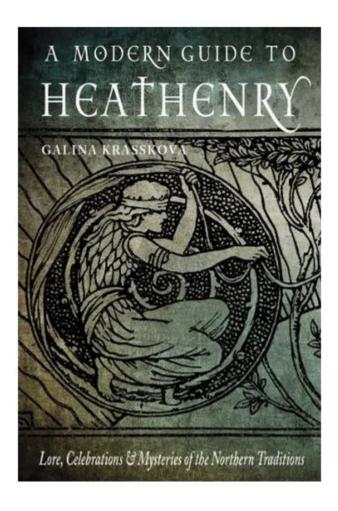
Interview with Doreen



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

Nightly Examen — My Answer To Several Readers' Questions

By Galina Krasskova



I've received several emails the last couple of weeks on the subject of prayer and devotion and each ended with the same questions: how can I make myself a better devotee? What do I need to do to make myself a better person in relation to my Gods. Each person asked this in his or her own way, but these were the two essential questions and it boiled down to how one might develop a character formed and shaped in and by devotion. These are good questions. Additionally, several readers asked me what I do in order to improve my character and devotional mindfulness so here is my answer and hopefully it will help those of you who have reached out.

Now remember, I teach at a Jesuit university and my teaching values have been formed by the Jesuit idea of cura personalis, care of the whole person. I've also picked up a number of very useful devotional techniques from them. If it works, and my Gods approve of it, I'll sometimes incorporate some of these things into my own practice, adapted of course for my own devotional alliances. One of these is something called the "Examen," which Ignatius of Loyola, the founder of the Jesuits, developed as part of his spiritual exercises. (He wasn't the first to come up with something like this. We can find the same type of nightly examination of conscience in the ancient Egyptian litany of Ma'at, for instance. The Bacchic Orphic traditions had a type of examen and so did Pythagoreans. I just happened to first encounter this

particular practice within the Jesuit tradition). I've only just started in the past couple of months to really do this consistently but already, I have found it personally, very, very helpful.

So, what is this examen and why do I do it? The examen, regardless of which tradition one is practicing, is a nightly inventory of one's day. Where did you uphold the principles and practices embedded in your devotion? Where did you do well? This is asked not out of negative pridefulness or impertinence, but in order to continue to cultivate such practices that help the soul. Likewise, the opposite is considered. Where did you fail to live up to your goals? Where did you drop the ball on your ethics and the cultivation of virtue? This is all bracketed by prayer. So, here's how you do it:

- 1. Begin from a place of gratitude. No matter how badly you may have missed the mark that day, or how badly it went, there are a thousand things for which we can be grateful. Our Gods are so incredibly generous. Begin by sitting and centering yourself, maybe running through a centering and grounding exercise. Think about how deeply our Gods have wrapped us up in Their love and care. Think about how carefully we were made, and how much the Gods love us. Use all your devotional senses: sight, sound, taste, smell, touch, to place yourself in the experience of our Gods' grace and also, consciously bring forth in yourself a deep, all-abiding, all-consuming sense of gratitude. Moving from gratitude, centering yourself in gratitude to our Holy ones is the first and in many ways, the most important step.
- 2. Pray. Offer a prayer to your primary Deity or Deities and ask for grace. What does that mean? Ask that the Gods bless you with insight and discernment, with the gift of being able to adequately and accurately self-examine yourself. This is the work of cultivating and forming the soul. It can be embarrassing, difficult, confusing to really take a look at one's behavior and deepest motivations--especially our failures. One might be ashamed and sometimes it's hard to move past that to see how even our mistakes are building blocks in the cultivation of our character. We're going to fall short. We're human and that's inevitable but we can learn each time to do better and be better (1). So, begin all things with prayer and this is especially important in one's personal examen.
- 3. This is the part that sucks. lol. Go through your entire day. Think about everything you did, everything you said, every possible interaction. Think about what are virtues and what are errata in your tradition and values and virtues may vary depending on one's religious tradition. I know I came across this practice originally via a Jesuit friend (and very quickly thereafter found the Kemetic version) but if one looks at a list of Catholic sins, not all of them are problematic or wrong within my own tradition. I'm sure the opposite is also true. So, consider what is correct, what constitutes right order and right relationship with one's soul and the Holy Ones within the context of your own religious tradition. Even within our various polytheisms, there are denominational differences here. Really interrogate your behavior and choices both acts of commission and acts of omission. Don't let yourself off the hook. This is time between you and your Gods. No one else is ever going to read this unless you choose to share it with a religious elder (I sometimes do). Go down as deeply as you can (2). Write all of this down I set aside a special journal where I do this nearly every night. I don't stress if I miss some days, but I do my best to be consistent.
- 4. Once you have your list think about the places where you fell short. Did these actions/words/non-actions/etc. help you to draw closer to the Holy Ones or not? Long term, how will they impact the character of your soul? Were you in alignment with divine order, the will of the Gods as best as you are able to comprehend it, or were you putting your own ego and will above right order? (No shame: we all fall short here sometimes. It's the getting up and course correcting that's important). Depending on your answers, apologize and ask your Gods to help you do better and in some cases, ask forgiveness. I usually often will make an offering at this point, usually a bit of incense and a candle. We have a tremendous amount of agency in the formation of our souls and I don't think that's emphasized enough. At its core,

the examen is about care of one's soul and we can choose to course correct bad habits, to consciously cultivate good ones, to make amends when we hurt someone with our words or deeds, to become bit by bit the type of person we want to be. I fully believe that this is part of the Work, our spiritual work, that contributes to the healing of the world. It's not the big, grand gestures, but our time in the darkness with our Gods.

5. Finally, think about how you are going to do better tomorrow. Small steps, attainable goals can help if there is a habit that is particularly troublesome. Spend time in contemplation and prayer with your Gods for as long as you want. I sometimes incorporate lectio divina here as well. I usually close all this with "Sigdrifa's prayer." It so nicely encompasses Heathen cosmological architecture that I like to use it as much as possible to close my devotions and rituals. Other traditions will have their own prayers that can be used. If you can't find one you like within your tradition, you can always just say 'thank you' to the Holy Ones. What better prayer is there, after all, than that?

That's it. That's what I'm doing at the moment, and I've found it to be really helpful. I bought an inexpensive journal from a local book shop (yay!! we now have two in my town, and one is just lovely. The other's a hot mess in my opinion, but I'm glad it exists anyway). That's all I needed to get started — there is something particularly useful about actually writing instead of typing one's examen. Some days I pray a lot more as I do this or will set aside a period before or after to light candles, make offerings, and pray. It really depends. The practice is fairly flexible. I usually do it shortly before bed.

I'm happy to take questions on this, and I hope this answers some of the questions that y'all have been sending me privately. Have a good weekend, folks.

Notes:

- 1. In fact, failure is important. I don't trust anyone who hasn't failed. I think failing and having to get up and move forward, learning from that failure is one of the most important aspects of character building possible. I think as a culture, we need to stop looking at failure as the be all and end all of a person and instead as a necessary part of the process of growth and engagement with the Holy. Think of inventors: how many failures happened before a successful invention? It's the same with our spiritual work. We learn and grow and sometimes that happens by failing and having to make amends. I'm very wary of people who have never failed at anything, because failure breeds both humility and resilience and those are traits essential for spiritual wholeness.
- 2. Go down as deeply as you can, but don't give in to religious scrupulosity. This is a type of devotional OCD. One rightfully wants to be properly pious but then it gets out of control and one can become paralyzed from doing any devotion at all for fear of doing it wrong, or one can fixate on small mistakes to the point that they become all-consuming. It can be spiritually devastating all the more so because it comes from a good and positive place: the desire to do right by the Holy Ones. This is where prayer and working with one's elders and teachers can be very, very helpful. A good teacher can head this off pretty quickly. There are times where it may require serious pastoral counseling. I tell my students that you're going to make mistakes and that's ok. We do our best from where we're at and we grow. Sometimes, scrupulosity may go hand in hand with an anxiety disorder and if that is the case the latter needs to be treated by a licensed therapist.

About Galina Krasskova: Galina Krasskova has been a priest of Odin and Loki since the early nineties. Originally ordained in the Fellowship of Isis in 1995, Ms. Krasskova also attended the oldest interfaith seminary in the U.S.- the New Seminary where she was ordained in 2000 and where she later worked as Dean of Second Year Students for the Academic year of 2011-2012. Beyond this, she took vows as a Heathen gythia in 1996 and again in 2004. She is the head of *Comitatus pilae cruentae* and a member of

the Starry Bull tradition.

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

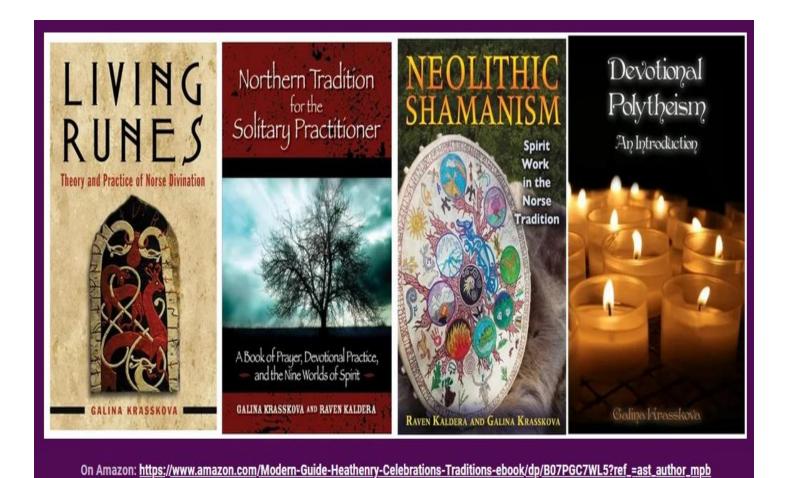
Galina's website: https://krasskova.wordpress.com/

Interview with Galina



Link: https://www.youtube.com/watch?v=m4QweXeuBUo

Galina's Books



Navigating The Triggers Of A Dysfunctional Family

By Dr. Judith Orloff



Many sensitive, caring people need to take it slowly with family get-togethers as they can often feel too much from them. There may be more noise, drinking, and loud voices than they can tolerate.

Families are living organisms. The health and behavior of its members contribute to its overall wellness. In a healthy family, you learn to identify your needs and feelings; you receive consistent, loving messages from your parents; and your authenticity is valued. A dysfunctional family lacks clear boundaries. Shaming and blaming occur. One family member may become a scapegoat, communication is poor, and parents may be struggling with substance abuse or their own emotional distress or trauma.

If you come from a dysfunctional family, it's wise to accept the limitations of each of the members and lower your expectations. Setting polite but clear boundaries with toxic behavior stops you from becoming a doormat. Also recognize how your relatives emotionally trigger you. Acknowledge that these emotional triggers can shine light on your wounds so you can heal them. Healing your triggers is liberating because you won't be thrown off or drained by people's inappropriate comments. They may still be annoying, but they won't have the power to zap you. For instance, when someone criticizes your choices, see this as a chance to set healthy boundaries and examine the tender areas within where your self-esteem may be fragile. Or if someone throws you crumbs of love, it's powerful to say, "I deserve so much more."

Once you can recognize your emotional triggers then at family gatherings you can choose how to respond in a calm, neutral way. If someone tries to lure you into a negative interaction such as pitting you against your sister, simply refuse to get hooked. You may be unable to control your family, but you can take charge of your behavior. This emotional freedom liberates you from dysfunctional families and negative thoughts.

Here are five tips from my book <u>Thriving as an Empath: 365 Days of Self-Care for Sensitive People</u> to help all sensitive souls take special care of themselves during the holidays.

• If you decide to join family and friends for good food, comradery, and laughter, sit next to someone you like and take a few short rest breaks to center yourself.

- If you prefer being with a small group of friends rather than attending larger gatherings and feel more comfortable with just one or a few people, honor that need.
- Practice saying a loving "no" to invitations or limit the time you socialize so you don't feel trapped.
- Choose quiet "sensory friendly" activities such as a concert or a museum.
- Stay at home, watch a movie, cuddle with your partner or animals, meditate, cook a delicious meal, listen to music, or simply rest.

Set your intention. I will not allow myself to get emotionally drawn into my family's dysfunctional dynamics. I will set clear boundaries with relatives. It is not my job to fix my family. I will acknowledge how I have freed myself from negative relationships, emotional patterns, or situations of hardship. I will be happy with my progress.

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

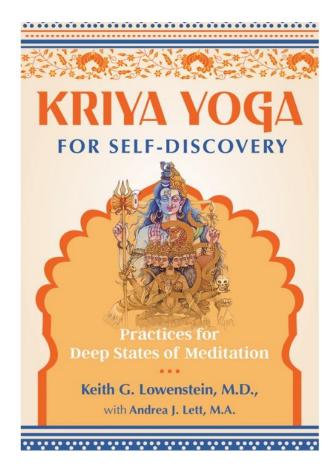
Dr. Judith Orloff's website - http://www.drjudithorloff.com

Dr. Judith's Video



Link: https://www.youtube.com/watch?v=ZIRSNM6a_08

ROC Metaphysical Book Review



A detailed guide to the breath-focused meditation practice of Kriya yoga for spiritual growth, inner stillness, and self-realization

Offering an accessible guide to Kriya yoga, Keith Lowenstein, M.D., explains the basic techniques of the practice step by step, detailing proper posture, breathwork exercises (pranayama), visualization practices, and mantra. He reveals how Kriya is a scientific art--if practiced consistently, it will allow you to quickly enter deep states of meditation.

- Presents advanced, yet simple, techniques that accelerate a contemplative practice by micromodulations related to posture, respiration, visualization, and sound
- Includes wisdom from the author's teacher Ganesh Baba on the importance of the spine in Kriya yoga and the Cycle of Synthesis, a model of the human experience

Kriya yoga is an ancient meditation technique that focuses on breathing and the spine to unlock deep states of awareness, self-realization, and spiritual growth. Kriya can provide a fast path to awakening, yet its practice has been shrouded in secrecy, passed only from master to initiate for millennia.

Introduced into Kriya 40 years ago, Keith Lowenstein, M.D., offers an accessible yet detailed guide to Kriya yoga. He explains the basic techniques of the practice step by step, detailing proper posture,

breathwork exercises (pranayama), visualization practices, and mantra. He reveals how Kriya is a scientific art--if practiced consistently, it will allow you to quickly enter deep states of meditation and ultimately experience inner stillness. He also explores how the practice of Kriya leads to healing and the development of compassion and the freeing joy of the union of Nature and Spirit.

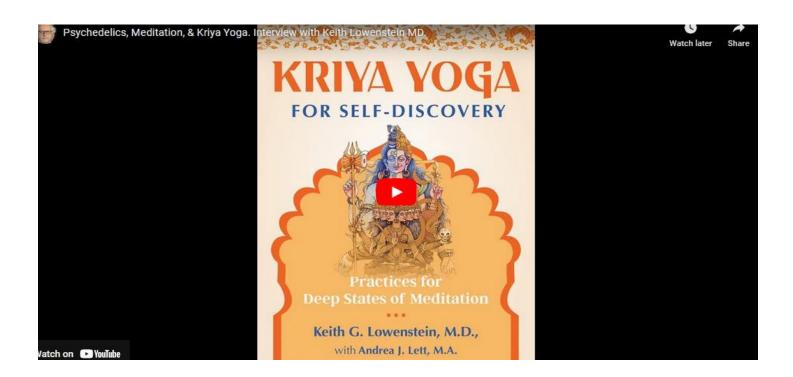
Sharing the wisdom of his Kriya yoga teacher Ganesh Baba, the author adds a detailed understanding of anatomy, especially the importance of the spine in Kriya yoga and energy flow. The author explores Ganesh Baba's teachings on spirit-infused science and the integration of Vedic philosophy, quantum mechanics, prana, and spiritualization illustrated in the Cycle of Synthesis. He also discusses the relationship between the exercises of Kriya yoga and Patanjali's Yoga Sutras as well as teachings from his other teachers, including Paramahansa Hariharananda.

With this guide, you will gain an understanding not only of the practice of Kriya yoga but also of the spiritual wealth it brings, including the ultimate self-realization of non-dual reality.

About the Author: Keith G. Lowenstein, M.D., is board certified in psychiatry and integrative medicine. He began his study of the mind-body interface in 1971 with training in transcendental meditation and in 1980 began his training in Kriya yoga with Ganesh Baba. He maintains an integrative mental health private practice in Portland, Oregon. Andrea J. Lett, M.A., is a body-mind wellness practitioner with 20 years' experience practicing and teaching meditation and yoga. An award-winning writer, she lives in Portland, Oregon.

Find the book at Inner Traditions: https://www.innertraditions.com/books/kriya-yoga-for-self-discovery

Video with Keith



Link: https://www.youtube.com/watch?v=-CyGcF24Rxo&t=27s

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.

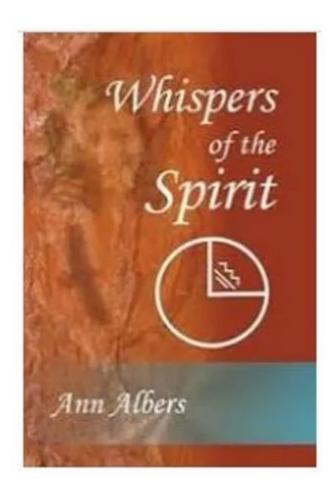
Take some me time and listen to the video.

Video



Link: https://www.youtube.com/watch?v=UGHCdS1jClY

Permission To Feel Good By Ann Albers



Hi All,

With love and compassion the angels remind us that we deserve to feel good no matter what is going on in the world. I'll share a story of my ongoing adventure with the wasps and how we shared a magic moment, as an example of how to handle anything that wants to sting. Tips, techniques, and good thoughts are always included:)

Have a blessed & beautiful week:)

♥ Ann

Message from the Angels

My dear friends, we love you so very much,

There is so much love in your world. There are hearts that love so much they forget to love and start to long, and then they hurt. There are people who love their causes and ideas so much they forget to love and fall into hate. But more often than not, there are countless billions of souls who remember that love feels better and that in a space of kindness, compassion, and love, they feel most like their true selves.

Love is the only solution to all the world's ills, for all problems and pains stem from a disconnection from your true self—a disconnection from love. Conversely, all joy comes from embracing the vibration of love.

Some of you have served everyone else until you hurt because you have not taken care of yourselves equally. Some of you love an ideology so much that you hate those who run counter to it. There are those of you who care so deeply that you feel powerless when watching people make unloving decisions.

Nevertheless, dear ones, no matter the trigger, it remains within your power to return to love and reclaim the peace, health, abundance, and comfort that is yours.

You can shift your energy with a single thought. As you focus on what feels more like love, you open to the eternal flow of life and love and allow the Divine to dissolve your problems.

You can release your financial problems by focusing on life's blessings and allowing yourself to feel the abundance here and now. In that vibration, more will flow.

You can release your physical ills by focusing on all that gives you joy, receiving love from others, or sitting with your angels to receive our constant love. In time, the flow that you open yourself up to receive can even recalibrate the body.

You can release emotional ills by giving up the painful stories of your past and focusing on what is good here and now. Look for it. Acknowledge the good within yourself. Make it your mission to find small things that feel good, and in time, this quest for comfort, kindness to self, and blessings in the moment will call you forward beyond the pain of the past.

Your anxieties come from feeling unloved. If you knew how much you were embraced by the Creator of universes, you would not worry about a thing.

Your fears come from feeling unloved. If you knew how loved you were, you would live with heartfelt abandon.

Your anger comes from feeling unloved. If you knew how loved you are, you wouldn't have to worry about the behavior or anyone else. You would receive our love and feel so deeply cherished that those who don't feel like love to you would be less relevant to your journey.

Even in your very human and understandable grief, in which you miss the love that was once present in the form of a loved one in front of you, they are still loving you, waiting for you to sit quietly and receive.

No one in the heavens would dream of making you wrong for feeling any of these things. When you are in the tougher spaces, we hold the vision of your emergence back into the awareness you are loved. When you feel hopeless, we remain steady in our vision of your emergence into hope. When you feel upset, we remain steady in our vision of your emergence back into peace. We hold the vision of your future joy when you feel lost in grief.

We never waiver from loving you and gently reminding you that you are loved. You are cherished. You are guided. You are protected.

Start small in your quest to find the vibration of love. Look for the tiniest things to feel good about, and then take a moment and allow yourself to feel good. No matter what is happening in the world, give yourself permission to feel good. No matter what is happening in your personal life, permit yourself to enjoy moments of goodness. No matter who around you is doing what, let them be who they wish to be and focus on your own joy.

You can't solve the problems or change the vibrations of others for them, but you can pull your energy back into your own center and ask yourself a simple question, "How can I find the vibration of love right here and now?"

You can't find the vibration of love while focusing on things and beings that upset you. You cannot force yourself to feel good about things you don't like. However, you can always look around for the good in other places, people, and situations. You can allow yourself to feel good.

We know there is a lot of violence on your earth. We've watched these misunderstandings for centuries as one group or person tries to kill off another to end an ideology by eliminating its "form" in the 3D world. In truth, ideologies are vibrations, and vibrations cannot be killed. Vibrations cannot be eliminated. Vibrations cannot end.

You cannot get rid of a song because you don't like it. But you can tune it out. You can tune into the songs you do like. You can refuse to dial into a radio station or watch a broadcast that upsets you and instead pick one you enjoy. Likewise, in your world, you cannot eradicate an ideology or a soul, but you can focus so strongly on what you do love that this new vibration begins to take the place of the old.

Imagine that there are two radio stations upon your earth. One broadcasts love, and one broadcasts hate. Suppose someone is playing the hateful station very loudly nearby. If you begin to focus upon and hate the hateful station, you are still listening to it. You are not receiving the loving station. Now, imagine you walk away or put on earbuds or headphones and tune into the broadcast of love. Suddenly, the broadcast of hate becomes irrelevant to you. You are receiving love. Suppose many of you did this all at once. Now, your reception of the loving broadcast becomes so strong and beautiful that it will overpower the vibration of hate—not by fighting it, but rather by simply turning away.

You came to earth wanting the experience of delicious diversity. You are far more stimulated by the buffet of life than you would ever be if offered only one set of people, one set of ideologies, and one set of behaviors. It is the diversity of life itself that helps you hone your preferences and your desires. The contrasts motivate you to aim love from the nonphysical reality until it forms into a creation in the physical.

By all means, don't eat foods you don't enjoy, and don't swallow ideas you don't enjoy, but dear ones, tune into the vibration of love by focusing upon what you can easily love, and let the rest be the station you simply tune out.

Love what you can, for in that vibration of love, you will feel like your best self. You will feel good, and you will attract good. Ideally, in complete alignment with your soul, you would love and value all things. That said, there is no need to make yourself like what you do not, and to force yourself to love what you cannot right now. Simply turn towards what you can. Enjoy the flow of love where you can find it easily.

Let the world do what the world needs to do. Let your family, friends, and neighbors do what they need to do, even if you don't like it. Speak your truth, ignore the unkind, or turn away. Do what feels right for you right now, and then turn your sights toward that which feels more like love. You deserve this peace. You deserve to tap into and feel the flow of love eternal.

God Bless You! We love you so very much.

-- The Angels

Message from Ann...

Hi Everyone,

Things no sooner started to get back into a normal rhythm in my personal life once again when the news of the assassination attempt came to light. No matter which side of the political fence you're on, I think we can all agree that it is profoundly sad that a young man, angry and bullied in school, thought the only solution to his life's problems was to kill and be killed. I saw a picture of this boy and cried. He was so young. Quickly, I caught myself and refocused on the good that would emerge. As the world sees violence, more and more people resolve not to hate and not to wish ill upon one another, no matter how much we disagree. In the end, love is growing. It always has and always will spring up like a plant that grows through a crack in the cement and reaches for the sun. Love cannot die. It is the essential ingredient and fabric behind existence. More and more are reaching for it.

What shook me deeply was that only a few days prior, I had awakened from a disturbing dream. In the dream, I led a small group of people away from a crowd and told them to remain quiet and that they'd be OK. In the dream, I remember commenting about the fact that they'd be "safe from the sniper." and then I woke up hearing what sounded like a very real peppering of shots in the dream. It took several minutes of focusing on the sunshine, the garden, my peaceful house, etc., to shake the unpleasant feeling. I finally sat with the angels, breathed, received their love, and prayed for peace in all hearts, ready to receive it. It was the best I could do. I didn't know exactly what the dream was about. The angels wouldn't tell me. Some things are not mine to know.

In spite of the violence and anger in this world, I see love rising up more than ever before. In my personal work, I've seen more and more people who used to martyr themselves stepping into greater self-care. I've seen more people who have been treated unkindly, removing attention from the unkind ones and shifting attention to the caring souls in their lives. I've seen people "forgive" in the sense of letting go of old pains in lieu of feeling good now, and I've seen even more popping into a space of compassion. We are growing rapidly beyond our old programs and our old stories and stepping into a new and more authentic way of moving through life.

Those who have been reaching for love are finding it in surprising ways. We are shedding old skins and releasing aspects of ourselves that no longer serve. We are sending our former martyr-selves or warrior-selves into the light. We are loving the "unloved" parts of self. We are learning to give ourselves what others have not, and in that light, the actions of anyone else become far less relevant than the energy we bring into our own lives.

I've had a little dance with wasps in my yard these past three years. They're very symbolic of the scared, sensitive beings that like to attack when they fall into fear. They've helped me see how deeply I've changed in my reactions to unpleasant behaviors. The first year, they lived in my rosemary, and we reached a peaceful accord. At first, I ran in fear when they emerged en masse, but over time, I learned to

be still when they got fussy, which seemed to calm them down.

Last year I asked them not to live in the rosemary, so they built right above my front door outside the office window instead! Every day, I stood beneath them and let them know they had a three-week countdown before I'd have to take drastic measures. I figured that was enough time to let the babies hatch and get out. Sure enough, they all disappeared before that time. They moved into the cucumbers instead, which, by that time, had pretty much stopped producing in the intense heat of summer.

This year, they moved into a hole in the stucco and built their little nest inside my dining room wall. I wasn't thrilled, so I prayed over it. I decided to talk to them. I sat inside the house and put my voice close to the wall. "Little ones I love you and don't want to hurt you, but you cannot be in my house more than one season. You cannot get fussy with me in the garden. We can live in peace and be fine, but if you provoke me, I will have to call someone. Please. Let's live in harmony." Soon after, I found three dead wasps in my house. They seemed to make a point of living their last breath in a visible area as if to say, "See, won't harm you."

Yesterday one got very fussy with me in the garden. He flew at me aggressively, buzzing around my face. I became very still and said quietly but firmly. "This is not ok. If you are in my yard, we need to live in harmony. I don't want to hurt you. Why don't you go sit on the rose leaves, and we'll have a chat?" My energy was calm and no-nonsense. He left me alone, landed on the rose leaves, and stared at me. "We need to get along kindly if you're to live here. I think you're cute, and you do a great job of pollinating my garden, but we have to get along. Do you understand?"

What ensued belongs in a fairy tale. He looked at me, nodded that little head, and began to preen, running his little front arms over his face and looking at me very peacefully. "You're so cute!" I squealed. I put my face close to him and watched him. He stopped preening, stood perfectly still, and, with a little eye no bigger than the head of a small pin, stared into mine. We looked at each other like that, with wonder, for several minutes as I felt the spirit of love emanating from us both. "Well, there you go," I thought, "peace on earth, or at least in the yard." I wish all stinging things and beings would so easily settle down and receive love!

We can't control anyone else, but we can love the ones we can love and turn away from the ones who are too difficult. As the saying goes, we can live by our own values and be the kind of person we want to see in the world. We can be the people we want to be and let others be who they need to be. We need not fear for the world, for our countries, or for ourselves. Love lives within us. Love lives within all. Stay in that frequency of truly allowing yourself to live and let live, and you'll find that those who resonate naturally come close and those who do not naturally fall away. Even those that would otherwise "sting" calm down in your energy of love, or better yet, their behaviors bounce off you.

It isn't always easy. There's plenty to be disturbed about in the world and in our own lives at times. If you can remain true to your own heart, however, you'll rise above the disturbances, tune them out far more easily, and live a much kinder life.

Here are some tips to help you when you see or experience things that aren't so easy.

1. Grant yourself grace

Sometimes, the world or the behavior of others wobbles you out of a loving or good-feeling space. There's no need to feel ashamed. We all "know better," but we're human, and some things are hard to watch and nearly impossible to feel good about. Don't force yourself to feel good about what does not. Don't force yourself to love people you cannot yet love. Don't try to be pious. Be kind to yourself. Grant yourself

grace.

Turn away from what upsets you and find things that feel better. We do not have to try to feel warm and fuzzy about what does not. Refocus on something easier. The move you allow yourself to feel good (and therefore feel God), the easier it will be to remain steadfast in the face of what formerly "wobbled you."

You deserve your own compassion. Grant yourself grace.

2. Live and let live

There's an old saying I grew up with that says, "Until you walk a thousand miles in another's shoes, it is hard to truly understand them." I tune into others for a living, so in a way, I temporarily walk in their shoes, but unless you do this regularly, it is hard to even imagine what motivates people to behave as they do. You don't know their childhood. You don't know the events that might have shaped them. Some of the most put-together appearing people have suffered through vile abuse, and some who appear to have it all have challenges you can't even imagine. Most of the time, another person's behavior has nothing whatsoever to do with you, but is rather a reflection of all that is going on inside of them.

I hear this question all the time, "How could they...." fill in the blank. The question is usually asked by rational, conscious human beings who put some thought into how their actions affect their own lives and the lives of others. If you are rational and expect everyone else to be, too, it can't possibly make sense to you when a person has an irrational, pre-conditioned reaction. Forget being upset and figuring them out unless that pleases you! Celebrate that you make decisions more consciously.

Unless you walk a thousand miles in another's shoes, it is hard to understand them... The angels remind me often to "live and let live." Just do what is right for yourself.

3. Pray for all, equally

Pray for the light of love to rise up in all human hearts. This includes the people you like and don't like, the ones you agree with, and the ones you don't. It is a prayer that tunes you into your soul's loving truth and moves you past any vengeful thoughts that only hurt us. It is for your good and the good of all humanity. If the person you dislike most had the light of love rise up within them, you might find that suddenly, they are no longer unlikable.

Do this for yourself. It is a wish for a kinder, better, more gentle, and loving world for all, including you.

We cannot solve the world's ills because some are not yet ready to open to love. We cannot fix the world's pain because some do not believe they can live in joy. We can't solve the world's problems with one political party or the other. We can start at home, in our own hearts. We can allow love to flow into our lives one choice at a time. We can enjoy life even when conditioning tells us we are not "allowed." In so doing, we raise the vibration of humanity, one person, one soul, one choice at a time.

Have a blessed week,

Love, Ann

About Ann: She has written several books & meditations, including: <u>Bridging the Gap Between</u> <u>Christianity & Mysticism</u>, <u>Love is the River: Learning to Live in the Flow of Divine Grace</u>, and most recently, <u>Whispers of the Spirit</u> which documents her journey from avionics engineer to angel communicator. Ann has been published in many other books and ezines, has been interviewed on

national radio programs, and has spoken at conferences featuring some of the foremost spiritual authors of our time, including Wayne Dyer, Marianne Williamson, James Van Praagh, and more. Her mystical training involved apprenticing to a traditional Reiki master for one year to learn how the emotional, mental, physical, and spiritual energies affect your everyday life. She has since trained under shamans, mystics, channels, mediums, and a variety of other spiritual teachers. Her constant mentors, she says, are the angels that work with her during her readings for others and guide her in her own life. "If everyone could experience how deeply they are loved, there would be no more greed, no more pain, no more lack mentality. We could erase fear if we could only tap into the immense love that is available to us all. Wars would end and we would celebrate the infinite variety of ways in which God expresses love through life."

"If I can assist you in discovering your own Divine Spark, your awesome power to create life as your heart wishes it to be, and your passion and purpose for living, then I am humbly and deeply grateful for the opportunity to do so."

©Ann Albers

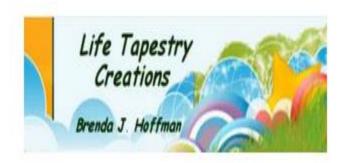
Go to Ann's website: https://www.visionsofheaven.com/

The universe answers every request... & How I Beat the Flu in 2 days! Watch later Share Watch on Valuable

Ann's Video

Link: https://www.youtube.com/watch?v=7NiOi-aNOAA

Nothing Is As It Was Two Weeks Ago By Brenda J. Hoffman



Dear Ones,

Your new life starts today.

This is so because you have internalized the pieces necessary to proclaim your oneness with the Earth and Universes. You no longer look in on the outside, whether as a human or a Universal being.

Your eons of Earth experiences were confusing because, in the back of your mind or in your dreams, you had more skills and flexibility than you displayed during your 3D Earth reality. You knew something was not quite right, but you had no idea how to shift that concern into actuality. Now you do. Even though those skills might not yet be displayed in your life, you have reclaimed your Universal skillset and added a few more skills you developed as Earth workarounds.

It is time to declare your whole being regardless of what others want or need. Perhaps you are afraid to be different from others or believe you do not have the talents that we of the Universes are touting. Neither of those fears apply in your new world.

Such fears are like inventing television and fearing others will laugh at your invention. Or declaring you invented a new product that could be labeled television and discovering you have not. Both fears resulted after eons of 3D Earth emotional and physical disappointments from within and from naysayers. Or that even though you knew a few adjustments would create what you desired, past Earth failures stupefied your ambition and creative talents.

Those fears shifted when you were of the Universes and in your creative element. Even so, each transition from the Earth to the Universes and back again was confusing. When you were of Earth, you tried to reclaim those hidden powers you subconsciously knew you had. And when you were of the Universes, you tried to forget or negate earthly fears.

You are finally allowing yourself the full range of experiences, including fear.

If you pretend you never experience fear, that cloud of uncertainty that has been with you both when of the Earth and the Universes since your inception will continue. The difference between your former Earth fears and now is that you know your fears are minor and will dissipate quickly – unlike what you experienced while of 3D Earth or your return to the Universes.

Since inception, much of your Universal time has been determining what experiences (most often fear-based) you wished to explore when returning to the Earth, fearing that those Earth experiences would not adequately fulfill your role of shifting the Earth from 3D to beyond 3D.

You have completed the almost impossible task of shifting the Earth beyond 3D. Now, you are tiptoeing into doing the same for your current being. The confusing piece now is that your new skill set is beyond anything you experienced while of Earth or in the Universes.

You are a new being, a concept you have heard or read repeatedly for months, perhaps years. The difference is you are finally accepting your new reality because of your passion to do so and your Universal supporters.

We of the Universes have noted how difficult it has been for you to realize your total and glorious worth – not only for your being but for the Universes. You have completed the almost impossible by shifting the Earth from 3D to beyond, and now you are allowing the same for yourself. Something you could not have imagined even two weeks ago.

Perhaps you question that last statement—just as you questioned your role in shifting the Earth beyond 3D. A reality you have finally accepted, not based on media reports but on your inner knowingness. The same will be happening to you personally today. Because your Universal support team is radiating that wisdom, that inner knowingness to you. It is done. You are new, and so is the Earth.

There is little more to relay other than for us to inform you to enjoy your new being in your new world. Nothing is as it seemed two weeks ago, most definitely including you. So be it. Amen.

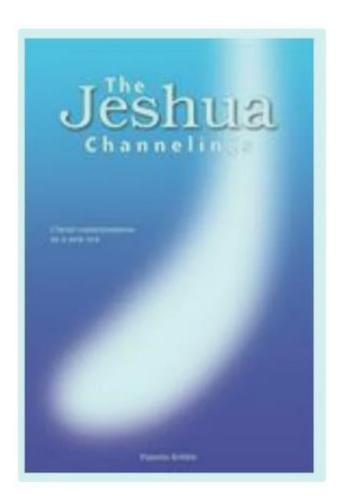
About Brenda J. Hoffman: An intuitive since birth, Brenda formalized her channeling skills with her internationally noted book, <u>A Glimpse of Your Future</u>. This prophetic classic describes your role in this transition, as well as answers questions such as why baby boomers were instrumental in introducing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

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

Brenda has been the special guest of numerous radio and television network talk shows; a New Age columnist for the Twin Cities Reader; the featured subject of the Minneapolis Star Tribune Sunday Magazine; and is a public speaker/channeler. Brenda's role in this wondrous transition is to help you suspend those beliefs that limit us as we download our Lightworker/new earth creation tool kit.

Brenda's website: https://www.LifeTapes	tryCreations.com
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A Time For Harvesting By Pamela Kribbe



Dear friends, I am Jeshua.

I greet you all. I am with you from a deep resonance. We walk the same path, and you are with me. I was a kind of flag-bearer in the time in which I lived. I planted seeds, but it was never intended that I would do this alone. What I did was not something by myself. What I did was connected with a soul group of kindred spirits to which you belong.

This is a time for harvesting. Through planting and growing, through the germination of seeds, through the rising up of new shoots, a new light is brought into this world, and you are those germinating seeds and shoots. You are connected with me in the grand field of the Christ energy. What is the most precious thing that is developing during this time is who you are.

You often think that the biggest difference is made by what you do or set down in the world, but that is not the case. Rather, it is what and who you are that makes all the difference; that is what creates an opening in the collective consciousness on Earth. By being too fixated on specific goals outside yourself – on what you want to achieve in this world – you move away from your core, your foundation, which is where the transformation is taking place. It is what is most needed in this world.

It is important that you recognize the inner world – the world of your feelings, your psyche, your thoughts – as the primary source of all creation. You have become indoctrinated by a worldview in which the inner – the intuitive and the spiritual – is neglected. There is an excessive focus on the outer world, on

the material. And when you go along with that, you undermine your own powers of creation, because the source of each enduring creation is always inside you. You are not dependent on forces outside you, and your realizing this is a big step, because it sets you free from the outer world, which then loses its power over you.

When you realize deeply, from your divine core, that you are a creator, the social rules and ideas, the fears that are prevalent in society, gradually lose their influence over you. That is also the message that you are bringing to people in this world. Nothing brings a person into their own strength more than does the realization that he or she is the center of their own world, and that from there you attract and create what is right for you. Thus, the energy of fear and illusion loses its influence over you. This is the true breakthrough everyone is looking for.

I ask you to now connect with your heart. When I am speaking about the heart, I am not talking about the physical heart, but about something much more vast and deep; namely that part of you, your unique soul, which is connected to the whole, which vibrates in a field of love that is your home, the place where you belong. Your physical heart is the most visible material manifestation of this inner center, but it is no more than that. Your true heart is much more vast and not bound by time and space.

The love in your heart surpasses the material, transcends physical life. It makes you really great, and also allows you to be safe. Because through this love you are connected to the Christ energy: a field of love that is infinitely more powerful than any fearful image or all the material things in the world. Feel this field now. Call it up in your own heart and sense clearly that you are much greater than an earthly body, an earthly personality. Your soul has chosen you in order to grow through you in this life, to experience, to work. This grand power of your soul is available to you as a source of wisdom.

Now, go with your attention to your heart center and feel who you are. Also sense the talents and gifts that you have developed in other lives, because the heart operates from a timeless awareness and has access to all the varied manifestations or incarnations you have ever had. Feel the energy of your heart come to you and surround you. Let it shine light upon a problem that you are experiencing in your everyday life. Many problems arise or become bigger as you become fixated on external things, or on your own body, on the tangible, the physical. You want to find solutions on that level. But by connecting with your greater core, with your heart-consciousness, you will get access to sources of wisdom that can help you much more.

The solution is never on the material plane; it is within you. Descend all the way to that level, and see a flame of light in the middle of your heart center. This light connects you to the Christ field, which protects you and cares for you – allow it to enfold you. Feel that you do not depend on powers outside yourself; feel that you can live from ease and love, from lightness. You have been so indoctrinated with thoughts of fear, struggle, and survival that it seems impossible to live from lightness, gentleness, and love. This is the shadow that hangs over all of you: the belief in fear, struggle, and control.

I ask you to open your heart to that larger reality that is there and that carries you. Imagine that the light energy from this larger reality enters through your heart, and further through your body and your energy field. Let the light flow through your heart and descend into your solar plexus ... and further into your abdomen ... and into your root chakra in your tailbone ... and even further down through your legs to your feet. Feel your own power. It is not a hard force; it is not a power of resistance or struggle. The time has passed that you had to be in conflict with the outer world.

There is another power within you that can help you realize what you deeply desire. But that power is not of a dual nature, one of struggling against something. Feel the power of this force, and go to where you

experience a problem that gives you concern, makes you worry and think. Go to where you feel you are losing your strength, that you are not able to live with joy but have the feeling of being threatened by something outside you, something you do not understand, or by something that keeps arising and never seems to be able to get resolved. There is a kind of knot in your energy, in your thoughts about your own powers of creation. There is a sense of powerlessness. There is a blind spot in you.

Feel the great power of love. Look at your life and ask yourself: "Where do I experience love the most? In which activity or with what person or at what moments do I experience a feeling of sincere joy and happiness? Where do I feel at home, relaxed?" I mean times when you literally feel lighter, when your body vibrates at a higher level. Look for yourself where and in which situation you feel that the most, and take that as your criterion or guide.

Love gives you energy, makes you creative and at the same time free of worries. Then you are confident, and in an almost childlike way you become happy. This is a great strength; do not underestimate it. Search for that kind of feeling as much as possible in your life. Let go of doing battle, and find the brightest sides in your life and feed that energy. Then you free forces in yourself which give you deeper connection with your own soul wisdom; then you magnetize others – like attracts like.

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.

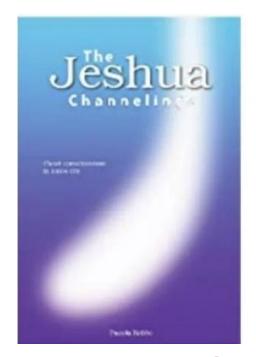
The Jeshua channelings have been published in book form. Click <u>here</u> for more information or to order on line.

Pamela's website: www.jeshua.net

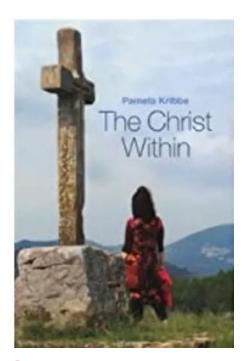
Translation by Maria Baes and Frank Tehan

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Pamela's book



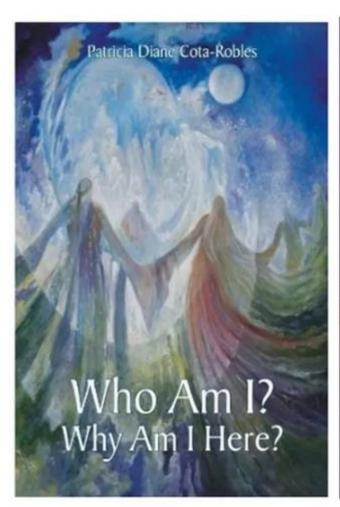


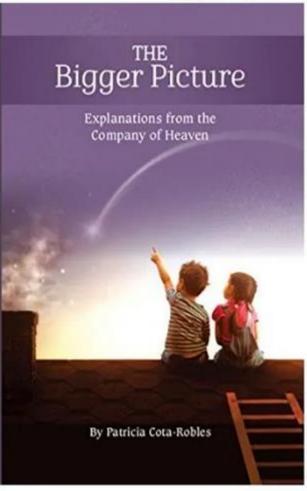


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Cocreating Eternal Peace and God's Infinite Abundance By Patricia Cota Robles





Books By Patricia Cota Robles

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

* * * * * * * * * * *

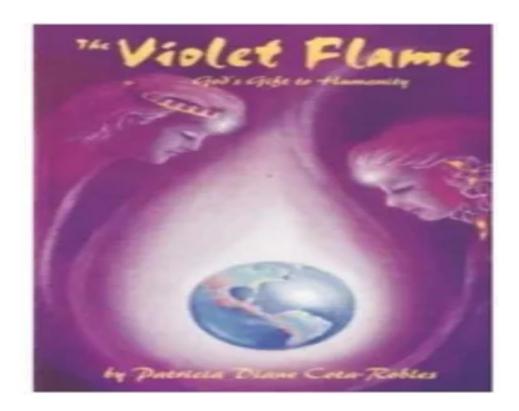
About Patricia: Patricia is co-founder and president of the nonprofit, educational organization New Age Study of Humanity's Purpose, which sponsors the Annual World Congress On Illumination. Patricia was a marriage and family counselor for 20 years. She now spends her time freely sharing the information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

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A



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

Patricia's Vlog



Link: https://youtube.com/ watch?v=ewpiTYaJ6cY

Are Human Beings Evolving? By Lee Carroll/Kryon



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

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

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

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

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

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

Lee Carroll/Kryon Video



Link: https://www.youtube.com/watch?v=vu8RoqpfjT8&t=3s

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ROC Metaphysical Business Advertising



Come To The Fair

Come to the Fair with so many interesting vendors, readers, psychic mediums, tarot card readers and energy workers. Go to the website for more inf: https://www.experiencepsychicfair.com/copy-of-upcoming-fairs-3

Buffalo NY August 24 & 25 Ismailia Shriners 1600 Southwestern Blvd. Buffalo, NY 14224

Hamburg Fairgrounds September 27-29 Hamburg Fairgrounds- Grange Building 5820 South Park Avenue Hamburg, NY 14075

ROCHESTER, NY October 5 & 6 Damascus Shriners 979 Bay Road Webster, NY 14580

CORTLAND, NY October 12 & 13 Cortland Country Music Park 1824 NYS Rte. 13 Cortland, NY 13045

BATAVIA, NY October 18, 19 & 20 Batavia Downs Gaming and Hotel 8315 Park Road SYRACUSE, NY November 2 & 3 Embassy Suites 6646 Old Collamer Rd. South East Syracuse, NY 13057

Healing Messages From Spirit



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

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

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

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

traditions from around the world to find the common thread among these sacred traditions.

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

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

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

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

Phone: +1 585.993.3723

Mythic Treasures Faire



Come to the Henrietta Store on Jefferson Road for second Saturday with vendors, readers and great shopping.

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

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

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

Sign Up For this Class

M	PRESEN	E T CLASSES TED BY REV. SHEILA B. TILLICH NG IET MASTER INSTRUCTOR TRAINER
	APR 06-07th, 2024	IET® Master-Instructor Class - Rochester, NY
	MAY 17-19th, 2024	IET® Intensive Workshop - Rochester, NY
	JULY 13-14th, 2024	IET® Master-Instructor Class - Rochester, NY
	AUG 16-18th, 2024	IET® Intensive Workshop - Rochester, NY
	About IET® Intensive Workshops: Stand in Your Magnificent Life's Purpose! You can do this by learning all 3 levels of IET®. Join Master-Instructor Trainer Sheila Tillich for a 3-day IET® Intensive Workshop. This is a great way to learn all three levels of Integrated Energy Therapy in a quick time frame. Whether it is for your own self-healing journey or adding it to your other healing modalities, this workshop will help you live your magnificence! In this Intensive Workshop, you will learn about activating five pairs of DNA, healing yourself and others, empowerment, and practice.	
	life-changing Master-Instruc Intermediate, and Advanced the 6th pair (alignment with	structor Class: agnificence and Live your soul's purpose! Join us for our two-day tor certification class. Pre-requisite: Completion of IET Basic, levels by the time of the class. Master-Instructor Level works at the Divine) of the 12 Strand DNA and provides students with the others and attune them to the Basic, Intermediate, and Advanced

Register Now www.sheilatillich.com/events

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

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

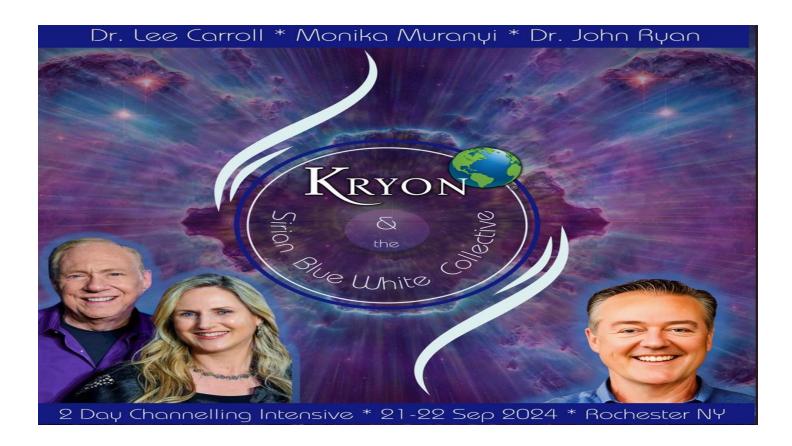
Go to www.sheilatillich.com to sign up



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

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

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



Kryon and Dr. John Ryan in Rochester

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

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

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

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

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

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

https://kryonmasters.com/product/monthly-healing-wednesday-subscription/?aff=68 Check out our local guest Healer, Rev. Sheila B. Tillich, featured on Kryon Masters Healing Wednesday November 22, 2023, episode #156!

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

ROC Metaphysical Alternative Directory



Rev. Vicki Snyder-Young

Spirit and Tarot Connections Pen-Far Office Park 481 Penbrooke Dr Suite 3A Penfield, NY 14526 585-354-6907

Vicki Snyder-Young http://www.vickisnyder.com

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



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

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



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

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





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

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

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



727 E Main St Rochester, NY 14605

and the NEW LOCATION 1225 Jefferson Rd Henrietta, NY

585-266-8350 Sue Stephens

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

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





The Lotus Blossoms

100 White Springs Ln

Geneva, NY

315-789-4650

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

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

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



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

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

Sage offers divine guidance, energy healing sessions, spiritual consulting, energy healing, crystal message session, angelic information provided either in person or thru Zoom. She also does house cleansing, and private parties. I also offer Life Release sessions. where I read your aura for issues or situations that are keeping you stuck. The Angels, Guides and Masters give

guidance (homework) to release and move forward.

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



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

I'm Lee Parker and I started really liking rocks fairly late in life.

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



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

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



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

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

Learn more about Theressa at: https://youtu.be/cE8xQohKhrE



Twizted Creations

Roxanne Hartley - Owner

247 E Main St, Palmyra, NY 14522

(585) 857-7922

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

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

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



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

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



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

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



The Magical Muse

103 North Peterboro St

Canastota, NY

315-744-8322

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

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

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



Marjorie Baker Price , RN
Certified Hypnotherapist, Reiki Master Level III Centering Tools for Self-Healing & Development 585-750-1751
http://www.centeringtools.com

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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

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

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

Join Sheila B's Inner Circle: https://sheilatillich.com/inner-circle
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Learn more about Sheila: https://youtu.be/snB1hTRfbZk



Wyld Ravin Candle Co. & Apothecary https://www.facebook.com/wyldravin

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

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

To contact email at wyldravin@yahoo.com

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



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

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

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



The Crescent Collective
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<u>www.crescentcollectivecny.com</u> https://www.facebook.com/crescentcollectivecny

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



Janice Wilton NBCR,RMT, CRTS, IHP

Touch of Life

4535 Southwestern Blvd Ste 801

Hamburg, NY 14075

http://www.touchoflife.net/
716-238-6426

janice@touchoflife.net

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

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

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



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

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

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



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

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

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

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

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



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

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

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

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

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



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Spiritual Churches & Retreat Centers



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

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

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

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

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