

ROC *Metaphysical*

Our Mission is to Enlighten and Inform

May 2024

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for the month:

Beautiful Message - Change Has Begun By Aniiyah Klock

Kapha, The Guardian Within, Who Can Also Transform and Move Energy When Needed By Christianne Asper-Contant

The Metaphysics Of "The Atman Is Brahman"

By Ethan indigo Smith

Embracing Freedom: Healing Trauma and Living Authentically in Today's Shifting Energy By Rev. Sheila B. Tillich

What Happens When You Open The Psychic Door?

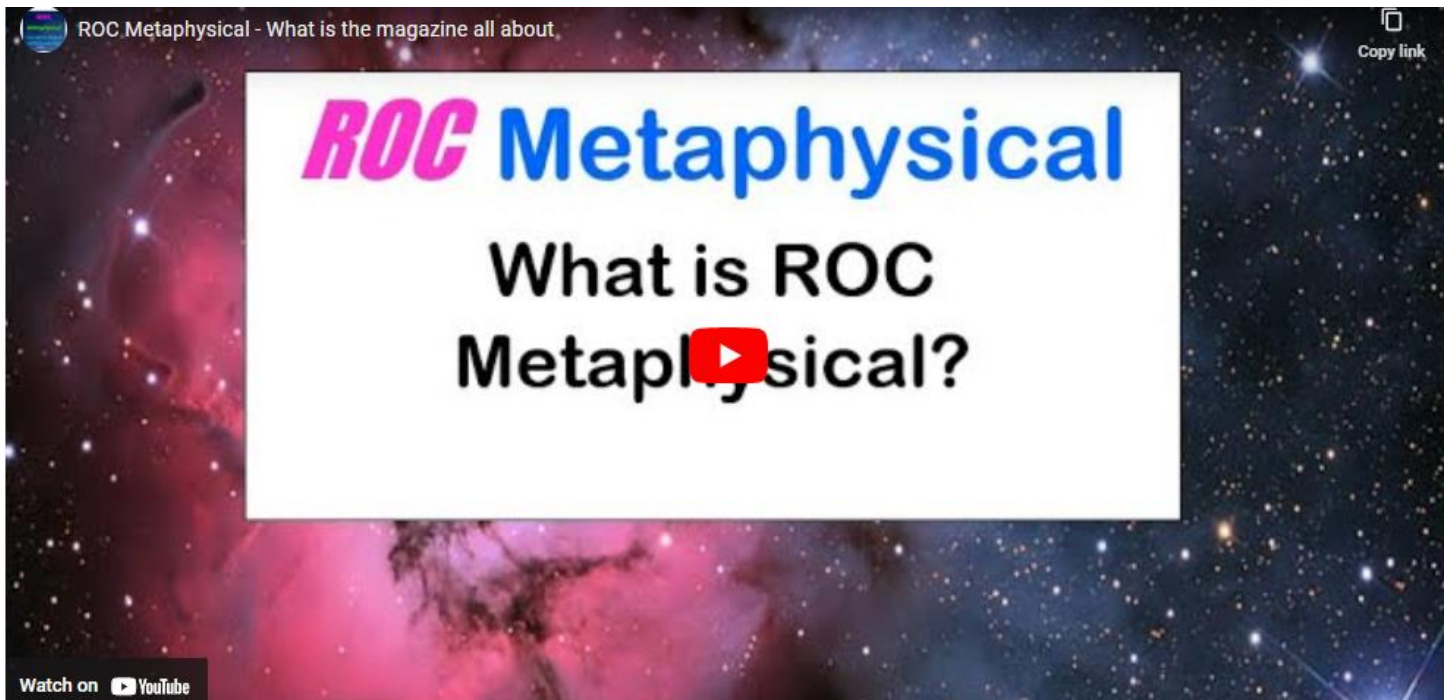
By Connie Wake & Susan Fiandach

Improve Health, Balance, and Harmony in Trees and Plants on Your Property By Dr. Jim Conroy & Basia Alexander



ROC
Metaphysical
OUR MISSION
IS TO
ENLIGHTEN
AND
INFORM

What Is ROC Metaphysical All About?



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

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

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

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

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

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

what comes to my email.

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

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

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

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

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

Find ROC Metaphysical At These Sites



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



pinterest.com/rocmetaphysical



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



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

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Highlights of The Magazine



Read Interesting and Informative Articles

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



Read Channeled Messages

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



Learn About Incredible Alternative Businesses

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



Lots of Interesting Events

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

We Have A YouTube Page



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

Listen to Galina Krasskova about 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



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

ROC Metaphysical Online Magazine Articles for May 2024

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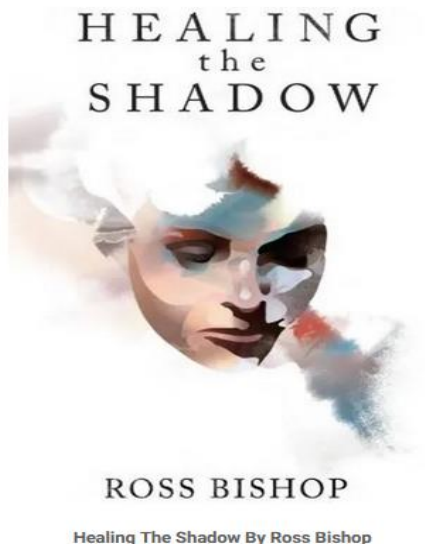
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From The Inside Out
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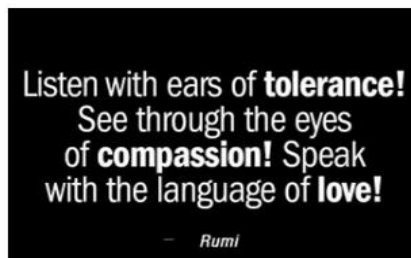
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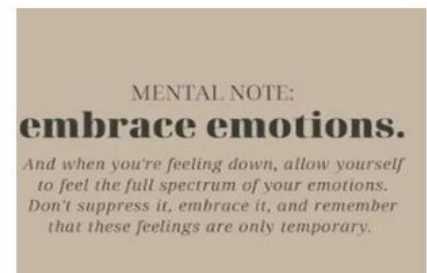


What Happens When You Open The Psychic
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Channelings



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.

Brenda J. Hoffman



Adjusting To New Inner Workings
By Brenda J. Hoffman



Jamye Price



Ricocheting Time
By Jamye Price

Patricia Cota Robles



Breathe, Focus, Pay Attention and Just Be
By Patricia Cota Robles

Lee Carroll/Kryon



Can You Influence Your Future?
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Shelly Dressel



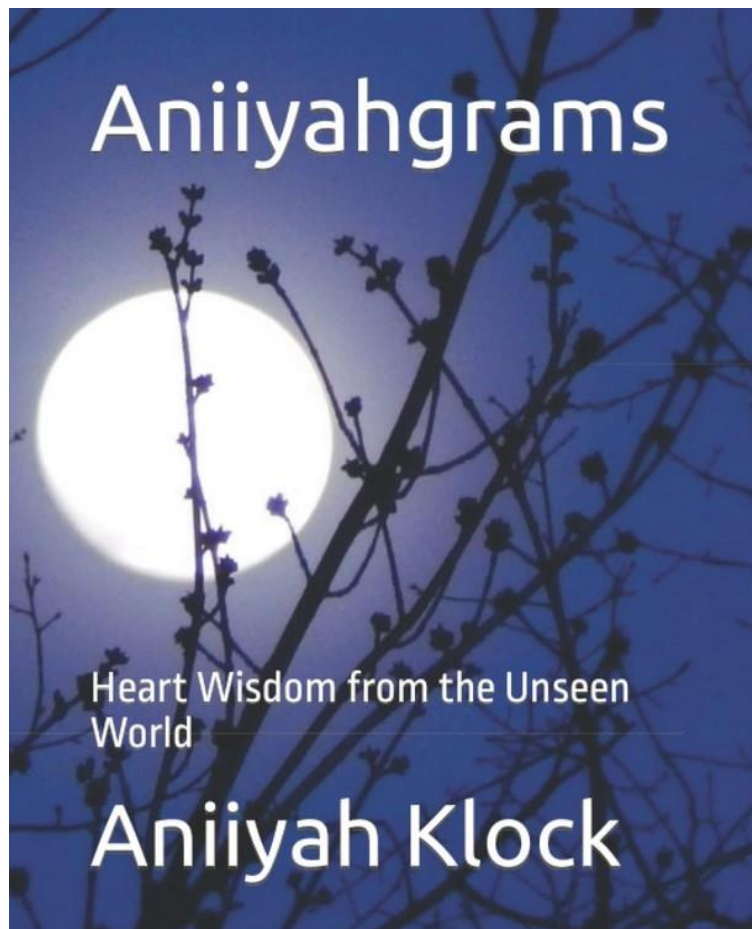
Allowing The Eclipse To Heal Your History
By Shelly Dressel

One of the
most rewarding
and important
moments in life is
the moment you
finally find
the courage to let go
of what you
can't change.



WHEN
YOU ACCEPT
YOUR FEELINGS
WITHOUT JUDGEMENT,
YOU GIVE THEM PERMISSION
TO MELT AWAY.

Beautiful Message - Change Has Begun By Aniiyah Klock



My Grandma Marey, came to me with a very clear message...

My Grandma Marey spent her childhood in a catholic orphanage because her Mother was Miami Indian and her Father, who was Scottish, died in a farming accident. At that time in our collective experience the socially acceptable practice was to take Native children and “train the heathen out of them” (my Grandma's words)...

And She said

"Dear one, you have all you need. The "Masters" are sharing herbs and remedies from many plants that do not grow here. It's why Aster and Goldenrod, White Pine and Comfrey have been singing. And now I directed you to Bugleweed. And you already have friendships with the mushroom people on your hill. All of these are important allies right now.

Your (collective) body is fine-tuned to frequency. It wants to be well. It wants to sing of joy, love, grace, compassion, generosity, and courage.

The other songs it sings that have been given to you... fear, disease, hate, judgement, greed, manipulation and disaster... are indicators of an alignment issue... nothing more.

What do you feel?

Listening to what you feel is not the popular message that many follow. Let go of what you hear and see on devices programmed for mass manipulation. What do you feel during conversations?

What's the first thing you "hear" when talking to another?

Not their actual words, but what's the energy underneath the spoken words?

Trust that, even if it makes no logical sense — remember logic is the mind repeating its programming, FEELING is the heart powered by the God Within.

Sit by the fire. Dance with the sunrise. Play with the children. Hold yourself against a tree and grow your roots. The Natural world is rooting for you (collectively).

Remember. All things NOT BUILT ON INTEGRITY must crumble to be rebuilt in a new way.

The atrocities are meant to shake you (collectively) up, wake you up, and release the darkness that has been hiding.

Breathe into this.

Stand up and send out your vines of kindness. Allow them to wrap around where they are most needed and watch as they grow beautiful flowers.

Feel the frequency of US (and then my Mom, and my Guides Lady Di (DEATH) and Tova appeared). We are here to help, but you must ask us,

Then she laughed, and took their hands, and they began dancing in circles around me to the song "tis a gift to be simple, tis a gift to be free".

"And remember Dear one, Mother Theresa held sick and dying people without a mask, gloves or protective clothing... She was not afraid, and she lived many years without "catching" viruses and infections from the masses.

She wore the cloak of Creation. She knew the God Within. She allowed love and her heart to guide her — even when so many condemned her, and she lives in all actions based in love, as do all of us who walk in the unseen world which is a mirror to your beingness."

"Do not count on and systems (collective) to save you... Only You, the God within, can save you. For it starts in the heart. It starts with silence.

Reach out to your neighbors. Give what you can. Release your attachment to money, it will be meaningless very soon. There is a split, a movement of sorts, that is happening that has been long coming. You will choose to allow others to dominate and rule, or you will choose service.

Humanity will become Humane.

Trust in the light and it will illuminate your path. Much will not make sense to your mind. You will push against what you've been programmed to believe. Division is your enemy.

And Again she stated “All structures that are not built on integrity WILL crumble. Some will awaken, some will go down with the ship, and all will be happy with where they choose to be.”

You're (collectively) biggest and best ally will be prayer. Not prayer. Prayers of gratitude. Prayers of thanksgiving. Prayers of peace. Prayers of Healing.

Share your prayer practice. Open your doors to those who are ready for internal silence. For those who wish to know the magic in the silence. Share the prayer with others and it will ripple out around the world, and soothe the chaotic waters of fear.

This is a time for connection, clear communication, knowing when to speak and when to be silent. Change has begun. Anger is rising against the inequality and suffering inflicted on the masses by those who believe themselves "in power". Do not gaze upon these sufferings for long periods as they will deplete your ability to be peace.

Stay close to Earth, like the stream that nestles into the field and finds the larger pond. The Earth will shield you. She will cradle you, Humanity, in her bosom. She will hold you close. She knows Truth and will scold you lovingly when you stray from the truth, like the loving mother that she is. Trust her. She will not forsake you.

Ween yourself away from (dark) technology. Gaze only on the information that vibrates love and share only your best self with others. This will require time. Time in prayer. Time in Silence. Time with those you love.

Your minds (collectively) are easily swayed and manipulated from the (dark) technology which is often disguised as "necessary information about safety, preparedness, and fear". It engages your survival program rather than helping to cultivate and tap into your God within Divine DNA program.

And when you know not what to do, place your hand over your heart.

Follow the rise and fall of your chest as Sacred breath enters and leaves and "put the problem down" for a few moments.

**This practice alone, if done consistently, could heal all of humanity...
Instantly!
Miraculously!
Completely!”**

I love you. We are rising.

Aniiyah

About Aniiyah Klock: My name is Aniiyah Klock. I legally changed my name in 2015 after having my 3rd Death experience - this one on the operating table. When I died, my great grandmother came to me and said “take my name, it will serve you well”, and since you can’t argue with Spirit, I did just that!

I am married, have grown children and grandchildren, have a menagerie of pets, and was a Licensed Massage Therapist for 22 years. I have been an Energy Healer and Intuitive for longer than I can remember! I am a certified and practicing herbalist, and am certified in Healing Touch, Craniosacral Therapy, Reflexology, Cancer Massage, Meridian Massage, and am a Reiki Master.

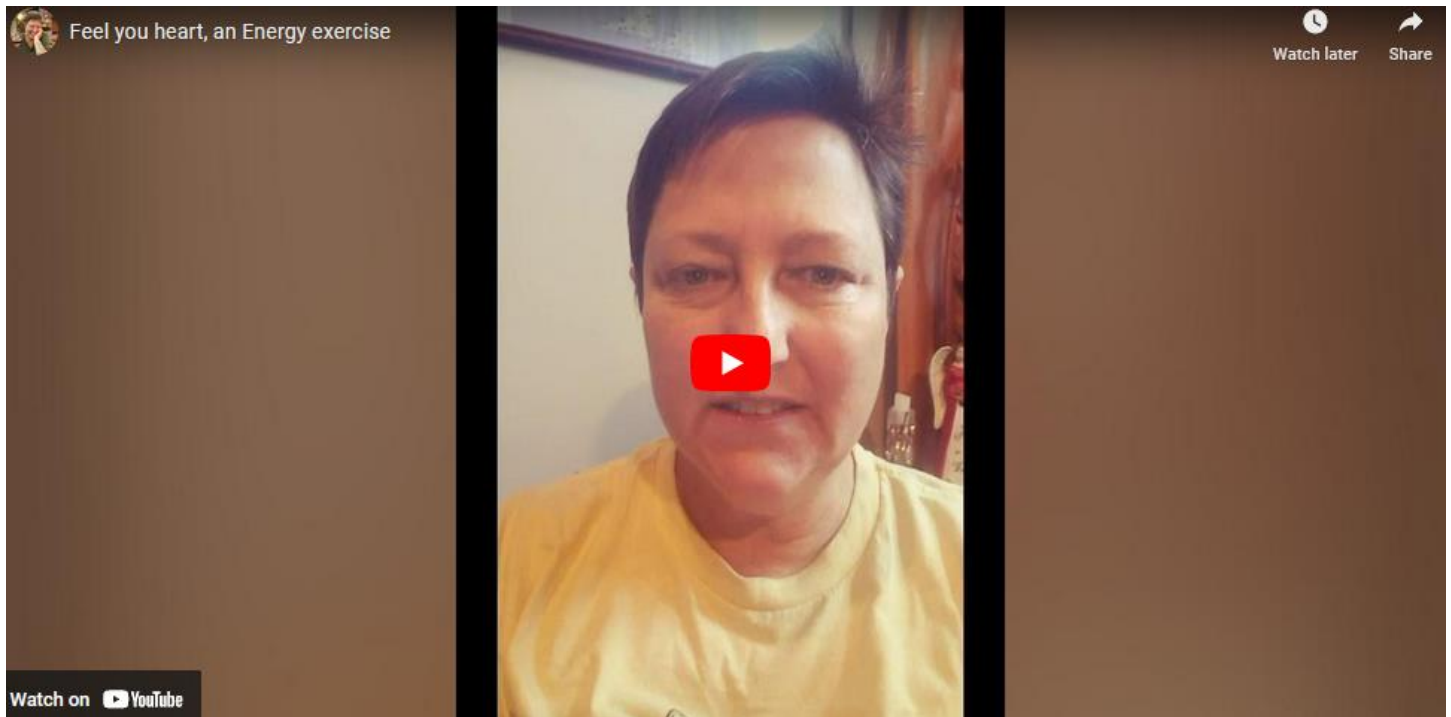
Those are all just hats I wear well, but my “super power” is Dream Channelling, being a skilled listener to humans, plants and animals, and my daily practice is to connect to my own inner landscape to know myself.. for in knowing myself I know the Universe and I can access all the power of Creation... as can you!!

I wrote a book 3 years ago titled “Aniiyahgrams, Heart Messages from the Unseen Worlds”. It is a collection of 10 years’ worth of dream messages for our (Collective) highest good.

I have a rental cottage on my very rural property that is a wonderful way for others to spend time in Nature, to find their way, to be still, to play, to learn about plants, to go within, and (with enough notice) can receive an energy session from me in my outside screened in studio!

Aniiyah's website: www.klockwisecreations.com

Aniiyah’s Video



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

Mastering Mindfulness: How Daily Meditation Shapes Your Life

By Rev. Colleen Irwin



Embarking on a meditation journey that truly yields results entails dedicating approximately 15 minutes to meditation regularly, ideally every day. Despite its brevity, this consistent investment in your mental and emotional health proves invaluable. The profound benefits meditation offers make these 15 minutes among the most rewarding and transformative moments you'll dedicate to nurturing your overall well-being and happiness.

Consider the following examples illustrating the positive impacts meditation can have on your life:

Stress Reduction

Meditation is an amazingly effective way to treat your daily stress and even severely stressful events. According to a mindfulness meditation study meditating regularly reduces cortisol levels in the bloodstream, which reduces symptoms of stress from the body and mind.

Assist With Anxiety

One study above also showed that most participants who meditated daily for eight weeks and also used positive affirmations reported a reduction in anxiety symptoms. These people also developed a heightened ability to cope with problems. Many people who meditate, find that focusing on words, mantras, or thoughts as they begin their daily meditation. When they have anxiety, it helps them to have a planned thought, which enables them to prevent intrusive thoughts.

Promotes Well Being

To cultivate more emotional positivity and well-being, start a daily meditation practice. More than eighteen studies show that meditation will reduce negative symptoms and increase positive feelings about yourself. This tends to lead to a profound overall feeling of peace and well-being.

Helps You Become Self Aware

If you want to know who you are, as well as what makes you act and think the way you do, you can benefit from a focused meditation practice. This type of focused meditation can assist you with self-discovery and feeling part of your body as well as part of the present. A self-aware person can say what they mean with their words and body language, which is also a big confidence booster.

Improves Focus

As your self-awareness improves, it will become easier to focus on what's happening right now, instead of the past or the future. Your focus should be on what you are currently doing on most days. The only time you need to focus and revisit the past is to search for greater understanding. Similarly, you only need to focus on the future when you're actively engaged in planning your future.

Reduces Memory Loss

Your brain needs frequent breaks to reorganize and file away the information it receives. Daily meditation can provide that break which allows your mind to process, reorganize, and solidify the experiences into memories. Aside from daily meditation, make a point to relax a few minutes between various activities.

Health Benefit

When you reduce stress and benefit from the other results that mediation provides you, it's natural that your mental and physical health will improve. A reduction in inflammation caused by the stress hormones will lead to less illness. When you have less illness, you will also have fewer setbacks and breaks that are due to working on achieving higher goals in life.

Integrating a fruitful meditation practice into your daily routine is simpler than you may think. Begin by finding a serene, interruption-free space where you can comfortably sit. As you gradually acclimate to your meditation routine, you'll find yourself effortlessly extending your practice into various environments, even in public settings, equipped with the techniques you've cultivated for tranquility and focus.

Mastering mindfulness through daily meditation offers a wealth of benefits that extend far beyond the 15 minutes invested each day. From reducing stress and anxiety to enhancing self-awareness and focus, the transformative power of meditation touches every aspect of our lives. As we integrate this practice into our daily routines, we not only cultivate a deeper sense of inner peace and well-being but also pave the way for greater mental and physical health. So, let us embark on this journey of self-discovery and empowerment, embracing the simplicity of meditation as a powerful tool for reshaping our lives and achieving true fulfillment.

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

Anthony to visitors of the Susan B. Anthony Museum.

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

Colleen's Media Links: <http://talkwithcolleen.com/about/>

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

Twitter: <https://twitter.com/talkwithcolleen>

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

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

YouTube: <https://www.youtube.com/channel/UCyqiREJNkKCEenfDWeTozCQ>

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

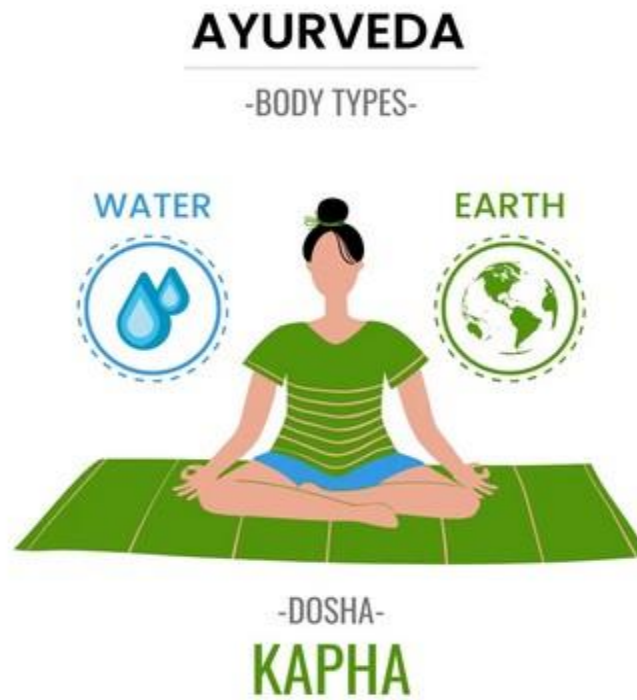
Interview with Colleen



Link: <https://www.youtube.com/watch?v=TZNEG5>

Kapha, The Guardian Within, Who Can Also Transform and Move

Energy When Needed By Christianne Asper-Contant



Your tendencies may be undeniable, yet they do not control your choices.

“I went from enjoying tropical weather in a tank top to getting soaked by heavy hailing and freezing within minutes,” my Sister, who lives in LA, described her version of the increasingly temperamental weather everywhere these days.

Now, as much as it was natural for me to respond, “What a cool moment to witness,” there was more that came with that sentiment. The thrill of being exposed to contrasting experiences such as this is undeniable. Yet, the general accelerated wildness in our surroundings—I include here our crazy wars and political play — is taxing our psyches and bodies.

So, when I catch glimpses of how unpredictable our environment truly is, I use this exposure as a reminder that there is something I can do to lessen the burden. I’m referring to things that help me stay connected to what restores a sense of stability in my life. One such antidote for me is people who, by their presence alone, help me remember my personal power over my choices.

Today, I wish to introduce you to an important character. One whose strength, endurance, and kindness can help you live with greater ease and less dissonance, no matter the environment.

Please get comfy with your favorite warm beverage and let Kapha tell you a little tale about her and her friends. Grounded in reality, her story will guide you on how to center and renew yourself from the unavoidable wear and tear of living in a wild world.

How can you be so patient?

My friends Pitta and Vata shouted as if I was either into punishment or had mastered some lofty virtue.

Giving my time to what's calling my attention is simply natural.

I respond.

I'm called to bring big visions into manifestation, which includes quickly removing whatever gets in the way of this!

Pitta, in a sharp and irritated tone, justifies his impatience.

I, too, have better things to do with my time!

Vata leaves the impression that her impatience is also granted in a loud and fast, rambling pitch.

In addition to holding highly different perspectives on just about anything, we have made it a point to ensure that you can spot who is who from miles away. For example, while my Pitta friend is muscular, balding, and tends towards skin rashes, my Vata friend is tall and thin, with frizzy hair and dry skin. I, on the other hand, am voluptuous, with thick hair and lustrous skin.

Beyond our physical appearances and psyches, our internal systems have distinct ways of responding to our environments.

To give you a sense of this, I'll use the example of a "typical" late winter/ early Spring here in the northern hemisphere.

The increased water and weight brought by the melting snow harmonizes with my friends, especially Vata. Light and dry, the heavier and moist environment is grounding to her. Yet, I do better in summer's warmth or autumn's gusts. Qualities that are heavy and moist aggravate me. When my tendencies are heightened, I crave lounging around and indulging in creamy foods.

Name one thing that you are avoiding today! Next, address this so you can break free from this lazy and stubborn loop!

My Pitta and Vata friends shout this when my tendencies seem to carry me to the edge of disharmony. To their credit, my energy tank is full. So, I have no reason for being glued to my couch. I am neither weak nor depleted; I lack the motivation.

When in this mode, I indeed get attached to my ways. And no, mental stagnation is not my only challenge when I'm off balance. At these times, I may also experience excess mucus, lung congestion, edema, weight gain, and more.

Fortunately, with help from my friends, I addressed one thing I'm avoiding, which is all it takes to get me out of that stagnating loop.

You not only have a calm disposition capable of helping us rewire our relationship to emotional triggers such as impatience, but you also provide us with a most nourishing sense that all is well. We feel safe and secure around you. Okay, don't let it get to your head too much, but through you, dear Kapha, we experience unconditional love.

This is what Pitta and Vata say about me when I'm in a good place. You see, I'm the storehouse for the energy they are so good at transforming and moving about!

Here's an example of how they may lend me a helping hand....

When the gravitational pull towards disharmony starts creeping in, I call my Pitta friend to get ideas for 'transforming my energy.' Being masterful on this topic, he reminds me of several things I can do to jump-start my metabolism. From there, I selected one to experiment with for a month. Most recently, I decided to join him on his daily 6 AM jog.

My Vata friend, whose mastery lies in moving energy, also played a key role. She enthusiastically signed up to give me a high-pitched and rambling wake-up call around 4 AM. Oh... that dreadful call!! Yet, exactly what I need to transition from my favorite place, my cozy bed, to get my "bumbum" (butt) out the door for a jog at such an early hour. Plus, unlike my friends, six hours of sleep is all I need to feel rested.

A win-win experience! While Pitta got to practice his impatience due to my slow start in that first mile, he'd also come to appreciate my natural stamina and endurance by the end of each run. Vata, too, was happy to have her typical oddly time awake serve a purpose.

Yet, it doesn't end here. Let me tell you about the best part of all this....

Inspired by this new morning routine, I lightly stir some veggies with heating and digestive spices for lunch. This new choice replaces my usual mashed potatoes with lots of butter or some of my other preferred "creamy foods." As my new eating habits optimize my digestion, unpleasantities, such as feeling nausea after eating and putting on excess weight, also dissipate.

More than helping me remember who I am, my friends help me connect to a tremendous power in me — the ability to make choices that bring me closer to my harmonious state. As I do, my challenging tendencies become more dormant, and habits that tip me off balance are no longer what I crave.

Now that I've shared a little window into my life as a Kapha, here's a final thought from the writer of this article.

You, dear reader, may have related more to Kapha's friends than her. Your predominant body/mind constitution may happen to be like mine (the writer) — Pitta and Vata. Still, you, like me, have already "built-in" the capacity to store, transform, and move energy.

Understanding and better managing these three energies in yourself is what equips you to mitigate the effects of your imbalances and support your well-being in the long haul.

The complete medical system, Ayurveda — ‘Living (Ayur) Knowledge’(Veda) — has withstood the test of time to vouch for this!

Has this story about Kapha given you a taste of how to have the more robust parts of you and the less obvious ones befriend one another?

In case you’ve caught glimpses of this here, mission accomplished.

This friendship is what it takes to integrate your tendencies and your choices.

May we all make more choices that support the whole of our being.

Are you curious to learn more about your unique body/mind constitution?

Please reach out.:-)

Christianne Asper-Contant, CAS, E-RYT 500, YACEP Director of Assisi Yoga

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=gk7L0AH>

MBO's By Tom T. Moore

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

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

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

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

Tom asks that we do this each day:

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

MBOs AND BPs TO SEE THE SOLAR ECLIPSE

Kathe writes: I did several MBOs before the April 8, 2024 Solar Eclipse as we had rain and clouds in our weather forecast. The BP group also said my BP for an MBO for the eclipse. So either way we had a good outcome. I am grateful for their support. I think many people must have prayed for no rain and to request the clouds to part so we could get the full Solar Eclipse experience here in the path. I was very fortunate along with those in my area that the forecast thunderstorms and rain held off and the clouds started clearing before the start of the Solar Eclipse. I was able to see it and the weather people were broadcasting their ability to see it too. I thank Gaia and the beings who assisted with this as it meant so much to those of us participating. We've had two days of rain in my area since then, so we did get the stormy weather afterwards.

MBO FOR RESULTS OF BREAST SCAN

Virginia writes: I use the MBOs a lot. It can fix anything from finding a parking spot to finding your lost keys. Last year, I had a scare about a call back for a breast scan. I asked for an MBO. As I was waiting

for the results from the Dr. I was filled with this feeling of love. It was ecstasy. Every part of my body was joyful. I have never felt that before or since. My results were negative as I knew they would be.

MBOs FOR COMPRESSION OF TIME

Michelle in Florida writes: I remembered recently what you said about time and that we could compress it if needed.

So the other day I had an appointment that I needed to be at by 5pm. Normally I would have planned for this since the appointment is an hour away, but because I had totally forgotten (I thought it was next week), I had less than a 1/4 tank of gas in the car and on top of that the weather outside was nasty (rain storms and wind). I asked for several MBOs. The first was to get through the Costco gas station line quickly. The second was for a safe drive to the appointment. And the third was for me to get there on time.

There was no line at Costco, which is a rarity, and I was able to quickly fill up. At this point Waze said that I would be 8 minutes late. But I kept in mind what you said: Don't look at the clock and focus on the task. So I focused on the drive and kept in my mind the picture of my calendar with the 5pm appointment. The ride was smooth and traffic kept going, even with the several accidents I had to pass. I pulled up to the appointment with 7 minutes to spare! I said thank you several times as I was very appreciative. I, of course, said an MBO for the drive back home. In the end, it was all better than I could've hoped for or expected!

BP FOR PARKINSON'S BRAIN SURGERY

Leah writes: I posted the BP below for my nurse practitioner friend with Parkinson's disease:

"Thanking and asking any and all beings across all timelines and dimensions to assist and support JA as she undergoes brain surgery February 29 and March 21. Allow a positive outcome so that her Parkinson's symptoms are diminished and she is easily able to carry out the activities of daily life. Surround her, the medical staff and hospital with divine love and light. Support her medical team to perform at their best ability and her caretakers to provide loving care as she heals from her surgery. Surround her and her family with the emerald violet solar healing flame. May the outcome be better than hoped for or expected. Requesting miracles. Thank you." 🙏❤️🌺

Today I spoke with her, after the device implanted in her brain had been activated. She spoke and moved normally. She also said that her thinking, balance and walking had returned to normal. She just has to change the battery every 10 days or so! This is a big win for her and will extend the quality of her life greatly!

I reached out to our BP group, thanking them for saying the prayer that I had posted for her!

This is also great news for all Parkinson's patients because Medicare paid for the surgery!

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/>

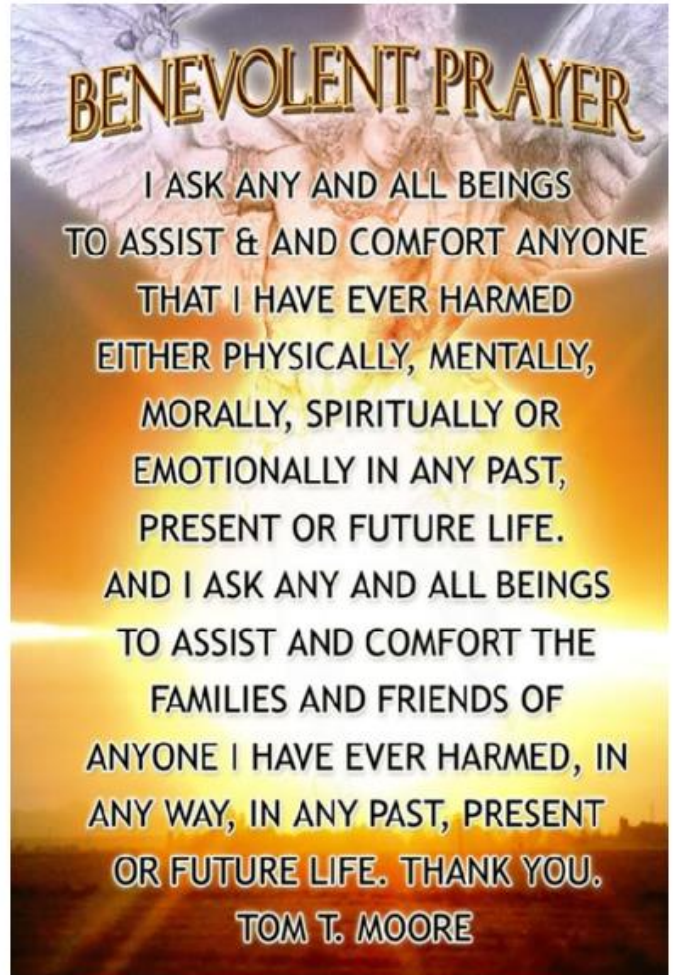
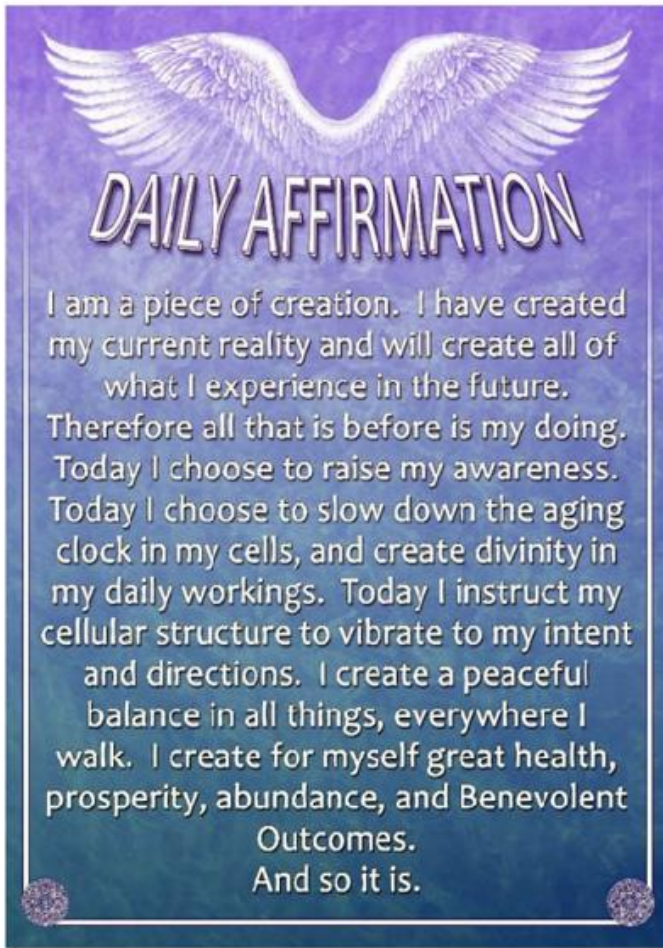


Link: <https://youtu.be/RJHpBt4sTv8>

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

The Purpose of Meditation By Richard Hughson



My friend Tom Sawyer was an agnostic who had an extensive Near Death Experience (NDE) in 1978. He had slid underneath his truck to adjust the transmission linkage on it when an air pocket beneath his driveway collapsed. With the frame of his truck resting on his chest he was unable to breathe for over 15 minutes. During this out-of-body and outside-of-time experience he had a complete life review, a question and answer time with the Divine Source, was absorbed into the Light, and then spit back, slamming into his body on Earth, which was still under the truck.

Three days after that accident he came to the full realization of what he'd been through spiritually. He understood the many spiritual responsibilities he had, and that he'd been given the abilities to fulfill them. One of those abilities was to go into the highest form of meditation at will – the breathless state.

The many times he was able to do this, at a moment's notice, brought him insights into the various aspects of meditation which I'll attempt to share here. These are the labels and explanations which he felt would become popularly used once this level of meditation becomes common enough to have developed a language for it in our material world.

First off, the highest goal of meditation is to experience The Unitive which he describes as being One with all things, or experiencing spiritual totality, having no ego or physical boundaries. In that state separateness is replaced with an identification of, and knowledge of, Spiritual Totality. The signature features of The Unitive are aspects which are exceptionally remarkable, and the same for everyone, these include:

Dissociation: once considered a mental illness, it is an escape mechanism that can be crafted and perfected. It's useful for 'leaving' everything to clear a path, or pathway, to the Unitive.

The Numinous is a Spiritual Domain where the 'mystery of mysteries' resides. Experiencing the Numinous brings the arousal of spiritually ecstatic emotions that suppress anything previously felt. Revelations received from experiencing the Numinous are life changing.

Psychological absorption is a more technical term for mind-merge. It's a trait for some who will frequently focus on a singular thing, or a singularity, and therefore accomplish eliminating all else. Tom warned that if you manage to connect with a black hole in this way, you'll not be able to let go of it in your lifetime.

He mentioned that Ku is an old Meso-American word meaning “The spirit force of God which awaits within each person.”

And finally Mindsight; a psychic state where one 'sees' with 360 degree spherical viewing, which is being able to 'see' in every direction at once. This is also known as 'full clairvoyance' and, because it's psychic, even blind people can achieve this.

Tom felt these aspects to be so important that he ended his note with, “Don't bother meditating without this.”

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/>.

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Interview with Richard



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

The Metaphysics Of “The Atman Is Brahman” By Ethan Indigo Smith



"The Atman is Brahman."

This little quote and longstanding idea is as powerful and profound as it is simple. It has provided inspiration and pondering for the individuals of Asia, the proverbial Atman, the world over for millennia. The phrase is actually a derivative of The Four Great Sayings, the Mahavakyas, from The Upanishads. There are more accurately four ways to express and interpret the idea that the spark is the fire, the wave is the ocean, Atman is Brahman, as in the illustration.

Atman is Brahman can literally and most basically be translated to ‘you are that.’ More esoterically it uses the lesson of Correspondence, the rule that the microcosm reflects the macrocosm, to specifically note that the individual initiate is made up of the same elements and reflects the same light as god and the universe in general, or The All, The Tao, The Universe and the Universal Principles – the ultimate reality.

The Atman is Brahman idea aligns with the exoteric science that the atomic is the cosmic as well as esoteric lessons. You are the universe and more specifically you, the initiate, are becoming as the God Brahman. Brahman embodies the idea that atomic is the cosmic.

Brahman is the ancient Hindu creator god of the Hindu trinity. The word also is related to the verb to grow and to solidify and infers becoming. The noun brahmana describes a priest. More profoundly and esoterically the idea of brahman suggest the idea that the devotee is solidifying and developing to connection and similarity to God or The All.

A priest might be devoted to their own development/solidification and their comprehension of The Universe and The Universal Principles in order to advance individuals as a teacher. Or a priest might be predominantly devoted to being an institutional representative. There has always been exoteric priests and esoteric priests. The difference of course is detectable in their attitude not their dress, of course. No priest is required as an intermediary between you, the atman, and the universal energies, the

The God Brahman is depicted with four heads and four arms. He is the creator god of the trinity which includes Vishnu and Shiva. Brahman is partnered with Hamsa as his vehicle, the bar-headed Goose. This goose is one of the highest-flying birds. Twice a year on its migration, it flies over The Himalayas. Only the common crane and a type of vulture venture higher. The soaring bird symbolically relates to the ascended quality of Brahman as well as the capability to travel to entirety, from the highest mountain peak to the lowest valley pond.

Brahman is one of the few gods to not have numerous temples associated with his direct worship. He is the self-venerated, self-actualized creator. He is the creator of physical mass and more importantly he is the creator of the intangible spiritual dimension, for inspiration for individual ascension.

Brahman's four heads are said to depict the four Vedas, foundational texts of Hinduism, and knowledge. His four arms are symbolic for being of totality of the four directions of physical reality and his four heads compliment the idea pertaining to knowledge. The four-direction relationship is referenced across space and time among the symbology of many, if not all, peoples. The four directions can esoterically refer to the four dimensions of mind. Brahman's four arms and four heads are said symbolic of the four directions, and four dimensions, of physicality and spirituality.

Brahman with his four heads and four arms represents the conscious creator of both the physical and the spiritual, the exoteric and the esoteric, and the conscious comprehension of totality. This idea represented by Brahman the Hindu creator god of four heads and four arms for the higher world and the lower world, or exoteric and esoteric, corresponds with the Ancient Egyptian practice of mirroring messages twice, one for the physical and one for the metaphysical, one for the exoteric and one for the esoteric. In most Egyptian sacred sites the sacred texts are shared on two opposing walls representative of this foundational idea.

Brahman is the creator in between Vishnu the preserver and Shiva the destroyer in the Hindu trinity. Brahman creates and comprehends the entire upper world and lower world, the spiritual and the material. His four heads represent this complete understanding of the higher and his four arms and hands represent complete understanding of the lower material world.

“The All is mind.” ~The Kybalion

“One of the old hermetic masters wrote, long ages ago, ‘He who grasps the truth of the mental universe is well advanced on the path to mastery.’” ~The Kybalion

The three word phrase from The Kybalion is essentially a direct comparison and contrast to similar sentiment ‘Atman is Brahman.’ And within this contrast is the idea that to compare actually examines and reveals for just as the Atman is Brahman, Brahman is Atman, or The All is mind. And to simplify a

main lesson of each of these ideas as of sides of a coin, the individual is capable of becoming the result of the universal, and the universal is a result of the individual's perspective.

“To the pure all things are pure, to the base all things are base.” ~The Kybalion

The infinite brahman is within the finite atman. The layers of interpretation to this simple and profound idea are innumerable. One layer implies development in correspondence with higher ideas and greater energies as your essence, just as the individuation character behind Brahman in his self-actualized tone and in the symbolism of the four heads and four arms equating to completion of totality of spiritual and physical worlds. A simple meditation tool is to embody higher ideas in such symbolism.

A profound and related idea to the four dimensions Brahman depicts is the set of four called the Purushartha, the purpose of human being. This set of four provides an outline so to speak for completion of aspiration and provides a balanced containment of what otherwise be ill-minded pursuits beyond such. The idea represents the essence of human endeavors, and it is at essence of Hinduism. Such ideas are outlines for individuals toward enhanced individuation, the initiation of life, and are not dogmatic authoritarian rules for the collective towards some restraining predicament.

There is Dharma, Artha, Kama, and Moksha. The most important, of course, is Dharma. There are many meanings to this ancient word, but Dharma pertains to learning valuable universal lessons. There are innumerable aspects to learning but comprehension of Universal Law is a primary among the most important Dharma lessons. Of the four aspects to human being, Purushartha, The Dharma is the most important.

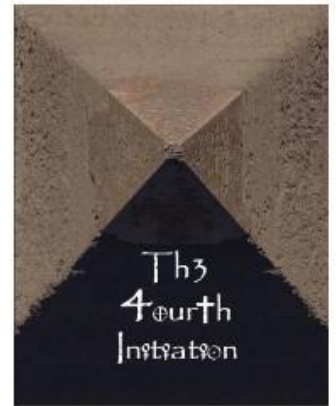
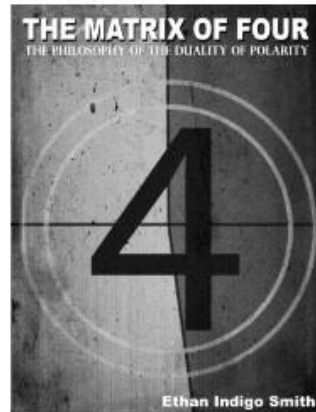
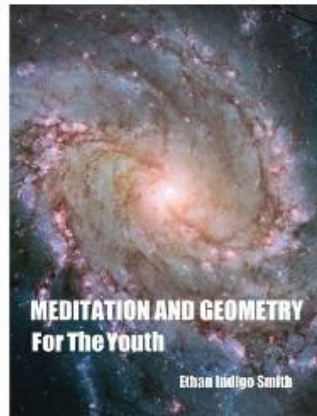
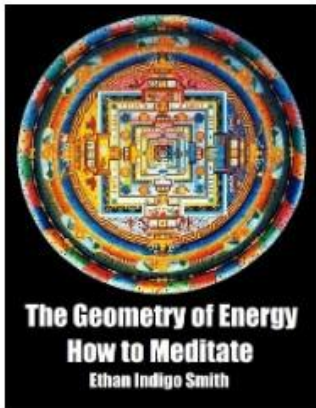
This set of four is its own initiatory practice, its own yoga, of individual unity with the flow of the universal energy, its own ‘Atman is Brahman’ ideation and initiation. The Purushartha corresponds with the four Ashrama, a more simple, more exoteric set of four stages of life – that of student, householder, retirement, and renunciation.

Operating at your highest level for your true purpose is paradoxically dependent on balancing oneself in relation to universal flowing energies and principles. When we can operate in balance with the flowing of energy, the greater cosmic occurrences unfolding with or without us, the better opportunity we have to meditate like the priestly Brahman and the more opportunity and drive we have to be creative like Brahman.

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

Ethan's websites: <https://wakeup-world.com/category/contributing-writers/ethan-indigo-smith/>
<https://matrixof4.weebly.com/the-duality-of-polarity-of-1111.html>

Ethan's Books



Find Ethan's books on Amazon: [Amazon.com: Ethan Indigo Smith: books, biography, latest update](https://www.amazon.com/Ethan-Indigo-Smith/e/B000AP0YX0)

Interview with Ethan



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

awakening By Monique Lang



Spring brings with it a new awakening of nature. That which has been dormant returns. What in you that has been dormant needs to be awoken? Or is there a totally new something that want to be birthed?

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.

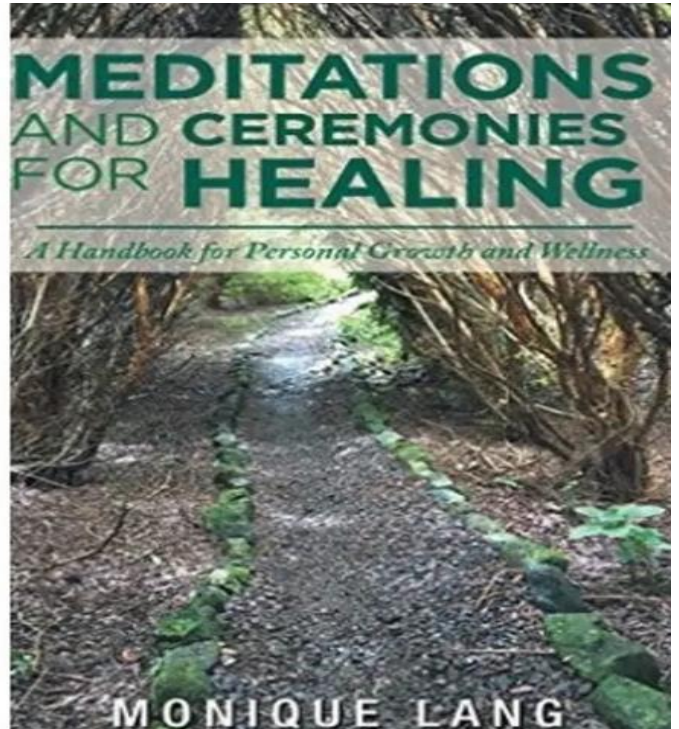
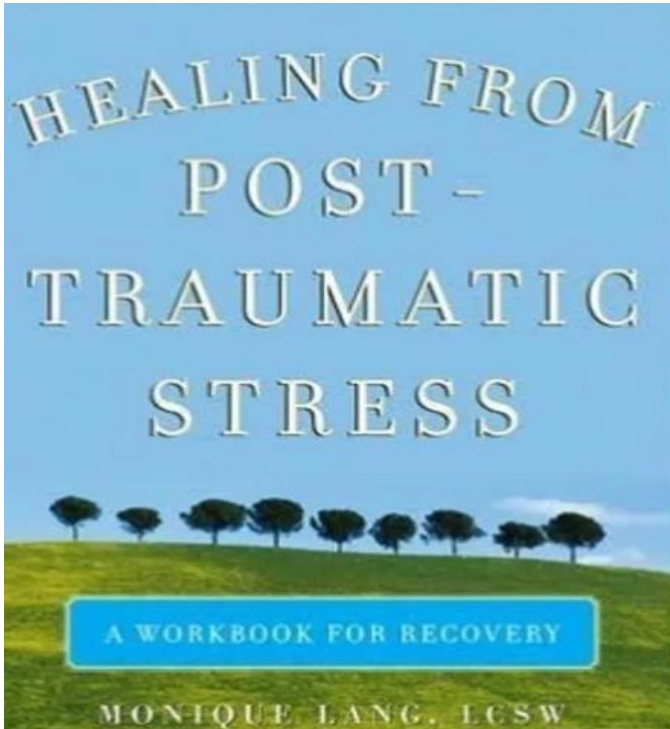
Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual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

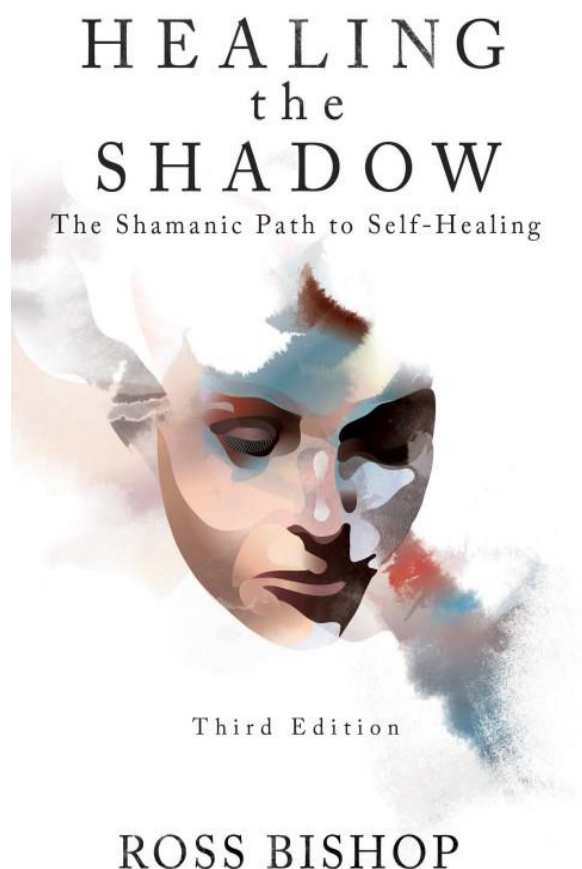


Find her books on Amazon at: https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp_27%3AMonique+Lang

Monique's Video



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



Editor's Note: I learned alot about Ross and we didn't even cover his world travels and all his teachers. After we stopped the video chat he had lots more to share. He's got years of training and working with people that has provided so much insight to people. This book is just one way he's sharing the knowledge he has gathered. If you're looking to start your journey to healing this book is a great way to start.

Healing The Shadow is about helping people heal their inner wounded-ness and step into the light. It brings into a modern context thousands of years of shamanic healing practice. Already one of the classics of modern shamanism, this second edition with an additional 130 pages, promises to be an even more effective resource.

Healing The Shadow doesn't promise enlightenment, but it will show you how to get there. For thousands of years tribal shaman have helped people deal with the limitations that keep them from enjoying life.

In this book, Ross Bishop brings these ancient healing methods to you so you can use them to advance your spiritual growth. While many books make promises, this one delivers. **Healing The Shadow** is the kind of book you reach for when you need something more to move you to a new spiritual place. Easy to follow and yet spiritually profound.

Healing The Shadow has already brought spiritual peace and a more peaceful life to many people, and this second edition promises to do even more.

Online reviews: As one spiritual seeker wrote, This is the book that helped me heal a lifetime of pain. Here is what others have said: Healing The Shadow is the most life changing book I have ever read! . . .it has liberated me to live in passion and truly embrace life. . . I have been able to reclaim my essential passion and wholeness. This is the book that changed my life! It is not easy work. . . It is worthwhile work. The Shadow is my Bible. I keep Shadow on my bedstead. I read a little each night before I go to sleep. I met Ross and hoped his book would give me some clue as to how he had gotten to where he was. I am pleased to say, it did!

Ross's bio: Ross has brought the core of the ancient traditions of Shamanism into a form and practices that can be easily used and understood by the Western mind.

In a former life, Ross was president of an advertising agency and a communications executive for the former Northern States Power Company (NSP) in Minneapolis. After leaving NSP, with a colleague he founded Creative Power Workshops and traveled the country teaching creative thinking to advertising writers and art directors. Seeing the limitations fear placed on people's creative passion led Ross to undertake a spiritual journey in search of answers. That journey covered many miles and several years and brought him to many teachers. Finding some answers, Ross also found he possessed a natural gift for shamanic healing. He returned to this country and conducted vision quests for spiritual pilgrims throughout the Southwestern United States. Today he concentrates his energies on writing and on an active healing and counseling practice in Santa Fe.

Find his book on Amazon: [Healing The Shadow \(2nd. ed.\): Ross Bishop, Chris Bridgman: 9780966982244: Amazon.com: Books](https://www.amazon.com/dp/09780966982244)

He also does client work thru technology. Here's his website: <http://www.rossbishop.com>

Interview with Ross



Link: <https://www.youtube.com/watch?v=CU59VW>

Embracing Freedom: Healing Trauma and Living Authentically

In Today's Shifting Energy By Rev. Sheila B. Tillich, Recovery Metaphysician



In a world where energy seems to shift with every passing moment, finding a sense of freedom becomes essential. We yearn to live authentically, unencumbered by the weight of past traumas and societal expectations. It is in this pursuit of liberation that we embark on a journey of healing, transforming ourselves from the inside out.

At the heart of this journey lies the profound realization that true freedom begins within. It is about embracing a heart-centered approach to living, where authenticity and transparency reign supreme. It's about allowing ourselves to be vulnerable, to peel away the layers of conditioning and pretense until we uncover our true essence.

For Sheila, a Metaphysical Minister & Healer, this journey of self-discovery and healing is deeply personal. Having navigated her own path from trauma to spiritual awakening, she understands the transformative power of embracing one's inner truth. Through her work, she guides others along a similar path, offering them the tools and support they need to break free from the shackles of their past.

Central to Sheila's approach is the recognition that our past experiences leave imprints not only on our minds but also on our bodies and energy fields. She refers to these as "issues in our tissues," acknowledging the inter-connectedness of our physical, emotional, mental, and spiritual selves. By delving into these deeper layers of consciousness, she helps individuals understand how they arrived at their current state and empowers them to release what no longer serves them.

But healing is not a one-size-fits-all endeavor. Sheila's approach is as individualized as the people she works with, recognizing that each person's journey is unique. Through a combination of education, sessions, and techniques tailored to their specific needs, she facilitates a process of self-discovery and empowerment. Whether it's through transmissions, meditation, mindfulness, or heart-centered practices like HeartMath, she provides the tools for individuals to reconnect with their inner wisdom and unlock their innate potential.

At the core of Sheila's work is the belief that true healing occurs when we reconnect with the divine essence within ourselves. It is about merging our human energy field with the consciousness of the divine,

creating a space where healing can unfold organically. In this space of God-Consciousness Energy, individuals can tap into their innate resilience and find the strength to confront their fears and limitations.

But perhaps the most profound aspect of Sheila's work lies in its capacity to catalyze not only personal transformation but also collective evolution. As individuals awaken to their true selves and step into their power, they become beacons of light, illuminating the path for others to follow. It is a ripple effect that reverberates through the fabric of society, inspiring others to embrace their own journey of healing and liberation.

In today's rapidly shifting energy, the need for healing and authenticity has never been more pressing. We find ourselves at a crossroads, where old paradigms are crumbling, and new possibilities are emerging. It is a time of both challenge and opportunity, a time to confront our past traumas and embrace the freedom that comes from living authentically.

As we embark on this journey of self-discovery and healing, let us remember that the power to transform lies within each of us. Let us embrace our innate capacity for resilience and tap into the limitless potential that resides within our hearts. And let us stand together in solidarity, supporting one another as we navigate the turbulent waters of change. For it is only through collective action and shared purpose that we can truly usher in a new era of freedom and possibility.

About Rev. Sheila B. Tillich: Sheila Tillich, an Awakened Soul since 1985, brings a unique blend of qualifications and experiences to her practice. She is an Ordained Metaphysical Reverend, a Galactic Grandmother, and an International Master Energy Healer. Her diverse skill set includes being a Recovery Metaphysician, an Integrated Energy Therapy® (IET®) Master-Instructor Trainer, a Unity Field Healing (UFH) Practitioner, a Master Reiki Practitioner, a HeartMath Certified Coach, and a Galactic Channel. With her extensive background as a Metaphysical Practitioner, she offers Spiritual and Recovery Counseling and is a Certified Hospice / Palliative Caregiver.

She offers renowned “Quantum DNA” Modality healing services and supports healing and “bio-spiritual” transformation. She has administered thousands of private healing sessions worldwide since 2013 and has taught thousands of students in IET® classes and workshops as an IET® Master Instructor (MI) since 2014. In 2018, she was honored as an International IET® MI Trainer. She teaches others to change one heart at a time, heal themselves and others, and live in their Divine Light Cosmic potential.

Since February 2020, Sheila Tillich has embraced her Angelic Galactic Grandmother Being role. In this capacity, she serves as a conduit for spiritual awakening and transformation through the human bio-spiritual DNA Matrix electromagnetic energy field. Her channeling is enriched by the consciousness energy of Mother Earth and the wisdom of her Galactic lineage. This Galactic Grandmother transmission and activation realigns and recalibrates the bio-spiritual connection to the Source Creator, Divine Human Essence, healing, resetting, and releasing old patterns, beliefs, and limitations.

Sheila Tillich founded Galactic Ascension Academy—School of Galactic Wisdom Mastery! This higher consciousness membership community is shifting with the evolution of the Divine Angelic Quantum. This ascension evolution consists of Higher consciousness, Multidimensional DNA Template, Heart-Light Wisdom, and Galactic Ancestry. Her role as a Galactic Grandmother is to re-awaken and rebirth humanity, establishing Cosmic Soul Essence Divinity. Her recent launch course, *Sobriety through Spirituality*, is designed to transcend traditional approaches to healing and facilitate a transformation beyond sobriety from substances.

This powerful mantra encapsulates the essence of Galactic Ascension Academy. *"I walk in the Sovereignty of my Love-Light Soul Divinity... I walk in the knowing of my Light Wisdom... I have no fear and walk in Love. I AM a Galactic Being. I shine brightly!"*

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

Interview with Sheila



Link: <https://www.youtube.com/watch?v=snB1hTRfbZk>

Witchy Tips For May Day By Aurora Raven Dragonfly



Spring is here ! In my backyard, the daffodils with their bright yellow color are blooming. Robins scurry around on my green lawn. Days are becoming warmer with longer days. Beltane is coming! Beltane is a seasonal celebration, also known as May Day, that celebrates the boisterous energy at the height of Spring. Beltane is a Cross-Quarter holiday on the Wiccan Wheel of the Year. It occurs at the midpoint between the Spring Equinox and the Summer Solstice.

My coven and I are getting ready to dance around the Maypole this week-end and welcome in the Fairies. We decorate our altar and ritual space with bright colors, flowers and gifts for the fairies. This is one of our joyous celebrations. We give thanks for the fertility of our planet and the ability of the Earth to renew herself.

In the Wiccan tradition, we celebrate the sexual union of the Goddess and the God, an allegory of the Mother Earth impregnated by the seed of the Green Man. Beltane celebrations are often infused with a boisterous and bawdy energy that reflects the fertile energy of the season. The maypole is a phallic symbol of the masculine energy which is then joyfully embraced by colorful ribbons, symbolic of the beautiful abundance and diversity of our living world.

Our religion embraces sexuality as sacred. All acts of joy are in Her name! The relationship between body and spirit isn't separate for us, which is different to the other major religions. Beltane is the time to celebrate fecundity and life.

Questions you can ask yourself at this time are; How have you grown over the last season? How is life different? Who has supported us? How can we honor our progress and our mentors?

Historically, Beltane was originally celebrated by the Celtic Gaels of Ireland, Scotland, and the Isle of Man. Pastoral people, the Gaels aligned their farming and livestock practices with the changes of the season. Beltane marked the time of year when they would put their livestock out to pasture. Part of their seasonal celebrations was a cleansing and protection ritual incorporating smoke and fire. They would pass their livestock between two fires to keep illness away.

Some ways to honor Beltane-

- **Put up a maypole and learn how to weave the ribbons with a dance.**
- **Have a spa day and revel in the pleasure of beauty rituals.**
- **Plant seeds, be in the garden.**
- **Make art. Exercise your creativity.**
- **Make flower crowns.**

Here are a few of my favorite things for a Beltane altar:

- **Colorful fabrics**
- **Flowers**
- **Nature Gifts**
- **Rose Quartz**
- **Strawberries**
- **Spiral shaped cookies**
- **Image of Sacred Marriage**
- **Candles (always)**

Blessed Beltane!

About Aurora Raven Dragonfly: Aurora Raven Dragonfly aka Julie Anne Stratton - The basis of my teaching is gleaned from over 34 years of practice based in Germanic, Dianic, Gardnerian and ultimately Reclaiming Witchcraft. There were Goddesses in every culture prior to the major religions and patriarchy. The belief in a Divine Feminine is essential to the healing of Mother Earth. Witches, Shamans and healers are demonized by the major religions to instill fear and take away our agency. The truth is we are all both female, male and all genders divine beings.

I have led and participated in many covens over the years; The Circle of the Rising Phoenix, Sacred Daughters of Her, and Reclaiming the Radiant Wild. I did a green witch intensive for a year with Susan Weed and have taught workshops at witch camps, organized for VWC and was on the World Witch Council as a representative for VWC.

Some of my teachers are Judith Jannberg, Lucia Francia, Angelika Aliti, Susan Weed, Starhawk, Pat Harmatuk and many more.

I have a close relationship with the Goddesses Aphrodite, Diana and Hekate. The Goddess in her many forms though, has been my greatest teacher and mentor. I love working with, people, dance and co-creating magical experiences. I also love gardening, writing and music.

Aurora Raven Dragonfly's website: <https://www.julieannestratton.org/bio-about.html>

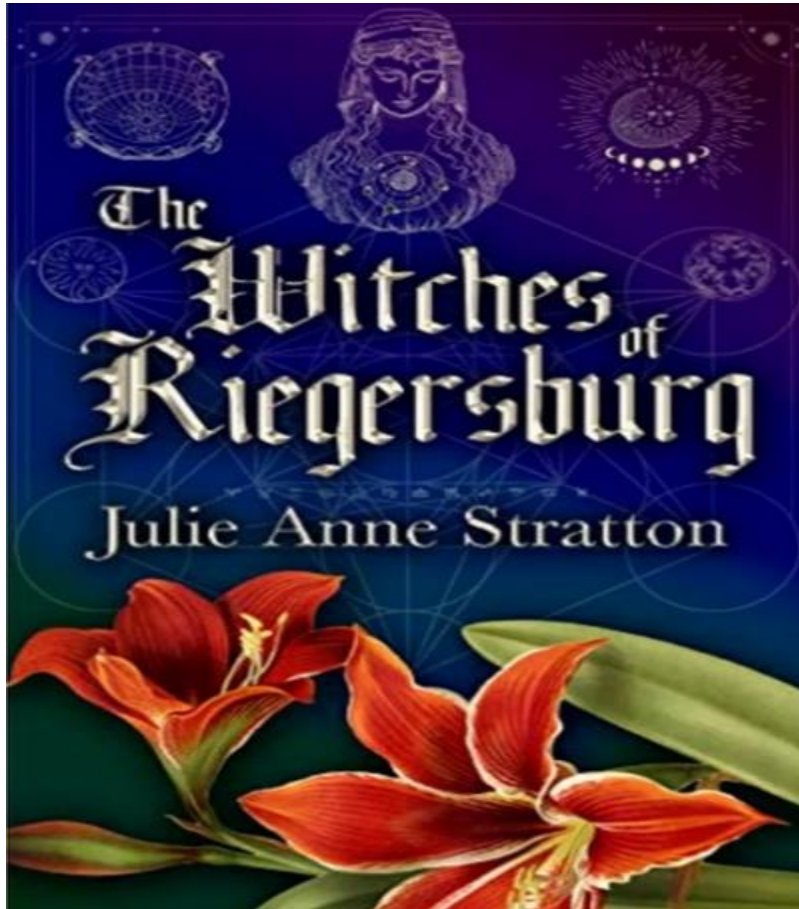
Check out her book aka Julie Anne Stratton

Interview with Julie Anne Stratton



Link: Link: <https://youtu.be/xRosQCJ9H1A>

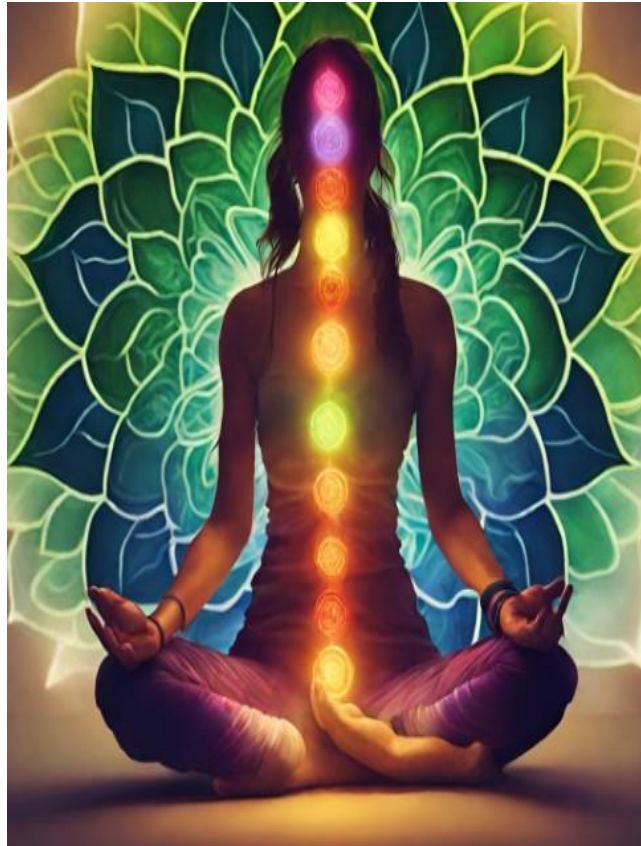
Julie's Book



Find the book on Amazon: https://www.amazon.com/Witches-Riegersburg-Red-Amaryllis/dp/1734172010/ref=sr_1_1?crid=218L9P5DDT1B4&keywords=Julie+Stratton&qid=1677248949&s=books&srefix=julie+stratton%2Cstripbooks%2C97&sr=1-1

Meditation: Your Foundation For Healing Physically, Mentally

Emotionally, Spiritually From The Inside Out By Maureen Muktima Law



Merriam Webster's definition of meditation is: To engage in contemplation or reflection. We all can meditate. If you say to yourself as I used to," I can't sit still long enough, I don't have time, " my mind is too busy", " I don't know how". Then like me, you definitely need to meditate.

I started meditating in 2014 after being led to a Kriya Yoga Meditation Center here in Rochester NY, that also incorporates Mystical Christianity

Yes, I felt weird in the beginning sitting in my room in front of an altar I created with my eyes closed in silence. When I first began I could only sit for 5-10 min. Over time and daily practice, I began with ease meditating for longer periods.

I now meditate between one half to one hour once or twice per day. During special events, I meditate longer 2-5 hrs.

Over time I noticed subtle changes in me overall. I felt calmer generally, I experienced an unexplainable peace, and I now respond to life's challenges rather than reacting to them. I feel and experience the depth of God's ineffable Love.

Our souls are always connected to The Divine, we just forget, thru meditation I now remember and experience my soul's connection daily whether it is through intuition, people showing up in my life to help me with exactly what I need help with at the time, when I am working with a client wow does that knowing and feeling the connection become so powerful.

A beautiful flower, the birds, etc...

Here are some science-based facts about the benefits of meditation in addition to reducing stress and anxiety.

- **It's a habitual practice of training your mind to focus and redirect your thoughts**
- **Promotes emotional health- reducing negative thoughts, improving depression**
- **Enhances self-awareness- helping you grow into your best self**
- **Lengthens attention span**
- **Improves sleep (who doesn't need this)**
- **Can decrease blood pressure**
- **Can help to control pain- our perception of pain is connected to our state of mind**
- **Can generate kindness- the more we connect to the Divine through meditation the more we experience God's unwavering love, we become more loving. We become a force of God's Love in the Universe.**

This is where we begin to start healing from the inside out. We become aware of who we truly are (not the labels that we think define us.) But who we truly are at the Soul Level.

And ... meditation can be done anywhere, anytime. No special equipment is needed.

If you can breathe, you can meditate.

I offer meditation in a variety of ways to assist you on your journey.

- **1:1 Meditation Sessions**
- **Monthly Group Meditation and Spirituality Classes**
- **Yoga Nidra with a Reiki Session (Yoga Nidra is a form of guided meditation that promotes deep rest and peace when added to a Reiki session it allows space for a deeper healing experience)**
- **Group Reiki Infused Yoga Nidra sessions**
- **Periodic workshops that incorporate meditation into the day.**

Please reach out through my website with any questions and or to start your meditation journey, that will transform your life and your well-being.

In Love and Gratitude,

Muktima 

About Maureen Muktima Law: I'm Muktima, a highly experienced healer in the field of holistic wellness. I am a Usui/Holy Fire III Reiki Master, Meditation Teacher, and retired LPN with over 45 years of dedicated service. I am now pursuing my true calling and soul's purpose of bringing the transformative power of Reiki and Meditation to individuals like you.

I firmly believe in the seamless integration of holistic care with traditional approaches, as they synergistically guide individuals towards inner peace and overall well-being. I have had extensive training, including Usui Reiki in 2014 and Usui/Holy Fire Reiki levels 1, 2, and Master level, under the esteemed guidance of William Rand in 2021.

Additionally, I hold certifications in IET (Integrated Energy Therapy) and have received training in Access Consciousness Bars and Theta Healing. Currently, I am undergoing training in Pendulum

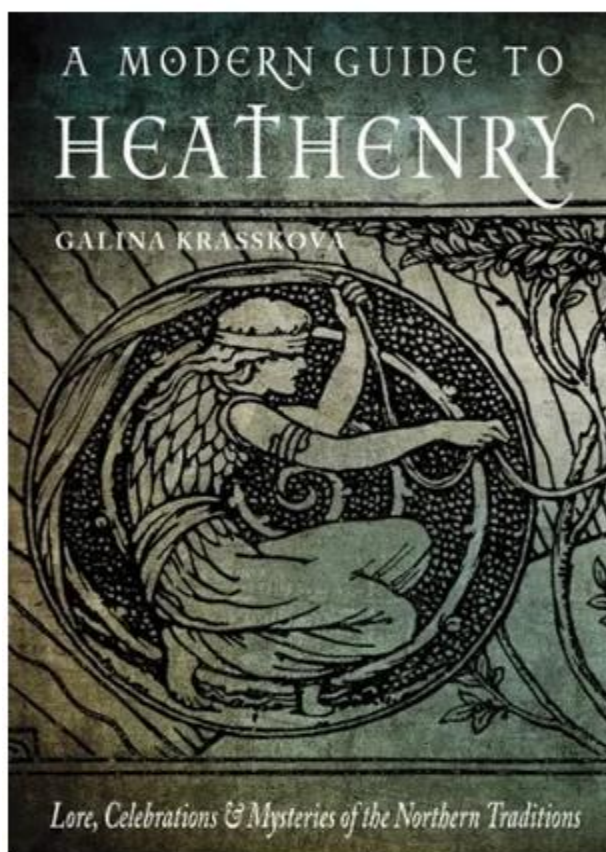
Healing, eagerly preparing to incorporate this modality into my practice.

Maureen's website: [Peace and Wellness From Within | Reiki healing | Rochester, NY, USA](#)

Interview with Maureen Mutkima



Link: <https://www.youtube.com/watch?v=g52hg3>



After watching a few videos by Pagans and Wiccans—well-meaning people many of whom are devout—I realized that this generation of practitioners has no idea what they’re doing. I had thought this for a long time but seeing video after video I realize that even the most devout ...they just don’t have the basics at all. I don’t quite understand this since we have well over a hundred years, if not more, of material on both generic Paganism, every branch of Wicca, and several decades if not more on contemporary polytheisms (and academically, I could actually take both back into at least the 18th century if I wanted to do it). Still, this generation seems to have come up in ignorance, part of a generation that has been trained to ignore the work of those who came before. Instead, they learn from their social media peers who may be well meaning but who are in the same boat. It’s stupid and dangerous and absolutely horrifies me.

I really don’t mean to be nasty. I’m genuinely worried. There are basic techniques that everyone should have to do this work well and to develop basic discernment and they’re just not being taught. Thus, this post. I’m going to give a few basics that can and should be taught across traditions and I’m going to give a basic reading list for psychic hygiene. I don’t care what tradition one practices, these are necessary basics.

First, some devotional basics:

Set up a personal shrine and begin making prayers and offerings. The first thing to do is to learn how to cultivate reverence. Apparently, this is not as easy as one might think (and really, what in our modern world and media teaches humility and reverence before the holy?). Be consistent. Be respectful – you’ll

make mistakes. That's not a problem. The Gods, I firmly believe, understand and expect that. You'll learn and grow in faith. That's the first thing, and the most important. I've written a ton on it here on my blog – check the tags, Dver has written about it on her blog, and there are plenty of polytheists who can help online. I don't keep a blog-roll but there's good work being done across traditions. (I'm not saying that Wiccans and generic Pagans have no devotion. I'm saying I don't have a list of useful Wiccan blogs because I'm not Wiccan! So, if you know of good ones, post in the comments).

I would also note that your shrine can be small. It can be portable. It can be as elaborate or simple as you want it to be. Don't stress if it's small. Just try to make it as beautiful as you can and don't let dust collect. This is space you are giving to your holy Ones. It's a place of connection and blessing.

2. Set up an ancestor shrine too. I didn't know this when I started out and I was twenty years in before I really even started to get myself sorted out with respect to honoring the dead. I realize this can be difficult if one has issues with living family or comes from an abusive or neglectful family. Still, it's important, oh so important. It provides a protective foundation like nothing else. One of the things that most horrifies me about today's Pagan and Wiccan generation is that they have zero spiritual protections. They're wide open in ways that can be very dangerous. Having the conscious protection of your ancestors is a good thing and can go a long way toward helping keep one safe and to helping one gain proper discernment. Our veneration restores and reifies our connection to them and allows them to work more fully for our good.

I've written a lot about ancestor work (including my book, "Honoring the Ancestors," not to be confused with a more recent text by someone who took my ancestor course and without permission adapted it liberally for their own book of very nearly the same title and) on my blog so just check out the ancestor and ancestor work tags. The important thing about veneration is this: Be consistent. As to offerings, you don't have to break the bank on offerings. WATER is ALWAYS a good offering. Share your morning cup of coffee with your dead. Burn incense. Bring whatever offerings you like. The most important thing is to spend consistent quality time in veneration.

3. PRAY. This is THE single most important thing you can do as a devout person. It's the way we develop our relationships with our Gods and ancestors. It's the way we solidify our reverence and build a good foundation upon which that may grow. It's the thing that keeps our minds, hearts, and spirits clean and well-ordered in the sight of the Gods. It helps us with everything else. Like any relationship, the relationship with our Gods and ancestors is one that requires time and consistency. You can do this. It's setting a habit and while you'll not always be as engaged as you may wish, going back to the practice when you falter, working consciously to be consistent will help tremendously. Set prayers and extempore prayer both have their place.

Those are the three key things that I think everyone needs to know who does any type of devotion. Think of it as an art that you practice. We'll all feel strange or awkward starting out, but with practice, one gets better.

I would add a caveat: please don't get your info solely from Tik-Tok, Youtube, tumblr, etc. There are well-meaning people who post there but an awful lot of what's posted there is just wrong, impious, sometimes even dangerous. Do your research – go to the library (don't steal from authors via illegal downloads!), slowly build your own library as you can. Used bookstores are great for this. Always pray and do your devotions and make your own decisions about what you see and read. Also, don't get your information just from your own peer group. These traditions have existed for generations. The work of those who came before us – even if their language is dated—is an essential part of a tradition's foundation. Read and study, pray and learn.

The second thing that I'm finding lacking – and this is the one that really scares me – is psychic hygiene. Part of many of these traditions often involves developing psychic sensitivity, engaging with ancestors and good spirits (learning to tell the difference), learning to be aware of the energies and presences around us and how to safely tap into those things. That's not bad but doing that without having any protection at all is dangerous. It's the psychic hygiene that helps us develop discernment. There are a few simple basic exercises and practices that can be easily worked into one's regular practice that will provide a good deal of protection.

Learn how to center and ground. Learn how to do this standing, sitting, moving, driving. Learn to do it alone, and under stress. Learn to do it slowly and in seconds. The gold standard is to be able to do all this naked, alone, in an empty room at 3am and with no notice. Practice it until it's second nature and then practice it some more. These two exercises are the foundation upon which all our other energetic and/or psychic work is built.

Learn to shield yourself mentally, emotionally, and energetically. This is especially important if one is psychically gifted. As with grounding and centering, do this until it's second nature and then practice it more. The protections we set on our energetic bodies, around ourselves, at any and all levels are carefully constructed processes and once they're really rooted, they'll run like a well-oiled clock. But, like a clock, they need to be checked regularly, cleaned, reset, etc. This is something we should all be doing regularly if not daily. There's an awful lot of pollution and grossness in our world today and that can create miasma, and can really affect us emotionally/mentally, and spiritually. Get those shields up.

Cleansing and purification techniques. I've written on this ("With Clean Minds and Clean Hands: Miasma – What it is and How to Treat it"), there are tradition specific techniques, and a good deal of useful information found in folklore. Everything we do to remain physically clean can be ratcheted up into the magical or religious register. Learn how to clean yourself, but also learn how to cleanse and ward a space. Ideally, learn how to create sacred and/or ordered space for yourself and others. Most traditions have various ways of doing this. Learn them. Likewise, learn to ward and protect a space.

Those are the basic things that I think one should learn in the first year, maybe two, of practice. As an occultist, I'd also add understanding of the elemental powers, and the LBP. I don't care if one doesn't plan on pursuing ceremonial magic, the LBP is a very, very effective protection rite and easy to learn. I know more than one practitioner who did only this (along with their regular devotion to their Holy Powers) for a solid year, before being permitted to go farther into their tradition's esoterica. It's really effective and builds on itself. The first form of magic I'd focus on is candle magic – because it will teach you to feel and move energy (and it's just as effective as anything more elaborate).

Ideally, one is learning all of this within a tradition's group and under guidance of a good elder or elders; but if that's not the case and I know that for many, it may seem as though one is the only Pagan, Wiccan, Polytheist of any stripe in one's immediate vicinity, at least try to make good contacts with those who've been in the tradition longer, and with a good, responsible, *well-trained* diviner. The internet is great for forging connections but that doesn't take the place of regular, in -person engagement and learning. It is better to travel quarterly to learn from a teacher in person than to rely solely on internet contacts. Still, we do what we can. Divination is one of the greatest gifts of our traditions and can really help one course correct. After getting the basics under one's belt, I would suggest that one establish a working relationship with a diviner and then at least twice a year, better quarterly, do a check in.

Now, I've written on most of these things on my blog so readers should feel free to search the tags. Here are some other recommendations that I also recommend. Many of these in the second category are

classics (and though they may be more focused on ceremonial magic, the basics are the basics).

Recommended Reading:

On devotion and prayer

I've written a *ton* on this, which a simple amazon search will show so I'm not going to list my own work save for two texts. "Devotional Polytheism" and "Northern Tradition for the Solitary Practitioner," which I co-wrote with Raven Kaldera. While this text is specifically for Northern Tradition practitioners, the techniques involved can be (and have been) used across pretty much any religious tradition. Readers may also search the Tags here at my blog.

I'm also recommending "The Courage to Pray" by Anthony Bloom. This is an Orthodox Christian text, but just edit out the Christian emphasis and consider how what he says can be applied to our own work.

Now, there are tons of devotionals for various Deities, but that wasn't the case in the 80s and 90s or even early 2000s. None of the books, with two exceptions that I list below existed for us. Instead, devotion was learned in one's coven, isseum, kindred, etc. It wasn't until after 2000 that I remember seeing books specifically about devotion appearing. To my knowledge, I wrote the first devotional in Heathenry, "The Whisperings of Woden" (which has since been incorporated into "He is Frenzy." That was written in 2004 which gives you some sense of the lay of the devotional literary land. So, I haven't included many books on devotion from the early days because as a genre that just didn't exist, but these below – later texts — that I've chosen to list, are a few that will work across traditions. Again, for spirit-workers and other specialists, more is required and thus beyond the scope of this post.

"Dwelling on the Threshold" by Sarah Kate Istra Winter

(I also highly recommend her "The City is a Labyrinth" because we are largely animistic traditions and honoring and engaging with the spirits of place, land, city, etc. isn't generally emphasized enough).

"Dealing with Deities: Practical Polytheistic Theology" – Raven Kaldera & Kenaz Filan

"Walking the Heartroad" by Silence Maestas

A special shoutout to "Polytheistic Monasticism: Voices from Pagan Cloisters" by Janet Munin, the first book on Pagan monasticism that I've seen.

The two devotional books that I remember snapping up in the early 90s were "Pagan Meditations" by Ginette Paris and "The Goddess Sekhmet" by Robert Masters. There were books by Cunningham, the Farrars, and of course since I was trained in FOI, the ritual booklets put out by that tradition. Then there were books of "Mythology" that we'd pour over. That was pretty much it.

On psychic hygiene and self-protection

(Please note, that what is required of a spirit worker, spiritual technician, etc. will be this and then some, but will also be largely tradition specific. I have only included texts that I feel are the basic things a beginner should know and master).

"Psychic Self-Defense" by Dion Fortune

"The Training and Work of an Initiate" by Dion Fortune

"The Cosmic Doctrine" by Dion Fortune

"The One Year Manual" by Israel Regardie

"The Middle Pillar" by Israel Regardie

(I also recommend his "The Tree of Life" and "A Garden of Pomegranates" but they're very Kabbala heavy and not beginner texts. Likewise, William Gray's "Tree of Evil").

"Psychic Self-Defense" by Melita Denning and Osborne Phillips

"Spiritual Protection" by Sophie Reicher

"The Ethical Psychic Vampire" by Raven Kaldera

"Spiritual Cleansing" by Draja Mickaharic

“The Practice of Magic” by Draja Mickaharic

What you don’t understand, just put on a mental shelf and return to later when you’ve had more experience under your belt.

Basic Pagan and/or Wiccan History

I often find some of these books to contain historical inaccuracies, but they are an important part of Pagan and Wiccan history. These are just a few to get one started. None of these deal with the history and evolution of Heathenry. They are all Pagan/Wiccan specific.

“When God Was a Woman” by Merlin Stone

“Drawing Down the Moon” by Margot Adler (deeply inaccurate in the first editions re. Heathenry but she corrects in later editions iirc)

“In the Wake of the Goddesses” by Tikva Frymer-Kensky

“The Spiral Dance” by Starhawk

This is a good selection of the work that influenced the Wiccan and Pagan movements in the 70s-90s in the US. There were other books of course, but these are the stand-outs.

More recent historical works:

(just a couple – mine the bibliographies for more ^_^).

“Triumph of the Moon” by Ronald Hutton

“Stealing Fire From Heaven” by Neville Drury

“Women of the Golden Dawn” by Mary K. Greer

I also think one should also learn basic herb and stone lore but that’s a bit beyond beginner’s fundamentals! My favorite go-to herb/stone books remain “Hoodoo Herb and Root Magic” by Yronwode, “The Master Book of Herbalism” by Beyerl, “Cunningham’s Encyclopedia of Crystal, Gem, and Metal Magic” by Cunningham, Slater’s two-volume “Magical formulary/spellbook” (I can’t recall the full title atm), and the classic Culpepper’s Herbal. I already came into this though with some knowledge of herbs (both medicinal and conjure) and I think these things are best learned from teacher to student. I’ll stop here. These lists are good basic books and if one learns the techniques therein and moreover practices them daily it goes a long way toward building a sustainable practice of spiritual protection and cleanliness.

Questions, recommendations, horror stories welcome in the comments. Be well, folks.

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

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

University, Claremont University, Fordham University, Ohio State University, Villanova University, Western Michigan University, and the City University of New York.

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

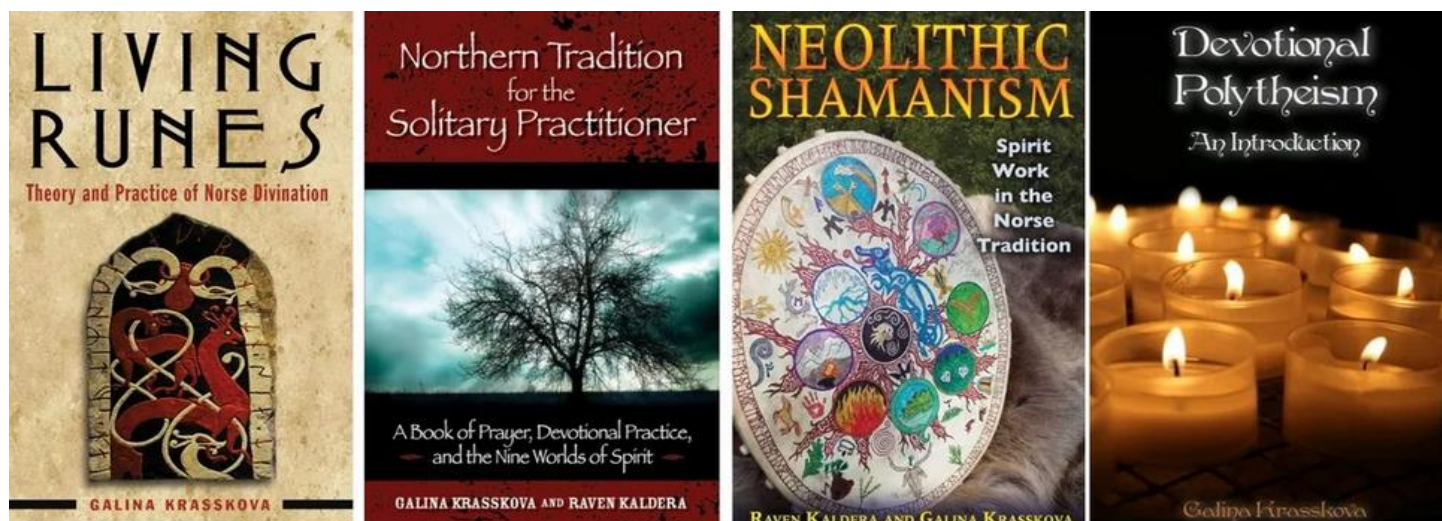
Find her book on Amazon: https://www.amazon.com/stores/Galina-Krasskova/author/B001JP4KUQ?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

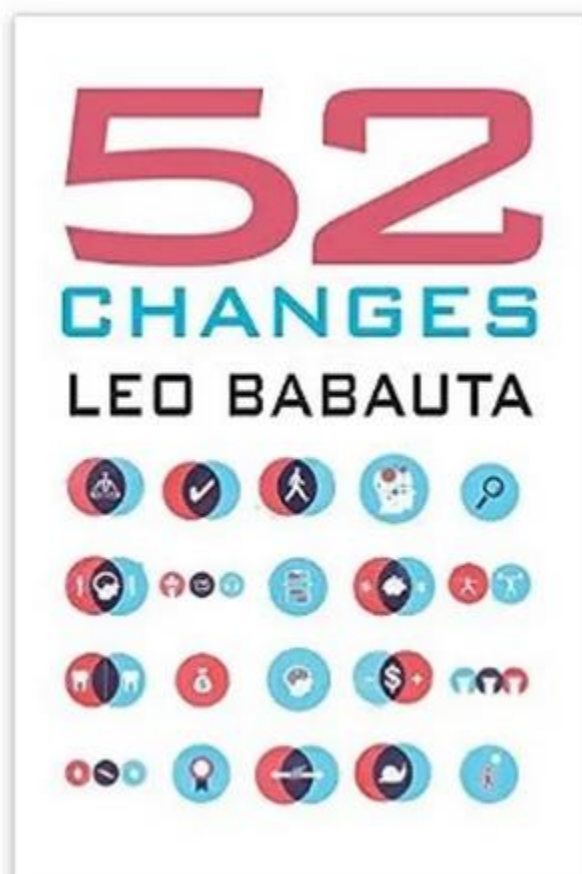
Interview with Galina



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

Galina's Books





There is a power to our word that is very often underdeveloped — words are magic, and can create the world around us. But most of us use this magic as if it weren't powerful.

The first way we see this is that we often don't honor our word to ourselves.

In his wonderful book, The Four Agreements, Don Miguel Ruiz puts “Be impeccable with your word” as the first and most important of the four agreements that can change your life. There's a lot more depth to this agreement, “Be impeccable with your word,” than you might first realize ... but I'm only going to cover one aspect of that: honoring your word to yourself.

Some ways we don't honor our word to ourselves:

- **We say we're going to exercise today, but then put it off because we're busy.**
- **We vow to stop eating so many sweets, only to give in the next day and eat a bunch of ice cream and cookies.**
- **We say we're going to work on a meaningful project, but that keeps getting pushed back another day, and another, until months have gone by.**
- **We say we're going to meditate, but instead check our phones or email.**

None of this is “bad,” and it would be a misuse of our word to harshly criticize ourselves for any of this. But what if we could start to honor our word to ourselves?

What if, when we tell ourselves we’re going to do something, we actually follow through and do it?

What would that change for you, in your life?

If you could 100% trust yourself to honor your word to yourself ... this could change everything.

Let’s look at how to develop the power of our word to ourselves.

The Practice of Honoring Our Word to Ourselves

Start by committing yourself to take your word to yourself as sacred. It’s a vow, and when you say it, you’re fully committed to it.

Remind yourself of this each time you’re about to break your vow to yourself.

Then start by only making small promises to yourself — things you know you can definitely do. And follow through on every single promise, over and over, with full commitment.

For example: promise to go and drink a glass of water, and then do it. Promise to answer this one email, then do it. Promise to go for a walk around the block, then do it. Small promises, and then take them as sacred.

Remove the possibility of not doing it. My coach says if you’re a parent, you don’t even question whether you’re going to feed your kids or not — it’s a commitment you don’t question. Treat your commitments to yourself in the same way — unquestionable.

When you do it, acknowledge yourself for honoring your word to yourself. This is a victory to be celebrated. Even if it’s a tiny victory, it’s important.

If you mess up, honor your word by acknowledging the mistake, and apologizing. Take responsibility, without blame or shame. And then commit yourself to growing from this mistake.

Only once you’ve gotten good at the easy promises should you go to harder ones. Instead of promising to write for an hour, promise to write for 5 or 10 minutes. Instead of trying to meditate for an hour, just meditate for 5 minutes. Same with exercise, or anything that requires focus. Small promises, executed impeccably.

Don’t make indefinite promises — like that you’ll never touch another drop of alcohol. Make small promises, like you’re not going to eat a cookie for the next hour. Then make the promises easier to fulfill — get rid of the cookies, or remove yourself from the vicinity of the cookies.

Over time, if you work on developing the power of your word, it will become something you don’t question. And then your word will be like a powerful magic spell you can cast anytime you need to make magic happen.

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

years (and failed a lot) and along the way, I have learned a lot.

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

Leo's Video



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

Tarot Tendencies for May By Doreen Scanlan



May is not only the precursor for summer, it is the opportunity to start getting some emotional clarity. There is going to be a lot of stimulation that you are going to have to sift through it all to decide what sticks. That same clarity is going to uncover some relationships that aren't in your best interest. You need to decide whether to continue those relationships or not.

Be careful that you are not staying in toxic relationships just to make another aspect of your life easier or more convenient. It is time to start taking responsibility for your growth so that your life is something you are co-creating not just surviving. It is time for a new more positive mindset to be developed so you can be responsible for your ability to thrive.

Time to break the patterns that are holding you from your dreams.

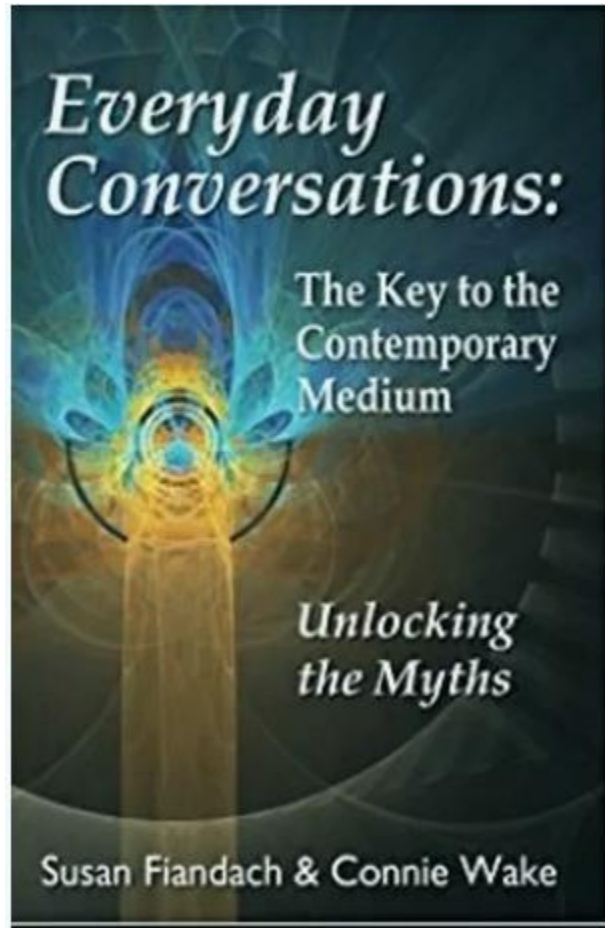
About Doreen Scanlan: I am pleased to have been asked to join the ROC Metaphysical Family. I have been doing Tarot readings for over 20 years both through local shops and festivals and on my own. The past 2 years I have been invited to the Gypsy Camp at the Sterling Renaissance Festival. I have a very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

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

Interview with Doreen



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



In our world, as professional psychic-mediums, we affirm "Knowledge is power...connection is joy" mindset. It's about a soul expression and connection...whether within your own soul, or with the souls around you, both in the physical and spiritual worlds. Our experiences shown us how the psychic and medium side works, and our understanding allows us to serve in it.

But what about you?

To some, the psychic realm is considered magical, mysterious, or even malevolent, and may be experienced on any level along that spectrum according to the person's understanding and/or belief system.

What happens when you open your psychic "door"? What might be our options:

Magical – This psychic door is open...and accepted! By magical, we mean the delightful way life can happen through extraordinary ways, such as intuitive occurrences, coincidence happenstances, and soulful moments. We may have an understanding that the Universal works on our behalf, that "life is good" and tend to trust "that small voice" or soul connections and go with the flow.

Mysterious – This psychic door is neither good or bad...just unknown. The definition of mysterious is difficulty in understanding or defining a thing. While psychic phenomena is being studied in the scientific

arena, the workings of consciousness is still “difficult to explain.” Neuroscience can see consciousness working in the brain, but the actual way information outside the physical senses is received and conveyed “telepathically” to others is not concretely defined. People who may feel psychic connections are mysterious may feel curious about what is going on...or just leave it alone altogether, as they feel it doesn’t add value to their life.

Malevolent – This psychic door is shut tight...this may be a strong word, but many find the psychic-medium and psychic-medium readings to be something to fear, can cause negative consequences in their lives, and invite the demons to wreak havoc. If the belief is there, then the emotional distress of a psychic-medium experience may occur. But as Wayne Dyer is quoted to say, “Change the way you look at things and the things you look at change.”

“Change the way you look at things...”

Magical – keep it...this is a wonderful way to experience our psychic-medium connections every day. Trusting the small voice, gut feelings, and “out of the blue” emotions that reflect a beneficial occurrence is indeed magical and invites the Universe to do wonderful things!

Mysterious – Again...”knowledge is power.” The psychic sense, or extra-sensory perception, is the way our brain picks up information from the energy of people, places, and things around us and frames that information as our senses. In other words, a person may hear their name called out when they are all alone; or smell perfume from someone who has long passed; or see a flicker of a light in their peripheral vision before it vanishes. The information is real and the only way the brain can tell us is through the senses. This is how we naturally pick up information from an energy source and learning what this is allows someone to better understand their intuitive and psychic selves.

Malevolent – Here’s another quote: “There is nothing to fear except fear itself.” If you can truly believe that the Universe is a powerful, creative force, unbiased in nature (not out to get you), and unlimited in knowledge and conscious understanding, then there is nothing to fear. This choice allows the psychic door to crack open and allows one to get past myths and fears of psychic-mediumship.

The psychic door is the one that opens us to re-learn and re-engage our intuitive and imaginative selves, that can receive information from people, places, and things around us. We would better experience life by knowing our nature and ourselves. You don’t need to study to become a psychic-medium, but as an explorer of your true nature...in all ways...to benefit from information all around us, physically and energetically. Opening this psychic door is the grand opening to the larger universe of intuition, inspiration, and synchronistic living.

Another quote to conclude: “Try it...you’ll like it!”

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

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

the 6th Sense" is a self-study workbook following Susan's introduction to psychic studies workshop.

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

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

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

Interview with Susan and Connie



Link: <https://www.youtube.com/watch?v=l6DdLY2>

Improve Health, Balance, and Harmony in Trees and Plants on Your Property

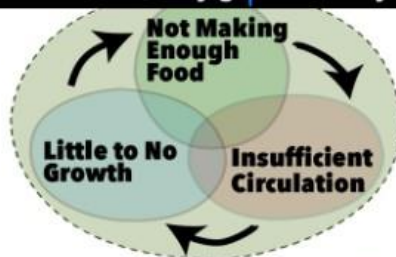
By Dr. Jim Conroy & Basia Alexander



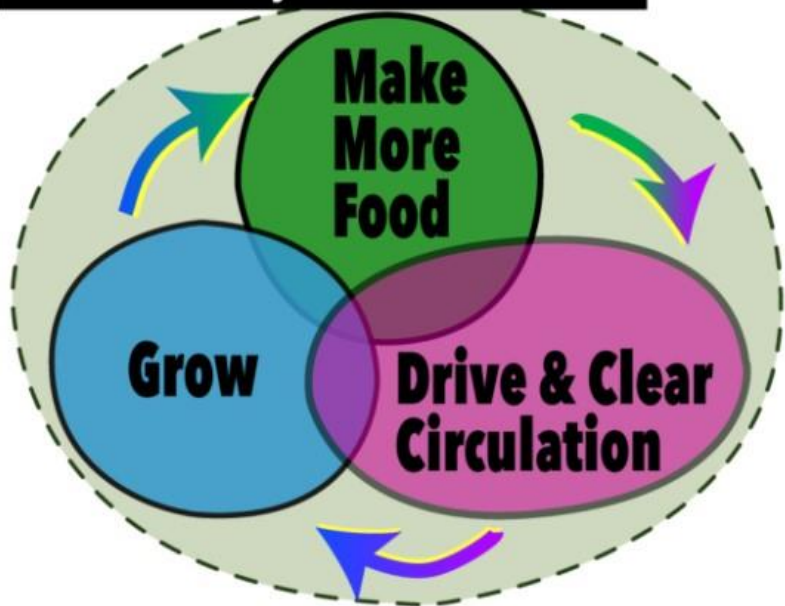
In Body/Heart/Mind, quietly or aloud, sitting, standing, or walking, for as short or long as you like, ASK permission to interact, then CHANT these 3 life-sustaining phrases to your trees/plants.



When trees/plants are stressed from climate extremes or human interferences, they go into this cycle.



This is what they need to sustain life:



BioBaliaInstituteSchool.org

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Every choice of color and shape in the home, every choice of objects, all choices have the potential to add to or detract from the harmony of life. Making conscious or mindful choices is clearly a principle of spiritual living. Similarly, making mindful choices inside your body/heart/mind can be used for improving your backyard's health, balance, and harmony.

In last month's article, I promised to explain how you can counteract climate dangers for yourself and for your trees, plants, herbs, crops, and forests, by shifting your mindset and using simple, easy methods in your own backyard or local park. So this month, let me give you an example of how unconscious or non-mindful choices happen. Then, I'll show you how you can apply a new, positive, consciously collaborative CYCLE to improve health, balance, and harmony in your trees, plants, herbs, crops, or forest.

Let's say you've heard that planting 'natives' (plants originally from your area) is a good idea. And it is. So you make the first choice: "I'll plant native plants."

Right away, it gets tricky. There is a mindset (a thought structure called a "paradigm") operating unconsciously and invisibly that kicks-in for many people. The current cultural mindset is at least 300 years old and infused with an imbalance of yang energy. It informs the culture that trees and plants are just things—not alive—so people are superior to them and can take actions that dominate, control, or manipulate.

"WAIT!" you say. "I want to favor natives. That's not trying to manipulate."

And I respond, "True. But let's look at the range of WAYS people may accomplish that."

- * Some will walk into their backyard and say, "I want this plant and I want that plant... and I want them here and I want them there. I want..." Does that sound like mindfulness?

- * Others will make choices by follow a spiritual approach to consider the design, the harmony of colors, the energy-related or elemental subtleties, and more. Yes, that's a more mindful way.

- * I am suggesting going further: Choose to shift the mindset itself!

People begin to shift mindset by recognizing and believing that trees, plants, herbs, crops, and forests, are—in fact—alive and intelligent. Plenty of new sciences that support adopting this belief can be found in our booklet: **Relevant Sciences Supporting Tree Whispering**. After all, indigenous and ancient peoples have always known that all plants have their own form of consciousness and are also 'spirited'. Therefore, modern people and the Plant Kingdom—together—can connect, communicate, and operate in mutual partnership!

Acting in equal and collaborative Partnership with Nature is truly the new and enlightened mindset whose time has come for a livable planet!

So, the next step in our example backyard is NOT to rush into making choices since those choices could be based on invisible, habitual, insidiously old-mindset approaches. Rather, it is to go forward in inner quiet with awareness and in body/heart/mind openness. I recommend that people collaborate in a co-creative way with plants' deep, profound, even sacred intelligence in order to work out a way forward in which everybody wins.

HOW? Collaborating and co-creating with all plants means:

- * settling into inner peace and connection with their Life Force,
- * communicating by asking many questions with persistent curiosity about the health of their inner functionality or what their lives are like, getting answers in non-linear, body/heart/mind intuitive ways,
- * sharing personal preferences in a neutral way,
- * taking their advice and acting on their wisdom until everybody gets what they most need.

In other words, you could ask native plants in the garden-center questions like this: "Are you right for my backyard?" "Will you be able to grow healthily, in balance and harmony with the other plants in my

backyard?”

Once home, you could ask questions like: “Where is it best for you to grow?” “How do you want to be oriented?” “What other plants do you want to be near?”

If you have a preference, tell the truth while at the same time maintaining neutrality. Plants want you to be happy, so their consciousness will take your preference into consideration. As you ask questions, receive answers, and act accordingly, you’ll discover that your backyard is more healthy, harmonious, and beautiful than you might have imagined.

That’s my example of how you can move from making choices habitually inside the old mindset toward making choices mindfully in the new mindset of equal and collaborative Partnership with Nature.

Here’s how to apply a new, positive, consciously collaborative CYCLE to improve inner health, inner balance, and inner harmony for your trees, plants, herbs, crops, or forest. This approach also begins to counteract climate extremes’ damaging effects for the Plant Kingdom.

Begin your collaborative partnership to restore their health, inner balance, and harmony:

- * Select one tree or a small group of similar plants.**
- * In this image, find the cycle for sustaining life.**
- * In inner quiet, ask permission to interact and/or to offer this healing and mindful method. (Asking permission is a “Partner With Nature” new mindset action honoring their intelligence.)**
- * With intent, hold in consciousness or chant that simple information which they will receive in consciousness and Life Force.**
- * Repeat with other trees and plants.**
- * Repeat as often as is comfortable for you because climate stress factors continue.**

Thank you for your partnership with the Plant Kingdom.

Please subscribe to the new You Tube Channel we have created to get our important message out to the world. It’s @EcoUpShift.

You’ll find inspiration, information, and new perspectives to shift UP to a futuristic and consciously collaborative partnership between yourself and trees, really the whole Plant Kingdom, for a positive climate future for all.

- * Increase confidence and personal power to bring forth a beneficial climate future as you learn about new, do-it-yourself solutions to ecological damage, tree decline, and climate extremes.**
- * “Give Back” to your beloved trees and Nature with simple, easy mindful methods and ceremonies.**
- * Shift UP to a higher level of inner peace, connection, and collaborative PARTNERSHIP — together — with trees and Nature.**
- * Get on the fast track to enlightened backyard and environmental stewardship with new kinds of co-creative methods.**
- * Help your trees, plants, crops, herbs, gardens, ocean-plants, and forests improve their health and resilience in climate changes thereby helping yourself and your loved ones to survive and thrive in a beneficial future.**

Please SUBSCRIBE to our new You Tube Channel: @EcoUpShift.

ALSO, please consider taking our online course: The Basic 5 Step Connection Process. It will enhance your abilities to observe, communicate, and find out what your trees' and plants' lives and health are like.

<https://www.biobaliainstituteschool.org/p/the-basic-5-step-connection-process-experience>

In next month's article, I'll go further into HOW adopting the new mindset (paradigm) of Partnering with Nature can change YOUR world and can change THE world!

Thank you for your love of trees and plants, for becoming an empowered force for good and for a livable planet.

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

Check out their websites:

www.TheTreeWhisperer.com

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

www.PartnerWithNature.org

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

www.PlantKingdomCommunications.com/category/books

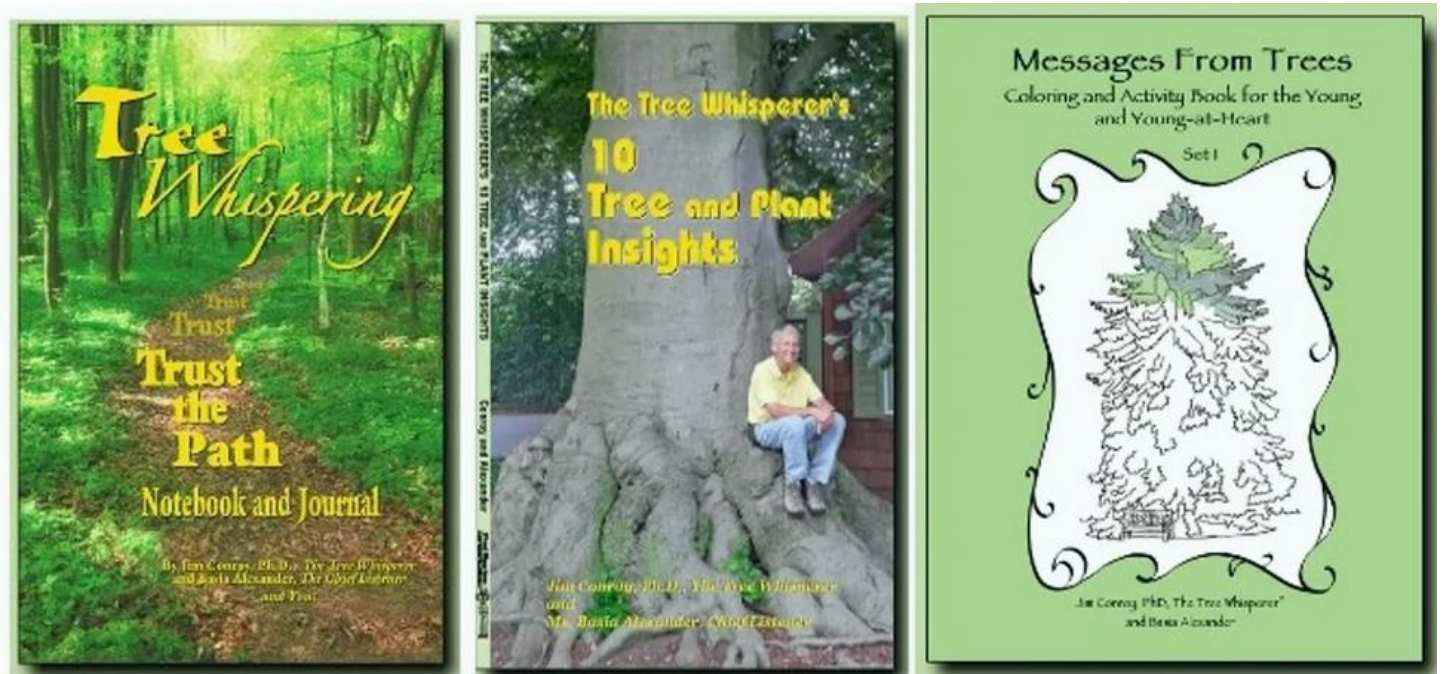
Please take a look at our 7 books at our store.

Dr. Jim's Video



Link: <https://www.youtube.com/watch?v=0a4Hk3G>

Dr. Jim Conroy's & Basia's Books



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

Adjusting To New Inner Workings By Brenda J. Hoffman



Dear Ones,

Perhaps you fear joy can never be prominent in your life, that what you feel now is all there is. You are reverting to 3D fears that are no longer part of your world.

You might also feel lopsided or uncomfortable because you continue to shed what was and are not yet comfortable with what is becoming. It is like upgrading your computer software. Even though you soon adjust to the new capabilities, initially, an upgrade tends to feel unwieldy and uncomfortable.

You are in the awkward stages of adjusting to your new being with all the ramifications such a leap into the new entails. The same is true for all who wish to evolve, so interactions are not as simple or loving as you expect, encouraging feelings of loneliness. And if you live alone, you feel isolated even with your computers, books, nature, and television. You are in the 3D teen stage: “No one understands me, and no one likes me.”

Perhaps this message makes you angry. Where is the joy the Universes dangled in front of you for months or years? When does this shifting stop long enough for you to feel more than a few minutes of joy?

Just as was true for the progression of inner security created with 3D aging, this shift from 3D adult to new you is a process.

You have all the necessary inner workings. It is now a matter of adjusting to those inner shifts.

Some of you will or have adjusted more rapidly than others – as was true when you were a teenager. So some of you feel/seem very much like a new you adult while others struggle to become more mature. Please remember that those who seemed so mature when you struggled with your 3D teen maturity spurt were not that different from you once you fully accessed your person-hood. So it is now. This is a short race – not of years or decades, but weeks and months. The earth does not have or need years to evolve, as was true when you were a teen trying to negotiate your entrance into adulthood.

Granted, much of your time before transitioning seemed to be clearing, and your current feelings seem so similar. The difference is that your 3D clearings were about letting go of pieces of your former earth lives that affected your transition. You have transitioned. Now, you are positioning and repositioning your

new skills and interests—a task that requires as much energy as your 3D teen shifts.

So you feel as if you are in the midst of a never-ending adjustment, forgetting everything you achieved and worrying that your joy will never return or appear. Like buyer's remorse after moving from one home to another with thoughts of “I knew where everything was in my former home, and now I can't find anything” and on and on, comparing your former environment to the new environment that feels all wrong even though it better suits your needs.

You are part of the new, never a comfortable position initially, even though it is growth or a shift for the better. Allow yourself to adjust to this new you, including accepting the learning curve, which is a natural process from the comfortable to the new.

You are in the right place internally, as is everyone who has transitioned. Stop trying to force yourself into joy and out of discomfort or fear. You are evolving not just from one 3D stage to another but from one being to another. Your internal being is no longer your 3D being, as is true for all who have transitioned.

You are trying to find your center and being-ness while negating what was.

Even though you might feel you have failed or your struggles to shift the earth and yourself from 3D to beyond have been for naught, you are a new being trying to find your place in a confusing world. Many have transitioned, but there are still a number who remain staunchly in 3D, expecting you and others to support them. This is similar to a younger sibling becoming angry or confused when their older sibling displays teen angst.

Just as was true during your 3D teen angst stage, you do not necessarily understand logically why you need to say, do, or feel something. You just know this is who you are or are becoming. Allow yourself to flow into your new being and allow the same for others – without fear, rancor, or anger. What was is no more. So be it. Amen.

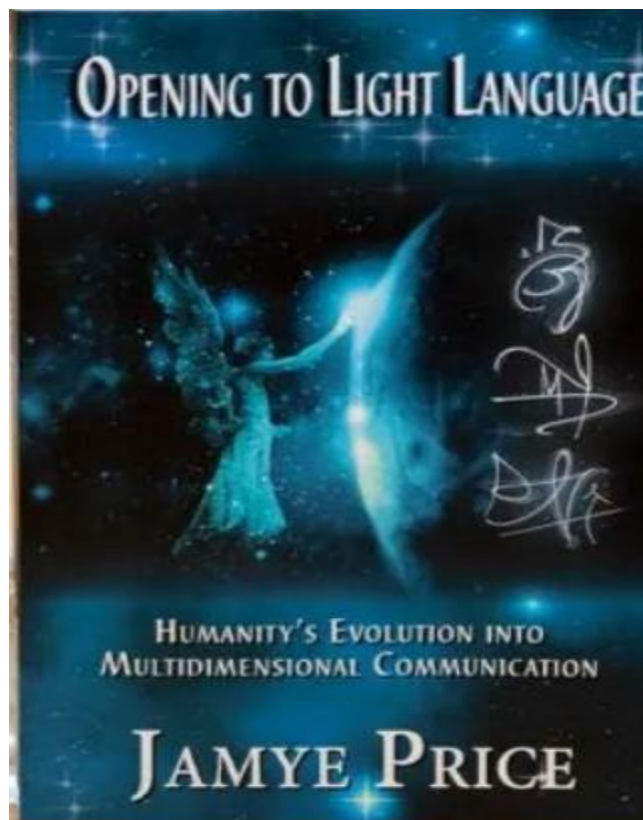
About Brenda J. Hoffman: An intuitive since birth, Brenda formalized her channeling skills with her internationally noted book, [*A Glimpse of Your Future*](#). This prophetic classic describes your role in this transition, as well as answers questions such as why baby boomers were instrumental in introducing 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.LifeTapestryCreations.com>

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Ricocheting Time By Jamye Price



I've been so busy with teaching that I didn't have time to comment on the eclipse. I hope you all had a magical time during that reset of energy.

I love how the energy feels so quiet during an eclipse. I didn't get to experience daylight dimming much (like during the 2017 eclipse) since it was overcast, but the eclipse was still visible and a beautiful energy.

There is much that is unfolding with the eclipses, so I'll be writing about it more deeply soon. Because it goes deep. The Return of the Dove. Clocks turning back.

Surface is not nearly the whole story.

April Energies

I did want to point out what I've been seeing with the April energy focus of Ricochet. Our tri-wave brain/body flow is enhancing our coherence and amplification.

It is the energy of Connection (last year's focus) that creates a resonance beyond duality, and your body is readjusting because of your loving focus, Lightworker.

Duality is a physical-realm experience and we are integrating beyond it, being in the world not of it.

Ricochet indicates that we are holding a resonance that allows much less processing of the information of the world around us, even though we are always interacting with it because we are part of a collective of life on Earth.

Information is more quickly shifted due to your resonance. That's the Ricochet. Less into your space, holding, transforming, emitting.

More Ricochet.

The Knowing.

We are holding more universal law rather than just physical-realm laws of density, time and space.

We are becoming the Space of Love, relaxing density rules. The Time is now.

Our Love Ricochets in all directions.

THANK YOU, LIGHTWORKER. (Dove sounds abound)

I hope you have a peaceful-filling week!

Jamye

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

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

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

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

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

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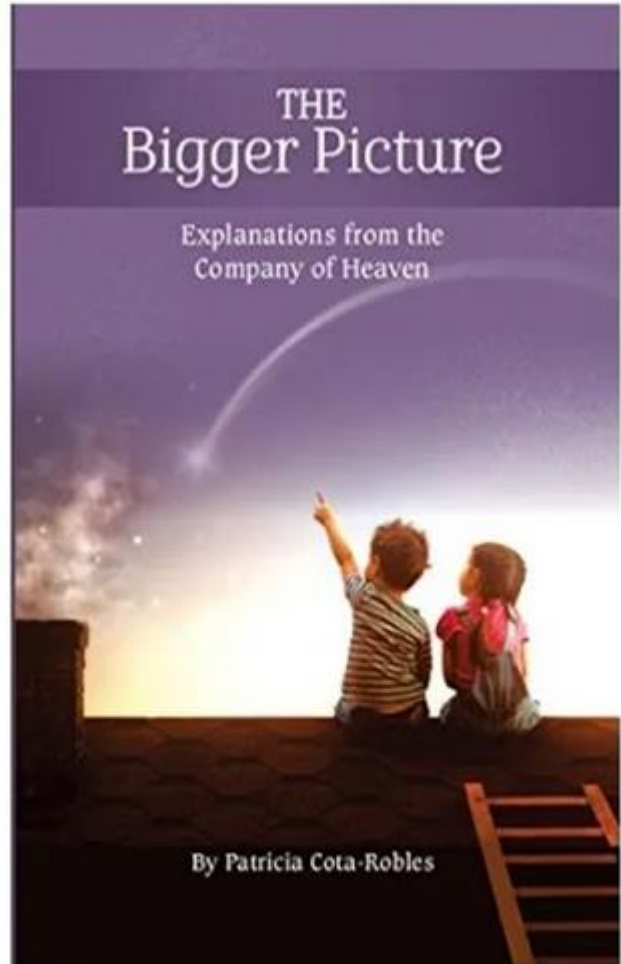
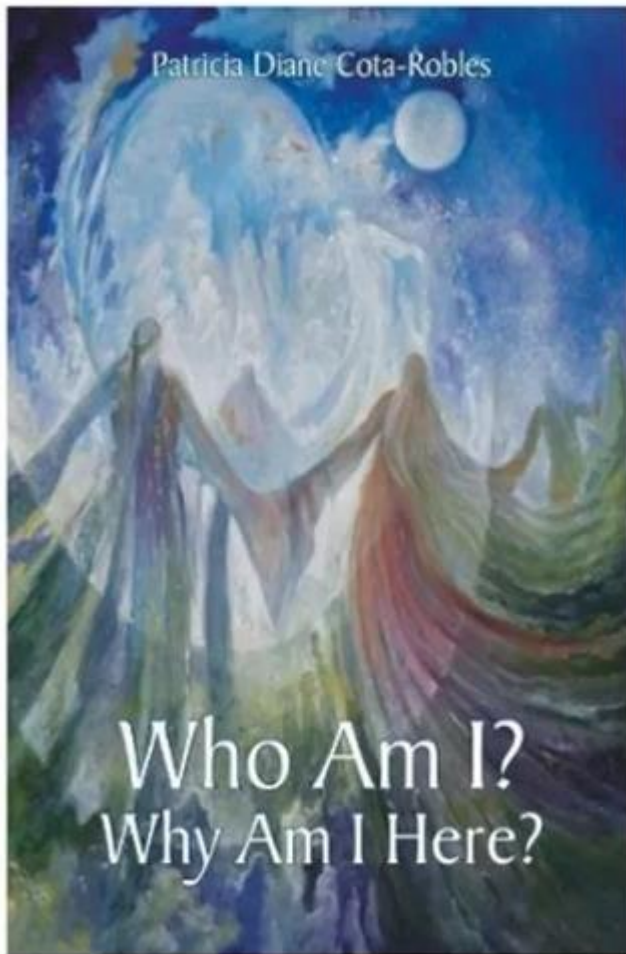
Jamye's Video



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

Breathe, Focus, Pay Attention and Just Be

By Patricia Cota Robles



Books By Patricia Cota Robles

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

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

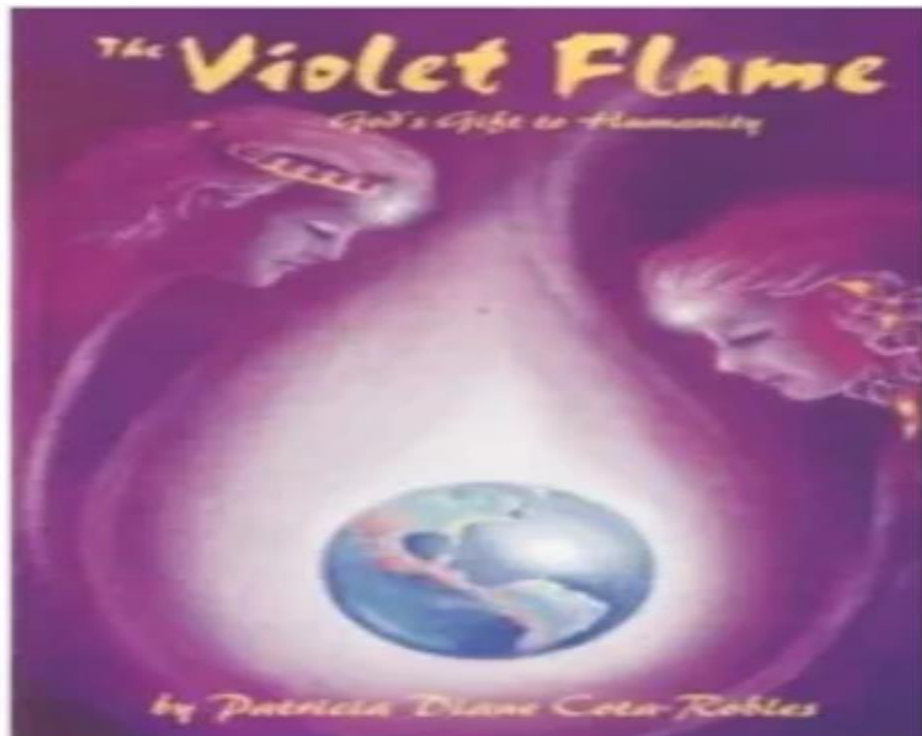
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program,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

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A



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

Patricia's Vlog



Link: https://youtu.be/kIa_YPCfb-g

Can You Change Who You Are? 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=bVAmHu>

Allowing The Eclipse To Heal Your History By Shelly Dressel



We have been steadily moving into the higher vibration of the 5th dimension and more. More and more people now understand how this spiritual ascension is the key to all that is happening. So what is that? Our spiritual ascension is the integration of our soul and living through our soul essence. People can interpret this in different ways, but as you connect with your soul and live with it, you expand your consciousness, past, present, and future.

In the All That Is, the Goddess has us look at our lives and discern if there are one or several issues that keep coming up. For some, it may seem as if there are many issues, however, under it all there is only one. While in the process of healing this, the Goddess helps us to look at our past lives to see if that is a part of what is happening. My sense is that this lifetime is about healing all of our past lives as well as this one.

Once we heal the past lives, the Goddess had us look at our shadow selves. Many people have already done a lot of work with this, but no matter where you are in your life process, you can always tap into that aspect of you that hasn't healed or perhaps is what keeps pulling you down. In the meditation, you shine a huge light into whatever shadow selves you may have.

Lastly, the Goddess then assisted us with looking at or connecting with our future selves. This was really amazing as this door opened. Many saw ETs, some saw the lightbody, and others saw the human aspects of themselves that were present. She then opened that line of communication to make things easier.

The energy of the eclipses amplifies everything that happened in this meditation and you can work with it in a very deliberate manner.

Allowing the Eclipse to Heal Your History

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

I greet you, the beloved family. I reach out from my heart to yours. I reach out to embrace you at this time, at this now moment, be it live when this is taking place or at some later date. No matter when you listen, it is this now moment.

There is so much that has been going on within your world, within your galaxy, within this universe. You have come to realize that everything is interrelated. Things that happen out in the universe have an impact on the earth, just as things that are happening within your earth have an impact on the universe. Whenever we do these meditations, this is an opportunity for you to not only center within yourself but create that space so that you may manifest that which is in your highest and best interest at all times.

We speak consistently about intuition. At this time, you are at, you could call it the ending, or you could call it the beginning between eons. Eons are considered 26,000 years, so you're at the end of a very long process. This transition has been going on for many years, and this is why for so many it feels like it's already completed. Whereas for others it is just beginning to be an opening for them. So, you are here balancing the energies in your everyday life.

You may be influenced by those that are already there. You may be influenced by those that are opening up, learning something new, and may or may not understand all that is happening. Within this space, you have the opportunity to heal yourself, manifest that which you seek to have, and create whatever may resonate with you for this life. We speak of spirituality because that is becoming more and more important to you in your everyday life.

This entire meditation is about opening, aligning with, and then strengthening your alignment with your soul, with your own spirituality, and with your own experiences. So, take a deep breath in, breathing down within you and centering, and then as you breathe out, let go of tension, let go of stress, and be in this now moment.

Create a ball of energy within your heart center. You may do it with your imagination, but you are actually creating a ball of energy that is within and around your physical heart. As this is created, you then send a stream of it. It moves down through your solar plexus, your sacral center, your root center, and you send it down into the earth.

Allow it to expand as you connect with the earth. Feel how grounding and present this helps you to become. As you create that anchor, you then allow for that stream of energy to come back up. It anchors within your heart center, and then it goes up through your throat, your third eye, your crystalline body, your head center, and it moves upward.

You align with your higher self. As you look around, this frequently is filled with energy and light. It's filled with what you are seeking for yourself. If it's very cluttered, Whew~~ clear it out. Just send a wave of energy through this space, and that which is most important for you will come back without the distractions.

You then have that stream of your consciousness move further up. It follows that thread of energy that links you to your soul until you find yourself merging with your divinity. For most of you, as your consciousness comes into contact with your divine essence, everything expands even bigger.

Some may have a perception of seeing your soul as if it's a ball of light, or perhaps an image, or perhaps multiple images. Take a moment to listen and see if perhaps you hear any tones, perhaps frequency, perhaps bells. Your soul will communicate with you through these various sounds.

I, the Goddess, walk in and amongst all of you that are here. As I merge my energies with you as your soul, it moves our focus and our awareness into the All That Is. Feel how you can expand even further within the All That Is.

This is a place created by all of you, created by I, the Goddess, and the many other spiritual beings that work with you within this space. It has a cellular memory where you have an ability to tap into whatever's here. You also have, each of you, created a space that is your own.

You can look back at other lifetimes. You can look at potentials. This place is made by all of you, for all of you.

At the time of this journey, you are coming upon a series of eclipses. Some are partial. There is one in particular that is a complete eclipse. You have eclipses that take place every single year. But in particular, between your equinox and then these eclipses that are coming in a series, it is going to create a massive transformation for everyone that lives upon the earth.

For those that may be unaware, it may just jostle them into thinking about their lives, about their truth, about who they are, what is going on. For others, it may bring about a greater peace and balance, because now that higher vibration and frequency that you have been seeking will be present on the earth.

Let us prepare for this time. You are currently right here with your soul essence. As each one of you came into this lifetime, you brought with you certain experiences that would nudge your soul in its growth. Some of those experiences would be through trauma, some through relationships, some through blissful, exciting experiences. For many of you, there is also a direct link between not only this lifetime, but others that you consider past lifetimes or even future lifetimes. In the All That Is, it is all present and available for you.

So, gather your focus within, and as you do so, ask, what was my number one karmic agreement for this lifetime? And as you consider whatever that may be, if perhaps not just one thing came to you, then look at it in another way. Is there anything that has come up for you in multiple different ways? Perhaps you experienced it with one person. Perhaps you had something similar with your work. Perhaps something else came up with, you can fill in that blank.

During this time, as whatever it is that comes to your consciousness, okay, okay, what I see happening, for many of you, it's not just one thing, it might be two or maybe three things that are recurring experiences in this lifetime. So, whether it is just one or multiple, ask to understand what lessons are most important for you to learn and understand in this lifetime.

Okay, a few of you had this long list, perhaps 10 or 15. There are ways in which some of those are repeated, but come in a different view. So, pare it all down until you have the top, perhaps two, perhaps three.

As I look at you, I see some of you are feeling overwhelmed, so, let's just clear out. Let's just clear out the energy around you, so that it becomes something that you can handle more easily.

With these primary experiences, have a sense of opening up a doorway and ask, are any of these linked to past experiences, past life experiences? Meaning, is it a pattern that your soul has been through time and time again? As you open up that door, I noticed the majority of you have a yes. As you open up that door to this lifetime, that is allowing you to understand that you have certain experiences that culminate from multiple lifetimes. And now is the time to heal it for this lifetime and every other.

So, consider what comes up as most important or that number one, be it experience or an emotion, howsoever it comes across to you. Take this moment as if you sit as if you are taking it into your hands and you look at yourself in these multiple lifetimes where you have struggled. In this now moment, while you are here in the All That Is, with all of this glorious light from your divinity, can you find acceptance? Can you heal whatever it is that is coming up for you? Okay.

As I said that, I heard multitudes of people saying, Oh, yes, it's healed. No. You cannot do a rubber stamp on it. You must connect deep within your consciousness, connect deep within your soul. Understand why this has been a multiple lifetime experience for you. There we go.

Now for many, it was like a light came on. Receive this understanding and let it roll through you as your divinity. Let it roll through you as your consciousness. Let it go into your energy body so that you may receive the love, the compassion, the healing. And in certain cases, just that information for what it is.

There has been a form of judgment in everybody. Judgment is a piece of this puzzle. You judge yourself, you are harsh with yourself, and you do not accept certain attributes. So that judgment is one that I'm asking everyone across the board to bring up judgment within them. And the ways in which you harshly judge yourself and others, bring it up, bring it up, bring it up, bring it up, bring it up, and phew~ let that go.

Whoo, that was big. So as that judgment was released, as you considered the way you healed and learned from that top aspect, let a roll of energy just come through you within the All That Is and once again, ask to know, is there anything from this lifetime or any other that is here and remains with you to be healed or resolved? I noticed for many of you, those long lists now came down to two.

I noticed for others of you with healing your primary, the others disappeared. As you look at this lifetime, at any recurring experiences, take this moment to breathe in deeply. Clear them out. Let it go down through the timeline of your life, of your soul, and into any other timeline that needs to resolve this so that you may move forward.

I can feel many of you just adjusting your energies. For many people, there are many sparkles or there is a great deal of light that is now coming in that represents the higher frequencies. Allow yourself to just be present in whatever that may be so that it may not only move through you but merge with you.

I ask you now, as if we have a clean slate and as if you are just looking back at this lifetime, is there anything that they call in the shadows? Is there anything that keeps hidden from you or remains hidden from you? As if you are shining a light into every shadow within and around in your ego, your consciousness, your soul, or any aspect of you. It's as if I see in many of you these, I don't really know how to describe it, but like just balls of energy that have been stuck. For some it represents specific experiences, in others it's not specific. But no matter what it may be, let all of that shadow energy come up and be present with you in the All That Is. Allow that white light of your own soul essence to illuminate everything within and around you.

Take a deep breath in and breathe out.

As these shadow energies are made known and you infuse them with your divinity, a lot will just dissipate because they were associated with what you have already healed and cleared.

I invite you though, to take a moment and ask if these shadow energies have something to share with you. Is this perhaps a way for you to understand what you didn't understand before? As you consider shadow energies, so often people consider them something negative, something that is hindering you. However, they can also represent something that has been challenging to you but you didn't know what it was. So I would say with this light flowing in and around you on every level, illuminate all that is here.

As you can tell, when the light merges with the dark or that which is hidden, it brings everything out into the knowing. For some, you may still have things that are hidden away, so you may choose to do this multiple different times. As you are ready to do so, then once again clear out the energies and look at your life now. Do you see how you keep growing and growing?

I now invite you to go within your soul and look towards future lives, meaning these lifetimes may be going on right now, but in the time-space reality in which you live, they would be some years in the distant future. Perhaps they're out within the universe.

I notice for many of you, as you look at this, it's a blank space. So, I will infuse a light and an intention that it may move through each one of you, move through your consciousness, so that now as you look towards what is considered future lifetimes, ask, first of all, to see if what you have healed in this lifetime remains healed and resolved. You can also ask this future lifetime or multiple lifetimes if they have messages for you in this now moment that can help you.

For some of you, you just want some information. You are setting up an opportunity to communicate with your future self so as to assist you in this now moment. Phew! There was a massive wave of energy that just went through everyone. In this way, you realize that you have access to the many, many aspects of you that in doing so, you are here to assist your human self in its personal growth.

Take a deep breath in and breathe out.

You may choose to stay in this energy for a period of time. You may also access it at any point that you so choose. You may also put forth an intention that any time you are here within this space, you can move to the next level so that you are no longer repeating past experiences. You are always growing. You are always moving forward within your life.

So gather around as a group. That which is your personal experience remains intact and available for you. However, as a group, take a moment to discern how everyone, through their soul consciousness, have expanded with this much greater light. You see coming up within this group the hologram of the earth. Each one of you infuse past, present, future, the clearing of your shadow self, whatever you consider it, but infuse that transition into the hologram and observe how it becomes filled with light.

There may be certain colors, but it pulsates, it emanates a beautiful light. There is an aspect of that that goes out into the universe. It works through those places that anchor this energy for humanity.

The remainder goes back down into the earth plane. As it moves through the collective consciousness, it is once again clearing out anything that no longer serves this higher light frequency. That hologram goes down within the center of the earth and it anchors. It anchors in the crystals, it anchors in the magnets, and then it comes up through all the many layers. Each one of you are anchoring through that place in which you anchored on Gaia. It is also coming up through the collective consciousness and is made available to anybody else that is ready to move through this transition.

You have the remainder of your consciousness. It flows back from the All That Is into the soul plane, into your higher self, and down within you, anchoring here within your heart. You let that expansion come back within you. You release the earth plane and it all comes back together within your heart center and it moves up and down through all your energy bodies.

You are anchoring and integrating the clearing out of your past lives, the alignment with your future lives, the healing of this lifetime.

Take a deep breath in and breathe out.

As we enter this time of huge transformation, through the energy of the universe and the eclipse, through the normal alignment of the universe, through the equinox, through the transitions in consciousness, all

of it is coming together, clearing out the past eon, embracing the new one coming in. When people look back at this 20, 30 years in the future, they'll say there's probably a 20-year or more overlay. And then you go further out, they may say a 100-year overlay.

So be patient with yourself. Be loving and nurturing to yourself. As you do this type of energy work, such as we did this evening, if you learn things that may be upsetting, then embrace it with love and compassion. Understand that each one of you are most likely even more than what you realize.

Allow transitions to take place. Allow healing and the clearing out of the past to take place. Embrace all of you.

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

Ansaluia

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

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

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

This is Shelly Dressel channeling the Goddess of Creation; the feminine aspect of source essence, for the free teleconference offered on the first and third Sundays of each month. All rights are reserved. You are welcome to share this information; we just ask that you keep it intact.

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

Shelly's Video



Link: <https://www.youtube.com/watch?v=3oGk32>

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

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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.

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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.

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A flyer for 'Divine Angelic Gathering' by Sheila B. Tillich. The background is a soft, ethereal blue and white with a subtle floral pattern. At the top left is a small circular logo with a flower-like design next to the name 'Sheila B.'. The title 'Divine Angelic Gathering' is in a large, elegant serif font, with three small starburst icons to its right. Below the title, a pink rectangular box contains the text: 'Enjoy a magical time with friends! Discover captivating and creative avenues to connect with your friends and embark on an unforgettable time of fun and enlightenment with Sheila B. Tillich Recovery Metaphysician & Galactic Grandmother!'. To the right of this box is a circular portrait of Sheila B. Tillich, a woman with grey hair, smiling, wearing a blue top. Below the pink box, the text reads: 'Host a Gathering and Receive a FREE 30-minute Healing Session! Gather 8 or more of your closest friends. Cost: \$333 for 2 Hours.' Below this, a section titled 'What is included:' lists three bullet points: 'Group Oracle Cards Reading', 'Angel Healing Meditation', and 'Engaging Q&A Session'. Further down, it says 'Embrace the magic, deepen your connections, and create cherished memories together! Don't miss out on this extraordinary opportunity. Book your gathering now!'. At the very bottom, the website 'WWW.SHEILATILLICH.COM' is printed in pink capital letters.

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About Janice: Janice McNamara, a nurse for 37 years and the founder of Next Step Holistic in 1998, is a Reiki Master Teacher, Associate Polarity Practitioner, Intuitive Healer and one who connects to the Spirit world to bring healing and closure between loved ones.

With experience at Harvard Affiliated Hospitals in Boston, she found a way to bridge the gap between traditional and integrated practices, offering individual holistic guidance as well as end of life assistance. With a blend of humor, Janice helps adults and children uncover underlying thoughts and beliefs to reconnect with their authentic selves. Her wisdom empowers them to nurture their intuition, expand awareness, and infuse joy into every aspect of life. In return, they continually remind her of the Divine Light within.



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



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>



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

Where magic and healing begin!

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



ROCK DUDE

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

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



Healthy Alternatives Wellness Center

Carol Scheg-Morrisette

4358 Culver Rd

Rochester, NY

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

www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

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



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

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



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

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

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



Marjorie Baker Price , RN

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

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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

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

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

<https://sheilatillich.com>

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

Follow on Facebook: <https://www.facebook.com/sheilabhealing>

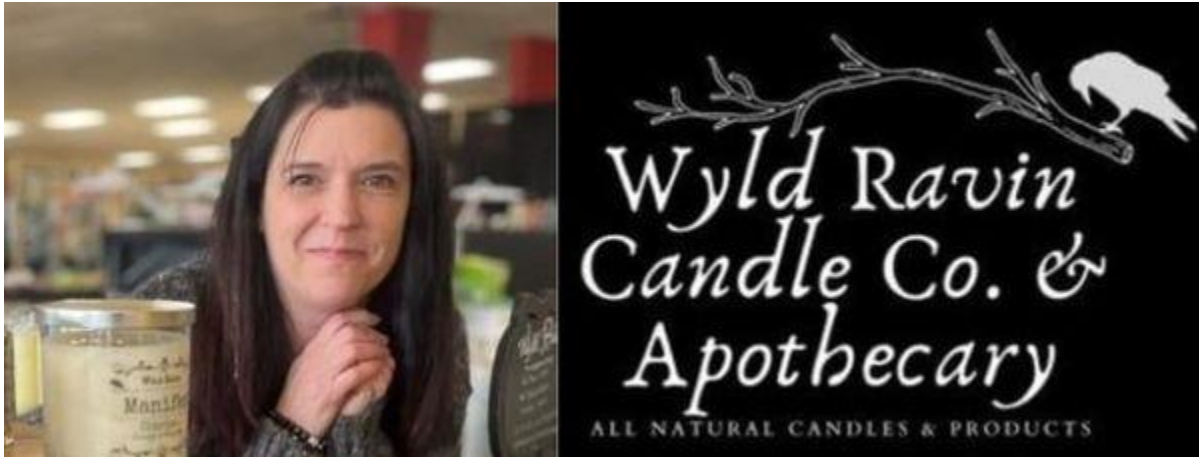
Join the Lightworkers Connection Circle Facebook Group:

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

Follow me on Instagram: [https://www.instagram.com/sheila_b he...](https://www.instagram.com/sheila_b_he...)

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

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



Wyld Ravin Candle Co. & Apothecary
<https://wyldravin.com/pages/about-us>
<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](https://youtu.be/ESa-xPOYZKE)



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

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

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



THE CRESCENT COLLECTIVE

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

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



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

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

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

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



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

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

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



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

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

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

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

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

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



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

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

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

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



B & R Crystal Cavern

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



Jon Kotowski

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

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

Theraphi is an innovative technology that combines the power of meditation with electromagnetic frequencies. It is designed to enhance the meditation experience by creating a harmonious energy field around the body. By using specific frequencies, Theraphi aims to promote relaxation, balance the chakras, and stimulate the body's natural healing abilities. This unique approach to meditation allows individuals to deepen their practice and achieve a state of profound relaxation and inner peace.

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



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Light Club Curiosity Shop 40 Main Street Warwick, NY 10990

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The Emerald Lotus 82 Broadway Ste 222 Greenlawn, NY 11740

The Mindful Rabbit 146 Main St Northport NY 11768
Little Shoppe of Crystals 12 Main St Sayville, NY 11782

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

Crystal Crossing 586 Columbia Tpke Ste 9 Rennselaer, NY 12180
Hippies, Witches & Gypsies 33 2nd St, Troy, NY 12180
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The Sages Circle Point Plaza, 443 Saratoga Rd, East Glenville, NY 12302
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Healing Lily 34 Jay St Suite 1st Floor, Schenectady, NY 12304

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Mirabai 23 Mill Hill Rd, Woodstock, NY 12498
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Luna Enchanted 461 Rte 9W, Marlboro, NY 12542
The Awareness Shop 180 Main St, New Paltz, NY 12561
Nutz 1708 U.S. 9, Wappingers Falls, NY 12590

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

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

Unicorn Square 5722 NY-86, Wilmington, NY 12997

Serenity Wellness 214 Seymour St Auburn, NY 13021

Soul Sisters Whispering Holistic Healing Center 286 Genesee St Auburn, NY 13021

Crystal Moon Health & Wellness 246 Loop St Auburn NY 13021

The Magical Muse 103 N Peterboro St Canastota NY 13032

Crow City Curiosities 75 East Court St First Floor Cortland NY 13045

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Resonate Trading Company 130 W Main St, Mohawk, NY 13407

Foundation for Elevation / Heathen's Touch 732 West Broadway Fulton, NY 13069

Peace Love and a Fuller Experience 3 Village Square, Hannibal, NY 13074

Julie's Cauldron 6749 N Manlius Rd Kirkville, NY 13082

Healing Inspirations 215 First St Liverpool, NY 13088

Blue Moon Apothecary 105 1st St, Liverpool, NY 13088

3 Sisters Gifts 116 W 2nd St Oswego, NY 13126

The Cat and The Kettle 6 County Rte 24, Oswego, NY 13126

Earthly Emporium 2211 NY-31, Port Byron, NY 13140

The Crystal Jelly 7 South Jefferson St Pulaski, NY 13142

Cozmic Cauldron 357 S Warren St Suite 10, Syracuse, NY 13202

Earthbound Trading Co 9090 Destiny USA Dr Syracuse NY 13204

Earthbound Metaphysical 434 S Main Str N Syracuse, NY 13210

Mystic Side Gift & Book Store 404 N Main St Rt 11, North Syracuse, NY 13212

Souls Expressions 9090 Destiny USA Dr, Syracuse, NY 13290

Ash, Oak & Thorn 414 Broad St, Oneida, NY 13421

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Sticks n Stones 126 E Main St, Waterville, NY 13480

Clearly Connected 327 Oriskany Blvd Whitesboro NY 13492

Practical Magic 173 Oriskany Blvd Whitesboro, NY 13492

The Jade Fox 706 Court St Utica, NY 13501

Ezra's Energy 51 Franklin Square Utica, NY 13502

Moontide Arts 45 Public Square Watertown NY 13601

The Magic Apothecary 21182 Salmon Run Mall Loop W. Watertown, NY 13601

The Wellness Cottage Crystals 608 Pearl St, Watertown, NY 13601

Hedgewitch Botanicals 111 Esselstyne St, Cape Vincent, NY 13618

Beyond The Tarot 71 Main St, Massena, NY 13662

Handmaiden's Garden 117 W Main St, Sackets Harbor, NY 13685

Seven Stones 2582 State Hwy 7 Bainbridge NY 13733

Shops of 607 4416 Watson Blvd, Johnson City, NY 13790

Bewitch Me Joyful 1398 East Side Rd, Morris, NY 13808

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Willows Enchanted Grove 3 Elm St Oneonta, NY 13820
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Imagicka 39 Court St Binghamton, NY 13901
Tom's Coffe Cards & Gifts 184 Main St, Binghamton, NY 13905

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Lady of the Lake 2 52 W Main St, Fredonia, NY 14063
Circle of Light Spiritual Center 40 E. Main St, Fredonia, NY 14063
Flicker Gifts 141 Buffalo St Suite 18, Hamburg, NY 14075
Mystic Dragon's Lair 339 N Main St, Medina, NY 14103
Spiritually Rooted 90 Webster St N. Tonawanda, NY 14120
Rising Goddess 225 Highland Parkway, Tonawanda, NY 14150

Green Apotha 1507 Hertel Ave, Buffalo NY 14216
Strange Brew 2703 Elmwood Ave Buffalo, NY 14217
Spiritual Landing Store 3672 Delaware Ave Tonawanda, NY 14217
Awaken & Psychic Expression McKinley Mall 3701 McKinley Parkway Buffalo, NY 14219
Soul Vibes 682 Abbott Rd Buffalo, NY 14220
Dragonfly Art & Soul 8290 Main St Williamsville, NY 14221
The Psychic Shop 2822 Elmwood Ave Buffalo NY 14217

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

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

Mindful Inspirations 4032 Lake Ave, Burdett, NY 14818
Behind The Willows Store 40 Catherwood Rd Ste E-04 Ithaca, NY 14850
Moonlight Treasures 4268 Main St, Millport, NY 14864

Griffin's Aerie 1 E Lamoka Ave Savona, NY 14879
Mystick Rose Magick 31 Main St., Apt 201, Addison, NY 14801
Cookie's Creations 231 W Water St Elmira, NY 14901
Okultik New Location Elmira, NY 14901
Kokoro Ancient Healing & Sacred Ritual 2078 College Ave, Elmira Heights, NY 14903

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

Rocks/Crystal Stores

Rock Star Crystals 146 W 26th St, New York, NY 10001
Crystals of Quartz 61 Windemere Ave Greenwood Lake, NY 10925
Fortune Crystals 2116 Merrick Ave Merrick NY 11566
Crystal Crossing 568 Columbia Tnpk E Greenbush NY 12061
Reiki Rocks and Crystal Shop 1811 Western Ave, Albany, NY 12203
Tincture of Time 296 Delaware Ave Albany, NY 12209 At Kate's 60 Broadway Tivoli NY 12583
Stone Corner Minerals 5 Main St Chatham, NY 12307
Lodes of Nature 135 Canal St, Ellenville, NY 12428
Crystal Connections 116 Sullivan St, Wurtsboro NY 12790
Natural Stone Bridge & Caves 535 Stone Bridge Rd Pottersville NY 12860
Twin Crystal Rock Shop 36 Broadway Saranac Lake NY 12983
Two Hawks 6930 Cold Brook Rd Homer, NY 13077
The Finders Keepers Mining Co Syracuse, NY
Crystal Cove 104 North Main St N. Syracuse NY 13212
The Rose Quartz Stand 107 Mohawk St Herkimer NY 13350
Fall Hill Bead and Gem 411 Canal Place Little Falls, NY 13365
Resonate Trading Company 130 W Main St, Mohawk, NY 13407
The Crystal Spell 73 Glenwood Ave Binghamton NY 13905
Past & Present 3767 South Park Ave Blasdell NY 14219
Malachite & Gems Of Africa 1339 Long Pond Rd Rochester NY 14826
Sunshine Creative Designs Dewitt Mall 213 Cascadilla Park Rd Ithaca NY 14850
Multifaceted Minerals 218 E State St Ithaca NY 14850

Spiritualist Churches

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

Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

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

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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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