

# **ROC Metaphysical**

**March 2025**

**Our Mission is to Enlighten and Inform**

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

**Reclaiming Your Radiance Naturally By Christianne Asper-Contant**

**From Home To Hospital By Jean Oswald**

**Do You Have 8 Minutes? Transforming Connection and Healing in  
Spiritual Practice By Rev. Colleen Irwin**

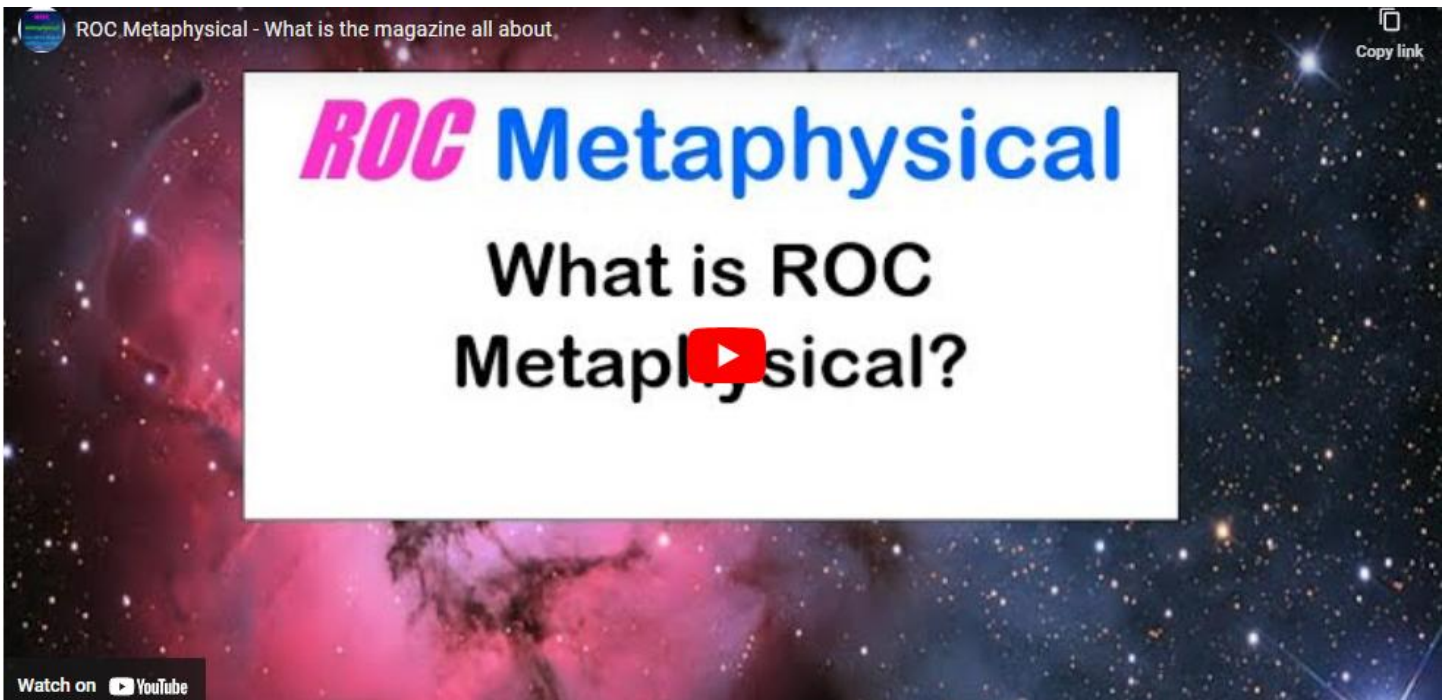
**The Spiritual Law Of Reciprocity By T. Stokes**

**How To Intuitively Make Smart Decisions By Dr. Judith Orloff**

**Music & The Devil By Jill Mattson**

**Why Are We Here? By Ross Bishop**

## *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 somehow magically find me and voluntarily share their articles. It's so exciting to see what**

comes to my email.

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

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

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

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

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

### *Find ROC Metaphysical At These Sites*



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



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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 northern 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 March 2025

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By Jean Oswald

Marjorie Baker Price



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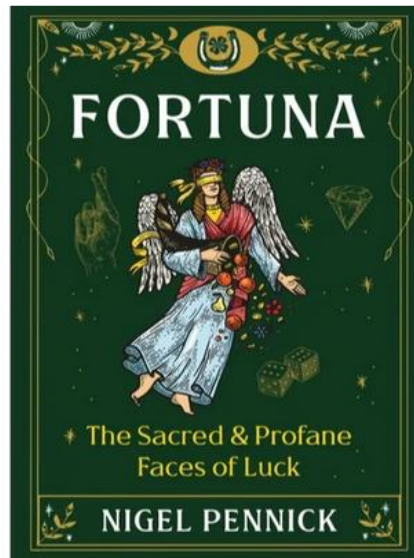
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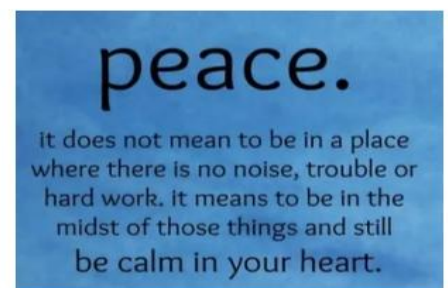
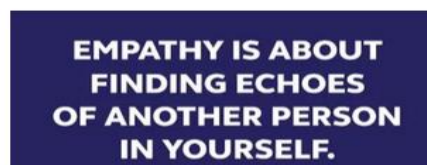


Fortuna  
The Sacred & Profane Faces Of Luck  
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Why Are We Here?  
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## Channelings



**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.**

## Channeling Articles

Ronna Vezane



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By Ronna Vezane

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Brenda J. Hoffman



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Patricia Cota-Robles



New Earth Invocation  
By Patricia Cota-Robles



Ann Albers



The World & Your Focus  
By Ann Albers



## *From Home To Hospital By Jean Oswald*



**When your loved one (your person) needs to go to the Emergency Room or hospital, set yourself up for success in advocating for them. Plan ahead: If they have a serious illness, put together a "grab n' go" folder today. Pull all of your person's information together and put these things in the folder:**

- 1. A Face sheet - in a plastic sleeve - with your person's full name, date of birth, insurance information including a Medicare Advantage name and number if covered. This should also contain a list of medical problems or diagnoses AND allergies**
- 2. Medication list - name of medication, dosage and when they're taken**
- 3. Health Care Proxy name and contact information with their Living Will or copy of MOLST form (whatever you have). If you don't have both, then at least have the name of the person (Health Care Proxy) and their contact information who can speak for them if they're unable to speak for themselves**
- 4. A signed HIPPA release form that says medical providers are allowed to speak with you (signed ahead of time with the patient's permission)**

**Practice "polite assertiveness" when you accompany (or follow soon after) your loved one to an Emergency Room. And then continue to practice polite assertiveness throughout their stay and possible admission *as well as discharge*. The professionals want to feel respected and most *want to* teach patients and their families about the plan of care going forward.**

- 1. In an emergency room, if you are asked to go to the waiting room, you can tell the staff you will do that, but holding that important folder, you can tell the staff *that you also have invaluable information* regarding your person's history, allergies, and medical problems. Usually someone will come out to see you from the "team." Always introduce yourself ("I'm Mary's daughter; and you are...?") Ask what *their role* is in your person's care. Figure out the hierarchy of medical providers. An 'Attending' physician, RN, P.A., Resident and N.P. each have different roles they fill in providing care to your person. Ask them to describe the hierarchy of care that is being given to your person so that you understand the key players and the part(s) they play**
- 2. Know that your person's primary care physician (PCP) won't be in charge of their care. The PCP is notified within 24 hours of the admission, but it's the "Hospitalist" or "Attending" who leads their care and can tell you what the protocols are for your it. Ask who you can communicate with regularly. It's often a Resident if your person is at a teaching hospital**
- 3. Whether your person is still in the ED, in the "Observation" area or "inpatient" (admitted), make sure you're with your person at least once in the early morning (by 6:30 or 7am) to introduce**



yourself to the 'white coats' who come to see your person. Find out their role (i.e. a specialist like a cardiologist (heart doctor), nephrologist (kidney doctor) or pulmonologist - lung specialist) in your person's care. Ask who the Attending doctor is (the Hospitalist's name) in charge of your person's care each day.

4. While that 'white coat' is still with your person, find out if that doctor has received the full report of your person's last 24 hours and has a plan for going forward. Ask about test results, what they mean and what the next steps are.
5. If your person was admitted, ask if there is a consistent time this provider sees your person each day. Position them as the expert who is there to "teach you" about whatever the protocols and plans are. If you have any trouble getting clarity on who you may have access to regarding your person's treatment plan, ask if you can have a phone number for the main desk on the unit to get updates when you can't be there.
6. Always find out who the nurse is that is taking care of your person each day. The nurse's name may be on the board in their room. When the nurse comes to see your person, ask how long their shift is and if there is an aide assigned to your mom as well
7. Know that if there is a patient portal, test and blood work results often appear in the portal - in real-time, so you can stay abreast of what's happening and ask about those results later. Just know that your person's doctor might not see them before you do!

## **In the Hospital**

**Things to know when your loved one is in the hospital:**

1. *As soon as your person comes to an Emergency Room or is admitted to the hospital, someone is planning for their discharge right away.* In my city, this person is known as the "discharge planner." Each hospital unit has one of these. *\*The discharge planner usually "rounds" with the medical team each morning so that they know when beds will be available for new admissions*
2. You could ask your person's nurse (or the nurse in charge of the unit) this question: "I know you start planning for discharge upon admission. I don't want to be caught unprepared and want to participate fully in my person's care and discharge. Do you have an assigned discharge planner for my person?" The nurse can direct you to them.
3. Introduce yourself to the discharge planner right away. Their job is to stay in communication with the patient and their family about discharge. This person can become your clinical liaison in addition to the lead physician. They know what the medical team's thoughts and plans are for your person and they can tell you when a change in course is happening or alert you to plans for an earlier, unexpected discharge. They might tell you that a "transfer to a SNF" is pending and you can respond "I don't even know what that is. Can you explain it to me?" Again, positioning them in the educator role keeps the relationship flowing. (A SNF is a "skilled nursing facility.")
4. The discharge planner is aware of your person's medical insurance. This impacts your person when they need to receive rehabilitation after hospitalization. The discharge planner can often give you a list of "rehab facilities" so you can list your preferred places on a scale of 1-5 for example. but you might want to check out those facilities! If so, and before you feel pressured into a quick discharge, tell the discharge planner you need a day to check out those rehab facilities. This becomes a discharge "dance" so-to-speak, where you want more time, but they need to know you're being diligent in that task.
5. Know that SNF's usually have excellent rehab units, PT staff, nurses and aides that give your person lots of great care. Unfortunately, that is not always true for their other medical floors (outside of Rehab). See if you can walk through a regular unit in the SNF and get a sense of adequate staffing, activities and nursing care.
6. Unfortunately there are times when your person has not only been very sick during their hospital stay, but they've mostly been in bed, immobile. They may or may not have received any physical

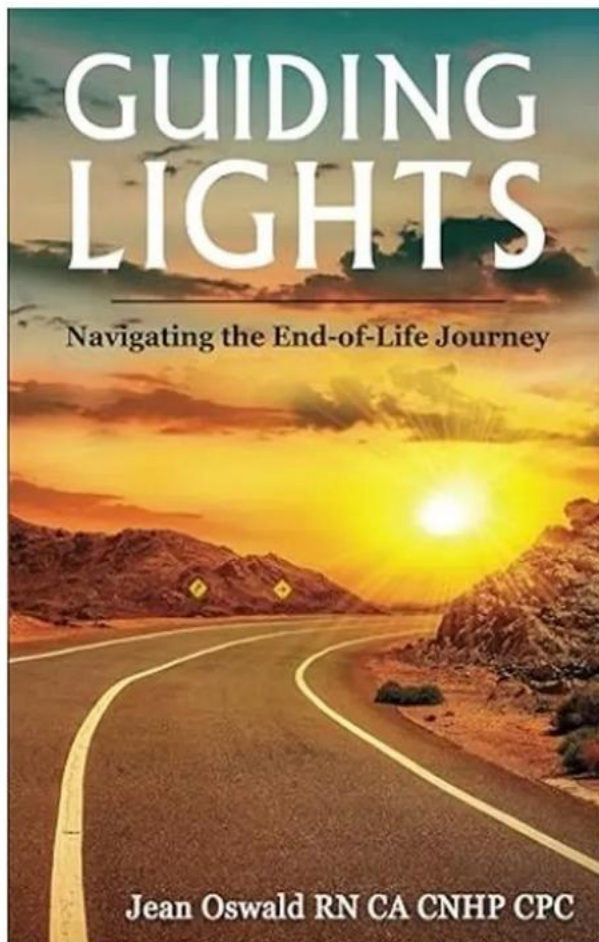
therapy (PT), so it is unreasonable for your person to go home without a minimum of conversation about what "home" looks like (i.e. where is the bedroom, the bathroom and how many stairs do they need to climb?) as well as a PT "eval." If you get ANY push back about this, you need to insist on what is called a "safe discharge" and go speak to the patient advocacy office about your person's needs.

Stay tuned next month for: How to Advocate for a Loved One if they are transferred to a Rehab Facility

About Jean Oswald: Jean's nursing career spans more than three decades in the hospital and community settings, but it is end-of-life work that is most aligned with her Soul's purpose. Jean offers practical, real-time advice to clients with a serious illness who are nearing end-of-life. Jean is a valuable resource for our aging population, recently publishing a book titled Guiding Lights: Navigating the End-of-Life Journey which can be purchased at [Amazon](https://www.amazon.com/dp/B0C6GT3X1).

Jean's Website: <https://compassionateconsulting.com/>

### Jean's Book



Find her book on Amazon:  
[https://www.amazon.com/dp/B0C6GT3X1?ref\\_=cm\\_sw\\_r\\_cp\\_ud\\_dp\\_PK9BZ8K0SRK6B208SW6F](https://www.amazon.com/dp/B0C6GT3X1?ref_=cm_sw_r_cp_ud_dp_PK9BZ8K0SRK6B208SW6F)

## Jean's Video



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

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# Releasing And Transcending Dominant Systems To Unleash And Expand Individual And Collective Higher Healing And Empowerment

By Marjorie Baker Price



We have come to a most challenging peak in the world of multilayered schism, which is the core energetic patterning of dis-ease. Struggling and feeling threatened by dominating systems is not new to us. Long before recorded history as humans who are fundamentally the same and endlessly described throughout all spiritual myths as divine expressions of unconditional love, we have – equally and endlessly – turned on each other with ceaseless intent to violate and destroy each other . . . accepting the still-so-present lie as we deny our spiritual birthright, that we must, under presumed circumstances, justify abuse to protect and preserve our own survival.

We continue to function and be held terribly captive within this dysfunctional, entangled, delusional, chaotic, destructive, circuitous, addictive, dysfunctional dynamic of ceaseless power struggles that splits us from our conscience and our soul . . . from All That Is. This is a system of ceaseless oppression toward whoever the particularly labeled “Other/Enemy/Threat is that, as long as we are driven to participate, we carry within as well as without in our fractured lives.

What better definition of true resultant powerlessness is there, I’ve been moved in my ongoing self-care, self-healing, empowerment and development work to be brought to continue to ask? Perhaps the best way to come to the real answer is to be brought, upon deeper reflection, to understand what power isn’t. Power cannot emerge from a core struggle with an unresolved sense of lack. Power cannot result from a ceaseless, addictive fixation beyond who we are and how we are as a singular external, regressed and fruitless demand that anyone – anything beyond ourselves can save us – nor can it relatedly guarantee not only our survival and well-being; and correctly take over directing our lives. These approaches actually produce multidimensional dominance and oppression as expressions of weak dependence that deny our own innate sacred, authentic Selves, who are so infinitely capable of ongoing creating and



developing higher resolutions – including relatedly partnering with all expressions of living consciousness to support the greater good.

We are nothing but fully capable adults, imperfectly and messily multi-dimensionally adventuring within individual and collective soul-determined guidelines in an exactly more reflecting world. It is time to accept adult responsibility to finally crack where we can come to know and understand we carry dead conditioned faulty belief systems of unaddressed victimization and still-presumed lack, weakness, and caught sensations of feeling threatened as corresponding schisms, that convince us of just how weak, limited and powerless we are. We are fully responsible for our individual and collective lives and well-being.

**About Marjorie Baker Price:** Marjorie presents numerous related workshops nationwide on self-healing, wellness, recovery therapies, goal achievement, creative expression and empowerment, as well as counseling and consulting for individuals and small groups.

Marjorie Baker Price, RN, BSN, Certified Hypnotherapist and Level III Reiki Master, is a psychiatric nurse clinician level III with over 9 years of experience at the U of R Medical Center Strong Memorial Hospital specializing in behavioral inpatient, community mental health, chronic care and emergency psychiatric care.

In 1987 she founded Centering Tools for Self-Healing and Development, her own holistic practice, which offers a transformational, uniquely integrative approach to wellness, self-healing, achievement and unleashing creative potential. She is a counselor and holistic practitioner as well as a spiritual/intuitive coach, group facilitator, speaker and trainer.

Marjorie's website: <https://centeringtools.com/>

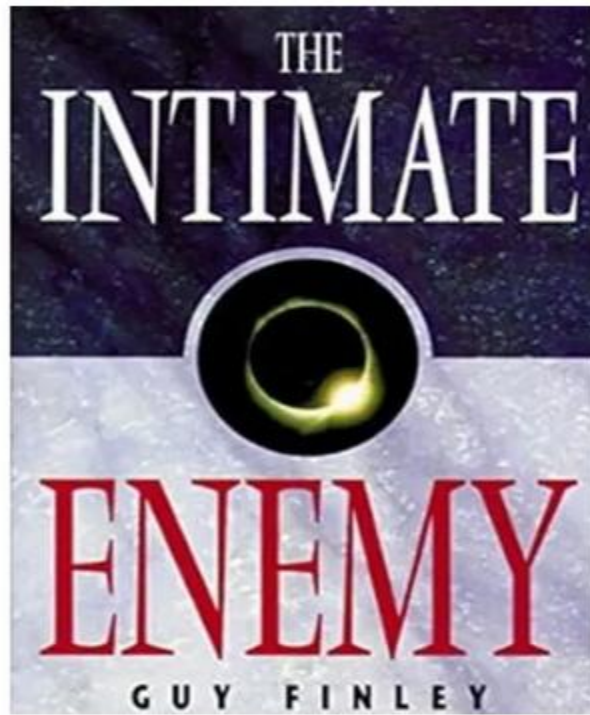
### *Interview With Marjorie*



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

## *Enter The Place Of Perfect Peace That Passes Understanding*

*By Guy Finley*



**Key Lesson:** When we understand that nothing we cling to, no image can complete us, and in fact creates the opposite effect, then – inseparable from the awakening of this awareness – we find we can no longer seek the meaning of our life in the world around us; who and what we are, our true nature, must be found in another world.

### **For Further Study**

We are created to know ourselves not by what we think about, but to know ourselves within God's ever-present, perfectly changing Life. The challenge for us is that we are habituated to thinking about ourselves and deriving a sensation of ourselves based upon the images that we consider.

What happens to us when we feel the blows in life? In those moments when Life is actually trying to bring us a completely new character, the opportunity is refused because we meet it with an image of what is “supposed” to be. We think that life has sent something to hurt us because we feel the impact of the change, and at the second of impact, we feel pain. The pain that we feel is not because things changed, but because our mind has identified that moment with a certain image that is counter to how we want life to be. We are struck by our desire, and we push away what is really nothing more than an invitation to change ourselves by taking part in a turning point.

Wherever we are, we are in a universe that is never not turning – even though we can't see it. There are resonances, vibrations, forces, energies, things that are never not moving around us. And when the universe turns, we are intended ourselves to turn with it. When God's life moves, we are intended to

**move with that Life. The purpose of that Life is for us to understand our life in it. But we don't understand our life in it because we sit outside of it, trying to figure out what to do with what we call "change."**

**If we want to have a life awakened in Real Life, we must use the turning points in a new way. We can use the changing we see to bring ourselves into God's life. There is no moment in which we can't see with our inner eyes that things are moving. Without trying to find a position by which to understand the movement, we can live with it, let it talk to us, let it change as it would change. Then we'll begin to go through what it means to have an awakened life, which means that we are that in which all these changes are taking place rather than just a series of sensations or changes as we are at present. In a sense, one is all these changes and yet something that is totally changeless, because one can let all the changing take place, watch it, and be brought to life through it, to live in it without thinking or fantasizing about it.**

**There is no moment in which the whole of the turning of the universe isn't producing a corresponding turning in the soul. That corresponding turning is part of the Great Turning. One's life within that turning is what it means to be in true relationship with God, which is what Love is – the whole of relationship with change, not just selecting what changes to make in order to find something that we call "love." This is the difference between a man or a woman who looks at life, and when change comes, they feel the blow, versus understanding that no matter what it is that is taking place, it is part of a seasonal movement. It is part of the Grand Change by which we begin to recognize at long last that we are both this infinite and ever-changing movement – both what we call the "good" and the "bad" – and we are the unchanging awareness within it.**

**Use the moment. Let what you see changing bring you to awareness of the changing it is producing in you, and become the observer. Learn what it means to watch, and you'll see something that will help you understand why this life need not have fear in it, and why you are intended to discover for yourself God's Life in you through Him.**

**About Guy Finley: Guy is the author of 45 books and video/audio programs including his international bestseller “The Secret of Letting Go” which has been translated into 30 languages and sold millions of copies worldwide.**

**He is the founder and director of Life of Learning Foundation, a nonprofit Center for Spiritual Discovery located in Southern Oregon, with over 40,000 online newsletter subscribers. <https://www.guyfinley.org>**

**Through Life of Learning, Guy has presented over 5,000 unique self-realization seminars to thousands of grateful students throughout North America and Europe over the past 30 years and has been a guest on over 700 television and radio shows, including national appearances on ABC, NBC, CBS, CNN, and NPR. Guy is a faculty member at the Omega Institute in Rhinebeck, New York and 1440 Multiversity in Scotts Valley, California. He is a regular expert contributor to Beliefnet, Insight Timer, Simple Habit, and many other popular spiritual sites.**

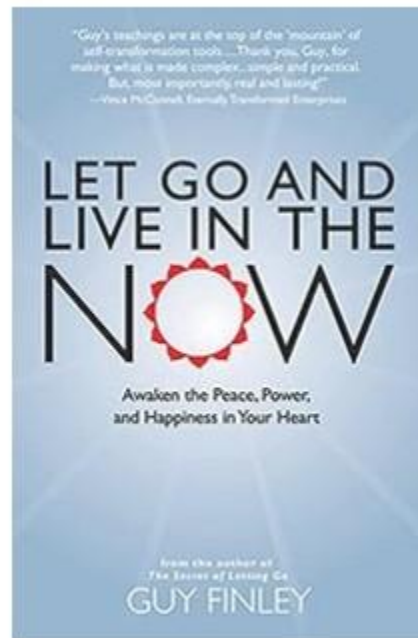
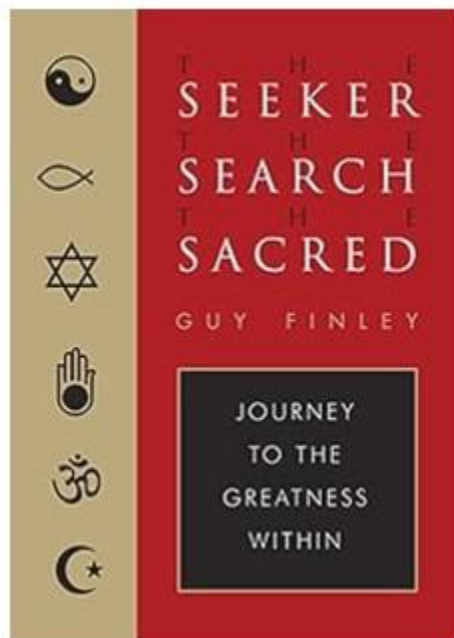
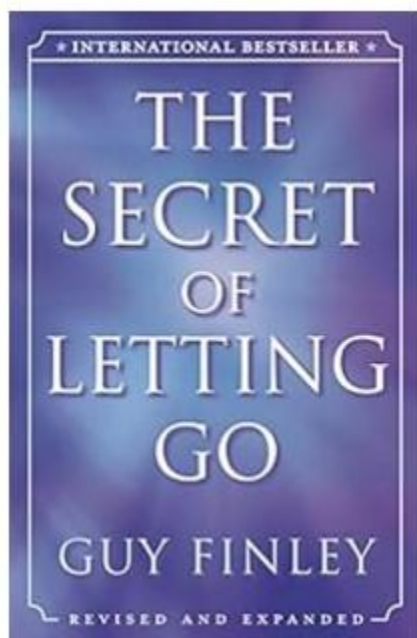
**Finley holds regular classes at Life of Learning including two free talks each week that are live-streamed <https://www.guyfinley.org/lettinggo> These classes are open to all. For more information about Guy Finley and Life of Learning Foundation visit [www.guyfinley.org](http://www.guyfinley.org)**

## *Guy's Video*



*Link: <https://youtu.be/pQ1r-7sjPhQ>*

## *Guy's Books*



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

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# ***Reclaiming Your Radiance Naturally***

***By Christianne Asper-Contant***

**"Who said menopause  
is the end of the line?  
It's actually a fresh  
start – a time to bloom,  
to rediscover  
ourselves, and to enjoy  
life to the fullest."**

**Thrive in your 40s, 50s, and beyond through Ayurvedic wisdom and the water element.**

**Here's a myth ready to be shattered.**

**The myth that says menopause is a time of decline and loss.**

**Instead, your pre to post-menopausal phase is destined to be the one in which you finally have the chance to cultivate your most radiant life.**

**This by no means is a sentiment I've picked up from thin air. It is rooted in both Ayurveda and personal experience. This wisdom, which has withstood the test of time, is one I've been in close contact with since 2000.**

**You may be saying: "There is nothing radiant about this time when I am struggling more than I ever have." I'd be doing the same if I were you. Yet, I do know your suffering.**

**Beyond experiencing immeasurable pain due to hormonal fluctuations, I've also learned to transmute these all-consuming struggles.**

**So, what does it take to learn how to regulate the challenges that arise during this phase of life?**

**In this exploration of opening to a new perspective on finding your path to radiance, I encourage you to bring your curiosity here—To your femininity.**

**The feminine is your antidote to the challenges that surface during this phase.**

**To understand the root connection between radiance and this phase of life, a basic foundational understanding of Ayurveda may be essential. But this is not the aim of this note. Instead, it's an offer for an alternate path that you can begin exploring today, one that will get you moving toward greater radiance. It's a path you're likely to find second nature already: Getting to know The Water Element!**

**Receptive, fluid, flexible, yielding, soft, weighty, and nourishing, water is your doorway into beginning to embrace a more intimate relationship with the feminine.**

**Your femininity embodies the qualities (characteristics) of the Water Element.**

**For this reason, it serves to regulate an environment that would otherwise tend towards dryness, stiffness, and deterioration.**

**Here are a few subtle ways of cultivating this more vibrant life.**

**Too much busy movement leads to systemic dryness, degeneration at a cellular level, mental fog, and emotional exhaustion; Water lubricates.**

**When we get carried away with expression, we trap ourselves in a distorted idea that expression and experience are the same thing; Water invites us into the depth of inwardly experiencing something so that it can then also be potentially expressed.**

**Too much Prana (life force) depletes Ojas (the essence of physical, mental, and emotional immunity); Water replenishes Ojas.**

**Are you beginning to get why putting on that “tougher than steel” shield is not sustainable?**

**A shield does not come from you. So, it can't help you regain a sense of safety or security. Yet, there is an infinitely more potent force that is inherently yours to support you in a vulnerable moment. Similarly, water dissolves preconceived notions and old ideas. This force is not only capable of dissolving the sharp edges of something as hard as a rock, but it creates masterpiece carvings — think of The Grand Canyon!**

**How to access it?**

**This depends upon your willingness to experiment with its qualities. That's all!**

**Here are a four ways to integrate a deeper connection with your feminine nature:**

**1 Receptivity — Cultivate this with a morning reflection.**

**Start each day by taking a few minutes to sit quietly, breathe deeply, and reflect on how you're feeling. Ask yourself questions like: What does femininity mean to me? If your answer is something like, I have to be more observant of what drains or depletes me. Can you carve out a window for check-in with that friend who encourages your growth and well-being also today?**

**2 Fluidity and Flexibility — Cultivate these via body awareness.**

**Engage in physical activities that evoke the qualities of water, such as dance, tai chi, or swimming. And the activities can also be free from movement, such as restorative yoga, a warm bath, or receiving a massage.**

**3 Yielding — Cultivate this via creative expression.**

**Painting, drawing, writing, music, what's a favorite way for you to lose yourself?**

**Set aside time for creative expression freely without judgment or any form of expectation. Let this inspire you to feel your emotions fully as you acknowledge and validate these without resistance.**

**4 Nourishment and Softness— Cultivate these via time in nature.**

**Observe how nature releases control via its rhythms and cycles. Take walks by a river or ocean, noticing how the water flows and changes. Let this inspire you to surrender more fully. Maybe just for today, you can choose not to plan every detail, instead allow space for spontaneity so that things can unfold naturally.**

**Ready to get started on giving life to this curiosity around becoming more intimate with these qualities?**

**Go ahead and select one of the examples above, or explore one of your own.**

**Little by little, like the Grand Canyon, the qualities of the feminine will dissolve unnecessary suffering and help you access greater radiance.**

**What if menopause was not an ending but a new beginning?**

**Take a moment to breathe in the possibilities that may arise from this inquiry.**

**Consider connecting with other women who are also harnessing this skill of the feminine. Online communities or local groups can be a powerful way to support and learn from one another.**

**As you close this article, remember that the journey to radiance is unique to each of us.**

**What does yours look like?**

**I can't wait to hear!**

**With Love  
Christianne**

**About Christianne: Christianne is a Holistic Wellness Coach with over two decades of expertise in Ayurveda and Yoga. Her comprehensive approach to optimal health emphasizes the importance of harmony within oneself, especially when facing life's challenges. Based in Rochester, NY, Christianne serves as the Yoga Director at The Assisi Institute and the driving force behind Well-being Compass.**

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

**Additionally, Christianne is a certified Yoga Teacher with specializations in Ayurvedic Yoga Therapy, Yoga Nidra, Relax and Renew®, and Advanced Teacher Training. Before transitioning into the wisdom**

sciences, Ayurveda and Yoga, she spent over a decade as an ACE-certified Health Coach after completing a Psychology degree at CSULB

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

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

### *Christianne Asper-Contant's Video*

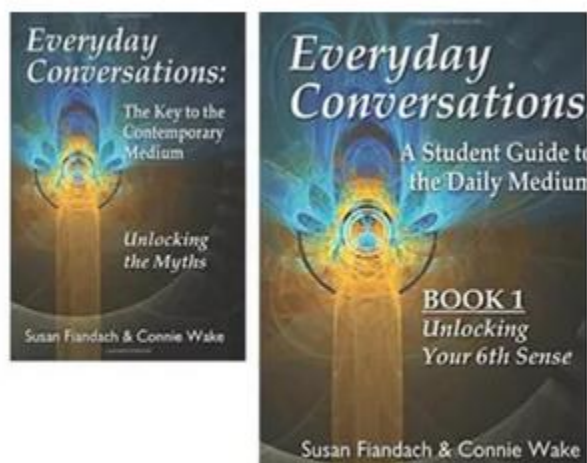


*Link:* [https://youtu.be/XUfGcCna\\_x0](https://youtu.be/XUfGcCna_x0)

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## *The Strength Of Relationships By Susan Fiandach & Connie Wake*



**Relationships are important. In any and all aspects...mind, body, spirit...the health and strength of our relationships create and impact our reality. It's not just in the case of a bad relationship or failed marriage...**

**Let's explore...**

**Relationship of Mind – This can be described as how we think of who we are. This is covered in phrases such as “love yourself” for example. There are thoughts, attitudes and beliefs that can foster a flourishing relationship to self and others. Relationships must be defined and accepted in the mind, the will, the motivation, and the means to the end to a destination of fulfillment.**

**Relationship of Body – Here is where we put into action the relationship of our mind to ourselves and those around us. Engaging in taking care of the self...because we want to and think it pertinent and necessary. Engaging in taking care of others, in actions of kindness, compassion, acceptance. The relationship of the body can be summarized by, “Do unto others and you would have them do unto you.”**

**Relationship of Spirit – This is where the rubber meets the road, so to speak. The exponential effect of an all-encompassing of a relationship to Spirit is felt by the heart and seen experienced by reality. It grows and flourishes the more energy we put in it. We engage the “mind and matter” of Spirit...the intention to believe in a higher power and the ability to live with it.**

**When we become aware of a gap in our lives, the pursuit of relationships in mind, body and spirit come into play. We have the means to do it...education, social networks, pursuit of “the best version of our grandest vision” (Neale Donald Walsch)...to journey to that highest expression and realize a-ha moments of our lives that make us and it better. We can assess ways to nurture and mature the consciousness of self and involve that interaction to ourselves, our communities, our society. A strong civilization is based on the strengths of the relationships of the people in it.**

We thrive on great relationships...make them meaningful, powerful, and true.

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

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

### *Interview with Connie & Susan*



**Link:** <https://youtu.be/l6DdLY2dsjo>

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# ***Do You Have 8 Minutes? Transforming Connection and Healing***

***In Spiritual Practice By Rev. Colleen Irwin***



**In a world that often feels rushed and disconnected, the simple act of asking, “Do you have 8 minutes?” carries transformative power. This practice creates space for genuine connection, emotional healing, and deep spiritual growth. It isn’t about fixing problems—it’s about being present, holding space, and validating someone’s humanity.**

**For centuries, spiritual traditions have emphasized the importance of intentional connection. Whether through moments of prayer, meditation, or conversation, holding space for one another has been a cornerstone of healing and growth. In this article, we’ll explore the spiritual and practical implications of this practice and how adopting it can strengthen relationships and foster community.**

## **The Power of Being Present**

**Asking for 8 minutes of someone’s time is a small yet profound act. It says, “I see you, and I’m here for you.” From a spiritual perspective, it aligns with the metaphysical principle of energy exchange—where the act of giving and receiving creates balance and harmony.**

**When someone listens without judgment or interruption, it creates a safe space for emotions to flow. Personally, I’ve found this practice invaluable. Friends and I often hold space for each other, offering nothing more than our presence. It’s not about solving problems but allowing each other the room to process.**

**In our spiritual journeys, we sometimes turn inward and focus solely on Spirit, forgetting the importance of human connection. This practice reminds us that Spirit often works through people, and through connection, we can experience profound healing.**

## **The Science of Connection**

**Science supports the idea that short, focused interactions can reduce stress and improve emotional well-being. Research shows that feeling heard activates the brain’s reward center, releasing dopamine and reducing cortisol levels. In just 8 minutes, a person can experience:**

- **Emotional Regulation:** Processing feelings with a trusted listener can reduce overwhelm.
- **Validation:** Being seen and heard helps people feel valued and supported.
- **Stress Relief:** Focused attention calms the nervous system, promoting relaxation.

When we take time to truly listen, we create a ripple effect of positivity—not just for the person we’re supporting but for ourselves as well.

### **Holding Space: A Spiritual Gift**

Holding space for someone is a sacred act. It requires presence, empathy, and a willingness to set aside our own needs. Here’s how to practice it effectively:

- **Listen Without Judgment:** Avoid the urge to fix or offer advice. Simply be there.
- **Focus on Your Breath:** Staying grounded helps you remain fully present.
- **Respect the Silence:** Allow the other person to guide the conversation. Silence can be healing.

When you give someone your undivided attention, you’re not just supporting them—you’re strengthening the bond between you. In turn, you may find that the act of holding space brings you a sense of peace and fulfillment.

### **Grounding Through Connection**

Asking for or offering 8 minutes has a natural parallel to grounding. Grounding is the process of reconnecting with yourself and finding balance, and this practice offers similar benefits. When someone sets aside time for you, it creates a grounding effect that helps you process emotions productively.

On the flip side, being the one to hold space can also be grounding. By focusing on another person, you step into the present moment and align your energy with theirs, fostering a shared sense of calm and clarity.

### **A Practice for Building Community**

Imagine a world where asking, “Do you have 8 minutes?” becomes a common and respected practice. In spiritual communities, this could transform relationships, creating a culture of trust, vulnerability, and mutual support.

By holding space for one another, we:

- **Build deeper bonds and emotional safety.**
- **Encourage open and honest communication.**
- **Strengthen the spiritual fabric of our communities.**

This practice reminds us that connection is a two-way street. When we give, we also receive—and in doing so, we uplift not only individuals but the collective energy of our circles.

### **Practical Tips for Implementing This Practice**

Here’s how you can incorporate “8 minutes” into your spiritual and personal life:

- **Ask Clearly:** If you need support, simply ask, “Do you have 8 minutes?” Be specific and respectful of the other person’s time.
- **Offer Gently:** If you sense someone needs support, let them know you’re available. “I have a few minutes if you need to talk” can open the door.



- **Set Boundaries:** If you can't offer your time at the moment, communicate honestly. Holding space should never come at the cost of your own well-being.
- **Create Rituals:** Make this a regular part of your spiritual community. Whether through weekly check-ins or during group meditations, intentional time for connection can strengthen your bonds.

### **Final Thoughts**

**In just 8 minutes, we can create moments of profound healing and connection. This practice is a reminder that even in a busy world, we can make time to be present for one another. By asking, "Do you have 8 minutes?" or offering that time to someone else, we foster trust, compassion, and a sense of belonging.**

**Let this practice inspire you to connect more deeply with those around you. Whether you're the one asking or the one offering, know that these small moments of presence can have a lasting impact—not just on individuals but on the spiritual communities we cherish.**

**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=TZNEG5LaQmU>*

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## *A Love Project By Richard Hughson*

**“You carry so much love in your heart. Give some to yourself.”**

**UNKNOWN**

We're all familiar with the song which goes, “What the world needs now is love, sweet love...” And, we know it's true. So, what do we do about it, you and I, right here, right now?

There are the simple answers, treat yourself well, smile more often, hold a door open for someone. Those are all good things which we all would do well to follow. But there is a lot more available to us.

Everyone has some degree of self-love, at least enough to eat and sleep, while some seem perpetually joyful. What would happen if all of us made an effort to love ourselves more fully?

What if we looked at ourselves the way we look at children who are learning new tasks? Imagine watching a small child learn how to put on a sock. They might go through all the cute little actions; which end of the sock opens up, how to get it near the foot, rolling over backward while trying, getting some toes in and some out, bringing it up around the heel, and finally get the wrinkled mess somewhere near its intended place. They're having fully life-sized trials while we watch lovingly, enjoying the whole show.

Is it possible for you to look at the entire arc of your own life in this way? Can you see your frustrations, missteps, successes, and disappointments as a life-long learning experience? Can you love yourself for all of it? Can you love yourself for the willingness to keep trying, no matter how it all turned out? Can you love yourself as God loves you, as you love that child putting on a sock?

It can be done, and it is worthwhile. I'm told that if you could love yourself 50% more than you currently do – you would actually shine.

And now, setting aside the sensationalism of shining, what else would occur from you truly, honestly loving yourself more? What effect would you have on others? Do you recall being amongst a random collection of people where one person was quietly humming to themselves? What effect did that gentle humming have on you? Was it pleasing? Relaxing to hear? Did it ease a difficulty for you, just a little?

Let's expand that. You've seen how some people can light up a room just by entering. What if you, without becoming anyone different than you are, simply loved yourself more? I'm telling you, you would

have a wonderful effect on the world.

Loving yourself a bit more fully would 'spill over' onto others. And beyond that, you have the capacity to love others on purpose. It is entirely possible for your loving of another person to cause them to love themselves more. It is entirely possible to bring about a change in their attitude by doing so.

It has been done.

There was an event some years ago where a man on a suicide mission was to drive a truck loaded with explosives into a US military base in the Middle East and set it off.

Several near death experiencers were aware of this event. Word was spread and loving energy was sent to the man driving the truck.

The man's religious training taught him that he was doing the work of Allah and would be greatly rewarded. His military training told him that if he failed at his mission his own people would kill him and his family would be imprisoned. He was determined, and on his way.

Approaching the checkpoint of the compound he pulled the truck to the side of the road and stopped. He sat for a second before getting out, then walked up to the guards excitedly asking for a translator. He told them he'd felt the 'hugs of a thousand mothers' and could no longer hurt people.

The event was significant enough to be covered in the newspapers.

So, is it worth it to try and love yourself a bit more, even with all the mistakes and missteps of life? There is an ancient Jewish proverb which goes something like: "If you seek to heal the world, put your own house in order." If we're trying to build a more loving community on Earth, doesn't it make sense to start with ourselves?

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

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



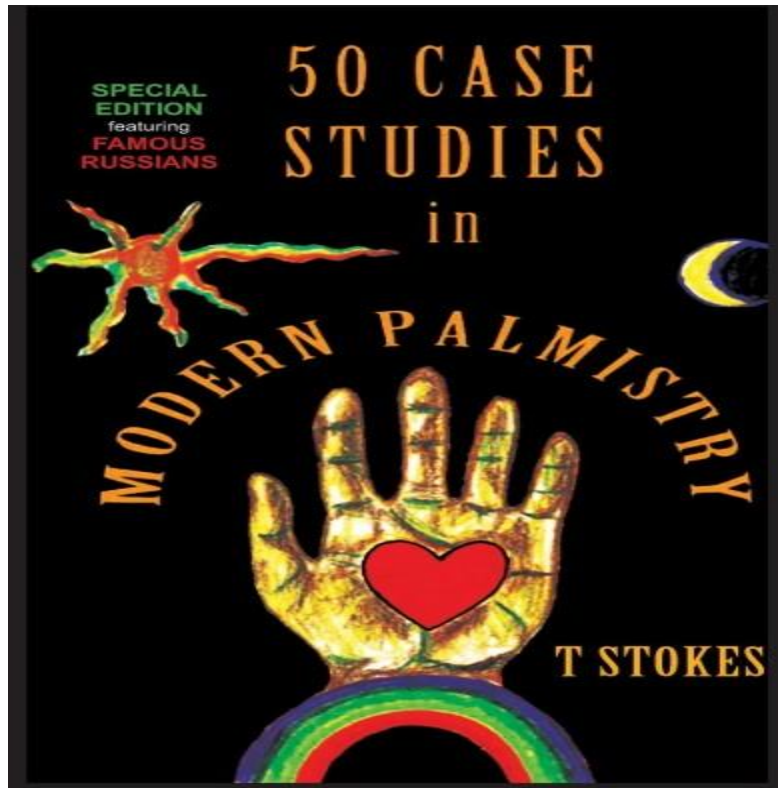
## *Interview with Richard*



*Link:* <https://youtu.be/RxzJ-TwgIOo>

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## *The Spirituality of Reciprocity By T. Stokes*



We have all heard the saying what goes around, comes around. This is a modern adaptation of the Tibetan Buddhist proverb: "Do as you would be done by." Which again is what Jesus inferred when he said: "Do unto others as you wish them to do unto you."

This is often called the Golden Rule and its essence lies in what Jesus meant when he said we must love our neighbour.

Karma is made up of everything we do in thoughts, words or actions to ourselves and for others.

Thoughts equate to the world of Spirit, words to the world of the mind and actions to the world of the body, and being mindful of this every day goes a long way in decreasing karmic debt.

These three categories of Spirit, Mind and Body encompass who we really are and the good or bad deeds we do all attach together as links on a chain, and at death they can really weigh us down.

Charles Dickens must have been aware of this as when he wrote his book A Christmas Carol the principal character Ebenezer Scrooge is always depicted after his death as weighed down with the huge chains of his karma. This character was actually based on the cruel Edinburgh banker Ebenezer Scrooge whom it was said loved money more than life.

"It is better to give than to receive " and so it is, the three categories of Spirit, Mind and Body are the avenues with which we relate to others in our daily dealings.

**Boomerang karma is exactly Reciprocity, getting back what we give out, some karma is instant but of the 4 types of karma Boomerang Karma is always fast and in the same lifetime.**

**The life we live is not singular but run in a series of lives, where we are tasked with learning certain lessons, Shakespeare said "All the world is a stage and all the men and women merely players, they have their entrances and exits, and one man in his time plays many parts, his acts being in seven ages." There is deep truth here, as a young calf is able to recognise its mother from a thousand other cows, so does karma find the person destined to experience it.**

**As the flowers and fruits in the tree, un-urged by visible influences never miss their proper development, so this karma helps us to become the person we are meant to be.**

**Carl Jung said " i am not what happened to me, I am what I choose to become."**

**Before we are born we choose the lessons we have to learn when we are coming to this earth.**

**Pain is the best teacher, and in our physical bodies we know we are here to suffer, Galatians 6-7: "For god is not mocked, whatever a man sows that he shall reap."**

**So Reciprocity is the learning of how to reciprocate, the art of giving back or sharing."**

**The film actor Steve McQueen had a personal motto which ran." "When you are continually taking, remember to give a bit back."**

**Knowing your own darkness is the best method of dealing with the darkness of others. The Shadow is that part of the personality which is hidden or repressed.**

**Nietzsche said: "man is well defended against himself, the fortress is inaccessible even invisible to him, unless his friends and enemies play the traitor and conduct him in by a secret path."**

**About T. Stokes: T. Stokes is known worldwide as the "Consultant Palmist" and is regarded as one of the finest palmists. He has many years of combined practice, blending from an array of diagnostic skills coupled with 10 years training in the Harry Edwards School of spirit mediumship and guidance. His ability to access the wisdom of the multi-medical and multi-spiritual arenas of the Indo/Pak sub-continental energy flow disciplines, such as Hasthricka and Il Mul Kaff, have meant a sharpening and honing of clairvoyant skill. These skills can take a subject from pre-birth through the main events of the life, to the present day. T. Stokes reads life histories from emailed hand-prints from all over the world.**

**T. Stokes website: [www.tstokes.co.uk](http://www.tstokes.co.uk)**

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

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

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

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

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

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

**Tom asks that we do this each day:**

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

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

### **MBOs FOR KEYBOARD AND FOR SPEAKER**

**Lacee writes from Houston Texas: I've got two for you!**

**I have been working diligently on getting the I AM Activation ready to go for March 3rd. This morning my wireless keyboard stopped working. Frustrated, I was banging on the keys trying to get it to respond for several minutes before I remembered MBOs. I took a deep breath and said out-loud, "I ask for the most benevolent outcome for my keyboard to work perfectly, thank you." And bam! It started working again. Yay! A small but mighty win!**

**A couple weeks ago, I was following up with potential speakers for the event. There was one person I had reached out to several times, but had not heard back. I REALLY wanted this speaker to be a part of the event, so I said my MBO. Within 2 hours I had heard back from them saying YES, they would LOVE to speak!**

**I have been using MBOs for years, and I am still in awe of the magick! A simple way to bring more ease and flow into our lives. Thank you Tom for bringing this tool back from Atlantean times, and thank you**



for your commitment in sharing it with others.

#### **MBO FOR EARLY DELIVERY OF PACKAGE**

Lee writes: Good day Tom! Was expecting a package that needed to be signed for arriving between 4:30 and 8:30 pm. The dilemma was we had plans to see our grandsons baseball game at 7:00 about an hour's drive away. I said an MBO that the package would arrive in time for us to be able to leave on time for the game and the outcome would be better than I could hope for or expect. The package arrived at 11:00am! I asked the driver if he would like a bottled water and while I went to get it he fixed a Welcome sign that had tipped over! lol. Thank you for making life little pleasures a bit more pleasurable!

#### **MBO FOR A PLACE TO LIVE DURING WAR**

Kateryna writes from Germany: I am writing to tell about how three years ago I requested an MBO for always having a roof over my head. I left my home and fled Ukraine because of the war. I moved into Germany and since then I had to move out of apartments three times within this country. Miraculously, I always received a new nice place to live in.

Anyways, many thanks for your newsletters!

#### **MBOs FOR GALL BLADDER SURGERY**

Yves in Canada writes: My health deteriorated fast over last weekend and I finally resolved to go to the local emergency ward early Tuesday morning. I was diagnosed with severe gall bladder dysfunction and stones were blocking the bile canal. Removal was required and fast. I got transferred to the surgical area. Priorities made but I was still not operated on late Wednesday. I asked for an MBO as follows: I ask for an early surgery the Thursday, that it goes well at that all health indicators allow me to be discharged from the hospital Friday morning. Thank you. Things went well exactly as I wished and I am now recovering at home.

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](http://www.thegentlewaybook.com). His series THE TELEPATHIC WORLD OF TOM T. MOORE is on YouTube. My new book, "ATLANTIS & LEMURIA—The Lost Continents Revealed!" has so much information that has NEVER BEEN PUBLISHED in any other book on the subject! Read the REAL history of two societies that existed for over 50,000 years each.

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

## Interview with Tom



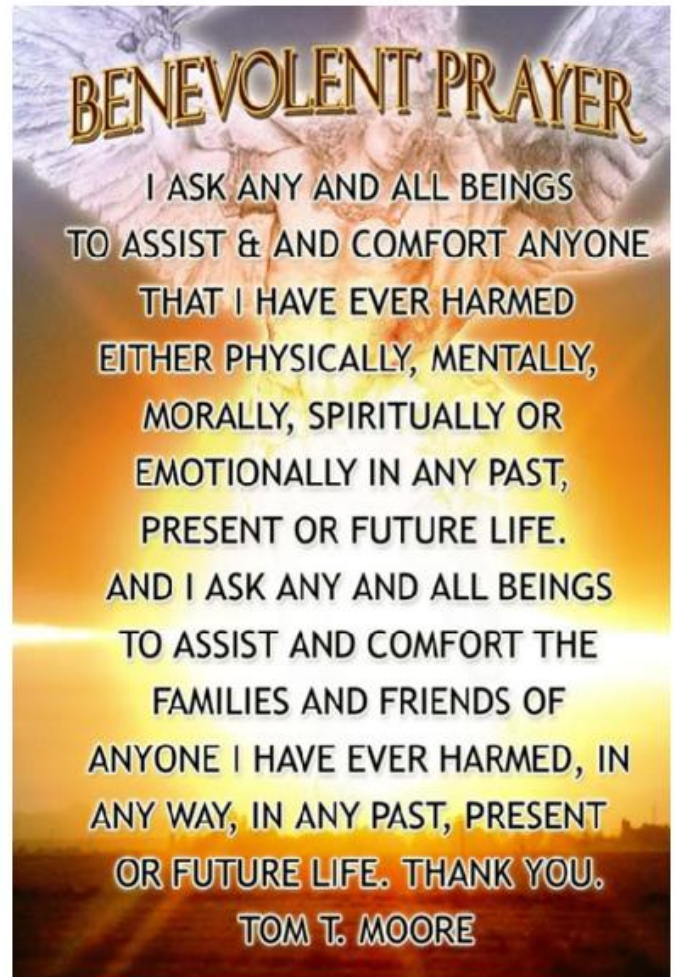
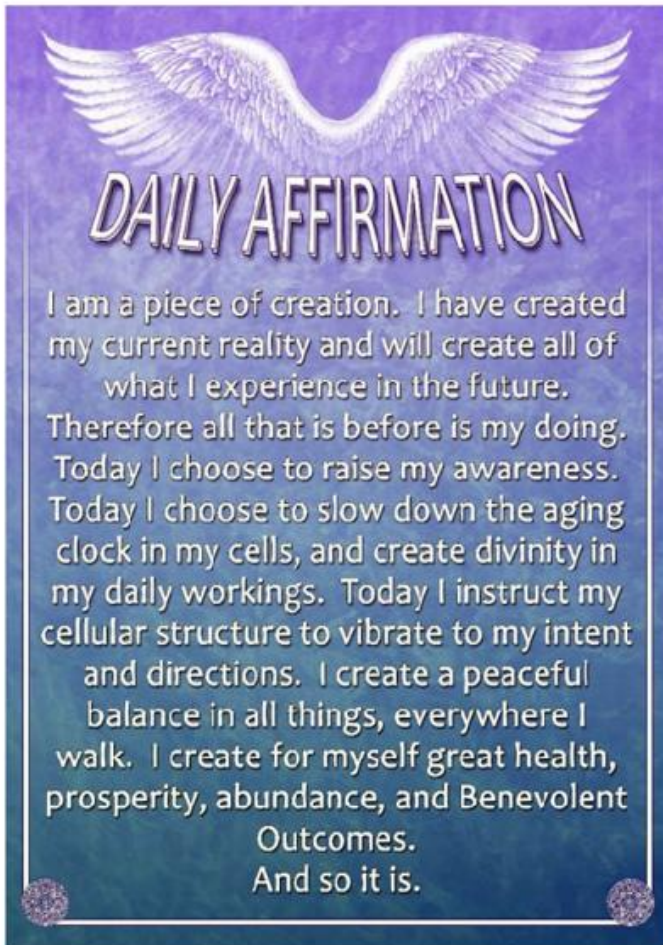
Link: <https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s>

## Tom T. Moore's Books



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



## *How to Intuitively Make Smart Decisions By Dr. Judith Orloff*



As an intuitive psychiatrist I worship my high octane intuitions. I owe the blessing of becoming a physician to one. However, at twenty, when an unwavering inner voice told me I was going to medical school, it was the last thing I thought I wanted. This gut centered voice committed to your happiness, health, and survival, is, with practice, accessible to everyone. But when you deviate even a nano-fraction from your inner voice, energy wanes, whether a subtle seepage or radical bottoming out. The more ferociously faithful you are to this truth the more energized you'll be.

Intuition offers a direct line to your life force, and also, as I experience it, to a divine intelligence. We can't afford to remain deaf to intuition's messages. Its expertise is energy; its job is to know every nuance of what makes you tick. A master at reading vibes, intuition is constantly tallying: what gives positive energy, what dissipates it. Who you meet, where you go, your job, your family, current events, are all evaluated—crucial data that you can learn to interpret and apply.

Here's a formula from my book, *Positive Energy* to help you get started. First, listen to your body: there are positive and negative intuitions about relationships which highlight compatible matches. Second, act on this information, which is often the hardest part. Let me walk you through the process.

### **Recognize Your Body's Intuitions About Vibes**

A people-skill most of our parents didn't know or teach us is intuitively reading vibes. We've learned to draw conclusions from surface data: how nice someone seems, looks, education, or if a situation adds up on paper. But intuition goes deeper; to make it work for you other ingredients must be considered such as what positive vibes feel like, for instance a sense of heart, compassion, and nurturance. In contrast, negative people project prickly, draining vibes that put you on guard.

Here is a general guideline of body-based intuitions. Use this checklist at a first meeting, to troubleshoot problems if you're already involved, or to weigh "opportunities." Also, feel free to add to it. Being an intuitive, I know that a signature energy always accompanies situations or people. Remember the Lil' Abner jinxed cartoon character who always had a black cloud hanging over his head? Not a vibe that bodes well for auspicious outcomes. Instead, learn to gravitate towards brightness, a positive intuition your body's responses will affirm. When tuning into vibes take a few quiet moments to go into sensing mode, not intellectual analysis. Look for these signs to determine attraction.

### **Positive Intuitions About Relationships or Situations**

- \* a feeling of comforting familiarity or brightness; you may sense you've known the person before, as with the experience of déjà-vu
- \* you breathe easier, chest and shoulders are relaxed, gut is calm
- \* you find yourself leaning forward, not defensively crossing your arms or edging away to keep a distance
- \* your heart opens; you feel safe, peaceful, energized, expansive, or alive
- \* you're at ease with a person's touch whether a hand shake, hug, or during intimacy.

### **Negative Intuitions About Relationships or Situations**

- \* a sick feeling in the pit of your stomach or increased stomach acid which may prompt an unpalatable déjà-vu
- \* your skin starts crawling, you're jumpy, instinctively withdraw if touched
- \* shoulder muscles are in knots, chest area or throat constricts; you notice aggravated aches or pains
- \* the hair on the back of your neck creepily stands on end
- \* a sense of malaise, darkness, pressure, agitation, or being drained

Intuition helps you act from instinct, not impulse—a look before you leap wisdom that points you to positive energy. When it comes to who you love, where your work, or any important decision, the last thing you want to be is vague. Tuning in keeps you specific. Practice the next exercise to get this down.

### **With Intuition Learn How to Pin Down and Act on Your Vibes**

Now you're going to tune in, trust your body, and make choices based on the vibes you sense.

**Tune In:** Choose a relationship or situation that needs clarification about whether or not to go forward. Perhaps a friendship, vacation or move. Begin with an easier target before you take on higher stakes. Run it by this section's criteria for positive and negative intuitions—or others you find reliable. It's helpful to make a top five list of the most killer indicators of positive attraction. For one of my patients it includes feeling energized and safe. Another must register an increased aliveness and peaceful sense. Write your top five in a journal so they don't get hazy. See how they add up here.

**Act On Vibes:** This is where we must be warriors. I know personally and from patients how much easier it is to tune into than to act on vibes. Insecurity, ego, lust, stubbornness can obscure better judgment. Sometimes it takes succumbing to them all to realize you won't tolerate such battering again. But if you don't have to take such a bumpy route, try these options. If the vibes feel overall positive, go for it; explore possibilities. If the vibes are mixed or you're unsure, take a pass or at least wait. If there's just negative, have the courage to walk away, no matter how tempting the option seems. Then observe how listening to energy in this way leads you to the juiciest opportunities.

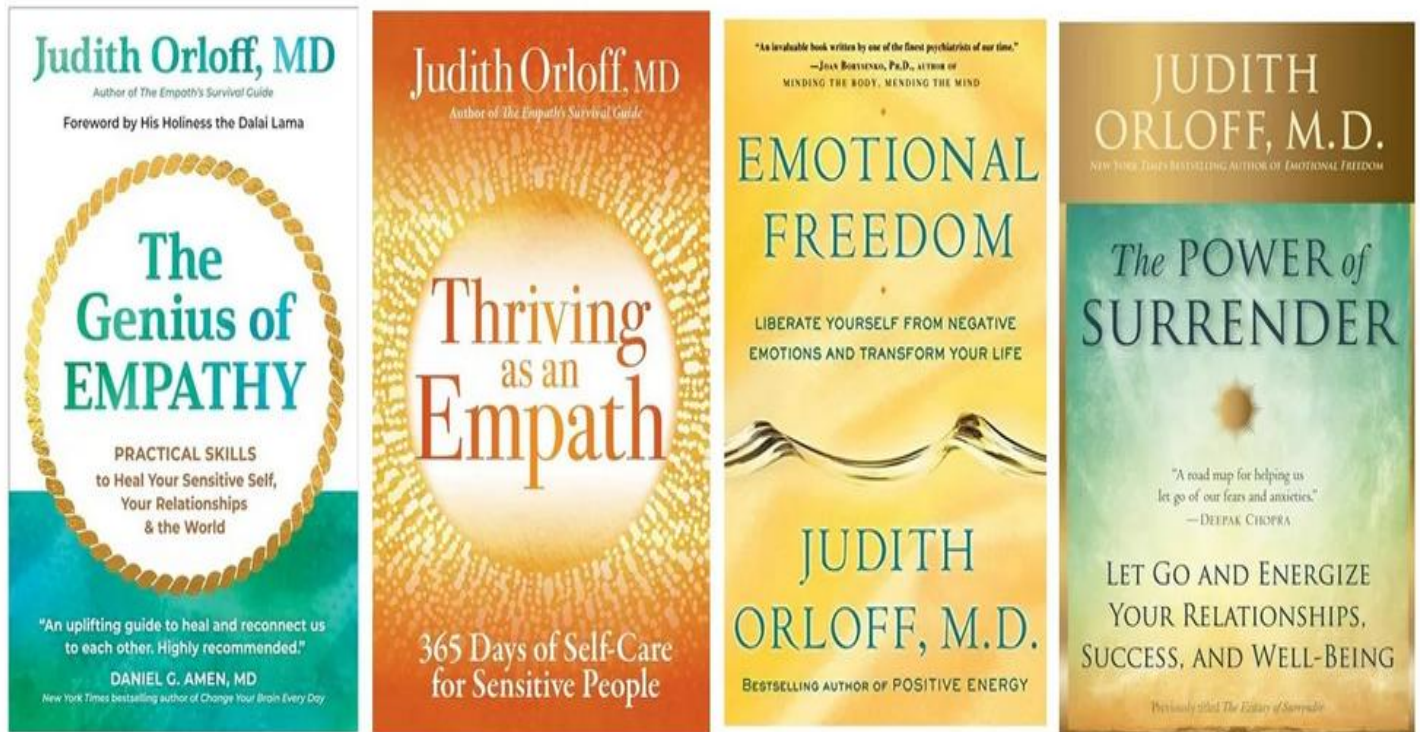
Now I want you to start listening. Really listening. I guarantee you'll start making smarter choices. Why? You'll be operating from a spot inside that's juicy, core-felt, authentic—not from an impulse to conform or disown your strength. You won't be seduced by what may look good, but betrays your gut. Intuition is a truth detector.

**About Dr. Judith Orloff:** Judith Orloff, MD is a New York Times bestselling author whose books include [The Genius of Empathy: Practical Tools to Heal Yourself, Your Relationships and the World](#), [The Empath's Survival Guide](#), and [Thriving as an Empath](#), which presents daily self-care tools for sensitive people. Her upcoming children's book [The Highly Sensitive Rabbit](#) is about a caring rabbit who learns to embrace her gifts of sensitivity through the love and support of other animals. A UCLA Psychiatric Clinical Faculty Member, she blends the pearls of conventional medicine with cutting-edge knowledge of intuition, empathy, and energy. Dr. Orloff specializes in treating highly sensitive people in

her private practice and online internationally. Her work has been featured on The Today Show, CNN, Oprah Magazine, the New York Times, and USA Today. Dr. Orloff has spoken at Google-LA and TEDx.

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

### *Dr. Judith's books*



*Find her books on Amazon:*

<https://www.amazon.com/stores/author/BoooAP8R60>



## *Judith's video*



**Link:** [https://www.youtube.com/watch?v=ZIRSNM6a\\_08](https://www.youtube.com/watch?v=ZIRSNM6a_08)

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# *The Kern River Miracle: Our Home Within*

*By Barry & Joyce Vissell*



In 1973, after my residency training in psychiatry in Portland, Oregon, Joyce and I needed a break from education and training. We hit the road in our VW Microbus, complete with tie-dye curtains. After eight months of travel, most recently in Mexico, we ended up in Los Angeles, where we spent a week visiting relatives and friends. We were hit with the inevitable, “Where are you going to live?” Their well-meaning question triggered a place of deep sadness, especially in Joyce. Although my Gemini nature allowed me to feel more content on the road, Joyce’s Taurus nature longed for a physical home, a place to put roots down.

We headed north. Once on the road, I glanced over at Joyce in the passenger seat. She was quietly crying, and said, “I’m so tired of all the traveling. It’s been eight months. I’m not like you. I need a home.”

I said, “How about we head up into the Sierras for the night and talk about where we want to go?” I thought gaining altitude might offer us a better perspective for the next step of our journey.

Joyce managed a feeble “Okay.”

I saw a sign announcing the Kern River Highway, and exited. Soon we were winding up the foothills, closely following the river. I glanced over and saw that Joyce was crying harder now, and I felt it was time to stop. I turned into a picnic area and parked the van.

I leaned over and held Joyce, and tried to comfort her as she sobbed the words, “I feel so far away from home. Please, Barry, I just want a home.”

We sat there a long time in the lengthening afternoon shadows, Joyce alternating between crying and praying for guidance. I felt helpless in my attempts to reassure her that it would all work out somehow, but I kept trying.

Finally, she said, “Please, Barry, stop trying to fix me. Just be with me and hold me.



**That I could do, even though I am a man.**

**After a while, I insisted we go for a walk. We left the van and proceeded down a path to the river. Joyce found a rock she could sit on right at the river's edge, where she could be alone with her feelings. Sitting by a river, watching the sunlight sparkle on the moving water, is one of her favorite things to do.**

**I wandered upstream a few hundred feet along a path through the sycamore trees. Walking in the woods has always helped me. I must have been looking at the ground, avoiding roots and rocks, for I didn't notice it until I was within a few feet. There, directly in front of me, carved on a sycamore at about eye level, in big bold letters enclosed within a heart, were the words, "JOYCE, HOME IS JUST A FEELING."**

**At first, I couldn't believe my eyes. In a trance, I walked over to the tree to touch the carving, to make sure it was actually there. No, it wasn't a hallucination. My fingers traced the carved letters.**

**I looked around in amazement. My mind was racing. Could this be some strange practical joke? Could one of our friends from LA have raced up here ahead of us, anticipate the picnic area we would stop at, then dash into the trees to madly carve the message?**

**Come on, Barry, you're getting a bit paranoid. I turned around in a complete circle, waiting for someone to jump out of the trees and yell, "Surprise!" But there was not a soul around.**

**I looked again at the strange carving. It would have been much easier for me if the carver had omitted the name Joyce. The generic message, "home is just a feeling," would have been enough. But no, the impact had to be very personal!**

**My legs felt strangely wobbly, and I really don't remember if I was laughing or crying as I ran to get Joyce. By the time I reached her, she had settled into a peaceful meditation, and seemed at first a bit annoyed at my excited intrusion. Then she got scared. "Barry, you look like you've just seen a ghost. What happened?"**

**I could barely speak as I reached out, took her hands, and helped her stand up. "Joyce, you won't believe this. Come with me."**

**As I guided her along the trail, she kept asking, "What is it? What's going on, Barry?"**

**"Just wait."**

**Along the way, my mind started questioning everything. What if we get back to the tree and nothing's there? What if I dreamed this whole thing? Or what if the carving was made by non-human hands, meant only for me to see one time, then it would disappear? In Mexico, we had entered the world of Yogananda, reading his Autobiography of a Yogi, where the miraculous was commonplace.**

**All these thoughts simply evaporated as we approached the tree, and I saw that the carving was indeed still there.**

**It took Joyce a moment to register the carving but, when she did, she became transfixed. We stood there a long time, eyes fixed on the tree, then one another, then back to the tree. We thanked God for this obvious, and miraculous, message just for my beloved wife.**

Had not Joyce seen the carving as well, I could've had trouble trusting my senses. I've hardly ever seen carvings on a tree much different than "John loves Mary" or "Frank was here." This message was so intimately personal and relevant. I had my camera in the van, but it almost seemed sacrilegious to record this miracle on film. Our hearts had been permanently imprinted with the truth of this divine message. It really didn't matter whether the carving was done by human hands or was materialized just for us. It mattered only that a Higher Power led us to this tree, and is leading us still.

Since that moment on the Kern River, we have been in the process of looking within for the feeling of home. We would, of course, find a series of physical homes leading up to where we now live, but where we physically live is becoming less and less important. How wonderful to remember that divine signpost, arriving just when we needed it, that our true home, our spiritual home, is a feeling available to us at any time and place.

**Fathers and Sons: Want a real communication breakthrough? Annual Men's Retreat March 14-16**  
**About Joyce & Barry Vissell:** Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Visit their web site at [SharedHeart.org](https://sharedheart.org) for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

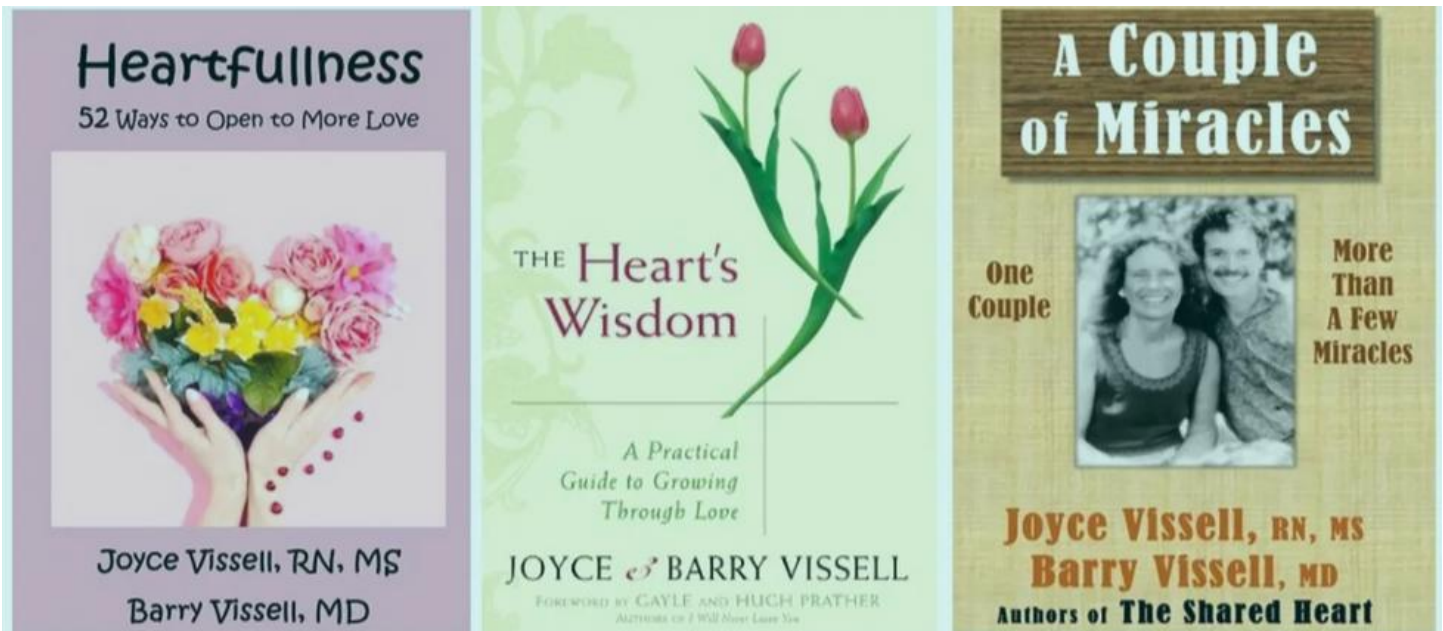
Joyce & Barry's Website: <https://sharedheart.org/>

### *Barry & Joyce Vissell's Video*



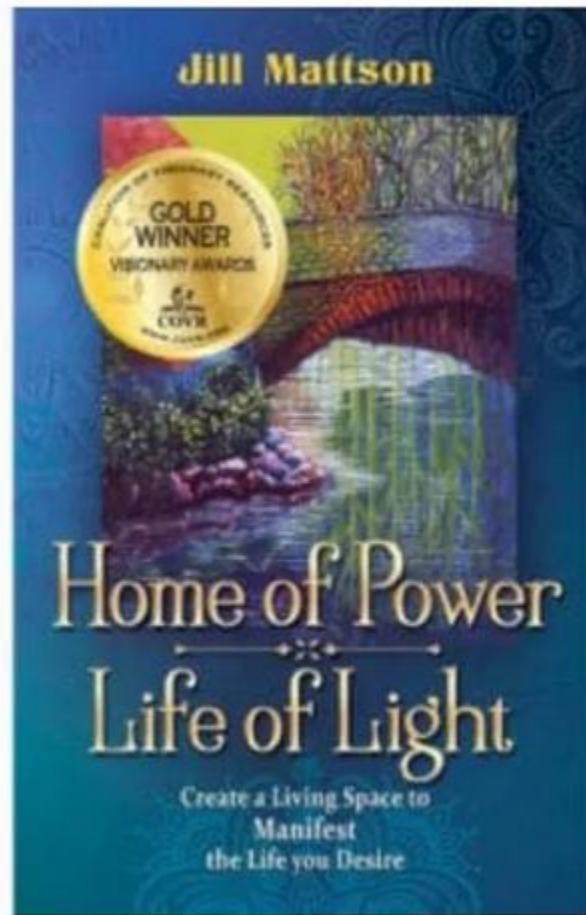
*Link: <https://youtu.be/p--G1HvRmBw>*

## Barry & Joyce's Books



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

## Music & The Devil By Jill Mattson



In 529 the Eastern Roman (Byzantine) emperor Justinian [1] condemned all pagans to death. Redmond commented on how the fate of the Pagans impacted music. "Music was frowned upon in private life as well as in worship. Actors, athletes and professional musicians could not be baptized. In the 6th century Pope John III outlawed the tambourine." [2]

In 576 in the commandments of the Fathers, Superiors, Masters and the Synod it was decreed, "Christians are not allowed to teach their daughters singing, the playing of instruments or similar things because, according to their religion, it is neither good nor becoming." [3]

This written statement by John Chrysostom reflects the attitude of the church, "Where the aulos (a Greek musical instrument) is, Christ is not." Instrumental music was cloaked as the enemy of Christ. The church heaped condemnation on all musical instruments, dancing, musical theater and music from the circus, banquets, weddings and local songs. They were deemed the "devil's rubbish." [4]

Pagan feasts boasted of excessive banquets, large entertainment bills and guests wildly dancing to music and the beat of the drums. The Christian church responded by forbidding the use of most music in Christian worship. It was replaced by acapella singing [5] of the psalms. (a lone singer)

Plainchant emerged as early as 100 AD. [6] Plainchant was a solo voice singing Christian texts without any instrumental accompaniment. It was the only type of music allowed in early Christian churches. In order to make a listener receptive to spiritual thoughts the melody was kept pure and unaccompanied.

Music, save a little Plainchant, was mostly absent from early historical writings from the Dark Ages, but surfaced late in the Dark Ages as Western churches sang at their services.

Gregorian chant, one voice singing, served as the music for Mass and other ritual services. This type of music was named after Pope Gregory I, Bishop of Rome from 590 to 604 AD, who simplified and cataloged chants. He assigned music to be played at specific celebrations in the church calendar. [7] Services were held at fixed times throughout the day on the first, third, sixth and ninth hours of the day. [8] Music was controlled and only heard at defined intervals, intervals of a 3, 6, and 9 pattern of time. (The 3, 6, and 9 pattern when applied to notes mirrors the patterns within the solfeggio tones and avoids the golden ratio.) The Earth got her vibratory baths on a schedule. The church musical schedule was often set a year ahead of time with no room for spontaneity.

Plainchant used modes similar to ancient ones. Gregory was a violent enemy of pre-Christian culture and burned all ancient books, which explains in part why ancient musical techniques were lost from common knowledge. Burning the only available reference materials was not the best way to understand this somewhat complicated modal system of the Greeks. Gregory did create a musical modal form similar to the Greeks, but it was based upon a poor comprehension. Sachs reported, "The plainchant does not represent the system of metaphysical correspondences that Saint Gregory thought he had discovered." [9] The precedent of using modes continued, but the deeper understanding was lost.

[1] Justinian the Great, was Eastern Roman (Byzantine) Emperor from 527 to 565. During his reign, Justinian sought to revive the empire's greatness and re-conquer the lost western half of the classical Roman Empire.

[2] Redmond, Layne. When the Drummers were Women: A Spiritual History of Rhythm, Three Rivers Press: N.Y., 1997, Pg. 154.

[3] Redmond, Layne. When the Drummers were Women: A Spiritual History of Rhythm, Three Rivers Press: N.Y., 1997, Pg. 159.

[4] McKinnon, James. Antiquity and the Middle Ages from Ancient Greece to the 15th Century, MacMillan Press Limited: London, 1990, Pg. 81.

[5] Acapella singing is "in the style of the chapel" or singing without independent instrumental accompaniment. <http://www.singers.com/a-cappella.html>

[6] <http://musiced.about.com/od/faqs/f/plainchant.htm>

[7] [http://en.wikipedia.org/wiki/Gregorian\\_chant](http://en.wikipedia.org/wiki/Gregorian_chant)

[8] McKinnon, James. Antiquity and the Middle Ages from Ancient Greece to the 15th Century, MacMillan Press Limited: London, 1990, Pg. 89.

[9] Danielou, Alain. Music and the Power of Sound: The Influence of Tuning and Interval on Consciousness, Inner Traditions: Vermont, 1943, Pg. 125.

About Jill Mattson: My personal interests in Sound Healing, helping people and expanding consciousness were the result of my lifelong love affair with music, coupled with my personal spiritual quest, which I started in earnest about 40 years ago. I was drawn to the study of antiquity; specifically, I extensively examined methods employing Sound Healing and music to alter and improve mind, body, emotions, energy and spiritual aspects of practitioners' lives. I collected voluminous materials on Sound Healing over many years. This prompted me to write my first book on the field of Sound Healing where I interview leading researchers and scientists in the discipline. Concurrent with my research, I began producing my own Sound Healing recordings. In the early 2000's I built a studio in my home to record

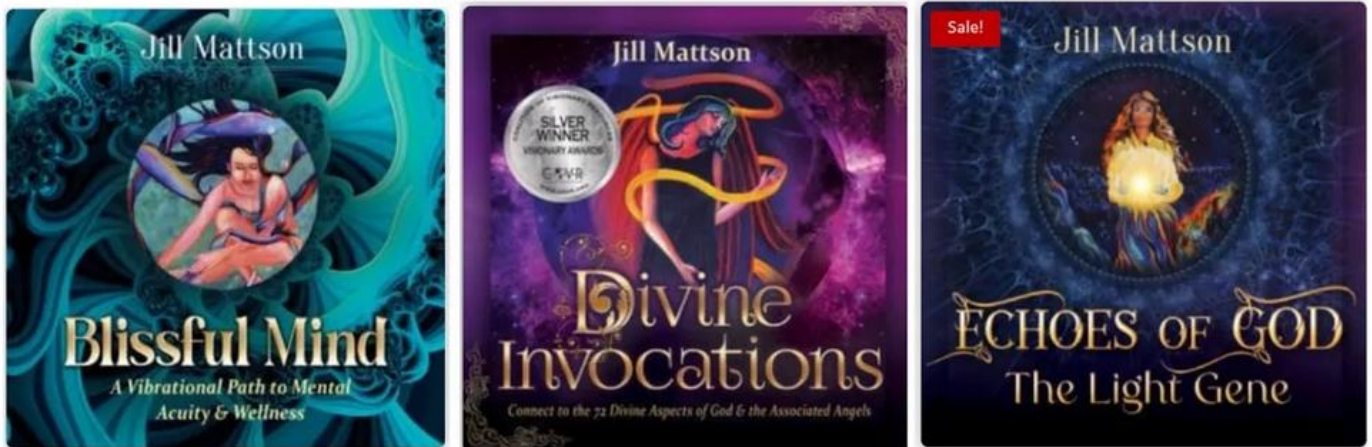


my own compositions. I blend my original music with ancient techniques and embed special sounds in the tracks. The end result is pleasing and beneficial on multiple levels. Many people enjoy the music as a normal listening experience; more significantly, other people have been able to reach new levels of consciousness, peace and wellness by focused listening to my compositions.

The field of Sound Healing is a rapidly growing discipline that is attracting great interest. As indicated above, many of the techniques that are employed stem from ancient traditions. There is also cutting-edge research underway, which is expanding the understanding and promise of this field. My personal specialty in Sound Healing utilizes the intricate combination and interplay of numerous musical effects along with specific frequencies. It is the magical and complex interaction of special healing sounds with the human body and mind that give the impressive results that can be achieved with Sound Healing.

Jill's website: <https://www.jillswingsoflight.com/>

### Jill's Music



**Learn about how sound can help you heal and more. Check out her page for her CDs. Go to [https://www.jillswingsoflight.com/product category/books-cds/music/](https://www.jillswingsoflight.com/product/category/books-cds/music/)**

## Tarot Tendencies For March By Doreen Scanlan



**This is not the most positive way to start the month. The 10 of Swords warns that many of us are going to be dealing with a lot of outside pressures. We need to do the best to have a support system that we can rely on to be there for us. There may be effects of other people making decisions that may impact us. Friends may be going through similar circumstances so banding together may help us get through it all.**

**As the month moves along there are lights at the end of the tunnel. It is important to keep moving forward. You will start to see things more clearly by last week in March.**

**You may actually find there is a way to improve your lifestyle moving into April.**

**I have been noting a theme developing over the last few months. Many people's readings have shown there being a major energy shift happening in April that may have positive impact on positive people. My advice: stay positive.**

**Doreen Scanlan**

**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*

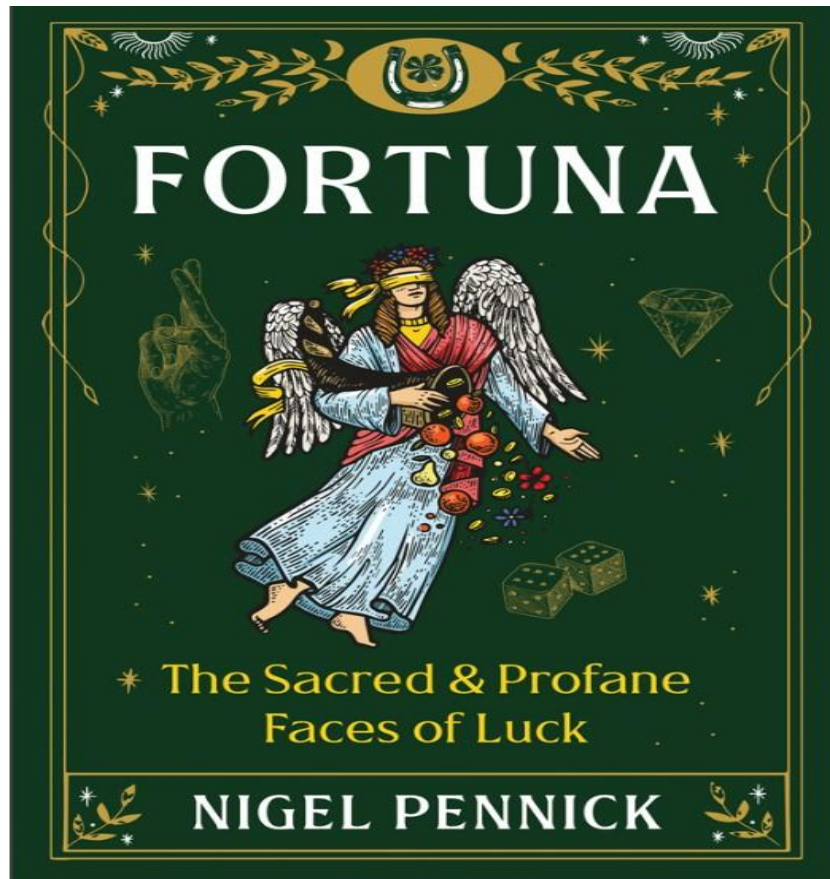


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### *ROC Metaphysical Book Review*





**Nigel Pennick explores the many ways people through the centuries have sought to divine the future, ensure protection, and draw the full benefits from days of good omen. He shows how dice were originally considered sacred objects of divination and reveals the divinatory geomancy techniques and meanings of a dice oracle and other divination traditions.**

#### **Description**

- **Reveals how dice were originally considered sacred objects of divination and details the techniques and meanings of a dice oracle**
- **Looks at medieval grimoires for fortune-telling and other divination traditions, including those using cowrie shells, bones, coins, cards, sticks, and stones**
- **Examines how dice became a means of gaming and gambling and how gambling gave rise to specialized lucky charms**

**Some believe that our future is predetermined, while others assert that we have free will and our future can take many different courses depending on our actions. In ancient times, it was believed that the will of the gods determined people's lives, and divination or sacrifices to the gods could change or improve one's future. Of the deities devoted to luck and the future, the Roman goddess Fortuna is most famous, having two shrines in Italy where divination was conducted under her guardianship.**

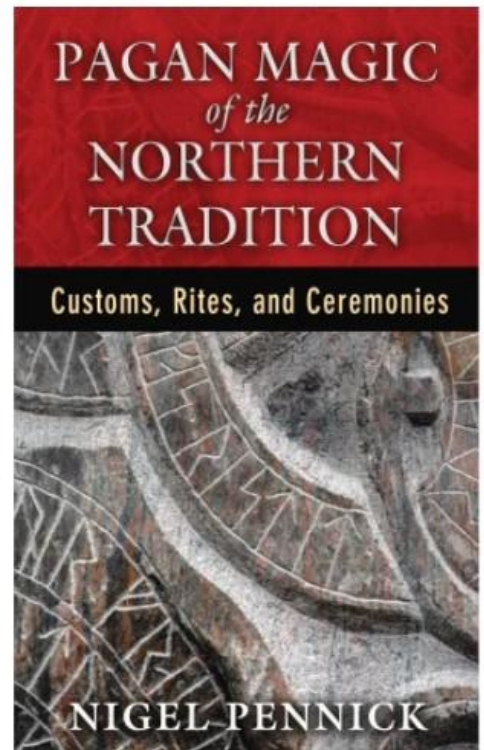
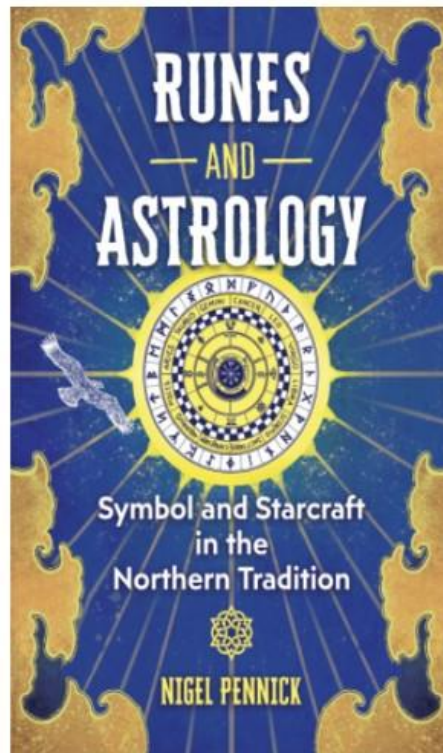
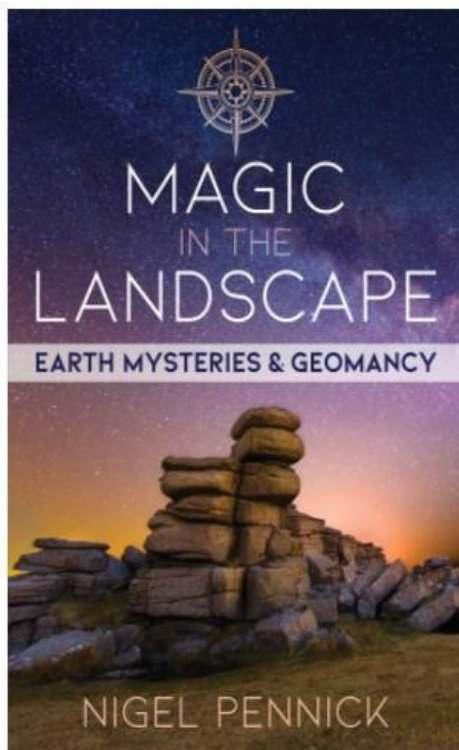
**Tracing the history of the culture of good fortune from sacred divination to profane gambling, Nigel Pennick explores the many ways people through the centuries have sought to divine the future, ensure protection, and draw the full benefits from days of good omen. He shows how dice were originally considered sacred objects of divination and reveals the divinatory geomancy techniques and meanings of a dice oracle. Exploring how dice became a means of gaming and gambling, Pennick details the forms of**

trickery and crooked dice used in games of craps by cheating gamblers and the Dream Books that served as oracles for those who played the policy game. In addition to dice, he looks at how cowrie shells, bones, coins, cards, sticks, and stones were used to form meaningful patterns for interpretation and how these cultural divination practices were often accompanied by texts or oral traditions that explained the meanings of the patterns.

Revealing how divination and gambling are two sides of the same coin, Pennick shows how, whether you are a gambler relying on Lady Luck or a diviner querying the gods, we're all looking to Fortuna in the quest for a better, richer life.

Find the Book at Inner Traditions: <https://www.innertraditions.com/books/fortuna>

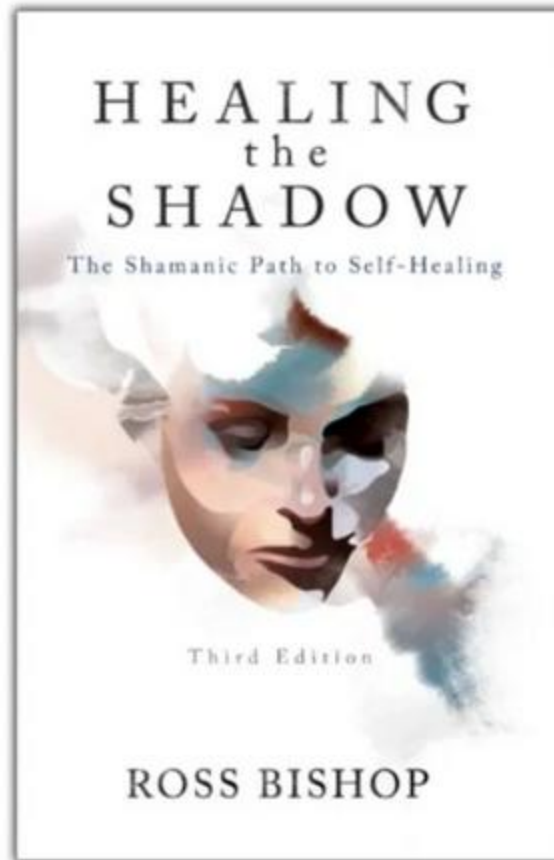
### *Other Books by Nigel Pennick*



Find these books and others at Inner Traditions:  
<https://www.innertraditions.com/author/nigel-pennick>

### *Why Are We Here? By Ross Bishop*





**We do not understand why we are here. Ask people, and they really can't tell you. We go through our days doing the best we can, with little connection to our sense of purpose. Are humans on Earth by cosmic accident, as science maintains? Or, as Hindus will tell you, is there a greater purpose to your being here? We are going to explore that question and the answer is not what you probably think it is.**

**We do not hold the truth about who we are. We have (all of us) come to Earth because when challenged, we slip into feelings of inadequacy and a lack of self-worth. Other than the occasional flash of ego, we really don't hold ourselves in very high regard. Ask people what they think of themselves, and you'll get the verbal equivalent of mush.**

**Our beliefs, driven by our fear of unworthiness, stifles our natural passion and causes us to be miserable. The purpose of life is to help you realize that you are worthy so you do not have to live in fear, anxiety, and longing. We will explore what causes this unhappiness and frustration in our lives.**

**Whatever your beliefs are, they live in your mind and do not reach the level of truth, even the good stuff! These are mental constructs that create roadblocks to our ability to be at peace because they conflict with the greater harmony of The Universe. We generally view these as flaws in ourselves. These unfinished areas of our awareness cause us to be afraid, keep us living in the shadows and prevent us from living with compassion.**

**The way we humans hold on to wounded-ness is a most intriguing dilemma. At first glance, you would expect to see intense motivation for everyone to rid themselves of their limiting and restrictive negative influences. After all, they are an enormous source of pain. They inhibit us, wreck our lives and keep us**

from being happy. Although some individuals work to eliminate these influences, most people are held hostage by the beliefs that are created from their deep-seated feelings of unworthiness and unlovability.

We know we are not who we could be. We've read books, done therapy, and gone to workshops and although these things have helped, they have provided few ultimate answers. We cannot seem to transcend our fears and limiting beliefs to find peace. We feel as though our lives had a flat tire.

We are seeking to put life into a meaningful context, one that provides some idea of why we are here and what keeps us from being happy. It seems futile to put people here to be unhappy and stifle their passion, yet that is exactly what happens.

LIFE is not always as it appears. And that is certainly true in this case. To understand LIFE, we have to shift our perspective and see things from a much wider frame of reference, i.e., God's point of view. The human outlook is simply too limited and fear-based. In that same light, becoming enlightened is perplexing largely because we do not understand it. A puzzle or a riddle is baffling until you figure it out. Life is puzzling until you see it from a broader perspective.

Why are we so powerless against these forces that so profoundly affect and, in many cases, control our lives? We are told that being happy is possible, but we find that achieving it can be difficult. We would be happy to become enlightened if it didn't require us to go through the dark swamp of our shadow selves. And that is where most people get hung up.

As a result, most people settle into a routine and get by as best they can, blaming themselves for their inadequacies and failures, filling themselves with self-condemnation and self-criticism. We are being asked to change, to venture into an unfamiliar state, and that goes against, for right or wrong, what we have come to believe about ourselves.

This can be a little hard to swallow, but people don't want to believe that happiness is a choice, because that then makes them responsible for the outcome. And if you believe that you are unworthy or unlovable, you certainly would not want to put your worth to the test because, after all, what if it turns out to be true?

Adding to the problem is that living from your false beliefs gives you an out. You don't have to step up if you are defective. You get to duck from having to expose your vulnerable places. The thing is, those vulnerable places exist only in your mind. They are fictions created by your beliefs!

I want to distinguish who you are—your essence, the truth—from how you sometimes act when you are afraid. Most of the time, you are your natural self because you are thinking about other things. But the moment you start thinking about yourself, you slip into your fear by way of your beliefs.

Adding to the confusion is our free will. Because of free will, The Creator could not simply give us worthiness or self-love. As a result, anything we achieve must be accomplished through our conscious choice. You must make the choice – decide for yourself – that you are worthy and lovable.

And so He created LIFE – an environment that would challenge us to find the truth about ourselves. LIFE is simply not what we have taken it to be. You are enrolled in a unique learning environment with a remarkable curriculum and an unconventional learning process. Nothing about the process is accidental. Nothing is random.

**Whether you realize it or not, each step of your life process has been carefully designed to nudge you to find your way home. You are being helped to find the place where your truth and happiness reside. It is a bumpy path because we primarily learn through our mistakes. Do something right and you don't learn much. But screw up and all hell breaks loose!**

**MAKING MISTAKES (although regrettable), IS HOW WE GROW AND CHANGE!**

**When we introduce our beliefs into situations they turn into problems. Otherwise, they are just issues that need to be resolved. Think about your difficulties for a moment. Most of the time you focus on the conflict, but every difficulty or conflict you have ever had, either internally or with others, besides being stressful, has been created through the introduction of your beliefs.**

**Although we rarely take it, the opportunity is to become aware of the limiting beliefs you bring into these situations. When you reconsider your posture, you then have the freedom to review your beliefs, choose to discard them and move toward greater compassion (especially toward yourself). That is the mechanism through which we develop and learn.**

**There are two ways to look at life's events: as punishment for your imperfections or as a way to highlight the areas where you need to grow and develop. Discomfort is a warning notice that something is amiss in your belief system.**

**Difficulties are two-way streets. You either learn and grow from your experiences or you set yourself up for the next (more painful) lesson. Your discomfort in these situations is self-generated. God doesn't create that disharmony, you do. If you persist, you will experience pain as The Universe tries to wake you up to what you have been doing! We call that karma.**

**Everything in your life revolves around that concept and the behaviors you have created to avoid dealing with it. The thing is, there is only one outcome. There is nowhere else for you to go eventually, but home.**

**When asked about the meaning of life, The Buddha replied, "Life is pain." Contained in those three simple words are layers and layers of deeper meaning. With pain, there is a possibility you will change. Without it, there is little hope that you would.**

**About Ross Bishop: I became a healer as an outgrowth of my own need for healing. My pain and dissatisfaction with my life brought me to leave the corporate world and begin a journey to find and root out the sources of the considerable pain I carried within myself. I found western psychology to be woefully inadequate to help me and so I set out to find more meaningful answers.**

**My teachers all encouraged me after working on my own stuff to go outside myself and help others to heal, not as a humanitarian service but as a way to deepen my own healing process. I found that I had a gift for the work and that my teachers were absolutely right. Serving others is a remarkable learning process. My clients over the last 25 years have taken me to places I could not have gone on my own. I am deeply grateful for the gifts of personal growth that our work together has given me.**

**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.

Ross Bishop's website: <https://www.rossbishop.com/>

### Interview with Ross

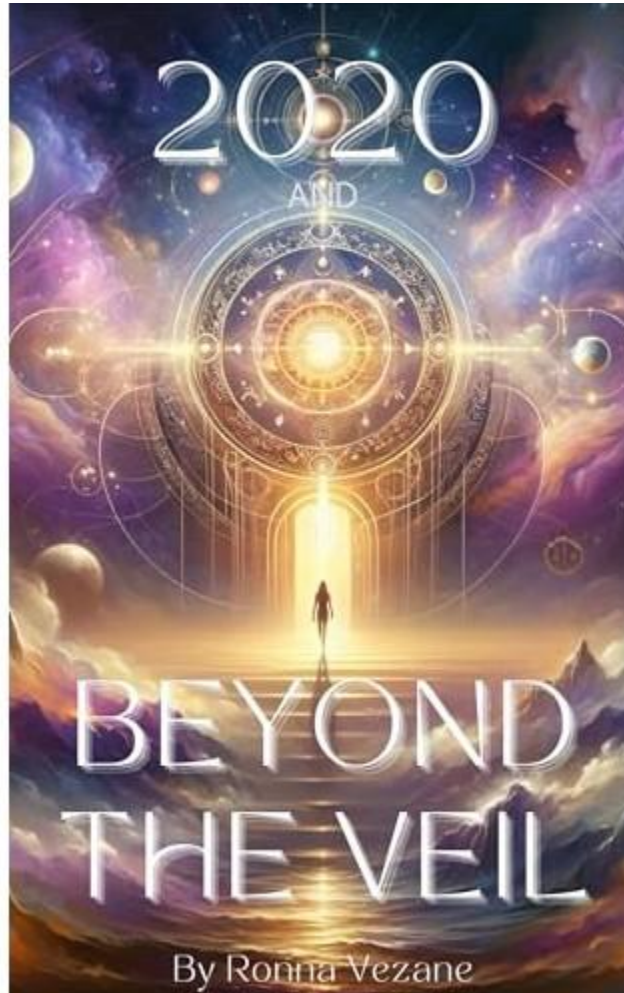


Link: <https://www.youtube.com/watch?v=CU59VWWMKLo&t=8s>

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Whispers Of Spirit Advanced Wisdom Teachings Of The Future

**By Ronna Vezane**



>>ARCHANGEL MICHAEL <<<  
<<<THE SIXTH-DIMENSIONAL COSMIC COUNCIL OF LIGHT <<<  
<<<MASTER DJWAL KHUL <<<  
<<<RONNA VEZANE / SACRED SCRIBE<<<

**During this final phase and end times of this Sub-Universal EXPERIMENT IN DUALITY AND POLARITY, the Wisdom Teachings now being transmitted through all of the dedicated messengers of Light are composed of the higher truths from all of the major religions for humanity and the Earth.**

**The new teachings will also include some advanced Universal Laws and important concepts required to successfully complete the transition process into the Fifth- Dimensional Sub-levels of higher consciousness.**

**Archangel Michael:**

**Beloveds, the Ascended Master's Cosmic Council of Light is in the process of making the advanced wisdom teachings available in every way possible so that all of those who wish to do so will have the**



**opportunity to join the ranks of ascending humanity.**

**Whether you accept it as your truth or not, you are in the process of becoming galactic citizens and one of the future steps of cosmic awareness will be the reunion with many members of your solar and galactic family of Light. At a future time, be assured that some of you will be asked to join the Council of Light as representatives of ascending humanity and the Earth. Our mission is to guide, inspire and protect you; however, you must traverse the "Path to Enlightenment" and do the work.**

**I AM Archangel Michael.**

**THE CURRENT MEMBERS OF THE ASCENDED MASTERS COSMIC COUNCILS HAVE HAD MANY EARTHLY LIFETIMES. MANY OF THESE MASTERS HAVE MADE THEIR ASCENSION INTO THE FIFTH DIMENSION, ALONG WITH A FEW WHO HAVE ATTAINED SIXTH DIMENSIONAL CONSCIOUSNESS.**

**Therefore, they have united to give us the information necessary to move through the final stages of the Fourth Dimension and the Null Zone in preparation to qualify to ascend into the Entry Level of the Fifth Dimension. Also, they are a Council that will supply the "advanced information" we will need as we make the "shift into our 5D world of reality."**

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

**About Ronna Vezane: Ronna is an internationally known author, lecturer and messenger for Archangel Michael. Over the past twenty-five years, his messages of hope and inspiration through Ronna have been featured in thousands of inspirational and spiritual publications around the world. These important wisdom teachings via the monthly messages and her over fifteen books and ebooks have been translated and published in many major languages.**

**Ronna established her company/website \*STAR\*QUEST\* in 1994 and is currently known worldwide for her inspired monthly messages from Archangel Michael, and for her life-changing seminars and workshops. Over the years, Ronna has sold thousands of her books, and many other related products on her website.**

**Although Ronna is now in her ninety third year around the sun, she enjoys excellent health and vitality. Ronna rarely travels anymore; however she, along with her business partner /spiritual brother, Randy Monk, periodically hold a series of very popular webinars called Archangel Michael's Wisdom Teachings. Randy is also the Executive Facilitator of Ronna's Quest for Mastery School, which focuses on assisting others to become proficient instructors of Archangel Michael's spiritual teachings for the New Age.**

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

**Ronna's website: [www.StarQuestMastery.com](http://www.StarQuestMastery.com)**

## Interview with Ronna



Link: [https://www.youtube.com/watch?v= 6ZdlCiMZS5s](https://www.youtube.com/watch?v=6ZdlCiMZS5s)

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## **Do Your Pets Reincarnate? By Kryon/Lee Carroll**



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

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

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

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

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

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

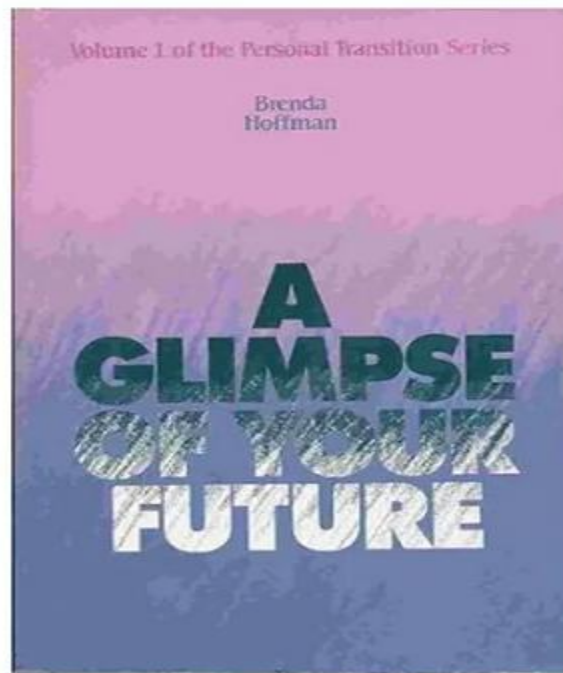
## Kryon/Lee Carroll's Video



**Link: [https://www.youtube.com/watch?v= bOHjWBx2KlE](https://www.youtube.com/watch?v=bOHjWBx2KlE)**

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## *Evolving At Warp Speed By Brenda J. Hoffman*



Dear Ones,

Everything seems topsy-turvy. What you once knew to be true or acceptable is no longer. And what you would like to feel or be part of seems nebulous.

Even though you do not necessarily like what you are experiencing, nothing else seems relevant, interesting, or fun. You experience moments of laughter and connect with others – at least peripherally – but have not yet found your inner home.

Such is so for a reason. New energies are flooding your being to the extent that what was interesting is no longer including what was enjoyable even minutes ago. You want this. No, this. So it continues as your inner being refines its needs and interests.

These shifts are confusing and aggravating because you cannot make long-term plans. Just as you begin your mantras or wishes, something in your life changes to nullify that need as you evolve into a new you.

This evolutionary process began eons ago when you accepted the assignment to shift Earth from fear to love. A process that accelerated when you began transitioning in this lifetime. What is happening now could be considered a warp-speed realignment of your inner being and your physical aspects. What was is no more, including your cellular structure, blood flow, and bone density. You are a new being shifting moment by moment, much as would be true if you were to take inner photos of a newborn through their 18th year.



**Your current growth spurt is more rapid and inclusive than any you have experienced while of the Earth in this or any lifetime. So just as would be true for an infant shifting into a teenager within hours instead of years, you find yourself scattered, wanting to do this, no this, over here or over there. You are confused and sometimes angry.**

**You are evolving at warp speed. And your need to know what will happen merely confuses and stresses you more than is necessary. No one knows for sure what path you will claim as your own any more than parents do when observing their newborn infant.**

**As a 3D adult, you most likely claimed your 3D path some time ago. And even though that path might have deviated here and there, it was relatively established. That path was demolished with your assistance. You are now establishing your new place in this lifetime. A place that is perfect for you. To achieve that wondrous goal, you must experience many pieces you once thought did not apply to you and your world. As you experience those pieces, you discover what you wish to take with you on your new journey and what no longer feels right.**

**You are allowing many pieces into your being as a test pattern, if you will, maintaining some and tossing others. Those pieces include human interactions, physical dynamics, and emotional and spiritual elements. Perhaps an apt example would be selecting the right outfit for an important gathering. The outfit must fit your body, meet your emotional needs, and be within your budget. So it is for you now.**

**Do you wish to expend energy delving into this piece or that path, or do you want to rest or ignore everything until you feel more comfortable?**

**This is a confusing time, for your emotions will not necessarily achieve your goals, nor will your physical body. It is a group effort throughout your being in which each piece or element needs to feel right. Something you have never before attempted while on Earth because 3D social rules emphasize rightness within your social world before meeting your personal needs. That equation has been flipped in ways you struggle to understand.**

**So you wait for someone to do something only to discover no one cares as much as you about that specific action or element. And at each turn of your inner being, you discover another piece of who you wish to be. As you slough off your 3D sense of rightness, you are currently at a loss for how to feel centered. A short-lived, confusing time.**

**This short-term adjustment will be refined daily until you know who you are and why you are who you are—something others cannot and will not emulate. So allow yourself to be confused, perhaps even angry, as you discover who you are. This discovery process will continue for the next few days, only to allow you to become one with this new Earth.**

**A short-term shift into the framework that is new you. You have prepared the groundwork. Now, it is time to put up the frame. Even though you will fill in the remainder as you continue to evolve, you cannot fully determine your path without a concise and stable framework. Your new framework will be complete in the next few days.**

**You have eliminated your dimmer switch; now it is time to formalize your new framework, and so you will. 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](http://www.LifeTapestryCreations.com).

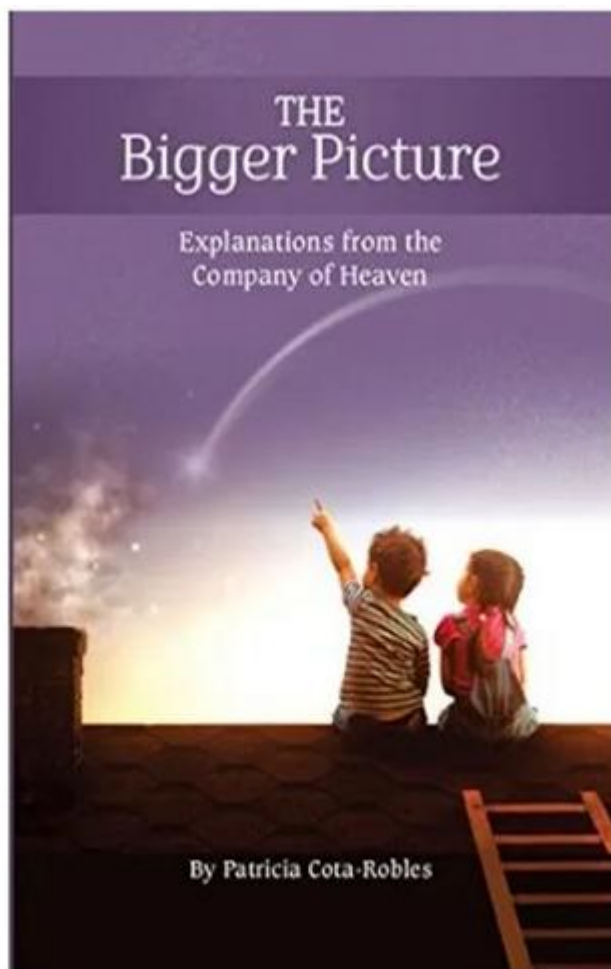
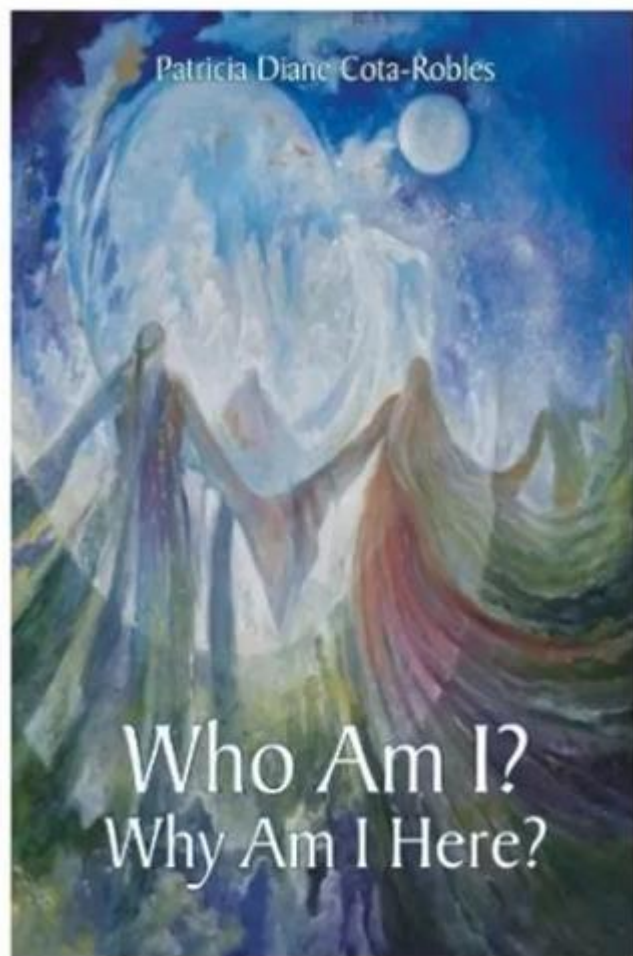
Brenda has been the special guest of numerous radio and television network talk shows; a New Age columnist for the Twin Cities Reader; the featured subject of the Minneapolis Star Tribune Sunday Magazine; and is a public speaker/channeler. Brenda's role in this wondrous transition is to help you suspend 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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## Powerful Celestial Opportunities In 2025

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.

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

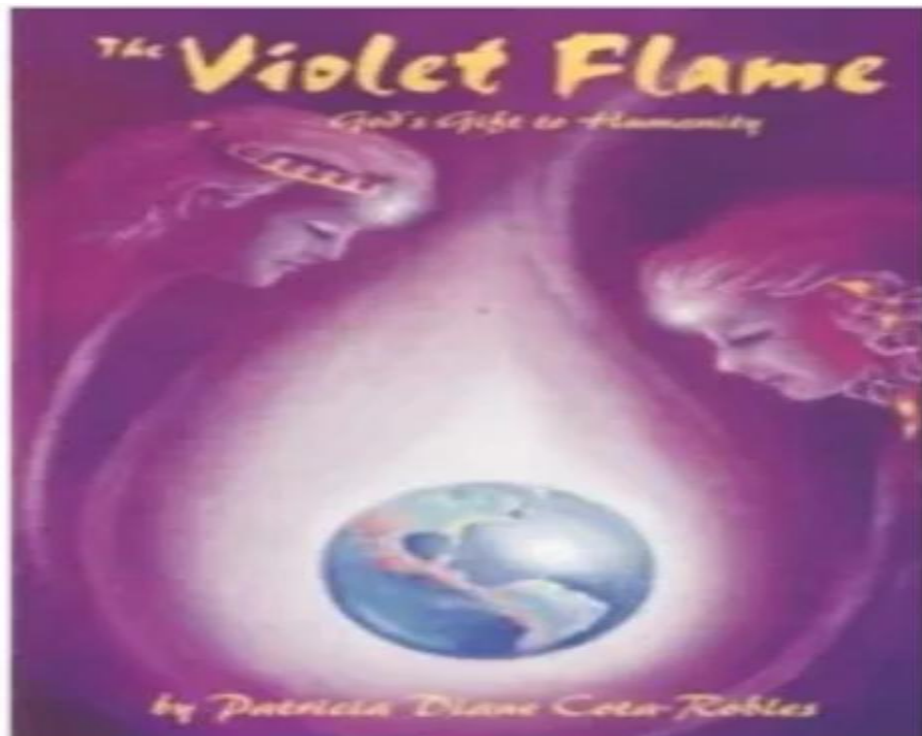
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program,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

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

### Interview with Patricia



Link: [https://youtu.be/hTX11kQV\\_2A](https://youtu.be/hTX11kQV_2A)





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

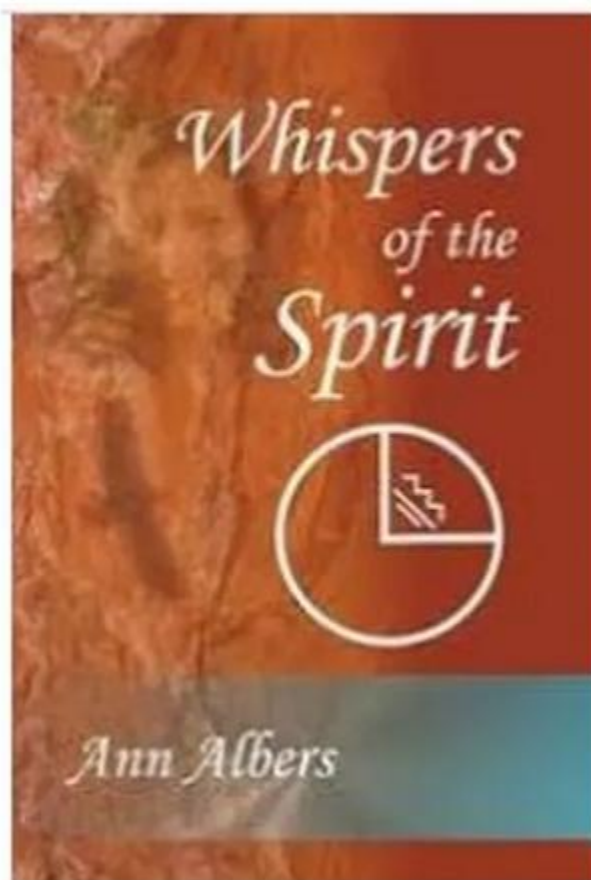
### Patricia's Vlog



Link: <https://www.youtube.com/watch?v=S61EmnE2j4Y>



## The World & Your Focus By Ann Albers



Hi All,

Today the angels and I discuss the tugs and pulls of the world and how we can stay in our own vibrational current rather than allowing external forces to shift our focus away from love.

Have a blessed & beautiful week :)

♥ Ann

Message from the Angels

My dear friends, we love you so very much,

So many believe their journey here on the earth would be so much easier if everyone behaved and thought as they did, but in reality, you would quickly become bored.

You didn't come to earth for sameness. You came for the contrast. You came to dip your toes in a delicious reality of differences and sort through them, finding your heart in the mix. And then, after all this stimulus, you were determined to create. You knew that you would tune yourself to dreams as yet undreamt and, therefore call the unseen love into physical reality.

You are part of ongoing creation!

**Nonetheless, being human is challenging when you witness people who rub you the wrong way, doing things you can't imagine doing, and saying things you can't even comprehend. While there is much more to enjoy and appreciate on your planet, the ones you don't enjoy seem to grab the spotlight of your attention far too easily. We know this frustrates many of you. You'd rather think about your best friend than an unpleasant ex. You'd rather focus on your child than the person ranting on the news. You'd rather be in the garden than worry about what you saw on social media this morning.**

**You all prefer to feel good.**

**As sensitive souls, you feel the tugs and pulls of others' desires, and it takes practice to learn that you can tune out the noise. Generally, it is not positive people doing positive things who try to command your attention. Those who contribute to the world offer their services, products, and ideas, hoping to attract your attention, rather than demanding it.**

**More often than not, the insecure, fearful, and angry souls are the ones trying to command your attention. They want someone to keep them company in their current state of being. You can feel their desire for agreement and their need to have you validate their pain.**

**Have compassion for anyone in this space. Share love and kindness with them if you are inspired to do so, and move away when you are not.**

**However, dear ones, as masters of your own focus, you need not "tune" your energy where they are tuned. You can choose to tune into love, kindness, compassion, or tune into anything else that feels better when you cannot.**

**It will take some practice to stay in your vibration of choice. Most of you are well-practiced in the art of pleasing others rather than pleasing the spirit of love within.**

**Even the most wonderful, well-meaning souls with good things to offer would like you to pay attention to their words and wares. They may offer wonderful wisdom and good products, but if you want something else you will feel the tension between your desire and theirs—unless you have become very strong and centered in your own point of view. This inner tug of war manifests as doubts in your own inner knowing and feelings of confusion.**

**For example, say you want to accomplish a task but get caught scrolling past one video after the next. These things aren't necessarily bad, but instead of doing what you wanted to do, you get drawn into paying attention to what someone else wants you to focus on. You may feel frustrated when you realize an hour has gone by. Grant yourself grace. Refocus and move forward.**

**You may want a brief overview of the news, but a dramatic story draws you in and upsets you. Again, time to back up, tune into something kinder, and regain the vibration you intended to have throughout your day.**

**You want to enjoy some quiet time, but the one person in your life with complaints calls you. You feel yourself going to answer as if a magnet pulls you. It is ok to turn off the ringer on your phone and answer later!**

**In these and so many other ways, you find your attention wandering and not always where you wanted it to be. And here is a subtle but important note in your process of manifesting...**

**The topic you are focusing on matters less than the vibration it inspires within you.**

**You've heard the saying, "Energy flows where attention goes." You may be manifesting a wonderful partner, but if your attention is going toward all the people you consider crazy and who upset you, your vibration will be all muddled up with a mixture of hope and disgust. Look for the good people in the world and enjoy them. Appreciate your life and your friends. Enjoy your day. In this way, you attune to a harmonious life and harmonious relationships.**

**Likewise, you may be manifesting vibrant health, but if you focus on fixing your illness, talk about your illness, and endlessly research ways to prevent the illness, you may become so tired, confused, or fearful that you dilute your vibration of well-being. Far better to read a good book, take a walk, spend time with your animals, or watch an inspiring video. These things put you in a good vibration which allows you desired well-being.**

**No matter what the world or circumstances around you are doing, your attention, your calibration, and your thoughts, filters, and focus that ultimately control your vibration.**

**So, as you look at the world, change your focus as often as you need to maintain a kinder vibration. Either focus on things, beings, and situations that raise you up, or think more elevating thoughts.**

**Even if you are stuck in a situation that does not feel good, use your attention to focus on something better in either your inner or outer world. In every situation, dear ones, you can focus your attention on something that bothers you or something that uplifts you.**

**Focusing in a way that feels good is much easier when faced with pleasant, cooperative individuals, but as you strive to practice shifting your attention and focusing on what feels better, you can master the ability to become the tuner you are, thus sifting and sorting through all the different energetic offerings on your planet, and deciding which ones you will embrace to attract new and wonderful situations into your life.**

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

**-- The Angels**

**Message from Ann...**

**Hi Everyone,**

**People frequently ask me, "What is happening to our world?" As always, the angels respond from their higher perspective..**

**In 2020, billions of souls were forced to dive inward and be alone with their own thoughts and feelings. Many who had never slowed down enough to feel their hearts were suddenly faced with overpowering sensations of fear, frustration, or discontent with their lives. Many were in close proximity to loved ones, being forced to relate in much deeper ways than usual. Some, of course, loved their time alone in silence, but many, who were forced deep into their own hearts emerged with a huge desire for change. People discovered that they didn't like driving to work, they missed their family and friends, and they valued nature over excessive tech. All the "must-do's" that we took for granted were questioned. We shifted closer to our hearts and our essential selves.**

**A vibrational call for change was put forth by the billions, calling and allowing massive waves of love to enter our 3D reality.**

Last year, the desire for change reached a fever pitch, but instead of people reaching inside themselves to create their own small changes, a great many wanted vast and sweeping changes in the external world. People wanted their candidate or their leader to lead the charge of change. Many feared that if their candidate wasn't selected, the changes would be miserable. And with all this focus on giving one's power to the outer world, there were a great many people thinking in ways the soul would never think.

As a result, 2024 felt like a storm front with conflicting energies, "I want change, but I don't want to change, Let someone else make the changes, but not the ones I fear..." "This candidate will save us. That one will ruin us". Many felt the turbulence from this misalignment, from this wobble far away from our essential nature, which is love.

This year, things are shifting again. I'm seeing more people starting projects, cleaning house, and taking small steps towards the lives or goals they want. The energy is in motion again. For better or worse, we're going to see a lot of big changes this year. The angels remind me always that the ones that matter in our own lives are the changes we make to live a little more lovingly, to take care of ourselves a little more, to do a little more of what we want, and to be a little kinder. AI, isn't going to take over the world, and others "in power" aren't going to save us, or destroy us. That is all up to us, one soul, one decision at a time. And with each loving decision, no matter how seemingly small, our world becomes a kinder place.

So, as we ride the waves of change, it is important to stay in our own vibrational lane. The day I wrote the song I discussed last week, I was feeling grateful for people who saved the life of a dear one. I could have spiraled into tears of despair when I got the news they were in the ER again. That's what the world tells me to do. But that wouldn't do me, my loved one, or the people I serve a bit of good. Had tears overwhelmed me, I would have surrendered to them and loved myself through it, but by the grace of God, something else came flowing through. We elevate ourselves when we can, and when we can't, we can always love ourselves through it.

It is easy to focus the way the others want us to focus . It is easy to get drawn into doing, believing, or feeling whatever others want us to do, believe, or feel. That's fine if the information resonates with you, but it serves the world far more if we check in with our hearts from time to time and ensure our words, thoughts, beliefs, and actions align with our desires. In this fashion, we stay aware of our connection to love and navigate life with grace and guidance, no matter the circumstances.

Here are a few ways to stay in your center or get back to it when something or someone you don't enjoy has grabbed your attention:

### **1. Don't worship false idols**

No matter who is doing or saying what in the world, God is still God. No matter the economy, the politics, the state of healthcare, or the traffic on the highway, God is still God—not the grandpa in the sky we learned about rolling up balls of clay, breathing life into them, and judging them. Rather God is the presence of love living in and around all things, guiding them only to greater love. Align with love, and no matter what the world or others are doing, the Presence will guide, inform, and elevate you above the noise.

### **2. Re-Focus off Topic**

Sometimes, something is so shocking, disturbing, or difficult that there is no way you can focus on it and feel good. No matter how hard you try to find something better-feeling about the situation, the not-so-good overwhelms your thoughts. This is where the age-old parenting technique of distraction works wonders. You might not be able to feel good about XYZ, but there are countless things in the world,



nature, or the local supermarket to feel good about.

Focus off-topic for a while to regain a positive vibration.

It isn't cheating. We are tuners. The topic doesn't matter. The vibes make a huge difference in what you attract in the future.

### **3. Grant others Grace**

Whether in the quiet office at work, or on stage in the world theater, everyone is working out their stuff. Everyone is attempting to grow, whether they know it or not. Everyone is reaching for love whether they know it or not. The crazier and meaner they are, the more misaligned from the spirit of love. The ones that bother you the most are the most hurting. Instead of driving ourselves crazy trying to figure out what drives them (unless that helps you find compassion), look away, pray, or remember that they, too, need love. Imagine light engulfing them.

As we stay in a space of love, compassion, or even distract ourselves to focus on something better, our lives will improve.

These are wild times of change, but if you take it one day at a time, and remember the power of aligning with love, your changes can be beautiful, graceful, and easy. If you focus often on things and thoughts that elevate you, you can move through life with a grace that seems surreal at times. I've pinched myself often as of late, wondering how on earth it is possible to smile and create even despite so much going on both in my personal life and the world. will continue to guide and protect us. Love is, after all, the highest frequency.

It all boils down to a few simple things—caring about how we feel, re-calibrating to love often, and trusting that the Presence and power that live within us, will continue to guide and protect us. Love is, after all, the highest frequency.

Have a blessed week,

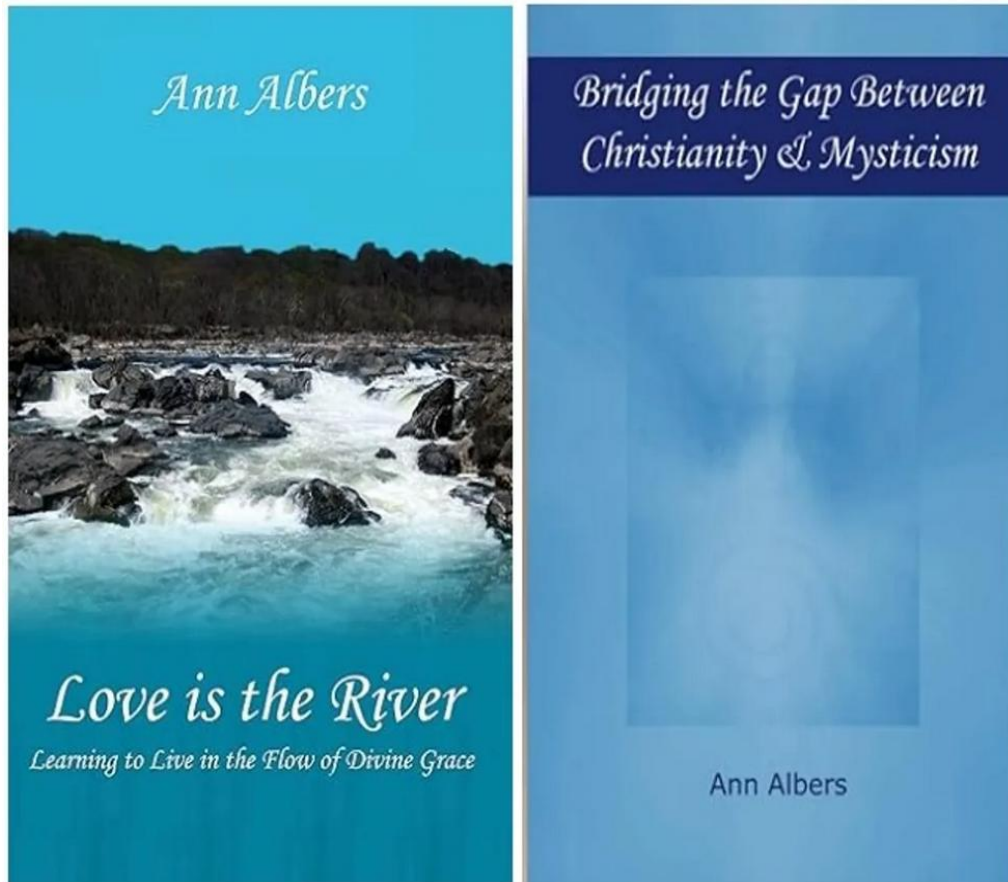
Love,  
Ann

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

Ann's website: <https://www.visionsofheaven.com/>

## Ann's Books



**Find Ann's books at: [https://www.amazon.com/stores/Ann-Albers/author/B00J8F05US?ref=ap\\_rdr&isDramIntegrated=true&shoppingPortalEnabled=true](https://www.amazon.com/stores/Ann-Albers/author/B00J8F05US?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)**

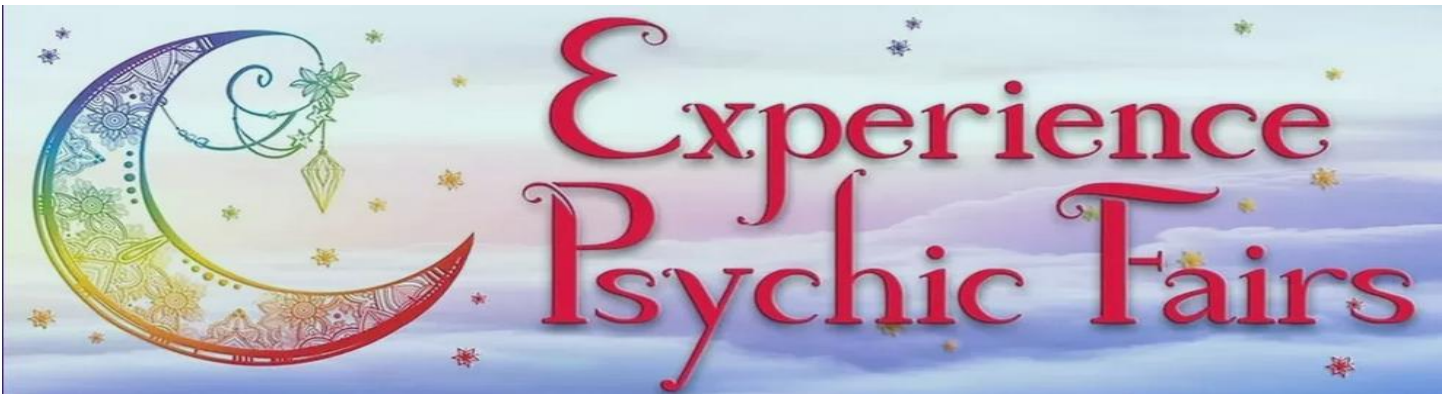
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## ROC Metaphysical Business Advertising

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

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



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**Finger Lakes Gaming & Racetrack**

**5857 NY Rt. 96**

**Farmington, NY 14425**

**April 11, 12 & 13**

**Batavia Downs Gaming and Hotel**

**8315 Park Road**

**Batavia, NY 14020**

**April 26 & 27**

**Embassy Suites**

## Mythic Treasures Faire



Come to the Henrietta Store on Jefferson Road for second Saturday

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

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

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

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## Sign Up For this Class



# IET CLASSES

PRESENTED BY REV. SHEILA B. TILLICH  
CENTER OF BEING IET MASTER INSTRUCTOR TRAINER

OCT 18-20th, 2024	IET® Intensive Workshop - Rochester, NY
NOV 9-10th, 2024	IET® Master-Instructor Class - Rochester, NY
JAN 17-19th, 2025	IET® Intensive Workshop - Rochester, NY
MAR 28-30th, 2025	IET® Intensive Workshop - Rochester, NY
MAY 17-18th, 2025	IET® Master-Instructor Class - Rochester, NY

**About IET® Intensive Workshops:**

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

**About IET® Master-Instructor Class:**

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

*Register Now*

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

**The Cosmic Gateway opening in 2025 will align you with where you need to be!**

**If you're interested in expanding your abilities, now is the time!**

**(if you didn't know yet, Angels are Our Galactic Ancestors)**

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

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

**Go to [www.sheilatillich.com](http://www.sheilatillich.com) to sign up**

A flyer for 'Divine Angelic Gathering' by Sheila B. Tillich. The background is a soft-focus image of a sunset or sunrise over water. In the top left, there is a circular logo with a sun-like pattern and the text 'Sheila B.'. The title 'Divine Angelic Gathering' is written in a large, elegant serif font. To the right of the title are three small, stylized starburst graphics. Below the title, a pink rectangular box contains promotional text. To the right of this box is a circular portrait of Sheila B. Tillich, a woman with grey hair wearing a blue top. Below the pink box, there is a list of included activities and a closing statement. At the very bottom, the website URL is printed in pink.

 Sheila B.

# Divine Angelic Gathering

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

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

**What is included:**

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

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

WWW.SHEILATILLICH.COM

*Step into a realm of divine enchantment and celestial whispers at our exclusive in-person or online Divine Angelic Gathering.*

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

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



The graphic features a purple and blue background with a starburst effect in the top right corner. On the left, there are three circular icons: the top one shows a figure with wings inside a DNA helix; the middle one shows a glowing sphere with a DNA helix; the bottom one is a circular photo of a woman with her eyes closed and hands on her head. The main text is in large, purple, serif capital letters. A purple diagonal banner in the top right corner reads 'SPECIAL OFFER' in white. Below the main title, the text 'Rejuvenate with Reiki, IET, and UFH' is in a smaller, dark blue font. Further down, it says 'IN-PERSON OR ONLINE 60 MINUTES SESSION' and 'All Three Modalities for \$122' in purple. At the bottom, the contact information 'Contact: sheila@sheilatillich.com' is displayed in a dark blue font.

# HEALING SESSIONS

Rejuvenate with Reiki, IET, and UFH

IN-PERSON OR ONLINE 60 MINUTES SESSION

All Three Modalities for \$122

Contact: sheila@sheilatillich.com

**Are you in need of Stress Relief and a little Pampering? Have you ever had an energy session with Galactic Master Energy Healer - Teacher/Trainer, Rev. Sheila B. Tillich?**

**Choose your modality for One Hour (60 minutes) Energy Healing Session. ~ REIKI  
~ Integrated Energy Therapy® (IET®)  
~ Unity Field Healing (UFH)**

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

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

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

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


**Cost for 60 Minute Session: 1 Modality - \$80 2 Modalities - \$100 3 Modalities - \$122**

**Remote appointments are available, too.**


**Email sheila@sheilatillich.com to save your day and time.**



## ONE Wellness Center Book Club

  
**ONE**  
WELLNESS CENTER

**March Book Circle**  
*The Inner Work: An Invitation to True Freedom and Lasting Happiness*




**The Inner Work**  
An Invitation to True Freedom and Lasting Happiness

*The Inner Work* guides you on a journey into your subconscious, helping you confront your shadows and uncover your true potential. By addressing limiting beliefs and transcending patterns that cause suffering, you can achieve genuine freedom and lasting happiness. Through radical self-analysis and a practical three-step method, the book encourages you to release your struggles and embrace a happier life.


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

**When:** March 8, 2025, 1:00p-2:30p  
**Where:** ONE Wellness Center  
Institute for Spiritual Integration  
2349 Monroe Avenue, Rochester 14618

All are welcome! Free of charge!




Ask Trish to borrow a copy!

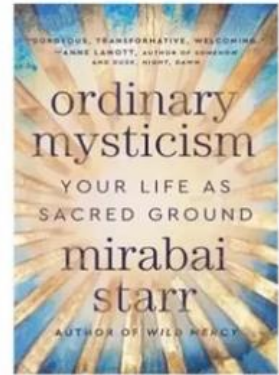


<https://onewellnessctr.com>

Follow us on Facebook

  
**ONE**  
WELLNESS CENTER

**April Book Circle**  
*Ordinary Mysticism: Your Life as Sacred Ground*



**ordinary mysticism**  
YOUR LIFE AS SACRED GROUND  
**mirabai starr**  
AUTHOR OF WILD MERCY


*In Ordinary Mysticism*, the author encourages readers to connect with their inner mystic, redefining spirituality as accessible beyond traditional worship. She highlights that the sacred can be found in everyday moments—like gardening or family meals—revealing the extraordinary in the mundane.

Alongside storytelling and teachings, she offers practices and writing prompts to deepen this spiritual exploration. Embracing this perspective transforms ordinary experiences into miraculous ones, turning flaws into valuable gifts.


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

**When:** April 12, 2025, 1:00p-2:30p  
**Where:** ONE Wellness Center  
Institute for Spiritual Integration  
2349 Monroe Avenue, Rochester 14618

All are welcome! Free of charge!



Ask Trish to borrow a copy!



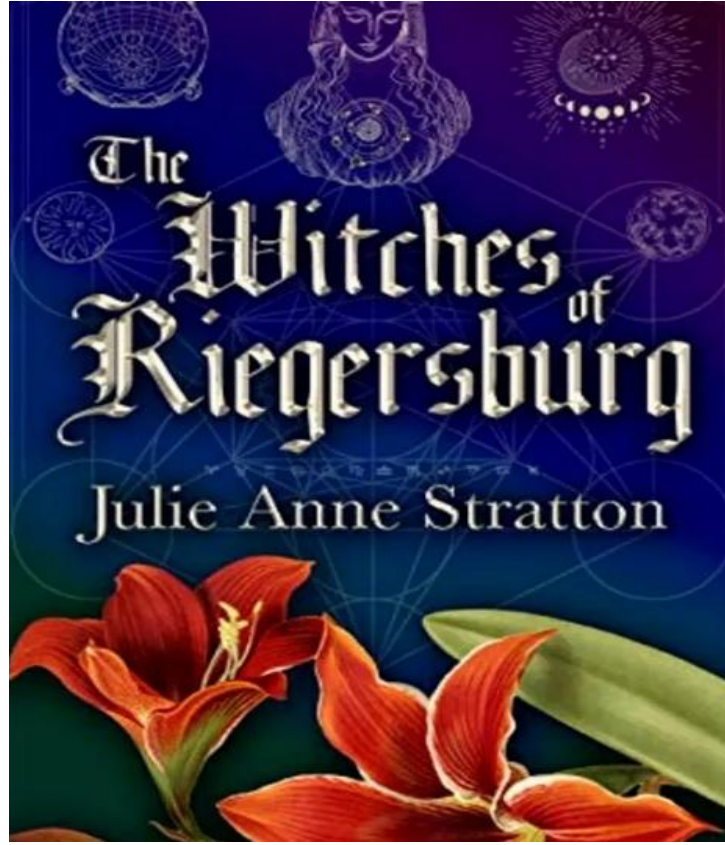
<https://onewellnessctr.com>

Follow us on Facebook

At 1p, the Book Circle will meet to discuss the monthly spiritual book selection. For February, the book is *Project 369: The Key to the Universe Evolved Consciousness*. Free copies of the monthly book are available to borrow in advance for those who wish to do so. Watch our facebook page and website for a list of upcoming book titles. Purchase your own. We recommend that you read it as it has alot of info but it's not required.



## Books That Are a Must Read!



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

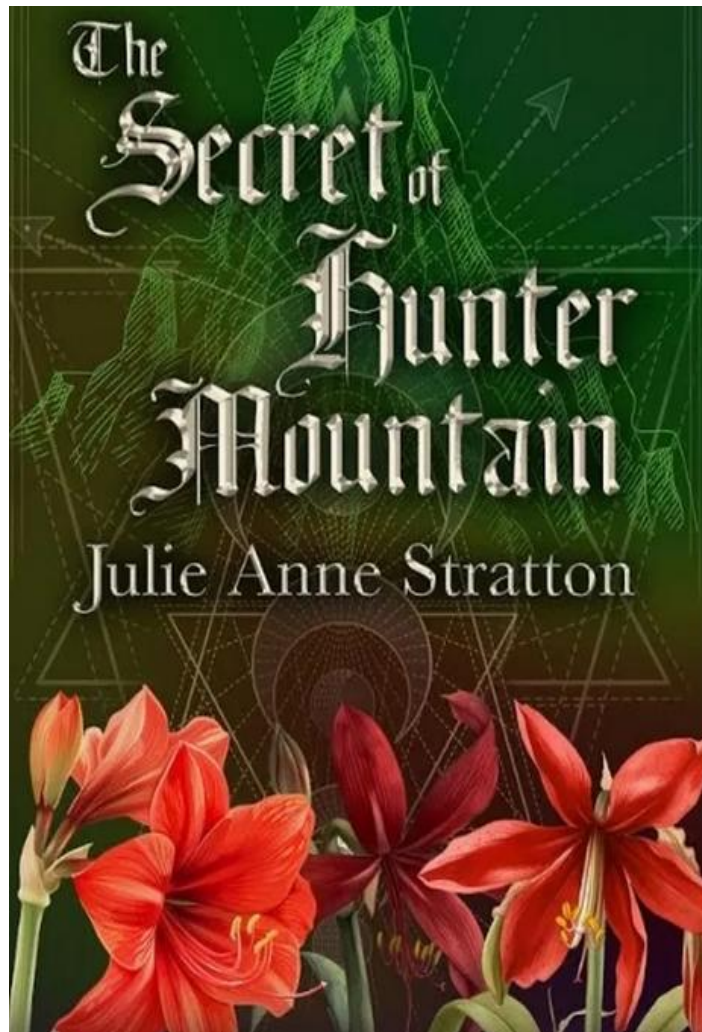
-- For fans of *The Da Vinci Code* and historical intrigue, *The Witches of Riegersburg* is an unforgettable ride through time, magic, and resilience.

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

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

**-reviewed by Mansi Rawmani**

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



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

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

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

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

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

## More about Julie and her Books



### About Julie:

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


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

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

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

## Unlocking The Secrets To Life and Happiness

UNLOCKING THE SECRETS TO  
*Life and Happiness*



**Each workshop consists of 3 one-hour sessions on successive Saturday mornings at:  
11:00 AM EST, 10:00 AM Central, 9:00 AM Mountain  
and  
8 AM Pacific.**

**Workshop 1 dates are: April 5th, 12th and 19th.  
Workshop II: April 26, May 3 and May 10th.  
Reserve a spot - email [ross@rossbishop.com](mailto:ross@rossbishop.com)**

<https://www.rossbishop.com/>

What is the workshop about? Do you ask yourself these questions?  
Do you understand why you are here? Do you know what LIFE is really about?  
Do you feel unworthy and unlovable?  
Do your fears hold you back? Do you know why everyone was wounded in childhood?  
Do you have a good relationship with your inner child? Is having a relationship difficult?  
Are you at peace and happy?

If you do ask these questions, sign up for Ross Bishop's workshops.

### About Ross Bishop

Ross's 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.

My teachers all encouraged me after working on my own stuff to go outside myself and help others to heal, not as a humanitarian service but as a way to deepen my own healing process. I found that I had a gift for the work and that my teachers were absolutely right. Serving others is a remarkable learning process. My clients over the last 25 years have taken me to places I could not have gone on my own. I am deeply grateful for the gifts of personal growth that our work together has given me.



# JOIN US FOR A GREAT NETWORKING EVENT



ROCHESTER, NY METAPHYSICAL: THINGS TO DO! PRESENTS:

## JOIN US FOR ROCHESTER PRACTITIONERS DAY!

Are you a local practitioner in the Rochester area? Don't miss this incredible opportunity to connect, network, and share your services with the community!

This Meet and Greet event is designed for local practitioners to:

- Introduce themselves to the public.
- Promote their services by sharing brochures, business cards, and more.
- Build connections with like-minded individuals in a welcoming and professional space.

Date: Saturday, April 26, 2025

Time: 1-3 pm

Location:

Frequency Wellness Space

34 Elton Street, Suite 103

Rochester, NY 14607

[www.frequencywellnesspace.com](http://www.frequencywellnesspace.com)

IG: @frequencywellnesspace

Organizers: Sheila Tillich and  
Gloria Thayer (FB Rochester, NY  
Metaphysical: Things to Do!)

For questions or to participate,  
reach out to Sheila at  
[sheila@sheilatillich.com](mailto:sheila@sheilatillich.com)

### Calling All Rochester Practitioners!

#### Rochester, NY Metaphysical: Things to Do! Presents:

**Join us for Rochester Practitioners Day! Are you a wellness practitioner in the Rochester area? This is your chance to connect, network, and share your services with the local community!**

**Saturday, April 26, 2025 Time: 1-3 PM Frequency Wellness Space, 34 Elton Street, Suite 103, Rochester, NY**

**This Meet & Greet is the perfect opportunity to: Introduce yourself & your offerings, Share brochures, business cards & more, Build connections in a welcoming space**

**Note: This is a promotional event (not a selling event), so bring materials to highlight your services!**



Want to participate? Contact Sheila with a brief bio & service description to be included in event materials!

RSVP & Questions: [sheila@sheilatillich.com](mailto:sheila@sheilatillich.com)

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## SHIFT NEW YORK PSYCHIC & HOLISTIC FAIR



The S.H.I.F.T. New York Holistic Living and 19thth Annual Spiritual Arts Fair will be April 26th & 27th (10-5 pm both days) at Fox Care Center, Oneonta, NY.

People are SHIFTing their awareness toward natural health and more meaningful spiritual lives. This Fair, in its 19th year is offering them some of the best complimentary health practitioners, and Spiritual Intuitive Teachers from the Northeast to guide them.

There are tried and true psychic readers & energy healers from across the Northeast- shopping for mystical delights such as: aura photos, Portraits of your Soul Energy, Holistic Herbal Remedies, hand-crafted Jewelry, healing crystals & gems and 20+ free presentations on: Meet your Guiding Angels, Are Animals Souls?, Hypnosis for Stress Relief, Guided Imagery for Healing, Shamanic Journeying, Past Life Regression, Life Wave Technology & much more.

1-Day Pass: \$10 in advance/\$13 at Door 2-Day Pass \$15 in Advance/\$18 at Door: includes entrance to all workshops;

Find more Info & all practitioners/workshops by visiting <https://shiftnewyork.com> and viewing our vendor pages.

## **ROC Metaphysical Alternative Directory**



**Rev. Vicki Snyder-Young**

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

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

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



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

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



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

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





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

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

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





727 E Main St  
Rochester, NY 14605

and the NEW LOCATION  
1225 Jefferson Rd  
Henrietta, NY

585-266-8350  
Sue Stephens

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

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



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

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

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

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



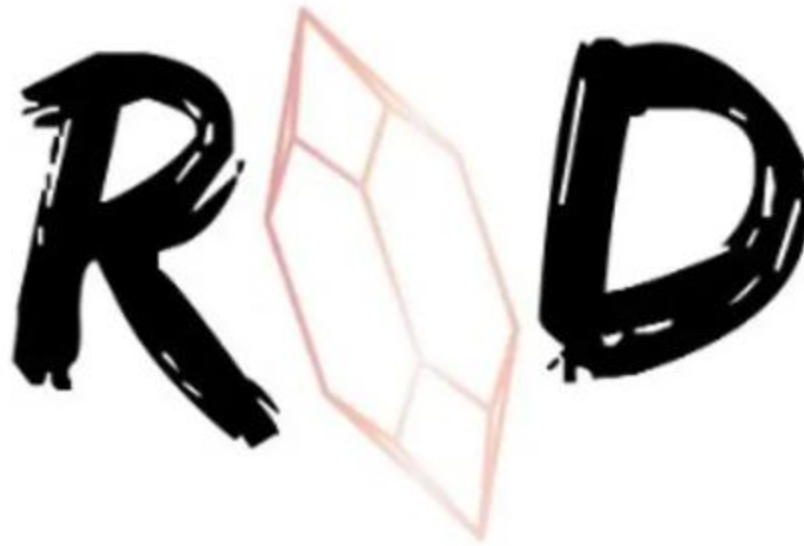
**Sage Walker, RMT Master Teacher IET, BARS**  
**The Angelic Link**  
**2349 Monroe Avenue, 2nd Floor (REAR) Rochester, NY 14618**  
**585-317-4374**  
**<https://www.theangeliclink.com>**

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

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

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

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



ROCK DUDE

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

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



Healthy Alternatives Wellness Center

**Carol Scheg-Morrisette**

**4358 Culver Rd**

**Rochester, NY**

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

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

**(585)663-6454**

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





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

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

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

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

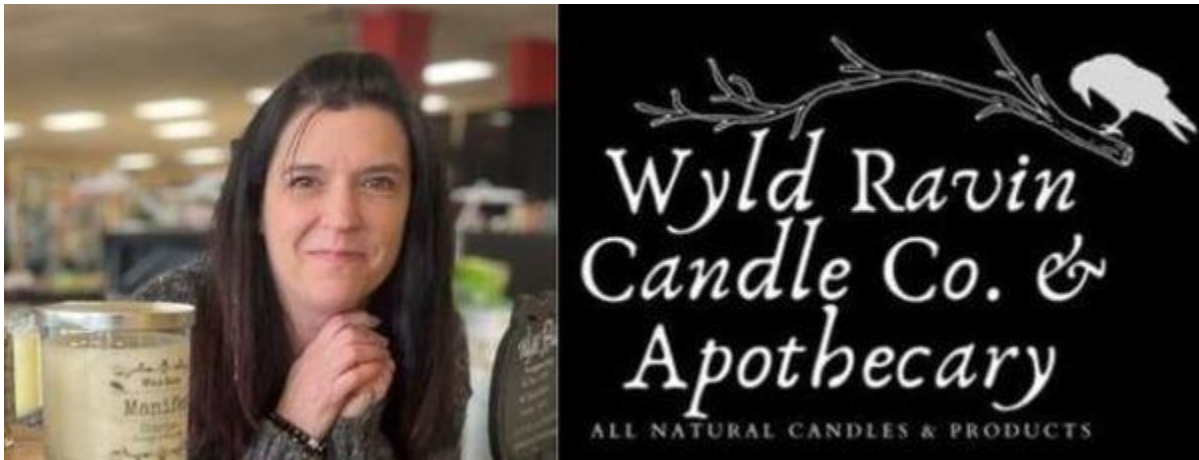
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**Learn more about Sheila: <https://youtu.be/snB1hTRfbZk>**



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](mailto:wyldravin@yahoo.com)**

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



Rev. Bunny DuPuis  
716-241-1414  
[revbunnydupuis@gmail.com](mailto:revbunnydupuis@gmail.com)  
<http://www.bunnydupuis.com>

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

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



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](http://www.crescentcollectivecny.com)**  
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**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](mailto: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](http://www.judylynn.org)  
[jlspiritualadvisor@gmail.com](mailto: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](mailto:jlspiritualadvisor@gmail.com)**

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



**Michelle Brzezniak EEM-AP**  
**Eden Energy Medicine Advanced Practitioner and Authorized Teacher**  
**585-730-2762**

**eembymichelle@gmail.com**  
**<https://eembymichelle.wixsite.com/hope>**  
**669 State Rt 31, Macedon, NY**  
**By Appointment Only**

**The legendary Donna Eden's simple, yet effective Daily Energy Routine relieved Michelle's chronic migraines and changed her life dramatically. She was gifted a renewed sense of vitality and life purpose and driven to help others with this new discovery. She completed the rigorous 4 year hands on Certification Program for Eden Energy Medicine, and became the first advanced 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. It can be done as simple self care at home or with the help of a qualified practitioner. Michelle teaches introductory classes and does private sessions.**

**Take an active role in your health today...call me for a FREE phone consultation!**

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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





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## LifeForce Rejuvenation



**Jon Kotowski**

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

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

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**Fellowship of The Spirit 282 Dale Dr Cassadaga, NY 14718**  
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## **Spiritual Churches & Retreat Centers**



***Plymouth Spiritualist Church***

***29 Vick Park A***

***Rochester, NY 14607***

***585-271-1470***

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

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

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



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Our home location right now is Rochester, NY. Have questions? We always respond.

Reach out to us by email at - [rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com)



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