

ROC *Metaphysical*

Our Mission is to Enlighten and Inform

June 2024

<https://www.rocmetaphysical.com>

Here's a Sampling of Articles for the month:

Raising The Ceiling of Awareness By Christianne Asper-Contant

Does Your Loved One Have A Serious Illness? By Jean Oswald

Why Are We Here? By Ross Bishop

Inter-species Communication: "Talking with Trees"

By Dr. Jim Conroy & Basia Alexander

The Possibility of Slowing Down By Leo Babauta

Why Is Change So Hard? By Lee Carroll/Kryon

Clearing The Way for New Heart-Based Social Systems

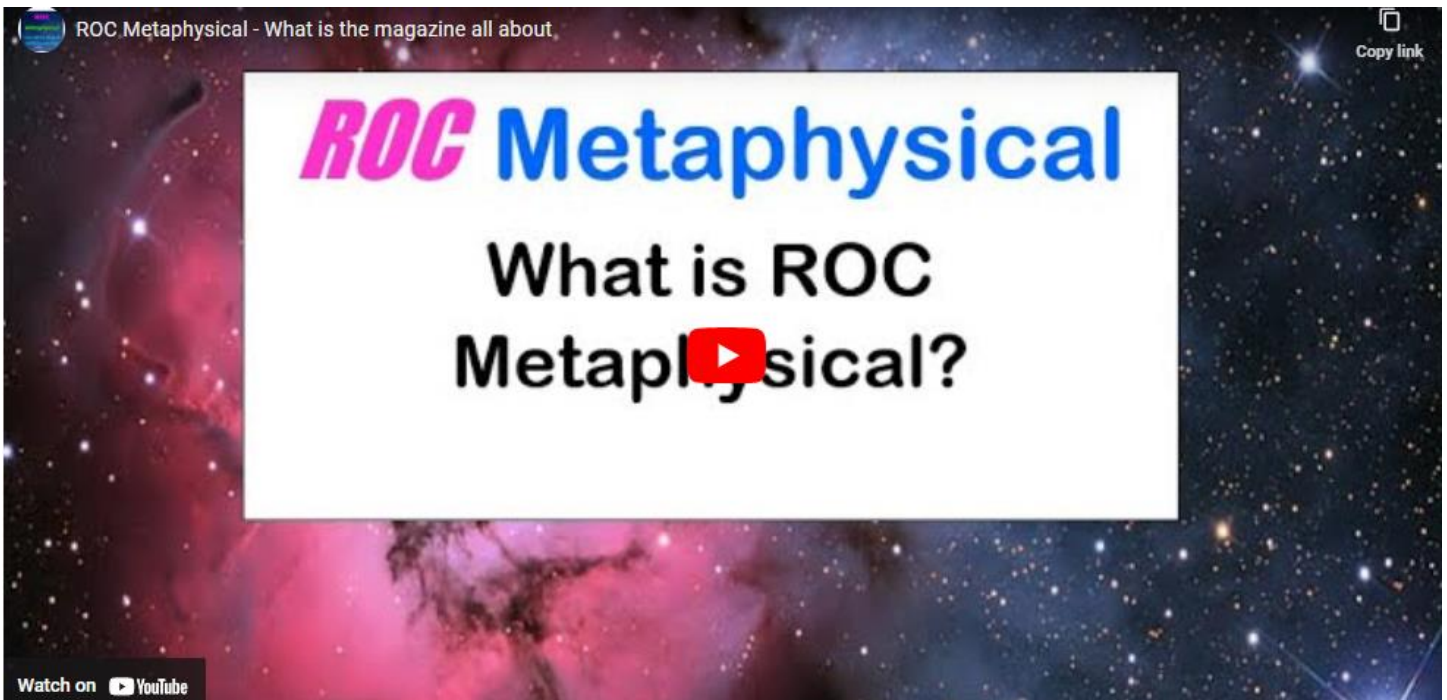
By Patricia Cota Robles



ROC
Metaphysical

**OUR MISSION
IS TO
ENLIGHTEN
AND
INFORM**

What Is ROC Metaphysical All About?



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

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

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

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

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

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

what comes to my email.

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

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

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

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

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

Find ROC Metaphysical At These Sites



<https://www.youtube.com/channel/UCUckLvvdvS3diMGuUR-muQ>



pinterest.com/rocmetaphysical



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



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



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

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Highlights of The Magazine



Read Interesting and Informative Articles

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



Read Channeled Messages

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



Learn About Incredible Alternative Businesses

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



Lots of Interesting Events

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

We Have A YouTube Page



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

Listen to Galina Krasskova about 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 June 2024

Christianne Asper-Contant



**Raising The Ceiling of Awareness
By Christianne Asper-Contant**

Rev. Colleen Irwin



**The Balance Between Structure And Intuition
In Tarot Reading
By Rev. Colleen Irwin**

Connie Wake & Susan Fiandach



**The Vocal Consciousness
by Susan Fiandach and Connie Wake**

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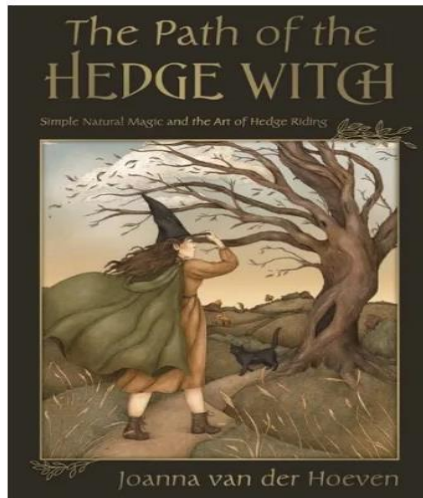
Tarot Tendencies for June
By Doreen Scanlan

Dr. Jim Conroy & Basia Alexander



Inter-species Communication: "Talking with Trees"
By Dr. Jim Conroy & Basia Alexander

"Harmony is like a symphony of life; when all the elements come together, it creates a beautiful masterpiece." – Unknown



"THE GOAL OF LIFE IS TO MAKE YOUR HEARTBEAT MATCH THE BEAT OF THE UNIVERSE, TO MATCH YOUR NATURE WITH NATURE." – JOSEPH CAMPBELL

The Path Of The Hedge Witch
By Joanna van der Hoeven

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

Geoff Hindmarch



Guide "E" Shows Us How Our Thoughts Cover
Distance and Time
By Geoff Hindmarch



Jamye Price



June 2024 Ascension Energies – Right
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By Jamye Price

Patricia Cota Robles



Clearing The Way for New Heart-Based Social Systems
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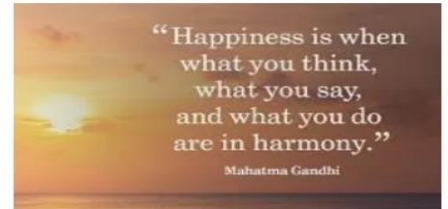
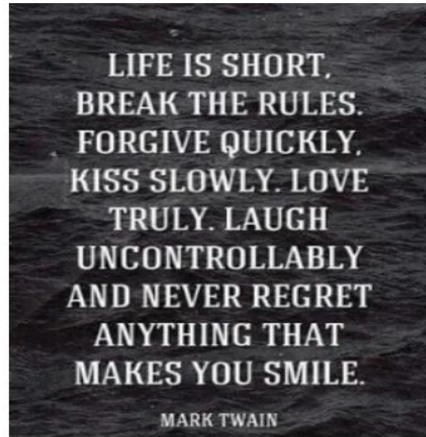
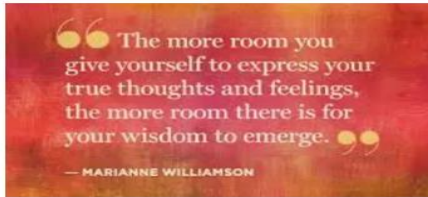


Why Is Change So Hard?
By Lee Carroll/Kryon

Shanta Gabriel



Inspiration for the Week - You are Never Far from the Light
By Shanta Gabriel



Raising The Ceiling of Awareness By Christianne Asper-Contant



Processing the imprint of our “Dos and Don’ts”

**Is creating and following new strict rules beneficial when going through a big life change?
Or, might ‘raising the ceiling’ a bit have more of an uplifting impact in such a phase of life?**

A new client, we’ll call her Christy, having recently suffered from a heart attack was eager to get reacquainted with Ayurveda to support her healing process.

Picking up from where she’d left off from the Ayurveda consult she did some years ago with another practitioner brought us to the imprint that a rigid set of “Dos and Don’ts” had left. I could sense her body contracting with guilt around eating lentils prepared the previous day, since in her words “this would be void of nutrition”.

How to process this obstacle?

Raising the ceiling a bit works every time for me.

In this case, from an understanding that strong dietary restrictions (especially at the tender time of change) miss the mark, here is the highlight of our session....

#1 A clarification that Prana (life-force) can easily be infused into that less-than-fresh meal by adding new freshly cooked veggies to it.

#2 Emphasize that the quality of digestion is a more significant factor than the quality of actual food. For example, depending on what your five senses are receiving, sights, sounds, and so on, each will either contribute to (or hinder) digestion.

#3 Since eating is something that typically happens multiple times a day, I encouraged a regular nurturing routine around food” — eating (whatever it may be) from a place of gratitude as often as possible.

Christy walked away free from physical and mental restrictions.

More than relieved, she was empowered with a tool that is at the heart of this ancient wisdom — an invitation to greater awareness.

This ever-so-generous holistic mother of healing, Ayurveda, affirms that our actions have consequences. Ones that go beyond impact to our psychology and physiology. And, as I've attempted to pass forward to you on this note, to live in this reality of greater integrity has a prerequisite. It requires that we soften our judgments about right and wrong and allow the natural unfolding that results from greater awareness to lead the way.

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

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

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

Christianne Asper-Contant's Video



Link: <s://www.youtube.com/watch?v=SehyMUnhTFQ>

The Balance Between Structure and Intuition in Tarot Reading

By Rev. Colleen Irwin



When learning Tarot, it's tempting to "toss the book" and just "read what you see." Some teachers encourage this approach, but it's a disservice to both Tarot and their students. It's essential to learn the structure, "rules," and foundational aspects of Tarot first. This knowledge gives your intuition a solid starting point, allowing you to break the rules confidently.

Learning the basics of Tarot creates a strong foundation, much like building a house. Once the foundation is established, your intuition acts like an interior designer, bringing everything together beautifully. Both structure and intuition are crucial. A Tarot reader who doesn't bother to learn the structure often provides un-grounded readings. On the other hand, a reader who sticks too closely to traditional meanings delivers stiff readings. The key is to find a balance between the two: learn the meanings and trust your intuition.

Many people want to push the envelope in Tarot reading. However, without understanding the basics, they're just poking at air and hoping for the best. Everyone suffers as a result. Foundational knowledge and intuition go hand in hand. If you don't learn the basics, you'll be caught off guard as a reader. Sometimes, you need that well of information to draw on when your intuitive interpretation isn't landing. It's always beneficial to keep learning and studying. This continuous learning will never make you a worse reader; it will only make you better.

The "Yes and" rule in Tarot allows for more flexibility and grace. There isn't just one right way to interpret the cards. This rule helps you blend structure and intuition seamlessly. Tarot is nuanced, and while intuition plays a significant role, a basic understanding is necessary to start with. A good Tarot reader combines the meanings of the cards, intuitive insights, and storytelling to create a meaningful message for the querent.

You can't write a book without first learning letters, words, and sentences. Similarly, you can't give a meaningful Tarot reading without understanding the foundational elements. By learning the basics and trusting your intuition, you create a balanced and effective reading. This combination ensures that your readings are both grounded and insightful.

The balance between structure and intuition is vital in Tarot reading. Learn the rules and the basics to provide a solid foundation. Then, let your intuition guide you to create beautiful, insightful readings. This approach will ensure that your Tarot practice is both grounded and enriched by intuitive insights. Keep learning, keep trusting, and your readings will continue to improve.

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>

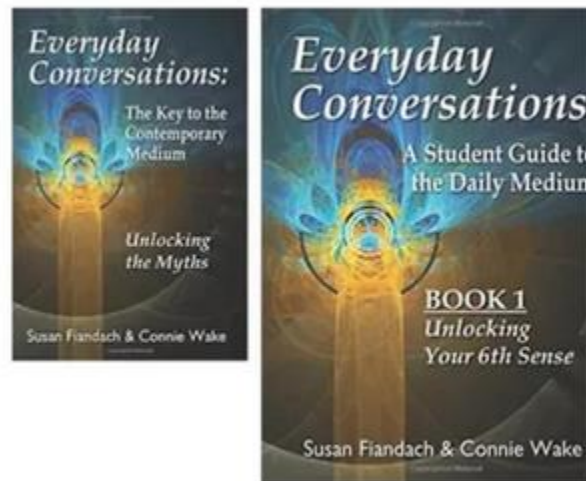
Pinterest: <https://www.pinterest.com/talkwithcolleen/>

Interview with Colleen



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

The Vocal Consciousness By Susan Fiandach and Connie Wake



How do you explain psychic-medium phenomena? Many would have an understanding that range along the spectrum of demonic worship to new-agey philosophy to fraudulent con jobs. Unfortunately still today, psychic-medium readings and readers conjure up dark, incense-filled rooms, a “fortune-teller” at a table loaded with crystals and candles, wearing flowing clothes and jewelry, chanting to open portals to the underworld.

But we are no longer in the Middle Ages. We’re in the age of information, technology, and spiritual awakening that transcends fear-of-the-unknown religious dogma and superstition. Science has delved into the realm of consciousness to find out the what, why, and how of it through a greater understanding of our minds and the energy-and-matter environment around us.

Consciousness is awareness...information of who we are in where we are. This information is received, interpreted, and acted upon in our individual reality. It has no boundaries or borders...the energy of information is free-flowing and accessible by life through examples as instinct, intuition, premonition, meditation, dreams, and the paranormal. Psychic-Mediums intend and focus the ability to access information of human/non-human (e.g., pets/animals), living and non-living consciousness.

Consciousness has a voice, and it is heard by the reader to gain insights to the client’s story, memories, present challenges and victories—or a comforting “hello” from a loved one who has passed. This is what is shared during psychic-medium readings. Today’s Psychic Medium understands the realm of consciousness is non-judgmental...unbiased, unconditional. While information shared may bring up very emotional times, it is not the emotion itself. It is narrated by the medium in a way that can validate the source. Emotion—drama and trauma, regrets, and failures—unfolds as the living experience, but not in the memories recounted.

Realizing the connection of souls—living and passed—through the psychic-medium spokesperson releases the fear and mysticism of today’s reading. We no longer need to hear of dark entities or energies, new age philosophy, or karmic directives by a reader. People can hear the information of lives lived, or

livings being lived, and enjoy an insightful and loving conversation.

We can all hear the voice of consciousness within ourselves and through a validating conversation with today's contemporary psychic-mediums, to discern the information shared, and take appropriate and accountable steps to live connected and meaningful lives.

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

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

Interview with Connie & Susan



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

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 TORNADOES TO MISS

Jules writes: I live here in Iowa and have asked 3 times now for a Most Benevolent Outcome for my home and our little town. I live in a town with only 1200 people according to the latest Census. And the tornadoes have missed us every time I have asked for an MBO. Each time we were under a tornado warning and the siren was going off. We don't have a storm shelter. And to make matters worse I live in a manufactured home.

So, if anyone wants to know if the MBOs work, YES they do. And you can ask for anything. Cheers!

MBOs FOR NEW JOB FOR HUSBAND & MOVE

Meetali writes from India: I can't thank you enough for the work you do through your blogs. I wanted to share a BP. Few months ago my husband quit his previous job and was looking for a better opportunity. I said BP (I said it multiple times because I knew I won't be penalized for it and it made me feel better) for him to find the perfect job and a month later he received a job offer with a better pay but in a different city.

Then it was time to move to another city and I said multiple MBOs to help my husband find the perfect apartment we could move into. I dealt with the shifting alone and said multiple MBOs to ease the process. Eventually it all worked out but now when I look back at our experience I had never expected us to move to another city, but then I guess it was part of our soul contracts.

MBO TO FIND NECKLACE

Cynthia writes from Missouri: I sell artisan jewelry at an ETSY store. I nearly tore my studio apart looking for a necklace ordered by a new customer. Exhausting all options I said an MBO to find the missing item and gave it 3 days to work. Each day I emptied out my 3 inventory boxes and searched my studio again. At the end of the 3rd day, I gave up, sent an apology and refunded the customer's money. The next day I had occasion to get in to my boxes to complete another order. I was astonished to find the missing necklace in the top box, sitting atop all the other pieces. There's just no way it could have been there before!

About Tom T. Moore: He is an author and speaker. His books include THE GENTLE WAY series, plus FIRST CONTACT: Conversations with an ET and ATLANTIS & LEMURIA: The Lost Continents Revealed. He was voted "Best Self-Help Author" for the past three years by the readers of a health magazine. He is a telepath and answers questions sent to him from all over the world in his weekly newsletter, which can be subscribed to at www.thegentlewaybook.com. His series THE TELEPATHIC WORLD OF TOM T. MOORE is on YouTube. My new book, "ATLANTIS & LEMURIA—The Lost Continents Revealed!" has so much information that has NEVER BEEN PUBLISHED in any other book on the subject! Read the REAL history of two societies that existed for over 50,000 years each.

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

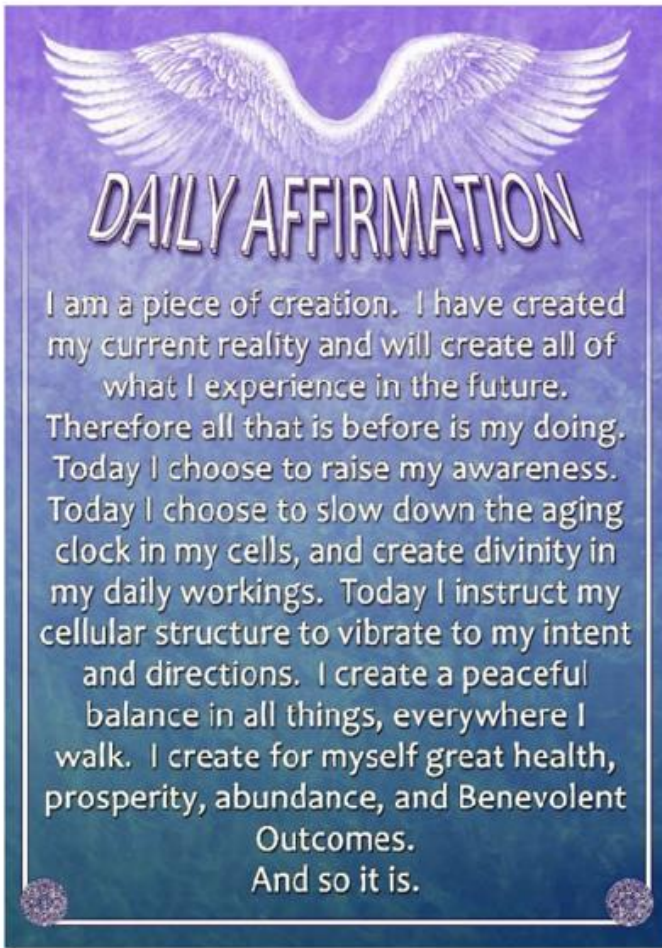


Link: <https://www.youtube.com/watch?v=RJHpBt4sTv8&t=41s>

Tom T. Moore's Books

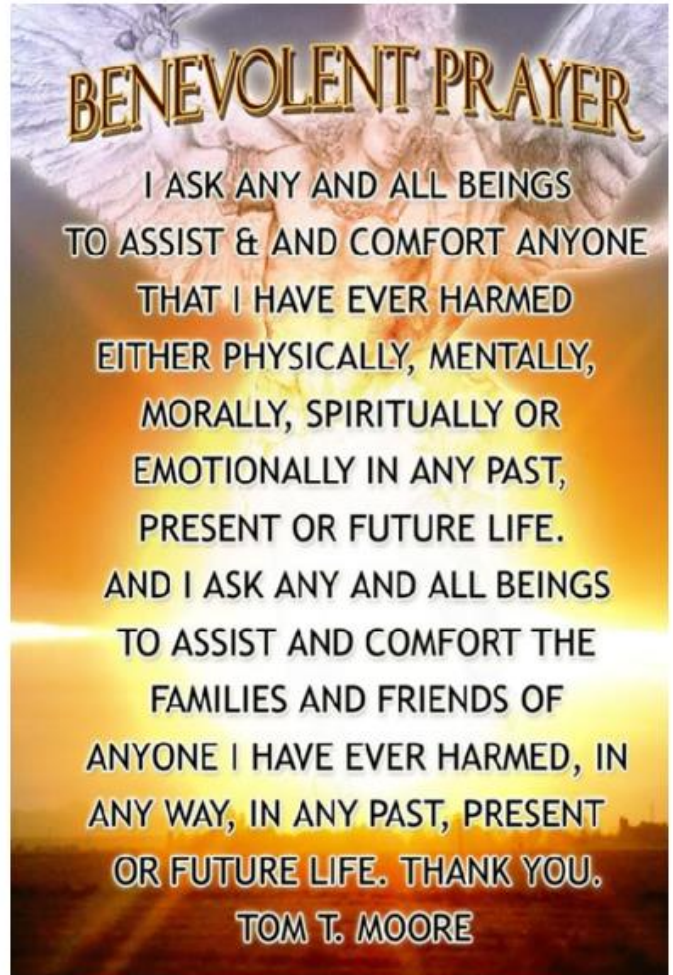


Tom is also a prolific writer and these books you see can be found on Amazon at: https://www.amazon.com/Tom-T-Moore/e/B00CR1C23I/ref=dp_byline_cont_book



DAILY AFFIRMATION

I am a piece of creation. I have created my current reality and will create all of what I experience in the future. Therefore all that is before is my doing. Today I choose to raise my awareness. Today I choose to slow down the aging clock in my cells, and create divinity in my daily workings. Today I instruct my cellular structure to vibrate to my intent and directions. I create a peaceful balance in all things, everywhere I walk. I create for myself great health, prosperity, abundance, and Benevolent Outcomes.
And so it is.



BENEVOLENT PRAYER

I ASK ANY AND ALL BEINGS TO ASSIST & AND COMFORT ANYONE THAT I HAVE EVER HARMED EITHER PHYSICALLY, MENTALLY, MORALLY, SPIRITUALLY OR EMOTIONALLY IN ANY PAST, PRESENT OR FUTURE LIFE. AND I ASK ANY AND ALL BEINGS TO ASSIST AND COMFORT THE FAMILIES AND FRIENDS OF ANYONE I HAVE EVER HARMED, IN ANY WAY, IN ANY PAST, PRESENT OR FUTURE LIFE. THANK YOU.
TOM T. MOORE

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

Find other signs on Tom's website

Does Your Loved One Have A Serious Illness? By Jean Oswald



If your loved one has a serious illness involving the lungs, heart, kidneys or liver, a serious neurological disease, has suffered a stroke or is living with cancer, you know the problems and symptoms that come with the disease. Ongoing treatments, debilitating pain, fears and anxiety about the future, and the ways in which the illness affects your family - all of these can be as challenging as the illness itself. But do you know about the support available in Palliative Care? There are many benefits of accessing services, regardless of a long or short-term prognosis.

Here are a few real-life examples of people who have benefited from PC:

- **Debbie D** - living with multiple myeloma, palliative care gave her treatment options that relieved her pain and symptoms; Debbie says their support over these 10 years has helped her be more productive (she's still working as a hairdresser) and like her old self, putting her "in the driver's seat."
- **Aly B** - at 23 years old, Aly has been living with multiple diagnoses including autoimmune disease that restricts blood flow to vital organs and tissues; a referral to palliative care has helped her with pain management, stress and the depression that comes with her limitations; they help her set goals and improved communication with all her doctors
- **Daniel K** - at age 48, Dan went from being a palliative care nurse practitioner to a palliative care patient, living with frontal lobe dementia, Through the support of palliative care, he is finding ways to work with the challenges and symptoms to live his best life with a realistic view of what 'quality of life' means for him
- **Rae Anne** - had stage 4 head and neck cancer, and, after chemo and radiation were completed, palliative care support helped her coordinate care with doctors and improve communication between them; they helped her manage new meds and their side effects, and wean off pain meds at the right time; her family also received emotional support as caregivers which made a very big difference; all of this helped get Rae Anne back to her life before the diagnosis

Two recent studies from JAMA (Journal of the American Medical Association) tell us that Palliative Care consults don't need to be complicated, even as they make a difference to patients and more people

are taking advantage of the services:

- in one study, about 300 (predominantly male) veterans with chronic lung disease or heart failure each received 6 phone calls from both a nurse and social worker focusing on symptoms, psychosocial needs and healthcare navigation. The primary outcome showed 'quality of life' improvement with positive effects lasting months after the calls ended and all this with little training on the part of professionals making simple phone calls
- in the other study, researchers made Palliative Care consults an automated order for more than 15,000 people (across 11 hospitals in 8 states) living with COPD, kidney failure or dementia. Doctors had to "opt out" of this order rather than take the extra step of "opting in." This intervention increased the number of patients receiving Palliative Care consults from 17% to 44%.

What kind of help can you receive from a Palliative Care team?

As the study above described, help is offered in the form of medical visits (zoom and in-person) for problematic symptoms (like nausea, constipation, insomnia and pain) and medications, nursing help to navigate the healthcare system and a social worker for psycho-social concerns such as: adapting to the illness, anxiety, loneliness and distress that come with illness and family relationships. Palliative Care teams also include spiritual support which can be simple conversations about who or what you turn to when life is challenging. A life-limiting illness deserves extra help. Anyone receiving Palliative Care services may continue receiving medical treatments for their disease! These professionals are excellent communicators and know how to help you coordinate the care your loved one is receiving between any/all the doctors involved; they can also help you make decisions along the way.

If you are a Caregiver for a loved one with a serious illness, Palliative Care professionals help you deal with the stress of lost work hours or lost jobs. In fact, the earlier a Caregiver is introduced to Palliative Care support, the more they are able to cope with the care giving experience.

How do you know it's time to ask for a Palliative Care consult?

If there is a cancer diagnosis, this consultation can add months to someone's life when it's initiated in those early weeks. This benefit is often overlooked and underused, but a real gift! Medicare covers most Palliative Care services; in some cases there is a copay. Outside of a cancer diagnosis, advanced, life-limiting diseases, like those described above, bring the same issues, so ask yourself: how is your loved one feeling and how are they managing daily life with this disease?

When you notice an increase in symptoms, like more shortness of breath in daily activities, more changes in heart function, chronic kidney disease that is headed to dialysis, neurological diseases like ALS or a stroke, anything that leads to more hospital visits, these can all invite the conversation for a Palliative Care consult.

How do you ask for a Palliative Care Consultation?

Three instances come to mind. First, if your loved one receives a terminal illness diagnosis, it's usually in a specialist's office. That's a good time to ask about a Palliative Care referral. Second, when you notice changes in your loved one as described above (increasing pain, worsening shortness of breath, greater difficulties with showering, dressing), you can ask their Primary Care Doctor for a referral. This is a simple task and becoming more common. Third, during a hospitalization, and especially if a serious diagnosis was just given to your loved one, you can ask for a referral. You'll want to speak about your

loved one's greatest needs, but find out how a Palliative Care Team can help with the stressful load you are carrying.

The only agenda you'll hear from Palliative Care professionals are those with goals and topics that match your loved one's desire for treatment with their personal preferences. The PC team will get to know the person behind the illness and understand who they are, what they fear and what they hope for. Then, coupled with a shared understanding of the prognosis, they can provide guidance in decision making so that treatments match the individual's immediate objectives while considering anticipated future scenarios.

In our country, over 50 million people need Palliative Care support, but only 14% of those actually receive it. Please share these benefits with someone you love and make a difference in their illness!

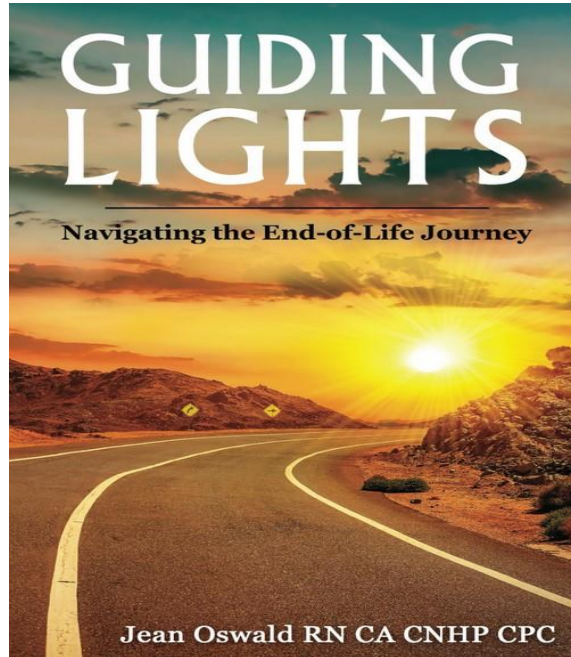
About Jean Oswald: Jean is a seasoned Hospice Nurse and End-of-Life Consultant. She has worked as a Registered Nurse in Rochester, NY for the past 3 decades. She raised 5 children in her early years and studied numerous natural healing therapies before gaining certification as a Professional Coach.

In the past 14 years she's found Hospice Nursing to be most aligned with her Soul's purpose and today she empowers clients to navigate the complexities of our healthcare system as a consultant for all things 'end-of-life.' Her first book: *Guiding Lights: Navigating the End-of-Life Journey* can be purchased on Amazon here: <https://a.co/d/3J5UwSr>.

Find Jean on Social Media under her business name: **Compassionate Consulting** or contact her via email at compassionateconsulting@gmail.com

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

Jean's Book



Find her book on Amazon:

https://www.amazon.com/s?i=stripbooks&rh=p_27%3AJean+Oswald&s=relevancerank&text=Jean+Oswald&ref=dp_byline_sr_book_1

Jean's Video



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

Healing the Father-Son Wound By Barry & Joyce Vissell



I just had the opportunity to talk with Jed Diamond, mostly about this important topic. You can watch this video conversation on YouTube here: https://youtu.be/pmJvM0_0ToQ.

I feel it is vital for not only men, but also women, to understand the father-son wound, and to know how to heal it.

Over the decades, I have watched (and of course helped) men become better fathers. I have seen men who have had difficult relationships with their fathers go on to father their own children with much more love and awareness.

Of course there are father-daughter wounds, mother-daughter wounds, and mother-son wounds too. But I want to focus on the father-son wounds for this article.

Let's look at two broad categories: the wounds from abuse and the wounds from neglect.

The wounds from abuse include verbal, emotional, and physical abuse. My father would rage. He was like a volcano. The pressure inside him would build when things didn't go his way. Then he would explode with loud yelling. Sometimes, the explosion would become physical. I particularly remember defying him when I was perhaps twelve years old. He used his fists on me until I was bloody.

The wounds from neglect include not being present enough (physically or emotionally) or withholding praise and love. My father often worked at a job swing-shift, the afternoon and evenings, a one-hour drive into New York City, making it ten hours a day. I basically didn't see him except for the weekends, when he mostly slept. I remember longing to have him play catch with me, but he never did. Many people don't realize that the neglect of an absent father can hurt just as much as the abuse of a raging father.

I didn't realize until I was well into adulthood that my father was often jealous of me. While my older sister, Donna, and my younger brother, Richard, seemed closer to my father, I was deeply bonded to my mother. A typical evening on the weekend when my father was home involved watching television. There were two couches in our little TV room. On one couch sat my dad with my brother and sister on either side of him. On the other couch, I have fond memories of lying with my head in my mom's lap, while she stroked my head. Of course, he felt jealous. The way he expressed these feelings was not healthy. At every meal, when he was present, he insisted on being served first by my mom, and then the children after him.

How do we heal these wounds? If our fathers are still alive, we can have important conversations with them, allowing them to hear our pain. Sadly, I never took the opportunity to do this before my father died. I expressed my anger at him plenty of times, but this did little good.

I would like to offer a powerful method of healing: vulnerability. Here's an example from maybe thirty years ago. As a child, I learned to cope with my dad's outbursts of anger by disappearing emotionally. He would yell and I would be gone. My body would be in the same room, but my mind and feelings were elsewhere. It's called dissociation. Joyce would be incredulous after these explosions that I wasn't aware of what had happened. I realized that I needed help to stay in my feelings. I humbly asked the person who was acutely aware of the pain and sadness resulting from these episodes... my wife.

Thanksgiving was approaching in three months. My parents were planning to be with us for a week. I asked Joyce to train me to stay present in my feelings when the inevitable explosions of rage took place. She asked me how these explosions made me feel. I dug deep and felt the pain, sadness, and yes, fear. This was my key vulnerability that I needed to feel, rather than dissociate. It was like I was training for a marathon. I needed help, and Joyce was a dedicated trainer.

Finally, Thanksgiving came, and my father was in the kitchen wanting to cook something the day after they arrived. My mantra was "be ready, be ready." My dad couldn't find an ingredient in our cupboard, and I watched the old familiar build-up of volcanic pressure. The mantra kept going. Be ready. Be ready. And I was ready when the explosion came. He started yelling at my mother, who was sitting at the dining room table. I allowed myself to feel the pain and sadness, then quickly approached my dad in the kitchen. I gently took hold of his shoulders, looked into his eyes and said, "Dad, your yelling is scaring and hurting me!"

It was just like I had awakened my father from a dream or trance. He was completely unaware of his behavior. I noticed tears forming in his eyes, then he said, "Barry, that's the last thing I would ever want to do to you." Within seconds, we were hugging each other, while my mom sat at the table watching and wondering what had just happened.

I was prepared for these explosions to happen often during the visit, but it never happened again, so powerful was my vulnerable intervention.

The key here is to become aware of your feelings. Although Joyce helped me, you may need the help of a therapist.

And what if your father is no longer alive. The healing work can still be done. You can still voice your feelings to him, and it will help you.

Here's another powerful healing tool: no matter how difficult your father was, nobody is all bad. Remember anything positive about him. Once you open to even one good memory, others will follow. I now realize a great quality I inherited from my dad. He took social risks that would sometimes embarrass my mom, without caring what people thought about him. Waiting on the checkout line at the supermarket, he would turn around and look into the shopping cart of the person behind him. He would say, "I see you're buying asparagus. What are you planning to do with it? The person would hesitantly start to tell my dad their plans, but he would interrupt with something like, "Let me tell you what would be better." And then he would, whether the person wanted this or not.

While I sincerely hope I am more sensitive than he was, I hope I have taken his gift to the next level, where I have spoken what I see even if it is met with resistance. Thank you, dad, for this chutzpah!

About Joyce & Barry Vissell: Joyce & Barry, a nurse/therapist and psychiatrist couple since 1964, are counselors near Santa Cruz, CA, who are passionate about conscious relationship and personal-spiritual growth. They are the authors of 9 books and a new free audio album of sacred songs and chants. Call 831-684-2130 for further information on counseling sessions by phone, on-line, or in person, their books, recordings or their schedule of talks and workshops. Visit their web site at SharedHeart.org for their free monthly e-heartletter, their updated schedule, and inspiring past articles on many topics about relationship and living from the heart.

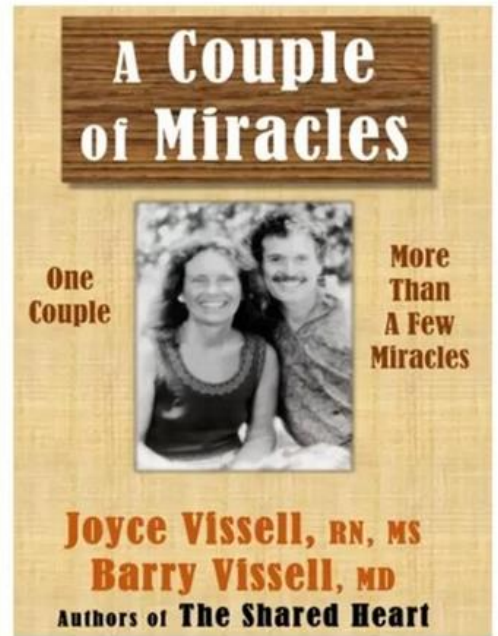
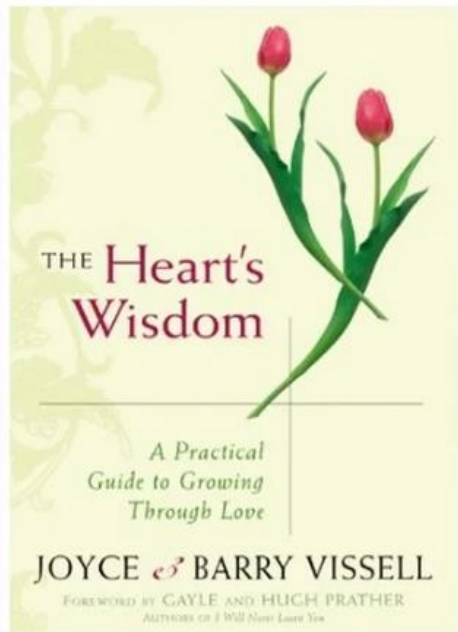
Joyce & Barry's Website: <https://sharedheart.org/>

Barry & Joyce's Video



Link: <https://www.youtube.com/watch?v=LLC7vEEhufQ>

Barry & Joyce's Books



Find all their books on Amazon: https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref=dbp_ebk_r00_abau_000000

avoidance By Monique Lang



**There are those times when we would like to simply not deal with the world.
This is one way, though not overly practical!
How do you avoid? Go into your own world? Shut out the world around you?
There are those times in which it is actually healthy/helpful to retreat from the hustle and bustle of the world. How do you do that?
Do you give yourself that time? If not, why not?**

Remember, be kind to yourself it will naturally follow that you will be kind to others

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

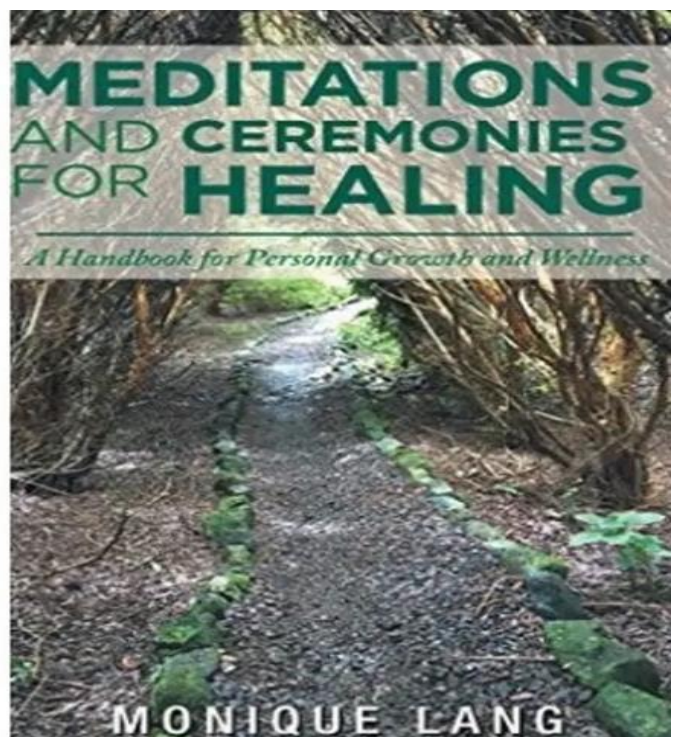
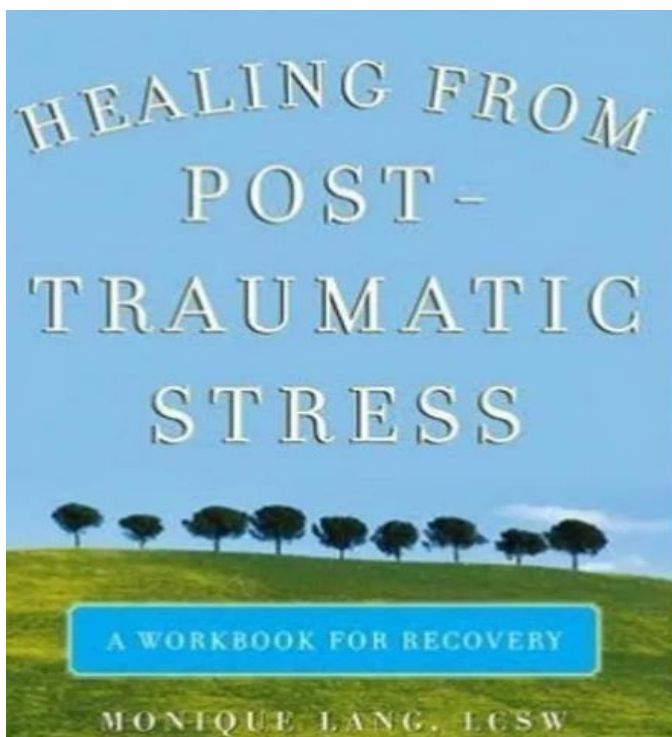
Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the time, it allowed me to experience different cultures, ethnic backgrounds and spiritual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

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

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

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

Monique Lang's Books



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

Monique's Video



Link: <https://www.youtube.com/watch?v=WIEwVdIRDgo&t=9s>

Yes Charlie There Is Such A Thing As A Psychic Medium

By Renee Ranke



You are not ready yet. Turn around.

As I slid seamlessly from sleep into wakefulness I was still in the midst of a conversation and responding to someone, “That makes me claustrophobic”.

We show you the most beautiful truth that there is and that is your answer?

I felt my late husband, Ken, laughing somewhere in the distance, “Don’t worry, I thought the same way when I first heard it”.

What had I seen in my dream state that had felt so small and narrow to me?

I hadn’t carried the full memory with me from the dream world to the physical one, but there was a foggy remembrance of being shown that everything that exists is within me. The universe, reality, everything. And yes, the concept was too small for me at that moment in time. This little frail physical body cocooned in grief could not possibly hold everything within it.

I was not ready yet to begin to unwrap the concepts of both how large and how small our own personal universes are and to understand that ‘within me’ was not referring to my physical form.

The chorus of “You are not ready yet. Turn around” continued in my head.

Each of us must comprehend reality in the way that makes the most sense to us. In a way that corresponds to where we are on our journey through this lifetime.

But sometimes we carry our version of truth as a spear, a weapon to wound and injure those who have the audacity to not believe as we do. As if our universe with all its biases and beliefs should be the only

one that exists.

Or we carry it as a shield, a way to protect ourselves from the danger of someone else's reality blowing its seeds into our personal landscape. We certainly wouldn't want those other ideas planting themselves in our well-established garden and forcing us to confront them.

Ken had developed a love of magic from a young age. And he was enthralled by the life and illusions of Harry Houdini. When we first started dating, I borrowed a book from him about the magician's life and I found myself puzzling over Houdini's quest to expose as many fraudulent psychics and mediums as possible. At the time there was nothing personal in it for me, I just felt a need to understand.

In more recent times, magicians Penn and Teller have followed along the same path of trying to prove how psychics and mediums are utilizing illusion to take advantage of unsuspecting people. In order to prove how fraudulent those claiming to 'reach beyond the veil' are, Penn Jillette conducted an experiment where he asked his then girlfriend, an improv actress, to set up a booth with a sign offering free psychic readings. She had never given a reading before, didn't consider herself psychic, and had no training other than a single book read in preparation.

Around twenty clients show up for these free 'readings' and all of them were impressed by her abilities. Even those who regularly visited other psychics were amazed and stated that these were the best readings that they had ever had. Some even ended up in tears because they were so touched by what she brought forth for them.

This skepticism about psychic mediums became personal to me a couple of years ago when a boosted Facebook post advertising an intuitive class of mine was graced with the presence of an internet troll.

The man, let's call him Charlie, thought that a well-placed comment, "What do you call a psychic medium.....oh that's right a fraud", was what the post was missing.

After my initial emotional reaction, the comment triggered my early fascination with why some people were so insistent that there is no validity to psychic mediums. And because I now work as one, it was apparent to me that I was meant to try to wrap my head around this subject and that I had been being led to it for a long time.

Ironically (or not), as I began to write I was guided to channel a message through automatic writing and I am going to share pieces of this message with you. The energy that I worked with identified herself as Lillian and I will begin with the words that first appeared when I stepped back and allowed Lillian to speak

Witches and warlocks. Peasants and seers. Billions of people throughout time have had the ability to move beyond the guise of the everyday body and move into a connection with eternity. Classic spending. Classic Spending. Without which we would be nothing more than animals. What brings us beyond the beasts? The ability to speak to each other without words, [from a place of love]. The ability to speak to those without a form as easily as we speak to those who travel beside us. It is our birthright and will bend with us always. Thin membranes are all that separate us. As in the cells of

our bodies, the veil is the same. Flows through what is needed, retains what should be held back.

Benches begin within. What are the expectations? If we cannot see it then it cannot be, can it? Lesson is we see not air. We see not emotions. We see not the movement to and from our hearts. Lesson is that very little of ‘what is’ is seen. Very little of ‘what is’ exists in a form that can be viewed through the lens of the human eye. Faith? Or form?

Begin with the beginning. First in the bodies heard the voice of god. Move forward. Mystery schools indeed. Throughout time immemorial have been the voices, the visions, the words, the deeds reflecting the divinity within. No more, no less.

Let’s stop here for a moment. “First in the bodies heard the voice of god”.

Most of us know the story of Adam and Eve, Genesis from the Old Testament. Adam and Eve, cast from the Garden of Eden but they continue to hear God speaking to them and feel the presence of the Divine in their lives even after being removed from Paradise.

Seers, prophets, oracles are mentioned throughout recorded history. There have always been stories about people who had the ability to communicate beyond the ‘seen’ world.

As we developed as a species, that ability to interact with the unseen continued and the knowledge and understanding of it was passed along from generation to generation through oral traditions, and later through sacred texts.

The knowledge was often given in the form of mythology, fables, or parables that would begin seeding some of these ideas in the general population in a form that they could accept.

An example from Greek mythology; Cassandra was a Trojan priestess, the daughter of King Priam and Queen Hecuba. The god Apollo gave her the gift of foretelling the future and then tried to sleep with her. When she rejected him, he cursed her so that she would always utter true prophecies, but never have anyone believe her.

I wonder how much of this myth was a way to explain humanity’s inability to believe in a connection that could not be quantified or proven?

Those who were open and ready to delve further into the mystical side of life received this ageless wisdom and esoteric knowledge from secret or underground schools. Ancient records show that these mystery schools may have originated in Egypt and were a way to pass along timeless knowledge that the general population seemed to have forgotten. The training in mystical knowledge and methods of remembering and reactivating innate divinity had to be secretive as there were many who saw the teachings as sacrilegious or dangerous. Often the initiates feared for their lives.

The mystery school traditions continued through the ages and we still see them today in secret fraternities like the Freemasons. And so too, continues the fear and belief that this knowledge is fake, dangerous, evil, or just plain wrong.

Even organized religions addressed the ability to access the mystical connection to the Divine. For example, the Catholic tradition speaks about the Charismatic Gifts, or what they define as the gifts of Spirit.

The Charismatic Gifts were abilities that regular everyday people received directly from the Holy Spirit. They included the Gift of Prophecy, the Gift of Healing, the Gift of Tongues, the Word of Knowledge and the Word of Wisdom. The first three; prophecy, healing, and the ability to speak in tongues are pretty self-explanatory. The Word of Knowledge was about knowing something that you had no way of knowing. Those of you who have heard of the clair senses may recognize this as claircognizance; clear knowing or knowing things that you really have no way of knowing. The Word of Wisdom was even more important. The gift of understanding how you were meant to apply that knowledge you received. It wasn't just about receiving information, but being wise enough to understand what you were meant to do with it.

These beliefs are not just from some archaic version of Catholicism from thousands of years ago. In June of 2016 there was a letter sent by the Vatican to the bishops of the church, *Iuvenescit Ecclesia* (The Church rejuvenates). The letter discusses these charismatic gifts and how they can be recognized and integrated into the modern church.

Let's return to the words of Lillian as she addresses Charlie:

Magic indeed, science in theory. We ratchet up to the next notch of time and space within eternity. No more able to decipher than we were before? Different explanations is all. No difference in the foundational truth only in the way that it is expressed.

Belief in always? Or trapped in through time no? What would be the point? And if we are eternal, if we continue, then our impact is endless and our stories are printed upon time itself....to be read by anyone who is so included in the gifts that have been given. Do all have the ability? Yes. Do all have the desire or the belief that is necessary? No. And it is okay. It is okay not to believe in any but what I can see.

But if one does not believe in telepathy, in energy, in the ability to reach forth through the membrane.....then there are many answers that make no sense do they?

Where do we come from, Charlie? Where do we go? To dust, to dust, to dust. But what kind of dust would that be...why stardust indeed and where did it come from? That dust? Is it the egg or the chicken that crossed the stars?

I am interrupting again!

“Magic indeed. Science in theory”. Many people question these abilities because they only believe in the concreteness of science, that which can be proven.

But what is science besides our human way of trying to make sense of the magic that is all around us?

Scientists have figured out ways to capture the unknowable, the un-seeable, the un-quantifiable and know it, see it, and quantify it.

In Houdini's time the world was stepping into such discoveries as automobiles, the radio, the pop-up toaster, and even the first robot; all of these would have been viewed as magic only a hundred years before.

Where does the line between magic and science exist? And is there really one, or is it just a human construct?

Let's think about mediumship.

I had a dream once where I opened a fortune cookie and the message inside it read, "The only way to prove the other side is to ask our loved ones". You can go to a medium to ask your loved ones for evidence of the other side, or you can tune in yourself.

There is science behind it.

Really? You say.

Well, I believe so.

One only needs to look at our DNA strands to know that those who came before us are intrinsically wrapped into who we are. The science of DNA originally discovered by Fredrick Griffith in 1928, can it explain our ability to easily communicate with those who came before us and prepared our path?

Don't like that example? While how about this one?

Quantum Entanglement, originally theorized by Erwin Schrödinger in 1935, states that when two particles become entangled, they remain connected even when separated. So this scientific theory might explain our ability to communicate with our loved ones in spirit, and it might also explain our ability to reach out to each other telepathically. Once we are connected to or have made a connection with someone; we are always able to reach through that connection to touch that person, no matter how far away they seem to be.

Okay, enough from me, let's listen to Lillian continue to explain the difference between magic and science.

The now understanding is closer. Is it different? We have just replaced magic with science. Two different words for the same concept. It is magical that our bellies rumble. It is magical that we can connect to each other on a machine that has no wires, no visible means of showing how it functions. Human is what? Breathing? Is that not magic? Loving? Is that not magic? Can you see breath? You see the output. The movement of the chest. You feel the flow in and out, but do you see it? Can you prove that breath exists? Where does love begin and end? What is love? Is it an emotion? A feeling? A physical reaction or a calculated response? What color is love? Is it smooth or rough? Do you see it as it approaches you? Maybe then it doesn't exist at all if it cannot be seen.

Your thoughts, Charlie, what are they? Can you see your brain cells firing up? Oh, there are machines now that can track where the electricity flows.....but, can you actually see the movement of a thought that comes from another, flows to you and is fed and embraced and birthed?

There is no visible track that marks its coming from the book or newspaper you have read, or that maps what paths your thoughtless comment takes on its journey. But like a yawn it is suddenly there, now a part of you as your comment is now a part of us.

If we only believed in what we can see, then we would still be living with the beasts in caves. Trust. Community living required us to trust in something that couldn't be seen. The kindness and compassion of others. Something that cannot be measured.

Somewhere in the magic that is, we exist. Not as the dust that you believe we will return to, Charlie. If we began as dust, if we return to dust, then what is it that happens in between those two dusty moments that created us? That makes our uniqueness? That allows us to be more than just animals? What do you define that as, Charlie? The us-ness. If we are only dust than why are we 'we' at all?

Birds fly automatically. They do not question why they go from one Spot to the next. They follow the flock and move with the wind. But where does that instinct come from? Can you see it, Charlie?

Can you see what force it is that leads a bird to move from a place of cold to a place of warmth?

Okay, so back to Renee's voice for a moment.

Let's look a little closer at Houdini. What started him on his quest to seek out and expose fraudulent mediums? Houdini had a very close relationship with his mother. When she passed away in 1913, the loss devastated him and he remained grief stricken for a long time.

About seven years later, he agreed to allow the wife of his close friend, Sir Arthur Conan Doyle, to contact his mother through automatic writing. Lady Doyle was able to channel Houdini's mother and receive a message for Harry. But Houdini was convinced that she was a fraud, and the message was a fake.

Why?

Because the automatic writing that flowed through Lady Doyle came across in perfect English and each page had a cross drawn on it.

Cecelia Steiner Weiss, Harry's mother, had emigrated from Hungary and spoke only in broken English and was unable to write in that language at all.

She was also Jewish, not Catholic.

Therefore, the fact that the writing was in perfect English and had a cross as a symbol, was apparently enough to convince Harry that Lady Doyle had made the whole thing up.

Personally, I listen to this story and shrug my shoulders a little. I know that Spirit communicates with us in a unique way and often in a unique language. What is received does not always come across the way we might expect it to.

Often what we, as mediums and psychics, receive is communicated to us in a way that we will easily understand so that we are better able to pass it along. Additionally, even in trance states our messages are running through our own filters and our subconscious will translate a feeling, an image, or a sound into a word that we can articulate even on paper.

So Lady Doyle's receiving her message in perfect English does not mean to me that she was not in contact with Houdini's mother. It just means that she was scribing the information received in the manner with which she was most comfortable. And the cross?

When communing with Spirit, metaphor and imagery are pivotal.

Is it possible that the image of the cross was sent to represent something other than a symbol of Christianity? Could the cross have actually been a plus sign meaning the message would continue? Or a metaphoric representation of heaven connecting with earth?

These questions are not truly mine to answer. I recognize that my path was not Harry Houdini's path. I may understand things differently than he did, but that doesn't mean that it wasn't important for him to view things through his own lens and lead others to question the validity of what was being sold to them.

What about Penn Jillette's girlfriend being able to deliver those amazing messages without any formal training?

There is something that is known by those of us who teach and practice psychic and mediumistic work. The more you can step away from an expected result, the easier it becomes to deliver a powerful message.

In an interview Penn mentions that not only was this woman an improv actress, she was also extremely empathetic. I have never studied improvisational acting methods, but I believe that one of the skills developed is the ability to speak intuitively without having to stop and think about a response. And by seeing through empathetic glasses, she would have been able to feel out a conversation and flow with those feelings to deliver a powerful message. Not much different than what we do as trained psychics and mediums. The more that we can step away from our logical mind and run with what we are sensing and feeling; the better we can do our job.

So does it surprise me that this girl was able to deliver powerful messages?

Not at all. It is just that neither she nor Penn realized that this doesn't disprove psychic ability, it just proves that the ability is not really supernatural.

To me it is proof about how natural this ability really is.

Now I am not saying that there have not been and will not continue to be people who do this work in a fraudulent way.

In Houdini's time much of what was being practiced by the Spiritualists was physical mediumship.

Trying to access the energy of spirit, blending it with the energy of the medium and the gathered group, and ushering it into the physical world through physical manifestations.

Things like table tipping, spoon bending, levitation, the appearance of ectoplasm, objects materializing out of thin air, sound phenomena.

And these types of mediumistic displays were very difficult to achieve.

Physical mediums often work for years with closed groups before physical manifestations happen. And even then, they rarely happen on-demand.

So it may make sense that the mediums of Houdini's time often ended up working more like illusionists and sometimes used methods that were not truly above-board when running séances for the paying public.

Modern mediums more often work within the flow of mental mediumship or within the overlapping space between mental and physical mediumship that is trancework, like automatic writing or channeling.

Mental mediumship is just that, mental.

It is fueled through a telepathic connection of mind to mind and is much more difficult to prove. Although science does study psychic phenomena and is beginning to understand that there are physiologic changes that happen when we do this work.

And honestly, just like in Houdini's time, there is still an element of entertainment and showmanship within the field today.

Do I believe that the Long Island Medium and other 'tele-psychics' have psychic gifts?

Yes, I do.

But, I also realize that often when creating successful television shows, the producers will edit, or dramatize and script pieces of the program, all in the name of making a good show.

Not so different than the Spiritualists and their séances!

**Let's let Lillian finish up her message to Charlie.
Sometimes the road is dark, sometimes well lit. Either way the road is still leading you to the same place. Shall you take the road that is dark? Or the one of light? You may feel as if you have no choice and maybe that is so, but within you is the light that you need to always follow a well-lit path. Turn it on, Charlie, it is there for you. No you cannot see it; but if you quiet the volume of your voice and reach for it with your heart, you can find it. Always.**

Thank you so much Lillian for allowing us to hear your words of wisdom.

If I had one message for the Charlies of the world, it would be the one that I myself received, “You are not ready yet. Turn around”.

Turn around. There is nothing to see here for you. Not yet. Just keep moving.

Keep living your life the best way that you know.

Don't wield your beliefs as a sword because you may find that those beliefs will change as your journey in this human realm evolves.

Or not.

Either way, you are where you are meant to be, as am I.

It seems fitting to end with a quote from one of my favorite books ‘Illusions’ by Richard Bach -

“You know, mister, I think you're a fake,” said the next caller.

“Of course I'm a fake! We're all fakes on this whole world, we're all pretending to be something that we're not. We are not bodies walking around, we are not atoms and molecules, we are un-killable, un-destroyable ideas of the Is, no matter how much we believe otherwise.”

About Renee Ranke: Renee Ranke is a psychic medium, channel, intuitive teacher, spiritual healer, and metaphysical minister. But, most of all she considers herself a mystic who is always searching, learning, and growing.

This pathway laid out for her after the unexpected passing of her husband, and in her ongoing search for metaphysical knowledge and spiritual understanding she has studied with various teachers through ISD Oneonta, Lily Dale NY, Omega Institute, and Edgar Cayce's Association for Research and Enlightenment.

Her passion is helping others discover ways to align their physical world with the beauty and grace of their spiritual self.

Renee's website: www.reneeranke.com

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

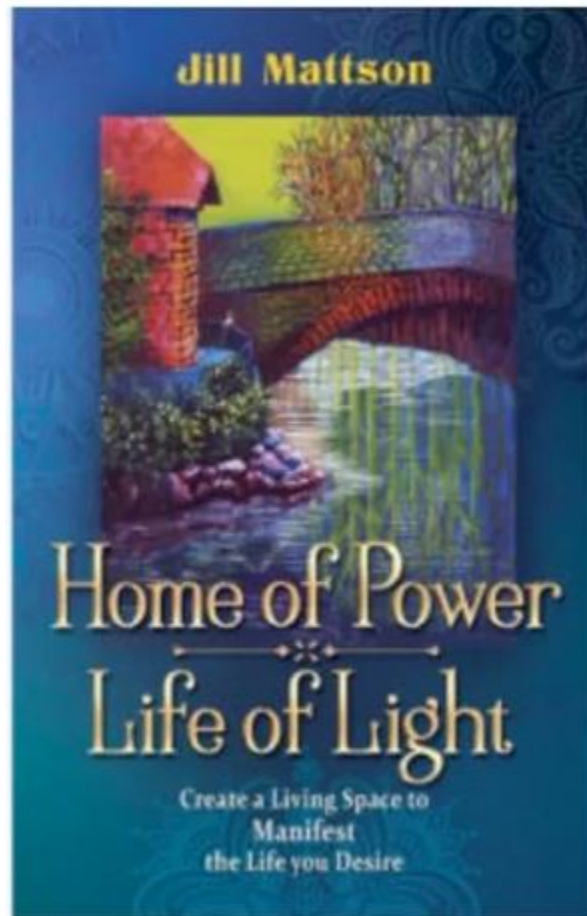
YouTube: [\(1\) Mystical Moments Remembered with Renee Ranke - YouTube](#)

Renee's Video



Link: <https://www.youtube.com/watch?v=icRKPO877yU>

Dancing - Moving Music By Jill Mattson



Dancing imparts vibrations that subtly influence nature, such as crops. For example, "In farming, the dancer identified with what was planted. He danced to accelerate crop growth. The higher his leap, the taller the corn was supposed to grow." [1] Subtle energy follows the direction of the dancer. Author Layne Redmond described priestesses that knew which rhythms to "quicken the life in the fields," which rhythms made childbirth easier and which induced ecstatic trances. [2]

Dancing creates vibrations that produce sounds. Even if we don't hear them they affect us. Gadalla, an Egyptologist, reminds us that the kinetic energy of an object is the energy, which it possesses due to its motion. [3] These vibrations are similar to tones produced by a vibrating string.

Dancing was a vibrational force that intertwined with Egyptian music. This interaction can be seen in the Pharaoh's title, "The Lord of the (Song and) Dance." [4] Dancing, singing and music were used separately and together for powerful effects. The impact of vibrations from each modality could complement each other.

Musicologist and author, Victor Wooten, noticed that actions, as well as words, are vibrations. Different combinations produce different vibrations, sort of like notes. Anything, our physical actions, can be phrased - like music. [5] Life and music are a string of phrases. Most of these phrases combine

subconsciously. Wooten continued, "The proper use of phrasing allows one to gradually change his mind and body." [6]

The Egyptians used dancers to treat the sick (sometimes the sick person danced and at other times healthier people danced around him). Dances were used for initiation or while sacrificing an animal. Gadalla ran with this idea, "The selected sequence of modes (each a musical vibratory pattern) causes the Egyptians to levitate to higher realms by using music, singing and dancing in a well-staged process." [7]

Fabien Maman believes that subtle energy can get stuck in the body. Meditation is not enough to integrate higher consciousness without creative expression of chi based physical activity, such as Tai Chi or Chi Gong. These disciplines transport subtle energy throughout the body and loosen stuck energy. Even a walk in the nature can help. Perhaps dance was used in Egypt to allow subtle energy to flow throughout the body. [8]

Rhythmic patterns were used in poetry and prose. Poetry was sung and written with a rhythm scheme, a reoccurring pattern of accents. This recitative form made it easier to memorize.

The rhythm patterns in prose were prescribed. Similar restrictions were in place for music and art. Poets, artists and composers stayed within boundaries. Individual artistic creative expression was not tolerated.

[1] Gadalla, Moustafa. *Egyptian Rhythm: The Heavenly Melodies*, Tehuti Research Foundation: Greensboro, N.C., 2002, Pg. 169.

[2] Redmond, Layne, *When the Drummers were Women: A Spiritual History of Rhythm*, Three Rivers Press: N.Y., 1997, Pg. 69.

[3] Kinetic energy is defined as the work needed to accelerate a body of a given mass from rest to its stated velocity. Having gained this energy during its acceleration, the body maintains this kinetic energy unless its speed changes. http://en.wikipedia.org/wiki/Kinetic_Energy

[4] Gadalla, Moustafa. *Egyptian Rhythm: The Heavenly Melodies*, Tehuti Research Foundation: Greensboro, N.C., 2002, Pg. 165.

[5] Wooten, Victor. *The Music Lesson: A Spiritual Search for Growth through Music*, Berkely Books: N.Y., 2006, Pg. 181.

[6] Wooten, Victor. *The Music Lesson: A Spiritual Search for Growth through Music*, Berkely Books: N.Y., 2006, Pg. 189.

[7] Gadalla, Moustafa. *Egyptian Rhythm: The Heavenly Melodies*, Tehuti Research Foundation: Greensboro, N.C., 2002, Pg. 170.

[8] Maman, Fabien. *Raising Human Frequencies: The Way of Chi and the Subtle Bodies*, Tamo-Do Press: Boulder, Colorado, 1997, Pg. 22.

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/>

Interview with Jill



Link: <https://youtu.be/29jPxbXjI2s>

Jill's Art and Music



Go to Jill's Website to see her art www.jillswingsoflight.com



Go to Jill's website to view her music www.jillswingsoflight.com

Psychic and Spiritual Healing - Tom Sawyer & Mother Meera

By Richard Hughson

Tom Sawyer



Mother Meera



I'd like to give examples of the differences, similarities, and blending of psychic and spiritual healing mechanisms. There are rough generalities, serious cautions, and peripheral lessons to be explored within the following stories.

Tom Sawyer had an extensive NDE in 1978. He worked as a heavy equipment operator, here in Rochester, NY, and developed back problems. A front end loader with solid rubber tires gives no cushioning while crossing rocks and ruts at a land fill site, especially when driven at its top speed of 25mph as often as possible. So Tom ended up with a compressed disc which required surgery, but that wasn't the worst of it.

One day in the late 1980s Tom understood psychically that there was to be a terrible accident somewhere at the landfill. Being the foreman of the Highway Department he could assign jobs as needed. He assigned himself a job which allowed him to stay close to the main building where there tended to be more people. A garbage truck came in. After dumping its load there was still a piece of plastic hanging from the upraised tail gate. The clam shell type tail gates of those trucks had a large tab on each side, pointing downward. It's purpose was to fit into a slot in the body of the truck to assist in alignment as it closed.

The hanging piece of plastic wouldn't have caused any particular problem but one of the guys jumped up to dislodge it anyway. He missed and slipped. When he fell he ended up laying across the slot in the body

of the truck. Tom saw the closing tail gate, saw the man slip as he jumped to grab the plastic, and turned his front end loader, racing toward them. Tom's plan was to get the bucket underneath the tail gate to stop it from closing, saving the man's life.

Racing isn't really the right word here. The Highway Department, in its vast wisdom, was reluctant to replace the air filters on their equipment as often as needed. Under normal circumstances the garbage would be dropped off and hauled or pushed over to "Mt. Trashmore", the joke name given to the artificial hill built of that garbage. The garbage was then covered with ashes from the coal-fired Russell Station power plant in Greece, New York. The dust from coal ash is very toxic to anyone who has to breathe it. It also clogs air filters far too often to suit the Highway Department's budget.

Tom turned the loader toward the truck and floored it. The engine moaned from lack of air and could not accelerate quickly enough. The tail gate came down on the man, crushing his back and killing him.

Jumping out of the bucket loader Tom ran yelling to the driver of the truck who had realized the situation and was lifting the tail gate. The crushed man fell to the ground. Tom sent the driver away to call for help then applied mouth to mouth resuscitation which got the man breathing again.

Unless you've been in a similar situation of desiring to heal someone and have experienced hearing, sensing, or perceiving in some manner that you were to stop what you are doing, or that you did not have permission, then you'll have to trust me about what Tom said about the situation. There are events in life which, for spiritual reasons typically beyond our view, simply have to be. There may be a range of things that are spiritually ok and a range of things which we simply don't have permission to change. For this man that included: it was spiritually correct and acceptable for him to die that day; it was also spiritually correct and fully acceptable for Tom to give him mouth to mouth resuscitation to save his life, after which he would live on as a paraplegic; it was not spiritually correct for Tom to heal the damage from the football sized hole in his crushed back. Tom did not have permission to do that, and he knew he did not have that permission.

However, Tom, in his human compassion couldn't accept this man, a friend of his, living life being paralyzed from the waist down. It wasn't spiritually ok for the man to be healed of his back injury. Tom did not have permission to heal him, but Tom looked at his friend and thought, "I know something that will work." Tom was typically very clever during emergency situations. He had sent the driver of the truck away to get help specifically so he could be alone and undisturbed with the man.

He laid down next to the man and simply loved him. Those were Tom's words as he told us about it. He simply loved him. This was a purely from-the-heart loving of one of God's creatures to another who was in trauma. While it was selfish on Tom's part to act from his human compassion rather than from spiritual permission, it was still intensely loving.

The ambulance arrived and the man was taken to the hospital. Later that evening at home Tom began experiencing pain in his back, intense pain. It helps to realize here that Tom's pain tolerance was extreme. A pain level of 10 for an average person would be a 2-3 for him. I've seen him turn white from the pain of carrying a small tray of food across a cafeteria. I've seen him pass out momentarily while seated at dinner, all the while carrying on a deep level of conversation, never wincing, and still making jokes. It was difficult to grasp how he could do that.

The pain that evening became intense enough that he made some phone calls, not to complain but to inquire of friends about what was happening. The explanation was that because there was no spiritual permission for the healing, no spiritual energy coming through him from above for the man's back to be

repaired, or put back in place, or rebuilt, the energy for all of that had to come from Tom himself.

We are not accustomed to hearing of such things but parts of Tom's backbone, the physical material of it, were energetically dissolved then used to provide the energy to rebuild the injured man's crushed back.

There were MRIs, repeated doctor visits, and surgeries for Tom. One of the doctors, seeing the missing material, asked if he had been crippled all of his life. Tom's answer, "No sir, I was a national caliber athlete for many years."

"That's impossible," was the doctor's reply.

I have to say here, even though he was my very close friend and I admired him greatly, this is not to venerate Tom, not to make him a hero in any way. I'm writing this to tell you what happened, what's possible, and the lessons which many you may well need to know some day.

Tom's first MRI was also the most focused and detailed MRI ever performed at that time. Magnetic Resonance Imaging was fairly new and the machines not as sophisticated as today. However, the detail was excellent if the subject could hold very, very still. Tom went into the machine as the technicians and nurses began their work. After a few minutes they slid him back out while a very agitated nurse was calling out, "Mr. Sawyer, Mr. Sawyer, are you ok?"

His response was, "Well, you told me not to move."

Here's what happened. After his NDE Tom had gained the ability to immediately go into what is often called the 'breathless state' of meditation. To him it was simple, just go. To those of us who tried to learn from him it was completely opaque. We had no idea where to go or how. As of this writing we still don't.

So Tom was either not breathing or breathing so slowly that it was undetectable. Either way whenever doctors saw those MRIs they were surprised at the detail shown.

Now back to the story of the man. Tom went to visit him in the hospital after a few days. He was a little disappointed to learn that no one else had come to visit their friend and co-worker. Tom passed the time gently. Asking questions like, how are you doing? Are they taking care of you, ok? Do you need anything? Can I bring you anything? Then Tom asked the one thing he really wanted to know, "Can you wiggle your toes?"

Tom couldn't hold his tears as he told the story. The story of how the man easily wiggled his toes under the sheet saying, "Sure, see?" Tom stood while telling me this story. He was in intense pain. He was emotionally moved that the man was healed, and he was deeply aware that he had stolen the man's karma.

As Tom told it the man's life path was to be killed or paralyzed in that accident. If he died that would be fine, no problem. But, if he had lived on in a paralyzed state he would have been the perfect candidate for experimenting with the early advances of bio-mechanical devices, attempting to restore movement to paralyzed limbs. He was still young; very physically strong; he had a high pain tolerance; an endlessly cheerful attitude; and was slightly mentally challenged. He was basically alone in the world, meaning he had no family or close relatives that could possibly complicate the experiments he would have willingly been subjected to.

He would have been an excellent subject for developing those early devices and thereby helping thousands of others in similar situations. That was the future which Tom stole from him.

The following is a continuation of the story. It begins two years after the accident at the Highway Department. Tom enjoyed taking people on tours of Niagara Falls and often did so. He had said that waterfalls are often spiritual places and that Niagara Falls, especially Goat Island, were wonderful. During one particular tour, two years into what would become a ten year marathon of back pain, he noticed a young woman sitting on the grass with an entourage accompanying her. He noticed that she was being attended to, he actually wondered if she might be a princess from somewhere, and felt the inclination to stop over. But with people waiting for him he walked on by, more focused upon giving a tour than in responding to any intuitive curiosity he had about her.

Now we move up another eight years. It's 1997. A group of us are traveling with Tom to Germany to see a woman we've heard about named Mother Meera. We heard she did something called darshan. We didn't know what a darshan was and actually had very little information about her but traveled to Germany basically on a friend's suggestion and a hunch. We were a trusting group.

Darshan is described as “an opportunity or occasion of seeing a holy person or the image of a deity.” This was an occasion that had to be scheduled in advance. It was held in her home in a small town in Germany. At that time it was suggested that people attend four evenings in a row. Being a fairly large group and with no lodging in the small town, we traveled by bus from our hotel to her house. Due to the length of the bus ride we had decided to only attend two evenings of darshan then spend some time doing the usual touristy things.

On the first evening of darshan, a Thursday, approximately two hundred people were packed into her small house. Packed is the proper word here. Some were in chairs or jammed onto couches. Many more sat on the floor with their backs against the walls. The majority sat on the floor with nothing to lean against but each other. There were even people sitting in the doorways between rooms, requiring others to step over them to get to into the main room to have darshan.

As darshan began Mother Meera sat in a chair in the main room of the house. Six or eight people lined up in front of her, kneeling with heads bowed. One by one they would scooch along to present themselves in front of her. She spoke not a word but held an intense meditative silence the entire time. As each would arrive in front of her they would bow their heads. She would then place her hands on their heads for a moment. As she removed her hands they would raise their heads to make brief eye contact with her. When she lowered her eyes their turn was done and they would go back to their 'seats' to wait until everyone else was finished. The entire process took several hours.

When Tom's turn to get in line came he was struggling with back pain. He managed to scoot forward on his knees and lowered his head as far as he possibly could. One of her attendants stepped over and gently placed his hand on Tom's head to indicate that it would be more respectful if he would lower it a bit more. The simple weight of the man's hand was more than Tom could hold up and his head went lower.

As Mother Meera pulled her hands away for Tom to make eye contact he was stuck in that position and could not lift his head nor rise in any way. The same attendant who had lowered Tom's head immediately recognized the difficulty and helped him to stand up, as did another attendant. It was a minor disturbance overall but enough that Tom was embarrassed to have interrupted the evening for other people. He therefore decided not to attend the second evening's darshan. He decided to be satisfied with staying on the bus as the rest of us went in.

But that's not the way it went. One of her attendants came out to meet the bus and asked to talk with Tom. He spoke briefly saying that he understood his problem and apologized for not realizing it last night. He offered Tom a chair to sit in while awaiting his turn and said Tom could go absolutely last so as not to interrupt anyone else, in case he had a problem again. We were all surprised to find that Tom agreed to this. He said later that it was not because of the arrangements being offered but because of something in the man's voice. It was something in the man's voice itself, rather than in his words, that moved Tom to agree to attend darshan that night.

Tom went in and indeed went last. I was sitting just around the corner in a hallway off the main room where I could not see any of the blessings but could see people walking in and out as darshan was going on. Tom was given a chair and seated in the main room. I only saw him as he walked in and out. On the way out he looked different than I had ever seen before. I followed him out to the courtyard where he picked up his shoes, as we all had to be shoeless in the house. He then stood off to the side until the courtyard was empty other than myself. He squatted slightly to put his shoes on the ground. Then, stretching his arms high above his head, he began bending at the waist until he reached the ground, with knees still straight, and put his shoes on.

I know this doesn't sound like much. It's simply someone putting their shoes on. But he hadn't been able to do that for the past ten years. Because of his back problem he embarrassingly had had to ask his wife Elaine to put his shoes on for him. Standing there in the courtyard his back gave him no problem at all. A month or so afterward he picked up his granddaughter, put her on his shoulders, and carried her a quarter of a mile to her school.

Here's Tom's explanation of what happened. He accepted the use of the chair as he waited for his turn at darshan. As he sat he decided that if she truly is someone special he ought to forget about his attitude of, "Oh poor me, my poor back hurts." He needed to get into an honestly meditative state of receptivity, no matter what his back felt like. After everyone else had gone he knelt in front of her as best he could. The moment the very first hair on Tom's head touched Mother Meera's palm they instantaneously had what he termed as 'super-luminal telepathic communication.' The only other time he had experienced this was while facing The Light during his NDE.

That first experience with super-luminal telepathic communication was while he was physically dead, in a highly purified spiritual state, and face to face with The Light.

Yet here it was happening with Mother Meera. He never said much about their communication, only that she had asked him if he needed help. When he stood up from his kneeling position he simply rocked back onto his toes and stood up 'like an ice skater' as he thought at the time. His back was almost completely healed.

It had been a purely spiritual healing. It didn't come from her herself, not from her psychology, not from her personal desire, not from her personal or physical energy. Simply stated, she was able to be a very clear lens for spiritual energy to pass through, and it was spiritually ok for Tom to be healed. So she was the facilitator of that. She was able to focus spiritual, healing energy as it shone through her to where it needed to go.

Tom's healing of his friend with the crushed back at the Highway Department was a purely psychic healing. The healing experience with Mother Meera was purely spiritual.

Why did the two of them have such a high level form of communication, super-luminal telepathic communication? This goes back to a conversation we had with Tom about avatars. According to Tom there are never less than five spiritual avatars on Earth at any time, there may well be more. We understood an avatar to be a person who was an embodiment or physical incarnation of the Light. He named Mother Meera and His Holiness the 14th Dalai Lama as avatars. When we asked if he was one he got a goofy grin on his face and turned away. Later on when asked again if he was a spiritual avatar his answer was, “Not on a daily basis but functionally, yes.”

Remember the paragraph about him taking people on tours of Niagara Falls and seeing the young woman with an entourage? He realized after his healing that the young woman he saw eight year earlier was Mother Meera. Because he wasn't listening to his intuitive impulse to walk over to meet her he lived with his back pain for all those additional years before meeting her again. There are people who will say 'well, it wasn't meant to be' and 'everything is perfect as it is' and all of that. But his comment about seeing her and not walking over to her was to ask us an important question, “Are you listening?”

We all too easily get caught up in what we want, what we're doing, what needs to be finished first, 'I'll get to it later', and a thousand other excuses for not following that small inner voice of spiritual intuition. Tom did not listen when he knew to not heal his friend's back, and he didn't listen again when he had the opportunity to meet Mother Meera at Niagara Falls. He paid a price each time. By the grace of our God-given free will we are able to refuse that which is spiritually correct and appropriate, but we cannot bend the laws of karma.

Thankfully, he did listen when something in the voice of Mother Meera's attendant convinced him to go in for darshan that second evening.

So how do we listen? We typically have to quiet our own thinking in order to hear our intuitive voices. If we can inquire, watch, observe, and listen to all the movements of thought, the workings of the brain, its conditioning, its pursuits, its fears, its pleasures, if we actually see how the brain operates, then we will find that the brain becomes extraordinarily quiet. This quietness is not enforced by our will, nor is it dormancy. It is a quietness which is tremendously alert and attuned. From there we are ready to receive guidance.

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

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

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Interview with Richard



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

Who Is Your Father? By Ellie Blair



Ellie Blair investigates some of the many symbols of Fatherhood to be found across geographical distance, cultures and time.

Father figure tends to be an older man – normally one with power, authority, strength – with whom we identify on a deeply personal and psychological level. Despite the literal element of the term 'Father figure', the role itself is not limited to a biological parent – it could just as easily be an Uncle, Grandfather or older Brother playing this role. Not all of us have been fortunate enough to have had a healthy, positive biological Father relationship – but take comfort in what you are about to read. There are many positive, symbolic Father figures that we can access in order to find the Father who reaches our heart and helps us feel whole.

So, why do we call priests 'Father'? This delightful question serves as a reminder that Father is far more than a biological status: it's a symbol. When we think of good parents we think of kindness, we think of a nurturing nature, we think of unconditional love. They bring to mind strength, protection, loving care and attentiveness. It is because parenthood and the word Father encompass all these qualities – trust, respect and undying love – that someone who is not your Father by birth can gain the respect of a Father by virtue of their deed. The Dagda (modern spelling: Daghdha) is an important God of Irish mythology. One of the Tuatha Dé Danann (a race who inhabited Ireland before the arrival of the ancestors of the modern Irish), the Dagda is portrayed as a Chieftain, Druid and Father figure. He is associated with fertility, agriculture and strength as well as magic, druidry and wisdom. He is often described as a large man or giant wearing a hooded cloak. He owns a magic staff or club which kills with one end and brings to life with the other, a cauldron which never runs empty, and a magic harp which can control men's emotions and change the seasons. The name Dagda is believed to have come from the Proto-Celtic 'Dagodeiwos' or the Good God. He is also known as Eochaid: All Father.

Zeus was the God of the sky and ruler of the Olympian Gods. He was the presiding deity of the Universe, ruler of the skies and the earth, and was regarded by the Greeks as the God of all natural phenomena in

the sky; the personification of the laws of nature; the ruler of the state; and finally, the Father of Gods and men. He was also the protector of the people, and watched over the welfare of the community as a whole. As the Father of men, Zeus took a paternal interest in the actions and well-being of mortals. He watched over them with tender solicitude, rewarding truth, charity and fairness. Perhaps the most conspicuous feature of the Plains Indians' religion and belief system is that of the theology of sun-worship. The Sun was regarded as a mighty power, though not the mightiest; he was the first and greatest of the intermediaries who brought the power of Father Heaven down to earth, and he himself was addressed as 'Father' or 'Elder' because of his life-giving qualities.

Shakuru, the Sun, is the first of the visible powers. It is very potent; it gives man health, vitality, and strength. Because of its power to make things grow, Shakuru is sometimes spoken of as atius, 'Father.' The Sun comes direct from the mighty power above; that gives it its great potency.

From The Hako: Song, Pipe, and Unity in a Pawnee Calumet Ceremony.

The Pawnee ritual referred to in the above quote seems to afford us a glimpse of just such a rite as must have been practised centuries before Heliopolis was founded, or the temple of the Sphinx was oriented to the morning sun. All night long, in a ceremonial lodge whose door faces toward the East, priest and doctor chant their songs; as the hour of dawn approaches, a watcher is set for the Morning Star and the curtain at the lodge door is flung back so that the strength-giving rays may penetrate within:

As the Sun rises higher, the ray, which is its messenger, alights upon the edge of the central opening in the roof of the lodge, right over the fireplace. Father Sun is sending life by his messenger to this central place in the lodge. We watch the spot where it has alighted. It moves over the edge of the opening above the fireplace and descends into the lodge, and we sing that life from our Father the Sun will come to us by his messenger, the Ray [...] All day long the course of the life-giving beam is followed with songs of thankfulness. We are thankful to our Father the Sun for that which he has sent us by ray.

From The World's Rim: Great Mysteries of the North American Indians.

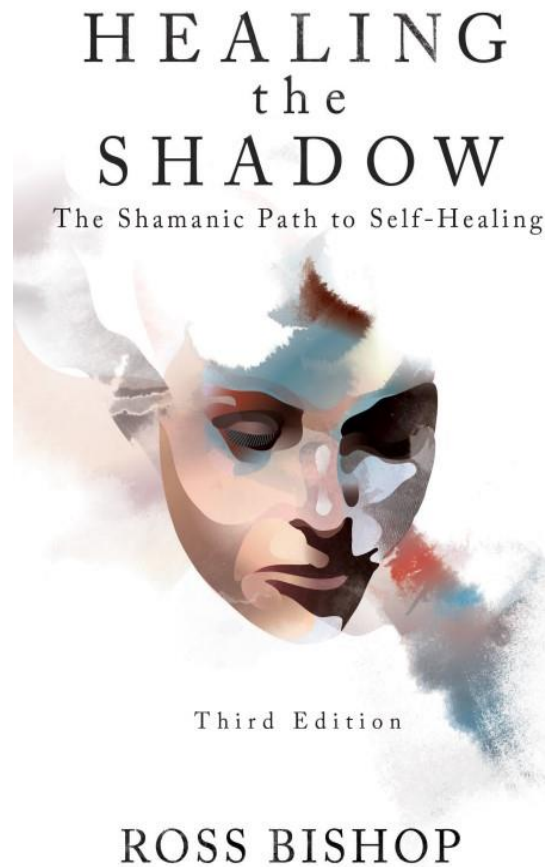
Father's Day honours Fatherhood, paternal bonds, and the influence of Fathers and Fathers in society. In Catholic Europe, it has been celebrated since the Middle Ages, but it is celebrated on various days and in various ways across many parts of the world. The role of the Father figure, although changing throughout time and cultures, is no less important to our health, happiness, and well-being today than it was for our ancestors. Honour your Father- whether biological or symbolic.

**"Blessed indeed is the man who hears
many gentle voices calling him Father."
Lydia Maria Child, 1802-1880.**

About Ellie Blair: Ellie Blair lives in Derbyshire, England. She is a Published Author and has been involved in the field of Mindfulness for 35 years through her Reiki, Massage, and Writing. She lived in New Mexico for 12 years where during that time she worked with the Native American Red Willow Tribe in Taos. Ellie aspires to use her healing gifts and writing skills at every opportunity for the Spiritual growth and well-being of others. She continues on her path of learning and personal growth, working always from a place of gratitude and integrity. She can be contacted at: auquael@gmail.com

Website: <https://www.facebook.com/ellie.blair.94>

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 un-lovability.

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=CU59VWWMKL0&t=8s>

The Possibility of Slowing Down By Leo Babauta

Our days are a busy rush, often from the moment we wake up. Even in our moments of rest, we are often on our phones or using technology to distract ourselves. The result is a life of stress, overwhelm, and habitual patterns.

What would it be like to slow down? To find stillness in your day, moments of rest and quietude?

The possibility of slowing down goes much deeper than just having a bit less busyness in your day ...

Slowing down, if we go deeper, allows us to:

Notice what's coming up for us, and to attend to our emotions. This is much, much more important than people realize — most of our problems come from an inability to regulate our emotions or even recognize that they're there.

Make decisions from a place of choosing from the heart. If we have a decision to make, instead of overthinking it, we can slow down and sit in stillness for a few moments, and notice what our heart chooses. This makes decision-making much more effortless, once you learn to trust this.

Make time for creating, instead of just busywork. We rush to do busywork because of fear, and because it's easier than setting aside time to create. By slowing down, we can make the time to create, and slow down with our fears that are keeping us from doing this.

Focus on what's really important. What's most important to you in your life? Spending time on loved ones, on your health, on your most important work? Whatever is most important to you, by slowing down, you can become more intentional and purposeful, and fully be with whatever you choose to do.

Start to break up our habitual patterns. We live our lives mostly on autopilot, driven by old habitual patterns. This isn't bad, but it means we struggle to do things the way we'd really like. We can begin break up those old patterns by slowing down, and noticing that we're caught up in them.

Start to get some rest and self-care into our lives. When we are rushed and busy and distracted all day long, it leads to feeling depleted and exhausted. This is a huge problem for many of us. Slowing down can create a bit of spaciousness to choose into rest and taking care of ourselves.

Start to truly appreciate life. Rushing through our day, we barely notice the world in front of us. What if we could start to slow down and find wonder in the everyday moments?

These are just a handful of the possibilities of slowing down. It's a deep, sacred, beautiful practice that can transform our lives, if we really engage with it regularly.

If you'd like to practice with me, I invite you to join me in my Deepening Into Slowing Down Retreat.

The Deepening Into Slowing Down Retreat

I'm holding an online retreat, Deepening Into Slowing Down, from June 21-23, 2024, and you're invited.

In this retreat, we'll meditate together, I'll teach about the depths possible in slowing down, we'll look at our old habitual patterns, and do some work on this together. It's a 3-day retreat designed to have you leave a changed person.

I'm also offering a \$100 discount on the retreat if you sign up by the end of May, so grab your seat now.

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

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

Leo's Video



Link: <https://www.youtube.com/watch?v=pmtB4t6hU1Q>

Tarot Tendencies for June By Doreen Scanlan



Looks like it is time to have some serious conversations with those closest to you including yourself. You have been letting those past traumas interfere for far too long. Let's put the cards on the table.

Your biggest goal should always be to be happy and live a life that reflects that. It is time to be true to yourself and your desires and start manifesting your best life.

No more second best. No more settling. Go for what makes you smile. Let your heart and soul sing. If others don't like it ... move on.

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

Tarot is my tool of choice to help me focus on messages that hopefully uplift. My Spirit Guides stand by me to bring only the highest and best messages. For the purposes of this magazine, I have been asked to

provide a general monthly forecast to help everyone understand the tone of the month. If you are interested in a personal, more in depth reading please email me at doreenscanlan at [yahoo.com](mailto:doreenscanlan@yahoo.com) and we can schedule one.

Interview with Doreen



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

Inter-species Communication: “Talking with Trees”

By Dr. Jim Conroy & Basia Alexander

Are you curious about how to do inter-species communication? Maybe you think: “Is it really possible? Is it only for the gifted?? Maybe it’s a fad that will pass.”

Why should you engage in inter-species communication? Why should you “talk” with animals or trees?

One reason could be to understand our pets better, to help them become healthier. A lot of people know about or have even hired animal communicators to find out what is on their dog’s, cat’s, or horse’s mind. And animal communication might be good for farm animals, too, to help them become healthier.

Another reason to tackle inter-species communication could be to eventually talk with and understand ETs—when the day comes that they land on the White House lawn. :-)

A thirds reason is because we humans love to explore. Inter-species communication would be a whole new world to explore. But, historically, when we humans explore, we say we want to learn about “strange, new worlds” but we often also seek to dominate, control, or exploit. So the deeper, more spiritual question is really: “Why do we humans want to dominate, control, or exploit?”

It’s because of what we believe. Humanity has a history of believing many things that don’t fit spiritual teachings:

**that we are separate from others and can control others,
that we are superior to others, that only our human needs matter and the world revolves around us.**

You may want to study the 1700’s movements toward science-ism, mechanism, and reductionism to find out more about the current cultural beliefs that are so invisible and so damaging when people act on those beliefs.

As those human-centric beliefs infiltrated the Western culture, many people forgot their origins and their spiritual teachings, then became arrogantly human-centric. Let me assure you that being human-centric is natural. Ancient, indigenous, and some modern peoples have been and are naturally and benignly human-centric. But, being arrogantly (shall I say, “malignantly”?) human-centric is a way of acting that results in environmental degradation as people, companies, governments, continue to exploit our sacred Earth.

Inter-species communication has the potential to be more than a fad or a curiosity. Engaging in inter-species communication is real, is not just for the gifted, and may be the method whereby humanity—and I mean you—

can be uplifted into a more spiritual way of being that makes personal issues or traumas pale in comparison, can be up-shifted into enlightened ecological actions and healing skills that are empowering in the face of climate extremes, and may result in each person stepping on the path to evolving into whatever luminous and interconnected being-ness is next...

Trees and all plants are humanity's allies in uplifting and up-shifting us! They have told me many times that they want to help each of us humans become more enlightened beings because they are already highly enlightened Beings. By practicing "inter-species communication"—talking with trees—you can receive great insights into your world, into Spirit, and into THE world. You may already enjoy doing such a practice.

But, there's more. Trees and plants also want to help humanity restore livability to the planet but they can't. Most trees and plants are stressed and sick from climate extremes. Most have become unable to make enough food in their leaves to support their own lives. And without enough food, they can't push their inner circulation of food, fluids, nutrients, and sugars or clear it of blockages. And if they can't circulate enough food to their growing points, they can't grow. And if they can't grow, they can't make more food. It's a vicious cycle that leads to decline for trees and plants of all kinds.

They need our help! Inter-species communication needs to be a two-way street! Become Green-Centric! Come from the Green-Being's point of view. Find out what a tree's life is like.

I offer you this opportunity to enter into a mutually beneficial and healing relationship with trees, plants, crops, ocean-plants, herbs, gardens, forests... really any member of the Plant Kingdom.

Here's how to do this mutually restorative and mindful method on your property or perhaps while walking in a park.

You may be sitting, standing, or walking.

FIRST, in your heart, ask permission to interact with your trees or plants. Asking permission honors them as living, intelligent Beings. And, it's only polite.

SECOND: Breathe gently for a few minutes, until you sense growing inner peace within your heart. This is good for YOU!

THIRD: In your heart and mind, either quietly or aloud, say those simple words TO THE TREES OR PLANTS repeatedly (like a chant or a song) for as long as you like and as often as you can. This is good for YOU, too!

Make More Food.

Drive and Clear Circulation.

Grow.

Why engage in inter-species communication? I suggest it's not only a way for each of us to be more humble but also may put humanity on the path to a more enlightened way of being and living. And from that more enlightened path, a livable and peaceful planet may result.

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

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

called Tree Whispering®. It's easy and simple to learn.

@EcoUpShift We have created that YouTube channel to get our important message out to the world. Please subscribe! You'll find inspiration, information, and new perspectives to shift UP to a futuristic and consciously collaborative partnership between yourself and trees, really the whole Plant Kingdom, for a positive climate future for all.

Increase confidence and personal power to bring forth a beneficial climate future as you learn about new, do-it-yourself solutions to ecological damage, tree decline, and climate extremes.

“Give Back” to your beloved trees and Nature with simple, easy mindful methods and ceremonies. Shift UP to a higher level of inner peace, connection, and collaborative PARTNERSHIP — together — with trees and Nature.

Get on the fast track to enlightened backyard and environmental stewardship with new kinds of co-creative methods.

Help your trees, plants, crops, herbs, gardens, ocean-plants, and forests improve their health and resilience in climate changes thereby helping yourself and your loved ones to survive and thrive in a beneficial future.

Please SUBSCRIBE to our You Tube Channel: **@EcoUpShift**

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

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

Check out our websites:

www.TheTreeWhisperer.com

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

www.PartnerWithNature.org

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

www.PlantKingdomCommunications.com/category/books

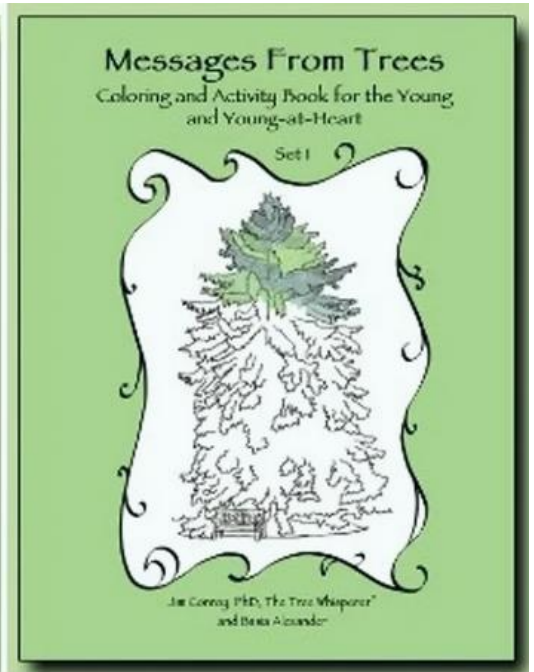
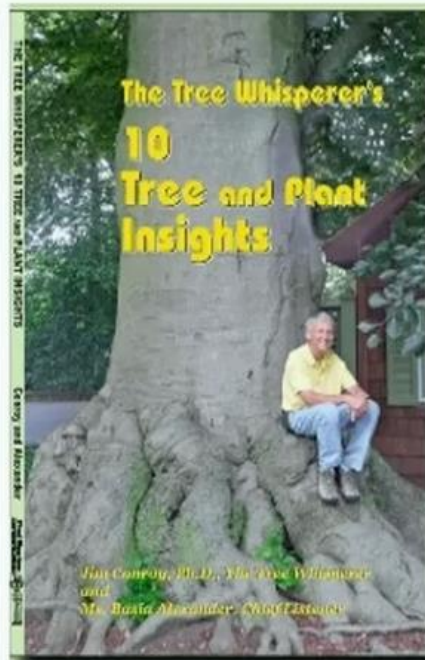
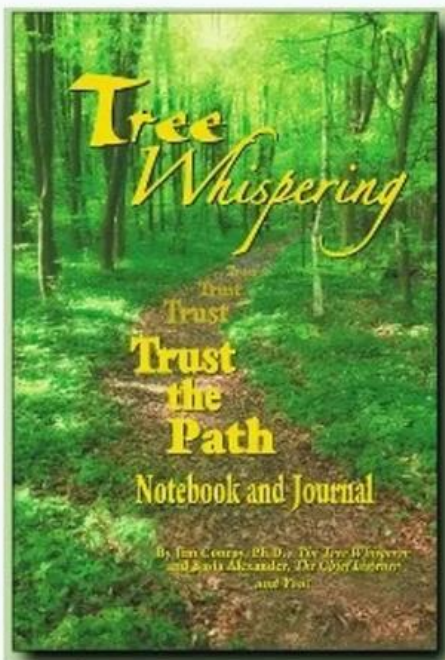
Please take a look at our 7 books at our store.

Dr. Jim's Video



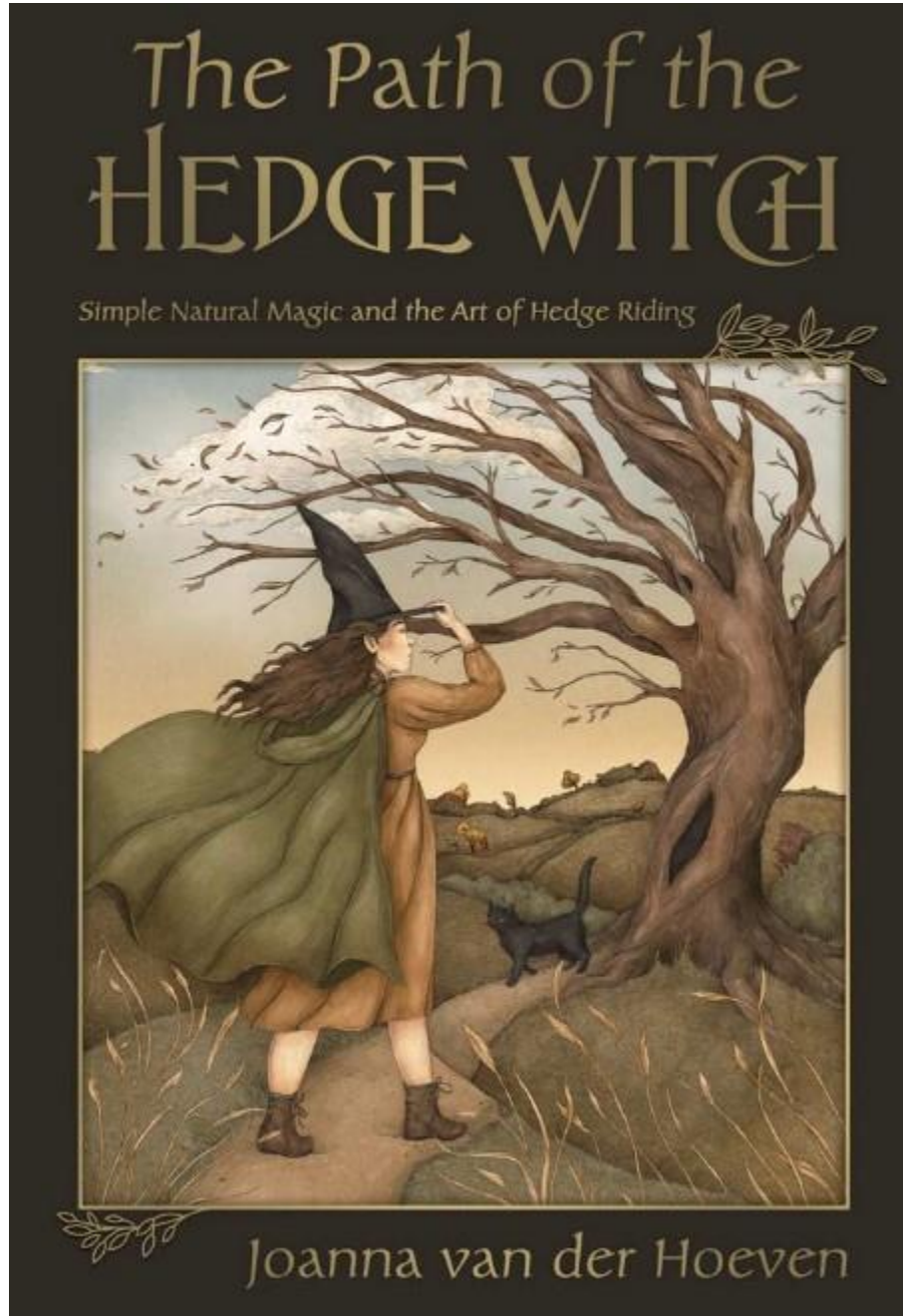
Link: <https://www.youtube.com/watch?v=R4emmMFUqGc>

Dr. Jim Conroy's & Basia's Books



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

ROC Metaphysical Book Review



Relying on wits, intelligence, integrity, and strength, the hedge witch walks a simple and solitary path that requires few tools or complex rituals. This path teaches you how to create a more beneficial life for all beings through traditional folkloric knowledge, a relationship with nature, and the art of hedge riding (trance work). Joanna van der Hoeven shows you how to work with the elements, harmonize with the cycles of the moon, walk between worlds, and establish an ever-growing relationship with the Fair Folk. Covering everything you need to build your own Hedge Witchcraft tradition, this beginner-friendly book connects you to the wisdom of wild places and inspires you to find enchantment every day.

Joanna van der Hoeven has been working in Pagan traditions for nearly 30 years. She is an author, teacher, dancer, blogger, photographer and videographer. Her love of nature and the land where she lives provides her with constant inspiration. She was born in Quebec, Canada and now lives near the sea in Suffolk, England.

Find her book at: https://www.amazon.com/stores/Joanna-van-der-Hoeven/author/B00FJ15R1M?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

Joanna's Video



Link: <https://www.youtube.com/watch?v=vkk23rkZePs>

Spiritual Dictionary

Geoff shares his messages with all. As you see below he uses shorthand - Geoff (G) and Sharon (S) meditate daily. Geoff either talks with spirit thru "Instant understanding" or one of the Guides/Teachers takes over and talks through him.

G: I started to go down a winding road, trees either side, went for a while, nothing really exciting, then I get to the beach and then there's just sea in front of me and I just go out, just up to the horizon, keep on going, farther and farther and farther until I ended up right in the middle of the ocean, right in the middle of nothingness, from any direction. I'm a couple of thousand miles from land, there's nothing out here, no ships, there's no, just nothing.

And I just stopped and I started looking around and just feeling the empty space and I thought this is nice to create things out here where there's no energies, no distractions etc. And straight away I've got a multi-colored object on my right-hand side, which looks like one of E's family.

S: Mmm.

G: And they're showing me their colour going down to the ocean and covering it completely and just shooting off in all directions. So now as far as I can see, it's just this multiple colour. I mean going for a phenomenal distance and it's just showing me the size, the space. The way that E and her family operate is not what we assume, because we assume their size is like human size, but they're all colours, so we assume that they sort of, you know, think like us etc, but they're not at all. And if you imagine computer chips are tiny, yet they have so much information on them.

And here we've got an energy source that can really encompass the world if it wants to. The nice part about what's happening here is they're just showing me this vast distance is the simplicity of getting it there just across the, it's like a smooth surface, the ocean, and it just goes off in all directions. And what they're saying is, this is just really symbolic, they can actually do that, but we wouldn't, they would never do the whole world in one shot.

But if, for example, you were talking about you need to send an energy to, let's say, the floods in Pakistan, then the thought form would go out from you, via them, and it could go straight across the water too, and it's like, it's not a matter of it travels across the water and it gets there, it's instant, the same as a phone call.

S: Shew.

G: They'd pick up the phone the other side, that's how fast it travels. So the energy, what you must now take out of your mind, is the natural way of thinking, the way you've been, the way you've experienced things so far, with speed and time.

S: Sharon proved that because she asked me when I said, I sent energy as soon as my dad told me, and she asked me when you told her, because I knew I sent energy last night, after the meditation, and she told you almost straight after it happened, that's when I sent energy, because she said it started feeling better almost immediately after she'd spoken to you.

G: Yeah, I did, I came through and told you.

S: Yes. So it was instant that she felt it, and instant that she got it.

G: So your way of thinking must simply change. The ability, you do have the ability to send information instantly to a particular area. So especially when we're in meditation, where we've been, we've been thinking about doing things in Russia, a few weeks ago, and just the thinking, talking about it makes it happen. And the same, don't forget, it's not a matter of, you must know, think, decide, send, etc. It's the way you think creates this.

S: Intention and the thought.

G: Yeah, and off it goes. So, the feeling I was getting these last couple of days of this immense sort of power, this is really what it is. And they simply want me to understand it, because you will be using it. Now, I'll have access to it when needed, but you'll be doing the majority of the work. But they simply wanted me to understand, which I certainly do now, it's quite something.

About Geoff Hindmarch: I am so lucky. My life has been understanding Spiritualism. My parents and wife were all mediums, my daughter still is. Whenever I tuned in to the other side, there were always Teachers and Guides waiting to show me something new. Sometimes I would travel though different dimensions – often the past and occasionally the future. What I learnt and experienced was beyond my wildest imagination. On this site, you can share these adventures, and you will find them hard to believe. I experienced them and understood them. And with each new adventure I understood that there were fewer and fewer people that I would be able to discuss them with.

I met some beautiful souls during this period. When you meet a soul on the other side you have an instant understanding of who they are – but you see and sense right into their inner being and experience the huge amount of love that they have to give – and their willingness to help and teach.

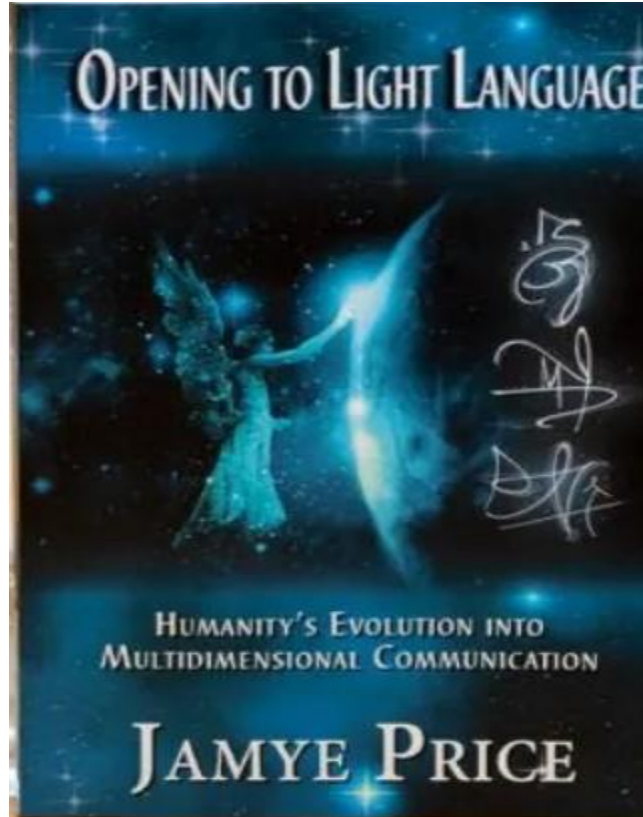
It is a very humbling experience.

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you see and sense right into their inner being and experience the huge amount of love that they have to give – and their willingness to help and teach. It is a very humbling experience.

Geoff's website: <https://spiritualdictionary.com/about-us/>

June 2024 Ascension Energies – Right Alignment By Jamye Price



Hello Powerful Light!

It's the halfway point of the year. It's hard to believe, yet it feels like it is moving fast and slow. It certainly feels intense collectively.

May Peace and Love for All prevail.

While these times are intense, they are the times that diamonds are created. We are moving through a compressed transformation that is calling us to our Creative Harmonic.

As Areon shows with the spiral tightening, it is our Lightwork to not push against the gravity of the world around us, but to go with the universal flow.

They detail more of that in the post, but we can find this in all of our diverse experiences, though the moment may not reflect it immediately.

The work. :o/

I hope you have a powerful June and enjoy the energies!

Much Love,

Jamye

Blessed Being, the density of life on Earth is at a turning point of a season of Life.

Just as a season changes, it is back and forth for a time. Not truly an end or a beginning, merely moments of maybe.

You are bending a long cycle that turns through terrain unknown.

Yet its core is the subtle self-connecting separation.

Righting Duality

Separation is a natural aspect of your density. Your physicality is the mechanism of this experience that blends separation into connection.

The physicality experiences through separation that observes, analyzes and experiences:

It is the potential of the subtle that connects.

This begins with understanding and continues with the effort of infinite learning.

As a Lightworker, you learn the structure and access of the infinite subtle and bridge that into human density.

Infinite contains both right and left, right and wrong.

Physicality merely separates the experience of the two. You connect them into one.

Right Alignment is your opportunity to perceive both, to become One.

The duality does not divide, it deepens the information just as your eyes do if you allow two perspectives to become one.

You do not have to agree, only allow to be.

Life naturally aligns with Love through Time.

Infinite Alignment

The universe moves through you. You move the universe into Earth density.

As you allow, you open to the natural flow. You then direct your unique perspective into new creation.

We call you to shape your Earth in Love's vision, each facet glistening with Light.

What Loves, amplifies Love.

What harms, calls forth harmony.

As you observe, seek to perceive Love's call.

As you analyze, seek to perceive Love's potential.

As you experience, seek to proliferate Love. If not in the moment, then the maybe.

For as you allow potential to reside within, Right Alignment attunes to the infinite flow.

That flow is the unconditional of Love.

Love Boldly

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

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

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

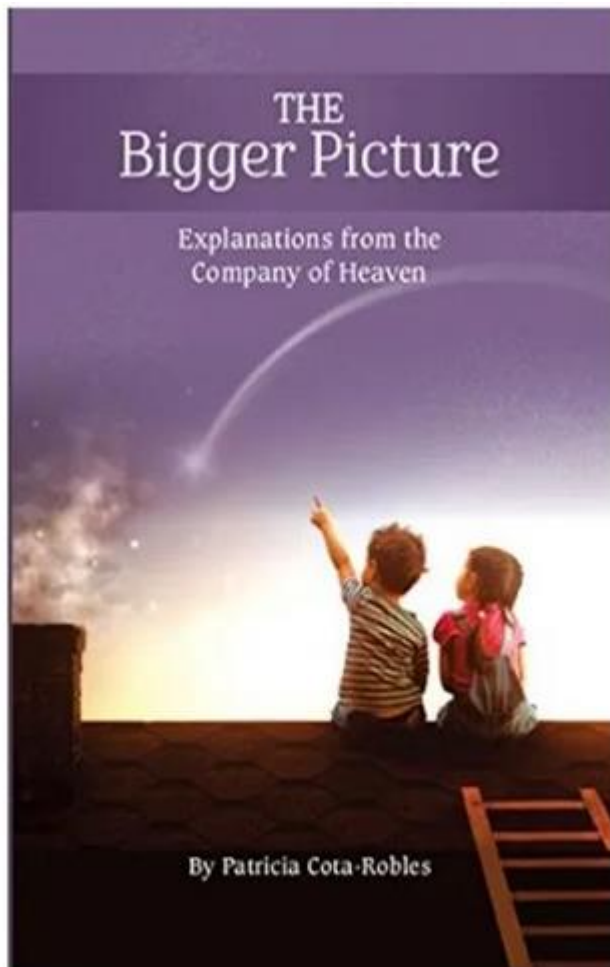
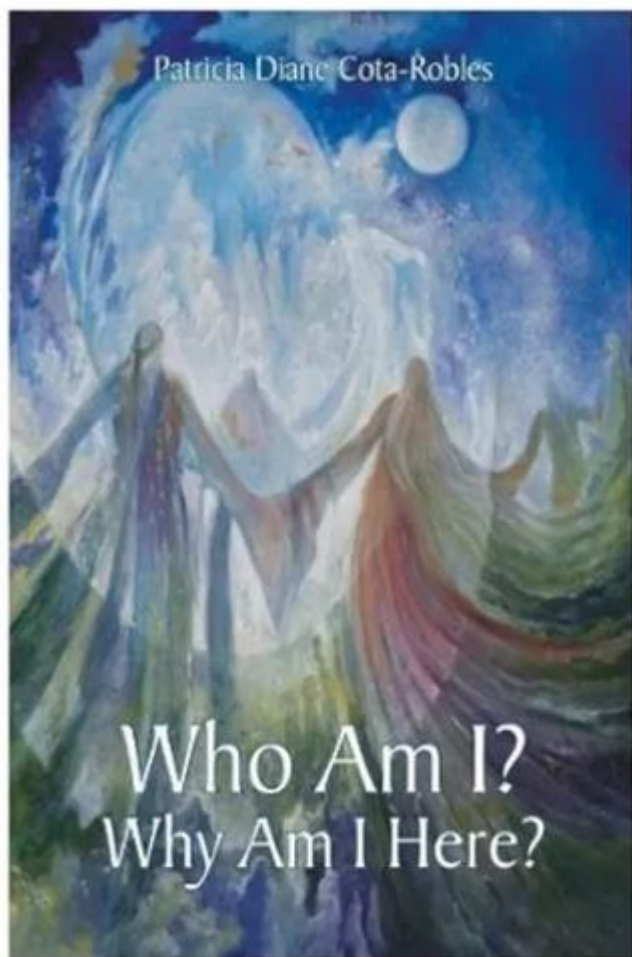
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Jamye's Video



Link: <https://www.youtube.com/=zsr7xmY0Uc>

Clearing The Way for New Heart-Based Social Systems By Patricia Cota Robles



Books By Patricia Cota Robles

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

* * * * *

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

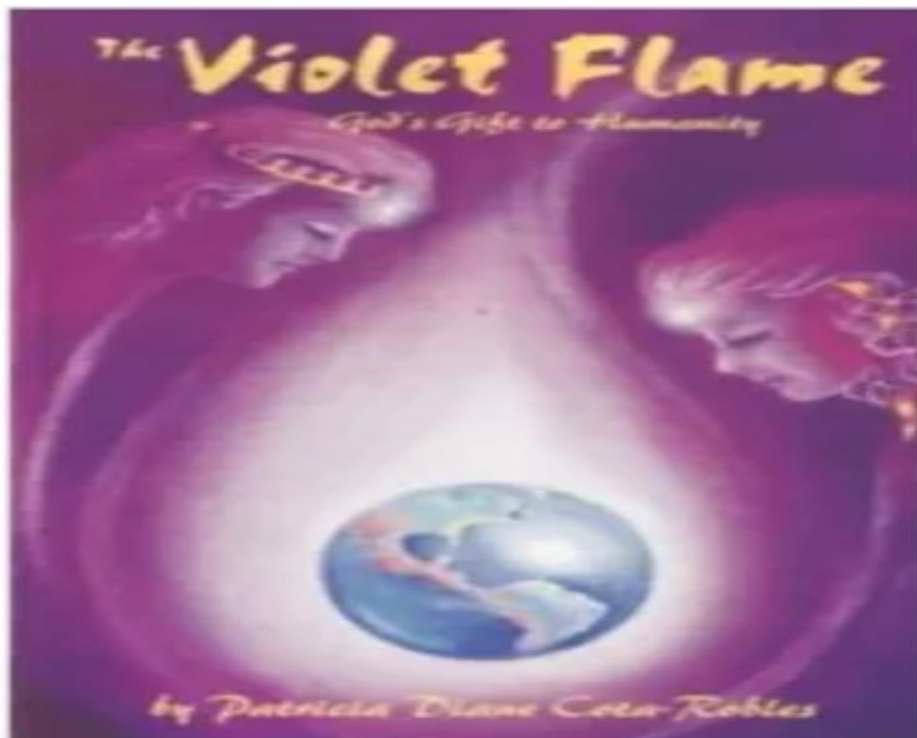
Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program,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

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

Interview with Patricia



Link: https://youtu.be/hTX11kQV_2A



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

Patricia's Vlog



Link: <https://youtube.com/watch?v=hOF1vNRXH5M>

Why Is Change So Hard? By Lee Carroll/Kryon



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

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

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

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

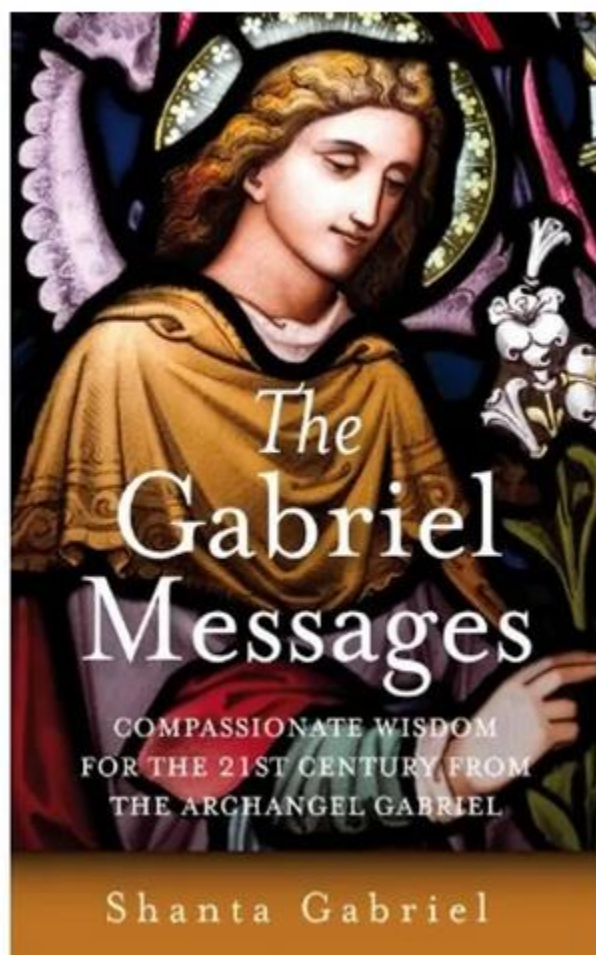
Lee and his spiritual partner, Jan Tober, started the "Kryon light groups" in Del Mar in 1991 and quickly moved from a living-room setting, to a Del Mar church. The Kryon organization now hosts meetings all over the globe with audiences of up to 3,000 people.

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

Lee Carroll/Kryon Video



Link: <https://www.youtube.com/watch?v=DKAVN4IFXmI>



The Gabriel Message Card for this Week:

You are never far from the Light. It is as close as your breath.

Have you ever started to feel anxious and confused, and then noticed that you were not breathing?

Obviously, our breath is a key to staying alive, but it also offers us an avenue for alignment. The yogis say that the Infinite Intelligence lives between our in-breath and out-breath.

Our breath is a powerful tool for becoming more calm, settling our mind and creating an alignment within us to our Divine Source. Often the confusion and anxious feelings we are experiencing are because we have separated from our need to breathe more deeply. The body can literally begin to believe it will not get enough oxygen to survive, which causes the anxious sensations. This is also a demonstration that we are out of present time because in the future or past we forget to breathe.

It has become essential to my Well-being to sit in the Light of God's Presence every day. For varying reasons, some days this is easier than others. The essential key that makes the difference between feeling suffused with Golden Light or ruminating over my life situation is my breath.

The full Gabriel Message below speaks about a Balanced Breath. This is simply breathing in for the same number of counts that you breathe out. It is a very basic tool for coming back into balance with yourself.

This breath exercise is so simple you can do it in traffic or in line at the post office. It will help you feel much more centered and at ease.

The Balanced Breath exercise is very well known all over the world. In Hawaii, it is known as the HA breath, which means the Breath of Life. When you can hold your breath for the same number of counts in between the inhalation and exhalation, it becomes a very simple, yet powerful meditation tool. This has been called the Square Breath, using the same number of counts to breathe in, hold, breathe out, hold.

Breathing in God's Light and Wisdom every day is an essential practice for my Well-being. I know that it fulfills my purpose as a Light-bearer as well because when Divine Light is anchored through me into the Earth, it radiates into the world.

Divine Light becomes our link to higher dimensional realms when we can remember that God is with us always, as close as our next conscious breath.

Divine Presence,

**Thank you for inspiring me through my in breath and my out breath.
Thank you for helping me remember that I feel much more at peace
when I slow down and breathe more deeply before continuing in my day.**

**I ask to feel this alignment with the Light of Divinity in every
moment, with every breath. May all beings feel their connection to
Source and live in Wellbeing with every breath they take. Thank you
God. And so it is.**

The Gabriel Messages Book #4

You are never far from the Light. It is as close as your breath.

Dear One,

Your breath is your connection to God. Breathing is the first thing you do when you arrive on the earth, and the last as you depart. Your breath feeds your body and mind the oxygen it needs to exist. Your breath also holds the power to create an expansion in your energy so you can be aware of your link to the Source of all life.

Divine Light is showering upon you at all times and it radiates from within your being to the world around you. This light holds the essence of peace and love. The more you are aware of your connection to this light, the happier you become.

There are times when you may feel alone and in turmoil because of situations in your life. It is at these times that breathing consciously and remembering the light of God will be helpful. When you pray to experience the power of your connection to the Divine Presence, you are opening a door in your mind to allow in more light. The more you open, the more you are flooded with light and love. Remember at these times that your breath is the key to opening this door.

Practice:

When you breathe in a conscious manner, taking in and releasing balanced breaths, it will compose your energy and allow you to focus on God. Continue to breathe and pray for greater awareness of Divine

Presence in your life at all times. Ask to know your oneness with the Divine as you breathe deeply, and anxiety will drop away. It is difficult to be upset when you are breathing deeply and openly. Part of your anxiousness is caused from breathing very shallow breaths. Your body starts to fear that it won't receive enough oxygen to live, so taking a few moments to breathe in a conscious way is very reassuring to your body as well as your mind.

As you inhale, imagine you are breathing in the light of God and allowing it to flow into every cell of your being. As you breathe out, imagine that you are releasing everything within you that is not of your highest good. Each breath renews you. As the light creates more clarity and focus, Divine Love brings you peace.

Remember that you are never alone. There are messengers from God in the form of Angels who are available always to bring you peace and guidance. You can call on Divine Light and ask to know personally your guiding Angelic presence. Prayer is always answered. You can ask for what you want to be or to have in your life, knowing that it will manifest in a form that is for your highest good. You can release to the Angels all that no longer serves you. Then give yourself time to breathe and receive the abundant level of love and wisdom carried by Divine Light.

Your life will change in miraculous ways when you remember:

You are never far from the Light. It is as close as your breath.

About Shanta Gabriel: Shanta Gabriel is a gifted author, teacher and healer. Inspired by her many years study of ancient forms of healing, as well as energy transference received from her master teachers, Shanta's gift is the transmission of divine inspiration into everyday life. She is also the author of *The Gabriel Messages*. A book of inspired communication from Archangel Gabriel, it ignites the spark of hope in the heart of those seeking peace in their lives provides practical suggestions for emotional and spiritual balance.

Shanta's work with the Archangels was both unexpected and spontaneous when she received a surprise visit from Archangel Michael in 1988. This huge winged being blessed her healing work with Light and opened the way for communication from Archangel Gabriel in 1990. She has received messages from Archangel Gabriel since that time.

Shanta offers a monthly newsletter, "Archangel Gabriel's Messages to the World." Sign up for her newsletter and see frequent messages on her blog, www.shantagabriel.com/

Shanta continues her work through private sessions that include Angelic Life Path Readings as well as hands-on Angelic Light Therapy work. She also leads an inspiring and experiential seven-month Archangel Study Program. Shanta assists the anchoring of that energy into the being through original meditation CDs, flower essences and in-depth study. Shanta is available for TV and radio interviews, and to lead workshops that bridge Heaven and Earth through bodywork and Communion with Angels. For more information, visit the seminars and private sessions section of her website, www.shantagabriel.com/

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Shanta's website: www.shantagabriel.com/

Shanta's Video



Link: <https://www.youtube.com/watch?v=JN5E1lfAWTA&t=1s>

ROC Metaphysical Business Advertising

Healing Messages From Spirit



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

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

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

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

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

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

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

For bookings email oracleofwny@gmail.com

Or just walk-in to inquire.

Website: www.thebodyOracle.com

Phone: +1 585.993.3723

A WORKSHOP WITH MEENA LALL, LCSW

Highly Sensitive People and Empaths

MONDAY, JUNE 24TH, 4PM-7PM



For anyone who is sensitive to the environment around them including stress, moods, even smells! Learn about the highly sensitive personality trait, and how to enrich your life. If you have been told "you're too sensitive," "get over it," or "toughen up," this workshop is for you. For adults 18 and up.

Held at Tree of Hope Counseling, 2300 East Ave
Email Meena at meenalall65@gmail.com to register.

Highly Sensitive People and Empath Workshop

Dear Deep Feeler,

We need you! Just as you are. Sensitive, messy, dangerously perceptive, alive with feeling. Those dark places you go are painful, I know. But your brilliance lights the way for others who do not dare go to those places unaided. You are a visionary, even when it feels like you are lost. Dare to keep feeling it all, the others are watching and learning from you.

Come to this class to learn about what makes you uniquely you. This class is for anyone who is sensitive to the environment around them including stress, moods, even smells! Learn about the highly sensitive personality trait, and how to enrich your life. If you have been told "you're too sensitive, get over it or toughen up" this workshop is for you. The

class is for people 18 years and up.

Workshop Leader: Meena Lall, LCSW is leading this class. I am a Licensed Clinical Social Worker, integrating clinical and holistic perspectives into my therapy practice that result in an intuitive, person-centered, whole hearted self-exploration. I used the study of evidence based interventions, human development, emotional regulation and the mind-body connection together to support individuals, couples and families discover grounded and loving relationships, self-acceptance, increased sense of well-being, and adjusting to life's challenges. Areas of special focus are relationship building including families, parent-child, couples, adolescents and "launching" young adults, highly sensitive persons (HSP), empaths, and individuals experiencing spiritual crisis and/or cultural issues. I am a trauma sensitive and LBGTQ affirmative therapist who is a warm and welcome ally to all.

Please email to save your spot: meenalall65@gmail.com. Cost for the class \$60. Sign up here: <https://www.eventbrite.com/e/highly-sensitive-people-and-empaths-tickets-914985354827>

Sign Up For this Class



I E T CLASSES
PRESENTED BY REV. SHEILA B. TILLICH
CENTER OF BEING IET MASTER INSTRUCTOR TRAINER

APR 06-07th, 2024	IET® Master-Instructor Class - Rochester, NY
MAY 17-19th, 2024	IET® Intensive Workshop - Rochester, NY
JULY 13-14th, 2024	IET® Master-Instructor Class - Rochester, NY
AUG 16-18th, 2024	IET® Intensive Workshop - Rochester, NY

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

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

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

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

Go to www.sheilatillich.com to sign up

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/>

Deepening into Heart and Consciousness with Ramana



Ramana's visit will only last a week, during which time he will be available for private sessions, three evenings on Deepening into Heart and Consciousness.

Ramana's Rochester schedule

Evenings in June:

Mon 24th, Wed 26th, Fri 28th, 7-9 PM

**Location: O.N.E Wellness Center,
2349 Monroe Ave, Rochester 14618
(drop-in, \$15 donation at the door)**

Come to see Ramana:

- *if you are in a transition in your life and would like more clarity.**
- *if you are interested in deepening into Awareness.**
- *if you need guidance in negotiating the intensity of today's world.**
- *if you feel stuck in your life and would like to open up to new and exciting spaces.**
- *if you have an interest in tapping into new levels of creativity and true love through the deepening of the heart.**
- *if you would like to simply sit in a quiet, loving expansive space, and would like to find that space in everyday life.**

About Ramana:

Out of my studies in psychology, Eastern philosophy, Kriya Yoga, Rebirthing, Holotropic Breathwork, Transpersonal Psychology, Creative Visualization, NLP and Hypnosis, along with the teachings of my Indian masters, emerged a unique piece of work called "Radical Awakening" which is outlined in my Amazon #1 selling book, "The 7 Steps to Radical

Awakening: Finding the Calm in the Storm of Overwhelm" (now available in Book, Kindle and will be available on Audible soon).

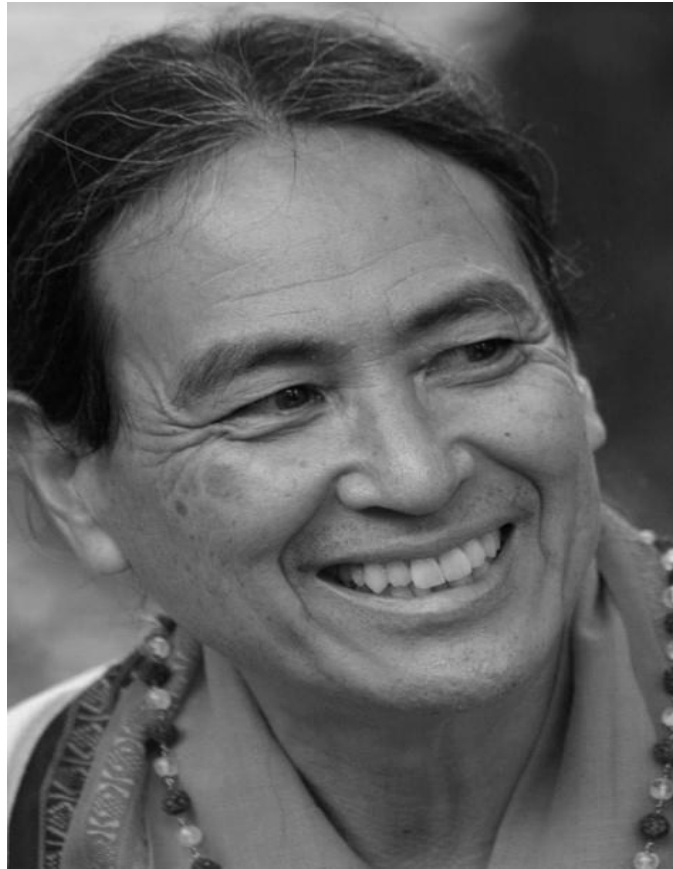
On a personal note, I have a great love of the arts which includes dance and music. Many decades ago I was in a jazz dance company, Moves Dance Theater , as well as taught jazz dance in Berkley, California.

My part-time residence for the past twenty-three years has been at the foot of the holy mountain Arunachala, as well as in San Diego, California.

For an in-depth look at my spiritual journey and personal accounts with my teacher Papaji, please download the pdf at the bottom of the page to read the interview (I have been told by many it is a real page-turner)!

**For prices of private sessions, workshops, and discounts,
Call Sandy at 585-820-3141 or email her at sandyplumb10@gmail.com**

Weekend Retreat With Ramana



Radical Awakening Weekend with Ramana

June 29th-30th, 10-5 pm, Honeoye Falls

Ramana has developed a technique that awakens a deep state, where meditation becomes an eyes-open, present awareness throughout the day. It is a literal “waking up from a dream” of the separate sense of self, where boundless, energy, love and creativity of the authentic self becomes immediately available. In this weekend, you will have a direct experience of a Radical Awakening, and instruction on how to deepen the state.

For registration (required), prices, doing only one day, discounts and info on our money-back guarantee, contact Sandy at 585-820-3141 or email her at sandyplumb10@gmail.com.

For information on Ramana and Radical Awakening, go to <https://awakeningwithramana.weebly.com/>

Private Sessions are also available by Appointment:
June 21-July 2 (90 minutes)

For prices of private sessions, workshops, and discounts,
Call Sandy at 585-820-3141 or email her at sandyplumb10@gmail.com

Feel free to email me for any questions or anything you would like to share with me:
ramana@radicalawakening.org

Come to the Gem and Mineral Show



Gem and Mineral Society of Syracuse
57th Annual Gem, Mineral, Fossil and Jewelry Show
Center of Progress Building
New York State Fairgrounds
581 State Fair Blvd.
Syracuse, NY



Photo by Howie516
\$8.00 per person
Children under 12 with an adult get in free

The Magic of Fluorescents
Saturday, July 13, 2024 10am – 6pm
Sunday, July 14, 2024 10am – 4pm

Minerals – Fossils – Crystals – Jewelry
Demonstrations – Lectures
Metaphysical
Geode Cracking
Youth area with a sluice
Fun for the entire family

It's coming, get ready for rocks, crystals, gems, beads and so much more.

Come to Syracuse at the Center of Progress Bldg at the Fairgrounds.

Children under 12 are free accompanied by an adult. There is a Metaphysical area with participants utilizing gems and minerals in their practice.

Tents will be set up in the back annex of the building to view fluorescent minerals under ultraviolet light.

There are free lectures included with show admission on volcanoes, fossils, UV lights and fluorescent minerals. Kids activities including the ever popular sluice and straw draw.

Want to know more about the Gem and Mineral Club of CNY: <https://gmss.club/>

Energy Medicine Immersion + Diamond Light Body Activation Training and Retreat with Brandie Furniss



Start with Friday night which is optional: from 7-10 pm. Then enjoy two full days of training on Saturday/Sunday beginning at 9 am-6 pm Saturday 7/27 and 9 am- 3 pm Sunday.

***Learn to clear the muscle memory of shock, trauma, and karmic miasmatic patterning, release energetic blockages of stagnation from previous generations, learned behaviors, and receive deeply nourishing healing with a variety of highly transformational practices.**

I've personally used it for myself/clientele all over the world and advance your own intuitive gifts by working with a highly evolved team of guides + angels.

"Activating the Diamond Light Body: Unlocking the Secrets of Your Highest Potential" VIP access to The Body Oracle full assessment.

The Diamond Light Body is a powerful, radiant energy field that surrounds your physical body, holding the key to your highest potential.

Activating this divine structure unlocks the gates of limitless possibility, empowering you to shine brightly in the world.

Benefits of Activating the Diamond Light Body:

- Amplified spiritual connection and intuition

- Enhanced inner guidance and wisdom
- Increased self-love and self-worth
- Heightened creativity and inspiration
- Deepened sense of purpose and direction
- Strengthened aura and energy field
- Improved physical and emotional well-being
- Activates you psychic centers & siddhas
- Helps you to be a better intuitive & healer

Connect with your inner self through guided meditations and breathwork techniques. Learn artful techniques through energy medicine healing/training.

Energy Clearing: Release limiting beliefs and patterns through expert energy clearing and healing.

Light Body Invocation: Activate your Diamond Light Body through geometrical patterns and visualizations. Table sessions where you lay fully clothed at my center for well-being during the method to reconnect this sacred geometry.

Integration and Embodiment: Embody your Diamond Light Body through movement, sound, and creative expression. Akashic records reading, psychic mediumship, and home play activities to expand your aura.

Activation of the 12 Strand DNA: Unlock your full genetic potential through ancient techniques and encoded light language.

Join for a transformative journey to activate your Diamond Light Body and unlock the secrets of your highest potential. Embrace your radiant essence and shine brightly in the world!

1:1 with your guides & ancestors or in our group program...

Offered both as personal healing sessions, mentoring, and also the Energy Medicine Immersion + Diamond Light Body Activation, Training & Retreat happening this July again for the first time in four years as a transformational event.

Pay In Full investment for the event + 4-6 week Alchemical Mentoring Package with The Body Oracle is \$1500 (early bird) or goes to \$3333 July 1st (openings to join available until 7/15)

Begin the mentoring at any time. Registration closes 2 weeks prior to the retreat offering. (Sessions with coaching/mentoring and readings/healings paid separately valued at over \$4500)

Sign up for the retreat or inquiry about this great event at: Website:
www.thebodyOracle.com

Email: oracleofwny@gmail.com



Kryon and Dr. John Ryan in Rochester

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

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

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

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

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

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

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

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

Metaphysical Business Cross Promotional Advertising



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

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

<http://www.alternativesforhealing.com>



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

<http://www.BodyMindSpiritDirectory.org>



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Rev. Vicki Snyder-Young

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

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

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



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

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



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

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



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

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

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



727 E Main St
Rochester, NY 14605

and the NEW LOCATION
1225 Jefferson Rd
Henrietta, NY

585-266-8350
Sue Stephens

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

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



The Lotus Blossoms



The Lotus Blossoms
100 White Springs Ln
Geneva, NY

315-789-4650

<http://www.thelotusblossoms.org>

<https://www.facebook.com/TheLotusBlossoms5/>

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

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



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

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

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

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

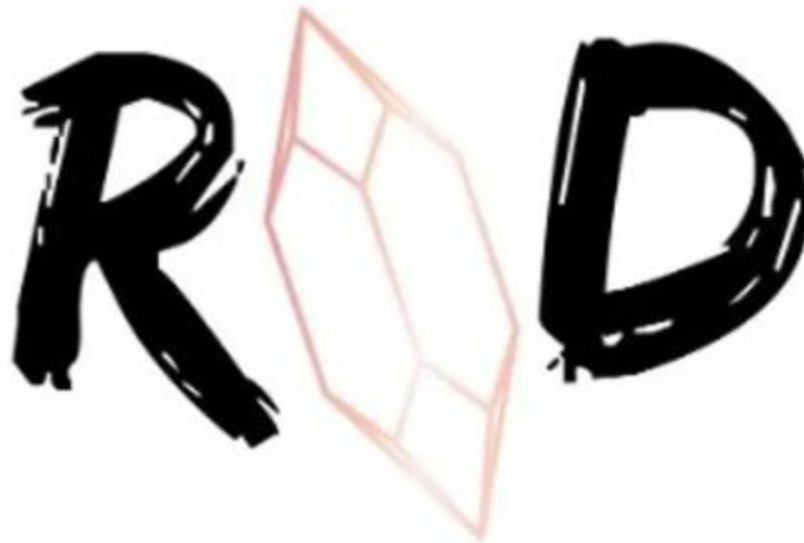
Learn more about Sage at: <https://youtu.be/v9AzKAJx7Lg>



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

Where magic and healing begin!

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



ROCK DUDE

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

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



Healthy Alternatives Wellness Center

Carol Scheg-Morrisette

4358 Culver Rd

Rochester, NY

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

www.healthyalternativesrochester.com

(585)663-6454

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



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

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

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

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

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



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

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

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



Janice McNamara, RN Intuitive Healer

585-455-1953

<https://www.nextstepholistic.com>

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



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

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



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

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

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



Marjorie Baker Price , RN

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

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

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

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



Sheila B.

Recovery Metaphysician & Galactic Grandmother Channel

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

SHEILA B CAN HELP YOU FIND ANSWERS

Find your purpose and connect with you

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

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

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

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

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

Join the Lightworkers Connection Circle Facebook Group:

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

Follow me on Instagram: https://www.instagram.com/sheila_b_he...

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

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



Wyld Ravin Candle Co. & Apothecary

<https://wyldravin.com/pages/about-us>

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

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

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

To contact email at wyldravin@yahoo.com

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



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

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

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



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

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



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

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

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

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



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

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

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



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

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

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

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

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

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



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

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

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

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



Maureen Law LPN, RMT

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

I am a Holy Fire III Reiki Master Teacher and a retired LPN after over 45 years. I now am 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>



B & R Crystal Cavern

B&R carries lots of unique crystals in all kinds of forms. Shop online or in person. B&R can be found in person at events around NY. Shipping is offered or pick up can be done in person in Fairport, NY
B&R always has new stock. See the stock online at:
<https://www.facebook.com/b.r.crystalcavern>
and on <https://www.instagram.com/b.r.crystalcavern/>

LifeForce Rejuvenation



Jon Kotowski

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

<https://lifeforcerejuvenation.com/>

716-344-3787

Theraphi is an innovative technology that combines the power of meditation with electromagnetic frequencies. It is designed to enhance the meditation experience by creating a harmonious energy field around the body. By using specific frequencies, Theraphi aims to promote relaxation, balance the chakras, and stimulate the body's natural healing abilities. This unique approach to meditation allows individuals to deepen their practice and achieve a state of profound relaxation and inner peace. Whether you're a seasoned meditator or just starting your journey, Theraphi with meditation can provide a transformative and rejuvenating experience for your mind, body, and spirit.



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Mystical Magickal Mindful 7307 US Route 9, Elizabethtown, NY
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Unicorn Square 5722 NY-86, Wilmington, NY 12997

Serenity Wellness 214 Seymour St Auburn, NY 13021
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Rising Goddess 225 Highland Parkway, Tonawanda, NY 14150

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

Soul Vibes 682 Abbott Rd Buffalo, NY 14220
Dragonfly Art & Soul 8290 Main St Williamsville, NY 14221
The Psychic Shop 2822 Elmwood Ave Buffalo NY 14217

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

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

Mindful Inspirations 4032 Lake Ave, Burdett, NY 14818
Behind The Willows Store 40 Catherwood Rd Ste E-04 Ithaca, NY 14850
Moonlight Treasures 4268 Main St, Millport, NY 14864
Griffin's Aerie 1 E Lamoka Ave Savona, NY 14879
Mystick Rose Magick 31 Main St., Apt 201, Addison, NY 14801
Cookie's Creations 231 W Water St Elmira, NY 14901
Okultik 5 W Market St Corning, NY 14830
Kokoro Ancient Healing & Sacred Ritual 2078 College Ave, Elmira Heights, NY 14903

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

Rocks/Crystal Stores

Rock Star Crystals 146 W 26th St, New York, NY 10001
Crystals of Quartz 61 Windemere Ave Greenwood Lake, NY 10925
Fortune Crystals 2116 Merrick Ave Merrick NY 11566
Crystal Crossing 568 Columbia Tnpk E Greenbush NY 12061
Reiki Rocks and Crystal Shop 1811 Western Ave, Albany, NY 12203
Tincture of Time 296 Delaware Ave Albany, NY 12209 At Kate's 60 Broadway Tivoli NY 12583
Stone Corner Minerals 5 Main St Chatham, NY 12307
Lodes of Nature 135 Canal St, Ellenville, NY 12428
Crystal Connections 116 Sullivan St, Wurtsboro NY 12790
Natural Stone Bridge & Caves 535 Stone Bridge Rd Pottersville NY 12860
Twin Crystal Rock Shop 36 Broadway Saranac Lake NY 12983
Two Hawks 6930 Cold Brook Rd Homer, NY 13077
The Finders Keepers Mining Co Syracuse, NY
Crystal Cove 104 North Main St N. Syracuse NY 13212
The Rose Quartz Stand 107 Mohawk St Herkimer NY 13350

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

Spiritualist Churches

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

Spiritual Churches & Retreat Centers



Plymouth Spiritualist Church

29 Vick Park A

Rochester, NY 14607

585-271-1470

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

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

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