

# **ROC** *Metaphysical*

*Our Mission is to Enlighten and inform*

**February 2024**

<https://www.rocmetaphysical.com>

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

**What Is Ho'oponopono, It's History and It's Future?**

**Unity By Lisa Rahilly**

**Runic Lore & Legend By Nigel Pennick**

**Part 1 - Everyone Didn't Choose To Come Here**

**By Lorraine (Raine) Sutter, DC, RN, MSACN**

**Men and Relationships By Barry & Joyce Vissell**

**Tarot Tendencies for February By Doreen Scanlan**

**When Will We See Progress? By Patricia Cota Robles**

**Coming Out Of Darkness By Lee Carroll/Kryon**

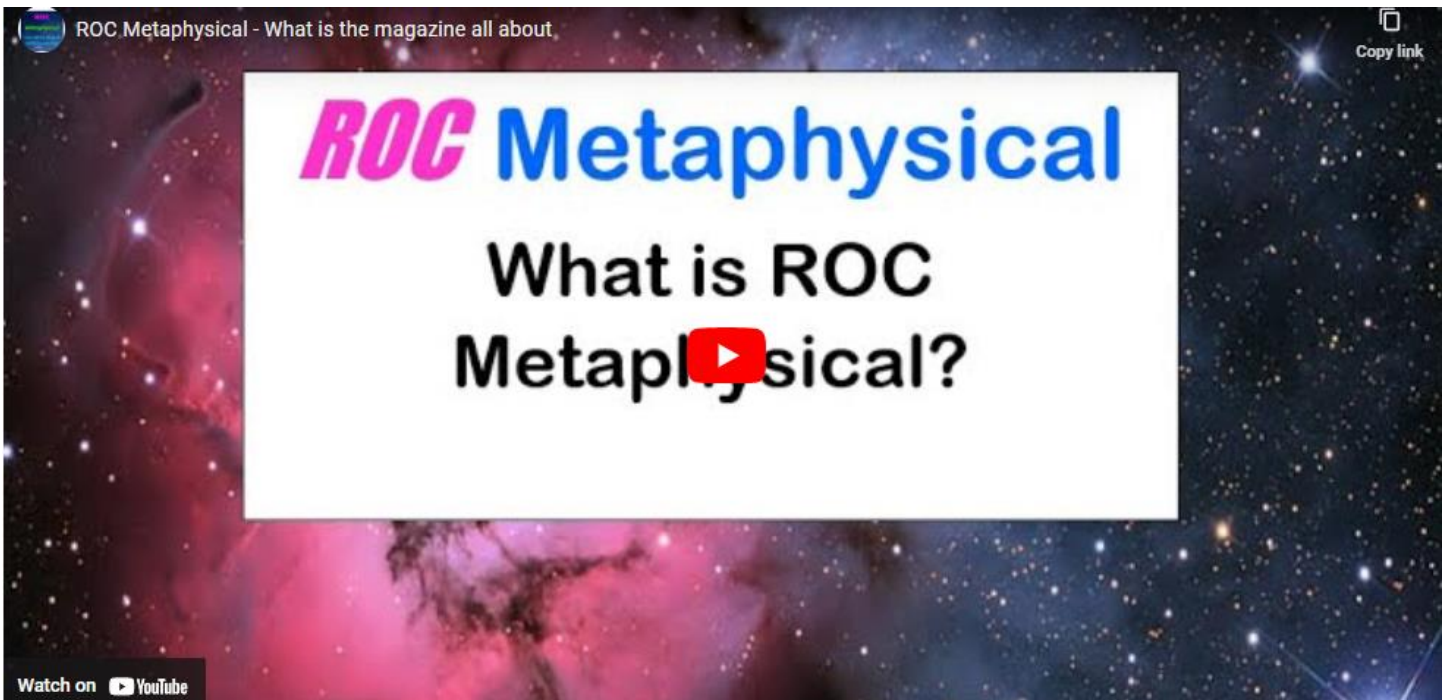
**ROC**

**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>



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

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## Highlights of The Magazine



### Read Interesting and Informative Articles

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



### Read Channeled Messages

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



### Learn About Incredible Alternative Businesses

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



### Lots of Interesting Events

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

## We Have A YouTube Page



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

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



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

## Go To Our YouTube Page



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

## ROC Metaphysical Online Magazine Articles for February 2024

Queen D. Michele



**Choosing**  
By Queen D. Michele

ROC Metaphysical Movie Review



**Gratitude Revealed**

Dr. Hew Len



**What Is Ho'oponopono, It's History and It's Future?**

Tom T. Moore



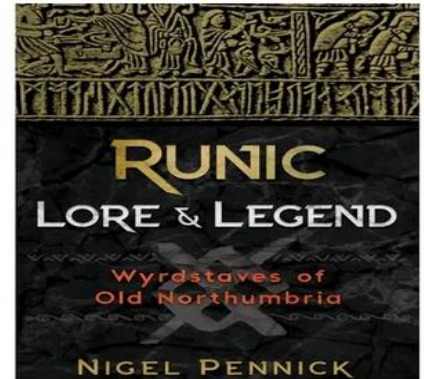
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What Can Sound Healing Do For You?



## *Channelings*



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

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

**Channeling can be done in two different ways:**

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

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

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

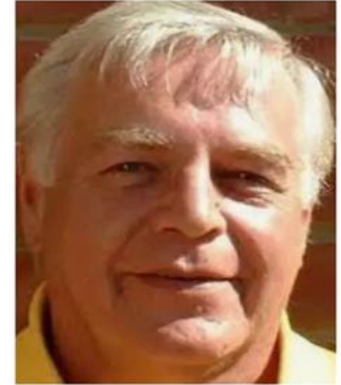
Ronna Vezane



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By Ronna Vezane



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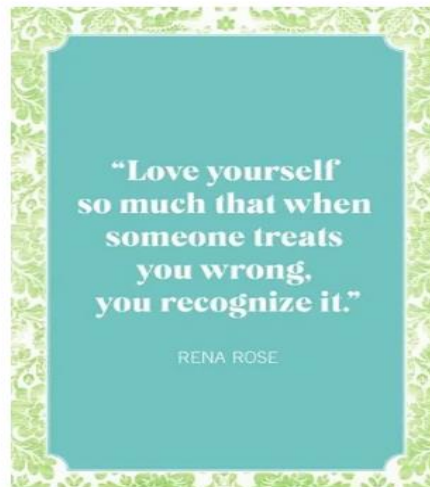


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By Patricia Cota Robles

Lee Carroll/Kryon



Coming Out Of Darkness  
By Lee Carroll/Kryon



## Choosing By Queen D. Michele



**Freewill, the ability to choose, is the simplest of universal truths. Yet, so often it's not brought into our awareness during those seconds, minutes, and hours we go about our day. We don't think about breathing, we just do it, right? It's the same with making choices, the majority of the time we just do it. We make hundreds of choices during a day and give no thought to them. I wonder what would happen if we intentionally became more conscious of our choices, which in turn create our realities. Whatever you're not changing, you're choosing. There are those times when one could say, I didn't have a choice in the matter, and they would be correct. Take for instance a person having to move out of their apartment because the building was sold and being made into a parking lot. There are exceptions to the rule, but more often-than not we are responsible for the consequences and rewards of our choices.**

**Consider this, your thoughts interpret, define and judge each moment. It's judged as good, bad, nice, ugly, funny, pretty etc. Those judgments are choices. Your choices create the reality you live. For example, a rainy day has no built-in meaning whether it's good or bad, it only depends on the meaning you give it. Consider, two people occupying the same space at the same time watching a rainstorm.**

**The thoughts about the storm from the first person;**

- **I love being able to look upon rainy days and dark skies.**
- **I'm so appreciative of my eyesight.**
- **This storm is watering Mother Earth, Gaia.**
- **Plants and wild animals are being refreshed with much needed nutrients from this rain.**

- **The air is going to be so fresh and clean after this.**

**The thoughts about the storm from the second person;**

- **I hate rainy days.**
- **I wanted to run errands, now I'm delayed.**
- **This storm is such an inconvenience**
- **This always happens to me.**
- **I need to move where it doesn't rain much at all, then I'll be happy.**

**We choose our focus and how we invest our energy. Where our attention goes, energy flows. The energetic fields of both persons are dramatically different, because of the vibrations they each emit. We all vibrate energetically at a particular frequency. The higher the frequency of your energy or vibration, the lighter you feel in your physical, emotional and mental bodies. You experience greater personal power, clarity, peace love, and joy. This being the case, it stands to reason with all the benefits one gets from holding a high vibration, a person would choose to maintain a high vibrational energy field. I equate it to taking a deliciously warm bath, as the water begins to get lukewarm heading to being cold I turn on the hot water to shift the temperature back to delicious, through choosing. That simple shift is a choice. It would seem logical that the first person's vibrations are quite high base on the thoughts that are being chosen and brought into awareness. This creates a pleasant experience, a reality full of peace and calm for the first person.**

**The second person is also creating their reality. They're choosing their experience too. They're choosing their thoughts and where attention is being focused. Imagine the energetic field of the second person. I suppose it's heavy, dense and dissatisfying. The funny thing about focusing on the negative is that the more you do it, you unconsciously attract more of it to your energetic field. That's the main reason depression is so very hard to break out of, because the thoughts are extremely heavy and oppressive. It's literally as if a dark cloud hangs over that person's daily life. -I surmise that the second person carries a low vibration and their experiences are riddled with fear, sadness, anger, resentment, guilt, jealousy, anxiety, stress and lack. What an exhaustive struggle that must be!**

**I'm certainly not trivializing depression, which automatically carries a low vibration energetic field, or saying all a person must do is think happy thoughts. There are deep traumatic experiences, chemical imbalances, poor nutrition, chronic illnesses and environmental factors that contribute being medically diagnosed with depression. However, as it relates to choosing, when choice is apparent, it takes a certain state of consciousness to choose to shift your energetic field to a higher vibration. First of all, one has to become aware of their thought life. This takes much practice, and consistency is key here. I equate it to going on a diet, albeit a "mind" diet. You ever notice, that once a particular trigger comes into your awareness it's easier to "mind your mind", about it? For example, you never saw a particular car on the road as much as you do once you buy that car. Now, every time you turn around you're seeing this brand of car. Or how about if you go on a diet? Now certain foods that weren't in the forefront of your awareness, are now all you think about or crave more than anything? The same thing happens when you start, "minding your mind." The key to being successful at this practice is to become the observer of your thoughts without becoming attached to them, especially the negative ones. You can choose to shift the energetic field by choosing thoughts that attract higher vibrations. You are in control of your choices. Checking in with yourself routinely and be mindful of what you are choosing in those daily moments.**

You are the captain of your ship, you are steering the course through choice. That's the magic of....  
Choosing.

About Queen D. Michele: Author, Blogger, Light Worker, and New Earth Representative. Queen gives her readers considerations and insights to ponder which are designed to assist them in living New Earth (heaven on Earth) now.

Visit her website [www.considerationsofthesoul.com](http://www.considerationsofthesoul.com) for more information.

Facebook Page: <https://www.facebook.com/oneightonelove>

Facebook Group: <https://www.facebook.com/groups/thesoulstirringcommunity>

Instagram: <https://instagram.com/considerations2020>

LinkedIn: <https://www.linkedin.com/in/COTS>

SoundCloud: <https://soundcloud.com/considerationsofthesoul>

Twitter: <https://twitter.com/1light1luv>

YouTube: <https://www.youtube.com/c/MovingInwardOnward>

### Queen's Books



Find her books on Amazon:

<https://www.amazon.com/stores/author/BoBNC96V59>

## Queen's Video



**Link:** <https://www.youtube.com/watch?v=roSCc-NOYWc>

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## ROC Metaphysical Movie Review



**Link:** <https://www.youtube.com/watch?v=1gNopMCHte4>

From the acclaimed director of *Fantastic Fungi* comes *Gratitude Revealed*, which premiered for FREE on the Moving Art YouTube Channel.

*Gratitude Revealed* is a remarkable cinematic documentary that has been forty years in the making. The film is a transformational cinematic experience aimed at teaching us how to lead a more meaningful life filled with gratitude.

Through intimate interviews with everyday people, thought leaders, and personalities, Schwartzberg shows how gratitude is a proven path to overcoming the disconnection we often feel in our lives. Gratitude can help us reconnect with ourselves, our planet, and each other.

If you yearn for deeper connections and seek personal transformation, then Louie has made *Gratitude Revealed* just for you.

A message from Louie Schwartzberg - Director of *Gratitude Revealed*

Are you ready to catch the wave? *Gratitude* has intrigued me for all of my career as I believe it is where nature and humans intersect in this space we call Life. I've had the humble privilege of meeting the most extraordinary humans from all walks of life and all corners of the globe, and I always ask the same question.

**And now, I will ask YOU this same question, “What is your definition of gratitude?” While each answer is deeply personal and unique, there is a universal thread that connects us all – humans, animals, plants, flowers and let us not forget fungi and the mycelium network beneath our feet. Throughout this website, you’ll be able to explore and express gratitude in a plethora of ways.**

**Welcome! Thank you for being a part of my inquiry into what gratitude means... A journey I started over 40 years ago and continue each and every day. I’m grateful you’re here.**

**Go to the website for more info: <https://gratituderevealed.com/watch-film/>**

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## What Is Ho'oponopono, It's History and It's Future?



There is a legendary story of a man known as Dr. Ihaleakala Hew Len, who cured every patient in the criminally insane ward of a Hawaii`i State Hospital — without ever seeing a single patient. Now this may seem a little “insane,” but upon having a closer look, the story speaks for itself.

Dr. Len set up an office within the hospital to review his patients’ files. While he looked at these files, he would work on himself, and over four years, the patients all healed. In addition, the staff who had been calling in Dr. Ihaleakala Hew Len sick or quit, eventually loved coming to work. He used the legendary Hawaiian healing and cleansing method Ho’oponopono to accomplish all of this. It is based on healing through loving oneself. Dr. Len repeated the words “I love you” and “I am sorry” over and over again while reviewing each file individually. After a few months, the patients who were shackled were allowed to walk freely, patients were taken off medications, and even the hopeless cases were eventually released back into society.

The word spread and many were curious about this fantastic story, but there was very little information available about it. Then a man named Dr. Joe Vitale, best-selling author and personal development guru, caught wind of Dr. Len’s story and decided he had to learn from him first hand. Dr. Vitale soon became aware that Dr. Len is a master teacher of this ancient Hawaiian practice of Ho`oponopono. He learned that by using this potent forgiveness and releasing process, one is able to “clear your mind of subconscious blocks so that destiny and desire can take over and help you get what you truly want from life. It clears out unconsciously accepted beliefs, thoughts, and memories that you don’t even know are holding you back.” Their collaboration eventually led to the co-authored book *Zero Limits*, which chronicles this journey.

One very valuable cleansing tool Dr. Len suggests is Blue Solar Water. He suggests to fill a blue glass bottle with the tap water. You can choose to use tap water or else fill the bottle with the purest water you have access to, and set in outdoor sunlight for 10 minutes to an hour, and up to 12 hours for a more potent effect, to charge the water with the healing blue light. If it is NOT sunny for a long period of time where you are, then you can use incandescent light, but not LED or fluorescent light. He says that it will remove recurring “memories” or programs that run in your subconscious, freeing you from their effects.

**In other words, it will allow you to “let go and let God.”**

**Dr. Hew Len has recently passed as of Jan 15, 2022. He has a very important message for us all to hear and heed:**

**“The only purpose in your life and mine is the restoration of our Identity—our Mind—back to its original state of void or zero (Buddha), of purity of heart (Jesus) and of blank (Shakespeare) through nonstop cleaning.”**

**“It is in the void, at zero, Divine Love resides, providing inspiration for perfect relationships, perfect health and perfect wealth. The responsibility and the function of the Conscious Mind (Intellect) is to initiate the cleaning, to care for the Subconscious, teach it the cleansing process and to ask Divinity for directions. The Conscious Mind is clueless as to what memories are replaying (11,000,000 per second) in the Subconscious.**

**ONLY DIVINE LOVE CAN TRANSMUTE TOXIC MEMORIES TO PURE ENERGIES.  
DIVINE LOVE IS THE ONLY SOURCE OF INSPIRATION AND ENLIGHTENMENT!**

**The Conscious Mind does not perform these functions! The Subconscious, as the super computer, is the key in the Self I-Dentity through Ho’oponopono cleansing process. If loved and cared for, the Subconscious becomes an ally, cleansing nonstop even as we sleep.**

**I wish you and your family, relatives and ancestors Peace beyond understanding.”**

**Dr. Hew Len was born in April of 1939. He grew up on the Leeward Coast of Oahu, Hawaii and graduated from Kamehameha Schools. He attended the University of Colorado and received his degree in Psychology. He then graduated from the University of Utah with a MS degree in special education and a doctorate from the University of Iowa. He became a practicing psychologist.**

**Dr. Hew Len met Morrnah Simeona, founder of Self I-Dentity through Ho’oponopono®, in 1982. He took the Basic I classes.....and never looked back. He was trained as an instructor and began to teach with Morrnah. They taught in the USA, Canada, France, Germany, The Netherlands, Denmark, Poland, Sweden, Belgium, Italy, Argentina, United Kingdom, and the United Nations. They traveled to Russia, China, Egypt, Israel, and Japan as part of their work.**

**After Morrnah passed in 1992, Dr. Hew Len returned to Hawaii to continue his work with the SITH® process. He joined with coordinators and instructors to tirelessly conduct SITH® classes, lectures and interviews around the world.**

**Dr. Hew Len fully retired in 2015. His work assisted in thousands of students learning the ho’oponopono with the lectures and classes being presented around the world. He remains in the hearts of many of his students as their beloved instructor. He often would answer a question with the response: “Just get to the cleaning!”**

**Now you can find Dr. Joe Vitale continuing the use the Ho'oponopono**

**What is ho’oponopono? And how it helps?**

**Ho’oponopono is an ancient Hawaiian practice still in use today and is well-known for the miracle it does in clearing negativity from one’s mind and thought. It is believed to be designed to wipe out all the**

negativity in our thoughts and those blocks that are keeping us miserable. Dr. Joe Vitale is a renowned Ho'oponopono creator, practitioner; the author says that there are a large number of us who don't have the luxury of enjoying peace, harmony or joy forever in our lives. It is believed that external negativity plays a role and we are saddled right from our birth. And this Hawaiian technique Ho'oponopono has been specifically designed to remove all the stress and negativity from your mind and let us enjoy the eternal happiness forever. It is a simple technique where you ask for forgiveness and purifying yourself. What's Ho'oponopono remedy that works so fine and takes away all your guilt? The answer to this question can be discussed through the four steps of performing Ho'oponopono in the section below.

There are four phrases or steps that the practitioner can follow and the magical healing starts from within. The four steps involved in this practice make you realize the fact that you are responsible for everything that happens to you and that is in your mind. Once you realize this fact it becomes easy for you to start practicing the steps.

1. The first step asks you to say sorry for everything that has happened or any wrong thing that you have witnessed. It makes easy for you to move ahead in your life once you know the fact and has the courage to say sorry for anything that was wrong, you will feel better.
2. Once you are able to say sorry the second step requires you to ask for forgiveness. You will be seeking forgiveness for everything you felt sorry for in the first step. While doing so you are asking to forgive everything from you and your past memories that may have been involved in the wrong doing. These may sound weird for many of us but once you mean what you say the process is magical.
3. The third step that you must go through is showing your gratitude for everything that has happened to your life. This way you will learn to appreciate everything that is big or small in your life. You might get an unexpected response for this thank you but you need not worry about the result or response. In right time the correct result will appear in front of you. This step will help you to have patience as well.
4. The last step that you need to follow is to show your love and say I love you to everything that is yours. This way you will learn to love everything related to you.

What's Ho'oponopono theory of magic that will help you can be elaborated further with the effect that each step has on you. It makes you stronger and gives you the courage to face the truth and tell the truth. You will feel better when you know that your request for the forgiveness has been granted and people are going to trust you again. There are no human being in the planet who do not commit sins either knowingly or unknowingly. The ones who have the courage to see their mistake, come forward to seek forgiveness are the successful ones. Live your life with no grudges and you will be the happiest one.

The practice makes you love everything that belongs to you. This is important in a sense that people do not tend to care about the things and people that are making their life beautiful. You must show your appreciation for what you have and this will make the bonding stronger. Life is not about yourself but everyone and everything that are connected to you as well. It is necessary you take life as one beautiful chance given to you by the creator and handle it with care.

It helps you forget all the bad memories associated with you as you move forward with the forgiveness achieved from your action and prayers. Once you are a regular practitioner of this process you know that life is more about having faith and courage to accept and face the truth. You will never feel the pressure of hiding the bad side of you, rather you will learn to come forward and express what you want to go away from your life. This way you will be living stress-free life with no regrets.

Read More! -> <https://www.hooponoponocertification.com/>

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## MBO's By Tom T. Moore

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

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

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

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

\*\*\*\*

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

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

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

\*\*\*\*\*

### **MBO FOR STORM TO MOVE THROUGH FASTER**

**Lee in Florida writes: Good day Tom! I had plans to see a show at the local planetarium with my grandchildren that started at 4:00 pm and then dinner after. The weather report was for severe thunderstorms in the area until around 6:00 pm. I asked for an MBO that the storm move through faster than that, so there was little or no rain when we left the house. It is now 2:35 pm which should be the beginning of the worst part of the storm, but the storm has just about completely moved through! Thank you for a fantastic result! I am sure the roads will be drying up by the time we leave! You are the best Tom! Thank you!**

### **MBOs FOR MEDICAL PROBLEM AND MEDS**

**Larry writes: My son is doing much better from his heart attack. His doctors seem to have found the right medication and he has been much better. I send white light and love to him several times a day and my mother and sisters do as well. I requested an MBO that his doctors find the best treatment for his condition, and they did. What I didn't know was that the medication cost \$1,500 a month and after the monthly dose they gave him at the hospital ran out my son refused to pay that, and he spent two days in the hospital.**

**When I found this out, I requested an MBO the he be able to find a way to get the medication he needed at a price that he could afford. My daughter-in-law then found his meds for \$50 a month! He has been doing well for the past three weeks and we are keeping up the MBOs. Thank you again, Tom! I appreciate all you do for us! MBOs work!**

### **MBO FOR PROBLEM WITH COMPUTER PROGRAM**

**Arlene writes: I was doing some computer work and could not get the program to work. In the middle of the night I awoke and asked my Angels and Guides for the answer to my problem. And, in the next moment, my MBO was answered. So fast! Thank you.**

### **MBOs FOR ANXIETY, SHOPPING, TASKS**

**Margaret writes: I use them ongoingly, especially since I have anxiety. All circumstances flow seamlessly, such as parking spaces at popular neighborhoods store; to being able to walk into a store with out too much muscle pain, to getting the right salesperson at a big appliance store; buying big items and discovering they're having a sale; remembering when I catch myself freaking out at an uncomfortable task, I just need to ask for an MBO and voila, everything flows. I ask for BPs for my spouse and various relatives and neighbors; and this 3-d creation of ours.**

**I ask for myself and come across information containing deep spiritual insights. I use them 24/7 and in spite of my underlying anxiety all flows. In fact the newest chiropractor at the office I attend practices NET and we are getting to the roots of my anxieties. And my using his services was unexpected and due to an MBO.**

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

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



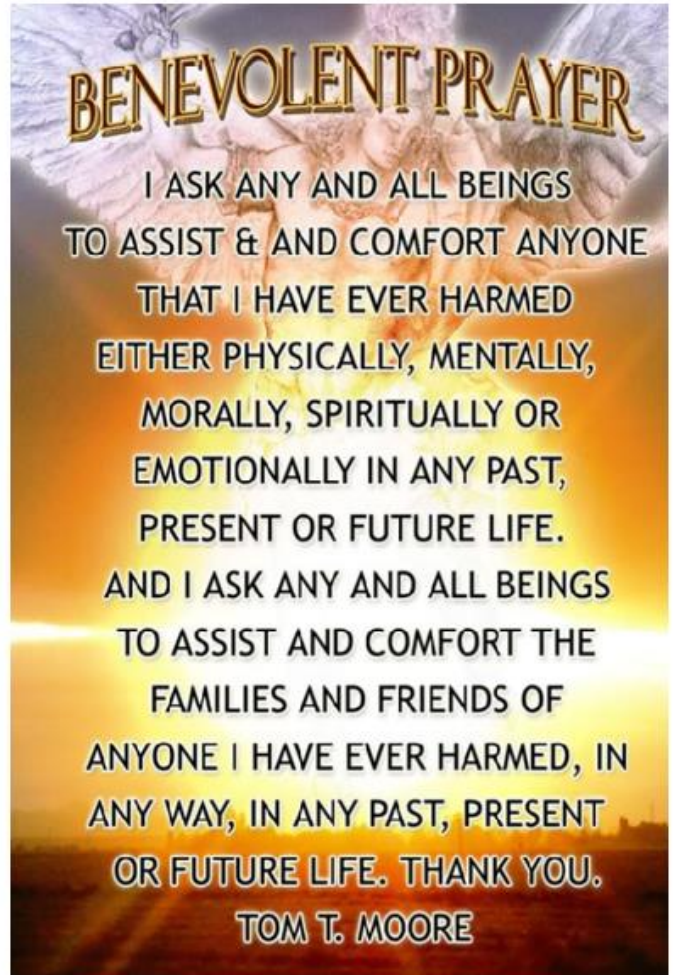
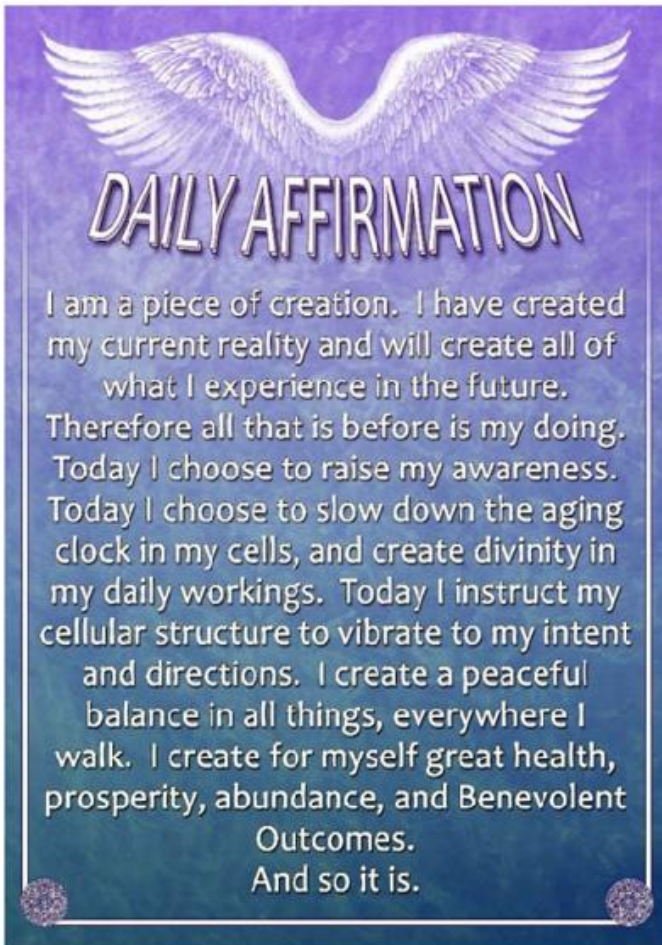


**Link:** <https://youtu.be/RJHpBt4sTv8>

## Tom T. Moore's Books



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

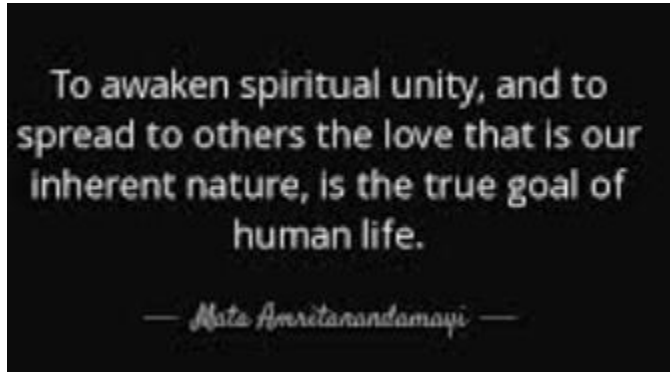


<https://www.thegentlewaybook.com/PDF/1.pdf>

**Find other signs on Tom's website**

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## Unity By Lisa Rahilly



I have not blogged for a bit, and while thinking of ideas I happen to ask my son “if you could hear about anything what would you want to hear about?” “He immediately responded unity.” My heart sang yes, that is exactly what is needed. I think most people would agree that unity is at the top of their mind these days with all that is going on.

Unity is one of those thoughts that I think gets put in the back of our minds most generally. It is not a constant in our lives. It feels and seems more like separation and division is more readily seized upon rather than unity. I am most definitely not speaking of politics here I am speaking from the perspective of humanity. I believe when people are united it brings great hope and comfort to all. No one likes or wants to experience the loneliness of separation. Everyone wants to be accepted and be a part of something bigger than themselves.

Why is it that we come together and find the best versions of our humanity when a disaster, tragedy, or catastrophe occurs? Shouldn't that be every day? Should we not strive to be kind and compassionate to each other? Should we not be respectful and encourage differences of opinions and thoughts? Should we not be accepting of different cultures and beliefs? Should we not be tolerant too those who express themselves differently.? Should we not rejoice in all that someone else can teach us? Should we not be full of gratitude for such diversity in all things on this planet?

We are all human, after all, made from the same flesh, blood, bones, and cells. How incredibly boring and robotic it would be if we all acted the same, if we all looked the same, if we all thought the same. What would our world be? There would be no inventiveness, no creativity, no anticipation of new discoveries. There would be no laughter, or joy, or surprises.

For some reason unbeknownst to me us humans have always placed ourselves in categories. Categories of race, intelligence, beauty, men, women, normal, (whatever that is supposed to mean) rich, poor, middle class. Sick, healthy, fat, skinny, on and on I could go. Why, oh why do we not accept each other as equals on every level? To accept that no one single human is greater than another simply because of socially accepted beliefs that have been ingrained in us from the time we were born. By placing conditions upon each other for which we will or will not accept a person is the true tragedy in our human story, as this is what creates the greatest separation.

I would ask you to take a moment and imagine what our world could be if we were a united species? There would be no violence, no hunger, no homelessness, no stress, anxiety, fear, no wars, or sense of

isolation, only humans working together to create lives that had true meaning and fulfillment.

Humans working together to preserve and take care of this beautiful world we have the privilege to live in. Where a united peace would blanket the world filling it with excitement as a new blank slate arrived to begin a new era, a new way of being and existing.

Wow imagine!!! I know what you are all thinking that would be awesome but impossible so what is the point? It is that thought alone that has kept us all from achieving unity and the world we all deserve. Everything that has ever happened since the dawn of time has begun with one human, one thought, and someone willing to act upon it.

I believe we have the misconception that if something is not complicated it is neither worthy of our attention nor will it work. (Lol) I believe it is as simple as changing your own way of thinking and taking action. It need only start with one person than another and so on. This will create a ripple effect all by itself expanding to each end of the Earth. Things cannot and will not change until we step up and take charge of our own destinies.

I don't know about you but I for one am a believer, and I am ready for a change. I hope you will all believe too and strive alongside me to change our current world of division into a world full of love, hope and unity. Remember we are the creators, we hold the power, together we can do the impossible.

Many blessings  
Lisa

About Lisa Rahilly: I am a psychic medium. I specialize in Intuitive and medium readings, Akashic readings, Reiki energy healing, and Sound therapy. I love to teach and share knowledge with others, so I also offer classes and workshops on a variety of topics.

I've made it my life's mission to bring healing and peace to those in need, through giving attention to the mind, body and spirit and assisting others in their own personal growth. It is always my intention to remain humble and open minded so that I may continue to grow, learn, and evolve so that I may serve others to the best of my ability. My greatest achievements have not been based in awards but rather, the knowing that I have brought someone peace, direction, solace, closure, joy, understanding, and self-empowerment. I am beyond grateful to be able to do what brings me such joy. I am humbled and honored to be able to serve others in such a beautiful way. i also have a store called Mindful Inspirations in central New York.

Lisa's Facebook page: <https://www.facebook.com/nymindfulinspirations>

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## ROC Metaphysical Book Review

### Runic Lore and Legend



**A practical guide to the Anglo-Saxon Futhork and how runes were used in Old England**

- Examines the 33 Northumbrian runes of the Anglo-Saxon Futhork, providing the meanings, historical uses, symbolism, and related tree and plant spirits for each
- Explores geomancy divination practices, the role of sacred numbers, and the power of the eight airts, or directions
- Provides a magical history of Northumbria, as well as a look at the otherworldly beings who call these lands home, including boggarts, brownies, and dragons
- Shows how traditional spirituality is intimately tied to the landscape and the cycle of the seasons

**In the early Anglo-Saxon period, the region of Great Britain known as Northumbria was a kingdom in its own right. These lands, in what is now northern England and southeast Scotland, were the targets of the first Viking raids on Britain. This violent influx, followed by the establishment of trade routes with the Norse, brought the runes to the region, where they intermingled with local magical traditions and legends, resulting in the development of a practical runic wisdom entirely unique to Northumbria.**

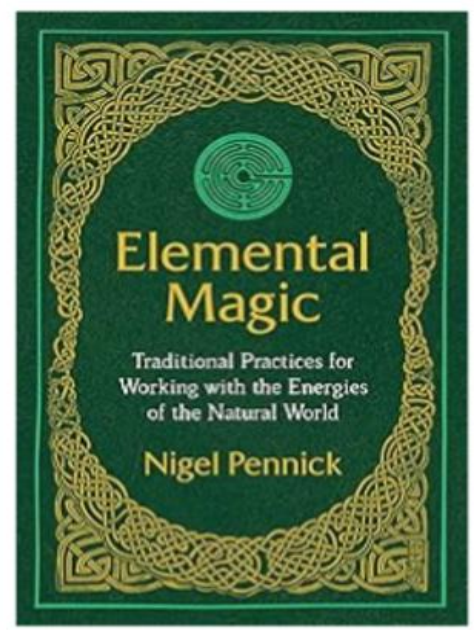
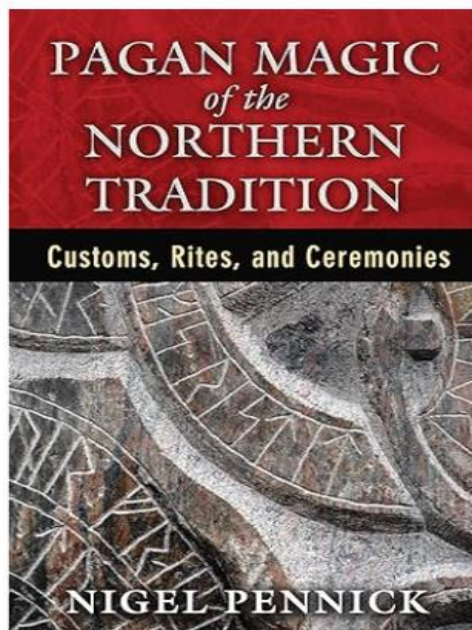
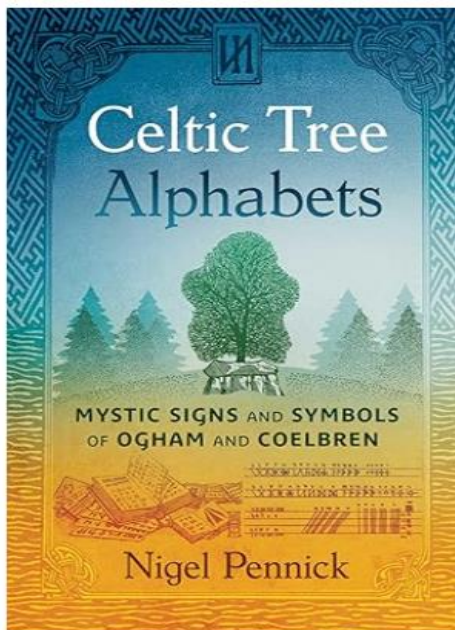
**In this guide to the Wyrdstaves, or runic practices, of Old Northumbria, Nigel Pennick examines the thirty-three runes of the Anglo-Saxon Futhork and how they were used in Old England for weaving the web of Wyrd. Sharing runic lore and legends from the area, he explains how the Northumbrian runes are unique because they contain elements from all the cultures of the region, including the Picts, Britons, Romans, Angles, Scots, and Norse. He illustrates how each rune in this tradition is a storehouse of ancient**

knowledge, detailing the meanings, historical uses, symbolism, and related tree and plant spirits for each of the thirty-three runes. The author describes the Northumbrian use of runes in magic and encryption and explores geomancy divination practices, the role of sacred numbers, and the power of the eight airts, or directions. He also shows how the Northumbrian runes have a close relationship with Ogam, the tree alphabet of the ancient Celts.

Providing a magical history of Northumbria, as well as a look at the otherworldly beings who call these lands home, including boggarts, brownies, and dragons, Pennick explains how traditional spirituality is intimately tied to the landscape and the cycle of the seasons. He reveals how the runic tradition is still vibrantly alive in this area and ready for us to reawaken to it.

Find his books at Inner Traditions: <https://www.innertraditions.com/books/runic-lore-and-legend>

### Sampling of Books By Nigel Pennick



## Nigel's video

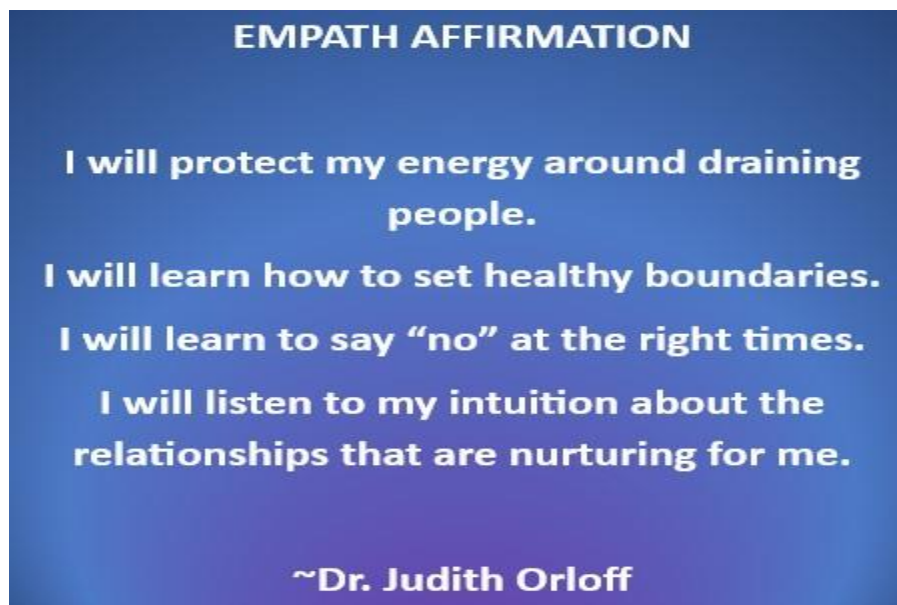


Link: [https://www.youtube.com/watch?v=dMsDR7\\_J36w](https://www.youtube.com/watch?v=dMsDR7_J36w)

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## How To Empathize Without Taking On People's Stress By Dr. Judith Orloff



To be of service you don't have to give 100% or more to everyone in need.

At times, it's okay not to be so available. To stay centered and decompress, you need to leave this world for a while and practice self-care. Give yourself that break. When being of service, consider each situation individually. Always factor in your own energy level and physical and emotional limitations to access how much you have to give. These considerations don't make you selfish. They make you smart. Of course, there are instances when service may involve enormous sacrifice such as when you're a caregiver, which I will discuss. Generally, though, healthy giving nurtures you too.

A dread that many of my patients share is: “What if people ask more than I can give? I feel guilty if I say “no.”

Here are five strategies from my book *The Genius of Empathy: Practical Skills to Heal Your Sensitive Self, Your Relationships and The World* to support your healthy giving.

### **1. Give a Little, Not a Lot**

Appreciate the power of offering small gifts: a hug, a flower, a fresh salad, a birthday card, three minutes of your time instead of an afternoon. Some people limit their giving to an hour daily. Train yourself to be a high-quality giver in smaller increments when possible.

### **2. Set Compassionate, Guilt-Free Limits**

If you feel you “should” say “yes” to every request, practice setting limits. You can respond, “I'm sorry, I'm unable to attend, but I appreciate the invitation,” or “Thank you for asking, but I can't take on more commitments now,” or “I'd love to help, and I only have an hour.” If you feel guilty about setting limits, it's okay but set a limit anyways. Changing your behavior and acting “as-if” can precede an attitude shift. You don't need to be guilt-free to set limits.

### **3. Go Into Unavailable Mode**

It's not healthy to be on call for others all the time. To preserve your energy, for minutes, hours or longer, turn off your electronic devices, don't answer calls, and stop "doing favors" for others. This gives you a break to be demand-free. It may be surprising to realize that most people can survive without you for a while.

#### **4. Recognize When You've Had Enough**

There are some limits to giving you can't modify because your mental or physical health depends on maintaining them, and there is no way to compromise anymore. One friend told me, "I divorced my husband because I never wanted children and realized he'd always be one—a really high maintenance one." This was a positive decision for her. Sometimes protecting yourself requires a big change. Though achieving closure can be difficult, it's wise to lovingly acknowledge, "It's time to move on."

#### **5. Meditate and Pray**

When there's nothing more you can do to help someone or they refuse help, remember to pray for their well-being and the best outcome to their problem. It's better to keep this prayer general rather than more specific. In instances when you can't heal yourself or others—and you can't get rid of pain—turn the problem into a creative offering to the forces of love and healing. Allow them to work their magic. I also offer my adaptation of The Serenity Prayer which I suggest too:

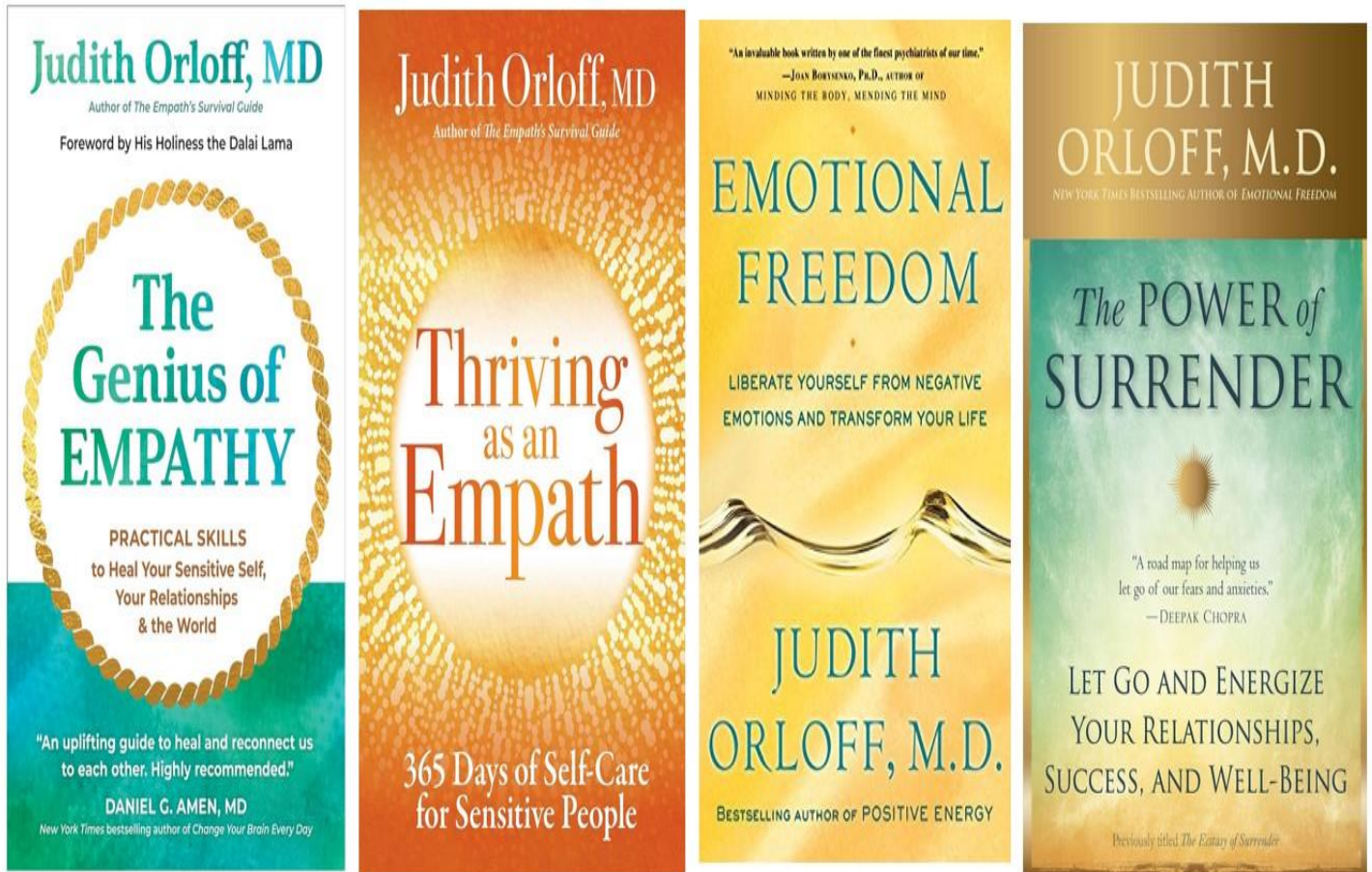
Grant me the serenity  
To accept the people or things I cannot change  
The courage to change what I can  
And the wisdom to know the difference.

If you're working too hard to help someone, take a pause. Let the person be themselves without making it your mission to improve them. As one patient vowed, "I'm going to stop trying to love the red flags out of others." There is a time to give and a time to replenish yourself. Healthy giving is graceful, patient, and makes you smile—a healing gift to yourself and others.

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

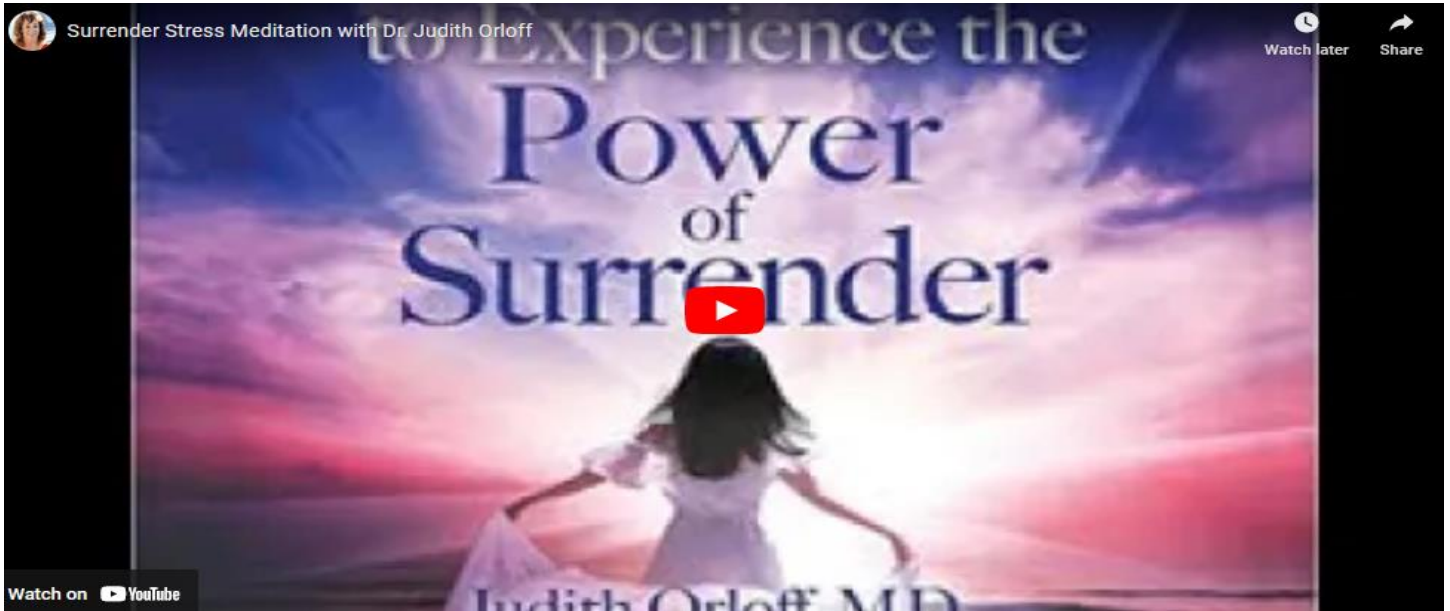
Dr. Judith Orloff's website - <http://www.drjudithorloff.com>

## Some of Dr. Judith's books



These are just a few of the books that Dr. Judith Orloff has written. Go to:  
[https://www.amazon.com/stores/author/B000AP8R6O?ingress=0&visitId=ccb33df2-59fe-439c-9a3c-d86f9b68f723&ref=src\\_nrt\\_srch\\_lnk\\_5](https://www.amazon.com/stores/author/B000AP8R6O?ingress=0&visitId=ccb33df2-59fe-439c-9a3c-d86f9b68f723&ref=src_nrt_srch_lnk_5)

## Dr. Judith's Video



**Link:** <https://www.youtube.com/watch?v=pSxtfcWZv3w>

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## Part 1 - Everyone Didn't Choose To Come Here

By Lorraine (Raine) Sutter, DC, RN, MSACN



I have been part of the spiritual community for most, if not all, of my life. I was, in a sense born into it. At a young age I was told time after time that each one of us “chose to come here”, meaning that each of us choose to incarnate into this lifetime. I have also heard that we all have “lessons” to learn and that we “chose our parents”. I mean, heck – there is no limit to the countless books, articles and blogs that have been written about it.

Despite either being told directly or hearing others imparting that wisdom on others, the message never resonated with me. In fact, the thought of it made me cringe; still does.

For years, even decades, I searched to connect the dots between my childhood, my parents, the “lessons” and how each impacted the “how and why” I chose to come here. While my decades long journey provided insight to who I was, I couldn't quite piece the fragments of my “truth”, my core self, together with the belief that I willingly chose to “come here”.

So, a little bit about myself; I promise its relative. I lead a very spiritual and holistic lifestyle. In fact, I have dedicated my career to holistic health and have studied spiritualism, ancient texts and religious practices for well over 30 years. I have also had the ability to “see” since the age of seven – at least that's the earliest I can remember. None of that makes me an expert by any means; however, I like to think I have perfected my craft (healing work) and, given my ability to see, have been able to humbly bridge some gaps between the mystical and our third dimensional world – the world we call life. I somehow thought that my ability to “see” was linked to my purpose.

After an incredibly challenging 2020 (who wasn't challenged in 2020), I decided to embark on an intense spiritual journey of self-discovery. At the time I was challenged with understanding the reason I “chose” to come here. I felt that I was living two separate lives – one vested in corporate America and the other in a world of mysticism and spirituality. Neither of which I necessarily “fit into”. What I discovered

changed my life forever; it changed the way I viewed myself, interacted with others, and how I chose to live out my time here on earth.

While meditating, I found myself in a state of pure consciousness; a state of consciousness that exists beyond our three-dimensional space and timeline. I realized that I was viewing myself at the point just prior to entering this dimension... not this lifetime; this dimension. There was a large Being next to me, perhaps three times my size and I was, in a sense, arguing that I did not have to “come back”. I was very clear that my “karma”, so to speak, was paid off, that there was nothing left here for me to do and that.....

That’s when everything changed. At that point, mid-sentence, I was pushed. I began a quick free fall decent where I could feel myself tumble until I suddenly landed in darkness. There I sat in complete stillness, wondering what I was supposed to do next. I knew where I was, third-dimensional Earth, but “why” I was here escaped me. Suddenly, I was kicked so hard in a meditative state that I shifted my physical being. I literally shifted my body almost causing me to fall off my chair. Within seconds a contract the size of a phone book appeared (no wonder I never liked contracts).

As I sat in front of the contract, I realized that I didn’t choose to be here, I didn’t choose my parents, nor did I have “karma” to pay. I realized that I was “thrown” here by a force greater than myself for purposes unknown.

Given I was thrown into this dimension I didn’t go through all the “grids” that souls have to go through to incarnate, I didn’t have a de-briefing on my “purpose” here, and I wasn’t acclimated to three dimensional constructs. That said and due to my swift entrance, I did, however, retain my ability to “see” inter-dimensionally; past the obvious. Understanding this, of course, didn’t make up for a lifetime of feeling displaced and not belonging, but it did provide a line of sight into my path. The puzzle pieces that once evaded me were becoming clear and the dots began to connect.

After the meditation, I spent days reflecting and feeling. I was angry that my free will was taken from me. I was angry that I was here without the underlying guidance and understanding that many souls get upon entry. I was angry because no part of me could make sense of why this happened. While working through the anger and trying to logically understand how I was to use my abilities in service, I received a clear message – “turn it around; look at it differently”. It was like a switch was flipped and the light bulb turned on. At that moment I realized my ability to “see” was secondary to my purpose and had nothing to do with the reason I was sent here.

We are in a time of change where not only is the earth, itself, is elevating its vibration (*Schumann resonances*), but where we, as humans, are elevating our consciousness. Each new day seems to present us with new challenges, both personally and collectively. Each of those challenges is a shedding of the old and an opportunity to move into a higher vibratory pattern. I say opportunity because we need to understand that each of us is experiencing an evolution in oneself. A silent change that is unable to be seen just felt. We are changing our DNA, downloading alien codons in the form of sacred light geometry, and connecting our etheric self with our human suite in ways never imagined. We are processing this information and connecting to inter-dimensional energies that are just now being revealed. As we ascend our current state of consciousness, either knowingly or not, each of us will find our purpose.

Today I know that my Being was sent here to service a transition of humanity from our third dimensional construct into a construct of higher understanding and spiritual belief. While I am still unsure of the specifics of what that means, I do know that I didn’t choose to enter this lifetime when I did, I didn’t choose my family and didn’t have a revolutionary “lesson” to learn (although I’ve learned

many). I was sent, like so many others, for the greater good, to bridge a great spiritual awakening and a consciousness evolution like never before.

As I patiently wait for my “purpose” to fully reveal itself, I ask all light workers, healers, and spiritualist to “turn it around; look at it differently” knowing that while everyone has a purpose (even a contract), everyone should not be led to believe they chose to “come here” ... *this lifetime*.

**About Rainey:** Lorraine (Raine) Sutter, DC, RN, MSACN has over 20 years of experience in the practice and study of mainstream and complimentary medicine. She received a Doctorate in Chiropractic (DC) and Master’s in Clinical Nutrition (MSACN) from New York Chiropractic College and a bachelor’s in science in Nursing (BSN) from Niagara University.

Through a blend of Eastern and Western philosophies, Raine combines conventional health, wellness and nutrition practices with Meditation and Mindfulness to align your higher consciousness with your cellular body. The practice releases old traumas, activates new energy pathways and elevates your physical and spiritual being to a higher vibration serving as a foundation to mental and physical well-being, as well as personal success.

Raine has been gifted since a young age with having the ability to see between our current third dimensional reality and higher spiritual realms. That ability, coupled with extensive formal education in alternative and traditional health care has provided Raine a unique perspective and skillset with regard to providing spiritual insight and health counseling for countless individuals. As a mother, grandmother, daughter, sister, and friend, Raine is passionate about helping people understand how past traumas are being projected into current realities resulting in recurrent life themes which cause people to lose sight of themselves. Having taken this unprecedented journey into healing herself, she is relatable to the many individuals who lie in the shadows of pain, loneliness, and confusion as they struggle to heal.

Lorraine is a lecturer, consultant, healer, author, and educator who is driven by the need to bridge and advance our understanding of metaphysical practice and physical health. In addition to offering several workshops and classes she has served as a faculty member at New York Chiropractic College and University of Phoenix. She continues to practice within her scope and maintains an online presence at [www.thepurpleherbshop.com](http://www.thepurpleherbshop.com)

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## Top 8 Questions About Mediumship By Rev. Colleen Irwin



**Facilitating Mediumship Development Circles not only involves guiding students but also delving into the profound questions that inevitably arise. As a facilitator, I find myself anticipating and exploring these questions with each circle. This month, I've chosen to unveil the veil, sharing the 8 most common inquiries, and providing insightful answers to deepen your understanding of mediumship.**

**Is mediumship a natural gift, or can it be learned? While some individuals may possess a natural affinity for mediumship, we are all born with the ability. It is indeed a skill that can be cultivated through training, practice, and unwavering dedication.**

**How can I open myself up to connect with spirits? Unlocking the door to spirit communication involves practices such as meditation, grounding, and fostering a receptive state. Regular exercises to develop intuitive senses can significantly enhance this connection.**

**What if I'm afraid of connecting with negative entities or spirits? Setting clear intentions and protective measures before any session is crucial. Trust your intuition, and if discomfort arises, remember you are always in control. Establishing strong boundaries with Spirit builds a sense of security.**

**How do I distinguish between my imagination and a genuine spirit message? Practice and experience are paramount. Genuine spirit messages often come with a distinct energy or feeling. Since Spirit uses the same side of the brain that imagination uses, it can be confusing. Validation from others or specific, accurate information unattainable through normal means can indicate a genuine connection.**



**Is it possible to communicate with a specific loved one who has passed away? Yes, it's possible. Focusing on the energy and memories associated with the person can enhance the connection. However, it's essential to understand that spirits may communicate in their own way and timing, and it's not always guaranteed.**

**What training or courses are available for aspiring mediums? There are various courses and workshops offered by experienced mediumship instructors. These may cover topics like energy awareness, psychic development, and specific techniques for connecting with spirits. The more you learn, the more Spirit has to draw from. Some mediums leverage numerology, astrology, tarot or one of the many divination tools that exist in their practices.**

**How long does it take to develop mediumship abilities? The time it takes to develop mediumship abilities varies for each individual. Some have to unlearn fear-based teachings and trust themselves. Consistent practice and ongoing learning are key factors. It's a journey of personal and spiritual growth. Spoiler Alert – you never stop learning!**

**Do I need to have psychic abilities to be a medium? Psychic abilities can complement mediumship, but they are not a prerequisite. Mediumship focuses on communication with spirits, while psychic abilities involve perceiving information beyond the ordinary senses.**

**Remember, the path to developing these abilities is a personal and spiritual growth journey that requires consistent practice and ongoing learning. Spoiler alert – the learning never stops!**

**If you're intrigued and wish to delve deeper, consider attending a Mediumship Development Circle. However, understand that attendance alone won't yield results; investing time in getting to know your guides, honing your gifts, and dedicated practice are essential. Happy exploring!**

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

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

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

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

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

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

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

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

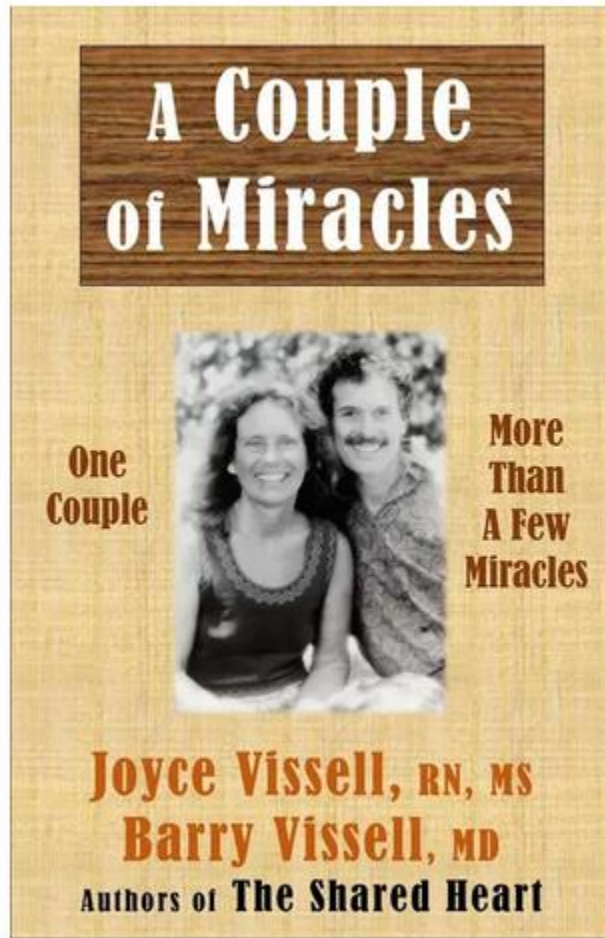
**Pinterest: <https://www.pinterest.com/talkwithcolleen/>**

## Interview with Colleen



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

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Over the years of working with men and their relationships, not to mention my own 59-year relationship with Joyce, I have seen some central issues emerge. The last thing I want to do is generalize, saying that all men do this or feel that. However, I have seen certain tendencies which apply to many men. If any of the following applies to you, take it to heart. If not, let it pass, but be sure you are not in denial. And women, please read the following. It may apply just as much to you.

First, learn to take better care of your heart. Yes, by all means take care of your physical heart with proper nutrition and exercise. But also take care of your heart of hearts, your soul. Many men seem to have a tendency for workaholicism, or as Swami Beyondananda calls it, the “do-be-do-be-do” imbalance. Many men are preoccupied with doing and spend too little time being. How about starting the day with a time of stillness, deep breathing and self-reflection? There are other ways you can find to nurture your inner life, like spending time alone in nature, reading uplifting books, or taking time throughout the day to give thanks for all the good in your life. “Soul-work” is a necessary precursor for fulfilling relationships. Plus, your partner will often feel less burdened knowing you are taking care of yourself.

Voice your appreciation to your partner and to all your loved ones. We, as men, often tend to remain silent, assuming our loved ones know how much we love them. Or we assume our actions speak louder than words. Of course, our good deeds can convey our love, but it is not enough. Our words of

appreciation are nectar to the ones we love. More than simply saying “I love you,” let this person know exactly what it is about them you appreciate in each moment. Overcome your embarrassment about being poetic. Your partner may be hungry for heartfelt expressions of love.

Learn how to be more vulnerable. Intimacy is “into me see.” We need to let our partners see us more deeply. We need to feel and express our feelings. Yes, we as men sometimes feel hurt or afraid, but we’re often taught to keep it well hidden. Outwardly, we often present a strong, competent image. Showing our human frailty to our loved ones gives them a very wonderful gift of love. When we feel sad, instead of covering it up with activity, we can share it with a loved one. Instead of jumping into an angry posture every time we feel hurt, the vulnerable (and courageous) approach is to reveal the hurt feelings directly, without anger or resentment. Whenever I have done this with Joyce, I have short-circuited a potentially long, drawn-out argument. When I only show her the anger, I am keeping myself defended, and lose out on the love I could be receiving.

Ask for help. We as men tend not to ask for help enough. This can be another way to become more vulnerable. Ask for help with physical things, but also ask for help with your emotions, such as sadness, shame, or fear. Showing your partner that you need their help empowers them and allows them to love you more fully. Perhaps the most vulnerable thing I do is to let Joyce know how much I need her love. Rather than appearing “needy” to her, she sees me as being strong and courageous. It’s empowering to feel needed.

Learn to be a better listener. Really listening to our partner is a profound gift. Often, we can’t listen because there is so much clutter in our own minds and emotions. Or we often listen with the purpose of fixing a problem. Most of the time, there is nothing to fix, but plenty to compassionately hear. Also, taking better care of ourselves and being more vulnerable will help us to be more present with our partner – and listen more deeply.

Practice taking the lead in the relationship. Too many times, we as men yield leadership to women when it comes to the relationship. It often comes across as, “Here, the relationship is your thing. You make it work better.” Women can’t help but resent this attitude. Let’s make our relationships just as important as our work. When we are dying, we won’t regret spending more time on our job. It’s our relationships that more deeply nourish our souls. Initiate relationship growth. Ninety percent of the couples who register for our retreats are signed up by the women. Invite your partner into a deeper conversation or to read aloud from an inspiring book. Initiate anything meaningful.

There is no substitute for inner child work. Remember that your partner has an inner child that needs parenting by you as much as you need parenting by them. It can bring such sweet joy to give this parental nurturing to your partner. Make it a practice to sometimes see past the grown-up, powerful adult to the innocent little child in your partner. Gently, and tactfully, invite your partner to be held in your fathering arms in a physically non-sexual way. It is so important to not have physical sexual energy mixed in with fathering energy. Likewise, allow yourself to feel the little boy within you who needs the love and comforting embrace of the parent within your partner. This is another way to give a profound gift to your partner, and deepen the relationship as well.

Reach out more to other men. Many men tend to isolate themselves from meaningful relationships with other men. I have observed that many men are nearly starved for father/brother love. Because of our fear of this need, we have pushed away half the population of the earth. Practice vulnerability with other men, and you will find it becomes even easier to be vulnerable with your partner. Deepening your friendship with a man leads to deepening your friendship with yourself. And this allows you to become more accessible to your partner.

If you want to go deeper, Joyce and I encourage you to read our two books, *To Really Love a Woman* and *To Really Love a Man*.

Also, please consider attending my annual men's retreat, *Men Living from the Heart*, March 15-17, in Willits, CA, for a powerful, experiential journey into the heart of manhood.

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

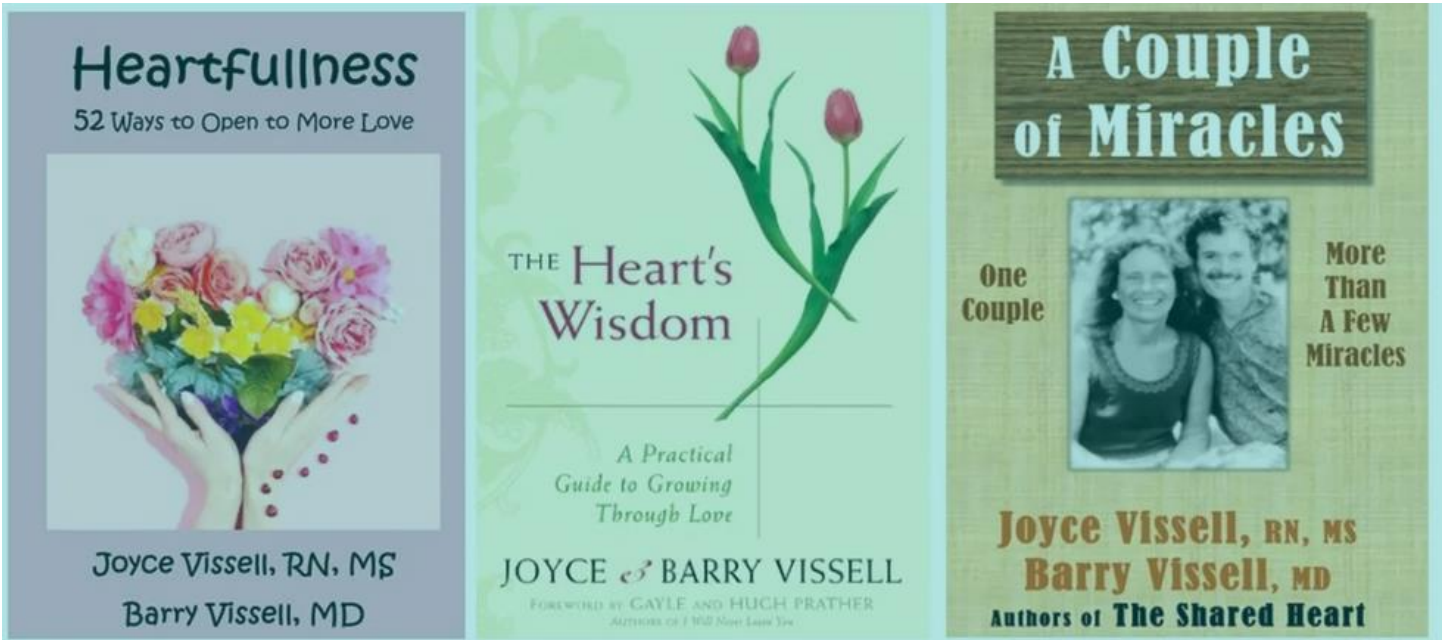
Joyce & Barry's Website: <https://sharedheart.org/>

### Barry & Joyce's Video



Link: [https://www.youtube.com/watch?v=10i0Aa\\_KwAY](https://www.youtube.com/watch?v=10i0Aa_KwAY)

## Barry & Joyce's Books



Find all their books on Amazon: [https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref=dbs\\_p\\_ebk\\_r00\\_abau\\_000000](https://www.amazon.com/Barry-Vissell/e/B001K8JAR0?ref=dbs_p_ebk_r00_abau_000000)

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## Creating A Magic Mirror for Imbolc House Clearing By Rev. Vanessa Hanks



A long time ago when I was only 12, I had a beautiful dream of being in an ancient forest where there was a small cottage. I was invited inside and discovered that the cottage was connected to my ancestors. A female ancestor dressed in Victorian era clothes asked me to sit down. She opened an old photo album and began to show me various black and white pictures. She said “These are your ancestors and they love you more than you know.” That dream has always stayed with me.

After creating the mirror in the picture to this post, I journeyed – or hedge rode in witch lingo – to discover how I should use it. I was taken back to my ancestral cottage. My ancestors showed me that the mirror could be used as a portal, and could pull into it, any unsupportive energies or unquieted spirits in my home.

The energies and spirits would be drawn into a large cauldron in the kitchen of the ancestral cottage. Any unquieted spirits wishing to transition, would then travel up the steam from the cauldron into the Light. But if there were any truly harmful spirits, they would be placed in bottles (spirit traps) and put on shelves in the cottage’s kitchen.

Lately, I have been posting different clearing methods ahead of Imbolc (February 1st) – the next turning of the wheel. Imbolc is an auspicious time to do some “spring cleaning,” including energetic clearing and blessing your home.

For the ancient Celtic people, Imbolc was the start of spring. Creating a magic mirror portal is one way to clear your home after the long winter months when unsupportive energies can accumulate and become stagnant.

You will notice almost immediately how the energy of your home changes after doing a bit of clearing work! Using a mirror clearing portal is a very effective tool but does requires a bit of ground work. Below is a simple method that you can try!

## **CREATING A CLEARING MIRROR:**

- 1. Choose a small mirror and energetically clear it using your chosen method (for me, that is an herbal smoke clearing).**
- 2. Set strong intentions that your spirit allies take you to a place in the spirit realms (through hedge riding) where you can send unsupportive energies and any harmful or unquieted spirits in your home.**
- 3. Perform a hedge ride (a journey into the spirit realms). Allow your intuition and spirits to guide you to a place where you can send unsupportive energies to be recycled and any unquieted spirits to be transitioned or banished. Once you have a clear idea of the place and any ally spirits who will help you with your clearing work, strongly intend that your mirror be connected to that place creating a portal.**
- 4. Be sure to set strong intentions that the mirror only goes one way – pulling unsupportive energies from your home into it but not allowing any back.**
- 5. Create or intuit a sigil that you can draw with your finger on your mirror to open the portal for use. I simply draw a spiral.**
- 6. Once you open your mirror portal, place it in a central location in your house and simply leave it there to clear the space. I leave the mirror in the living room or on the dining room table.**
- 7. When you feel your house is clear, close the mirror portal. I simply envision double doors closing and locking. Afterwards, be sure to thank the spirit of your mirror and the spirits of the place you have connected your mirror too.**

**I hope you will enjoy creating your own magic mirror for clearing work!**

**About Vanessa Hanks: Hello! Here is a little bit about me. I am a down-to-earth spirit medium, psychopomp, folk witch, pagan and shamanic practitioner, and energy healer, who believes that each of us is here to contribute to our world in beautiful and unique ways. I see the magic and spirit in all things and believe that of us is an incredible, intuitive and magical being. I hope to share this perspective with you through my store and services.**

**Like many intuitives, I come from a spirited family line. On my mother's side, my great-grandmother Matilda read Lenormand and gypsy cards. I feel very blessed to have inherited her original set of Lenormand oracle cards from 1905. They are one of my most prized ancestral possessions. My maternal grandmother Francis saw spirits her entire life – and my father, was born an astral traveler who grew up with out-of-body experiences and shadow figures from the time he was very young. He often tells the story of waking up one night floating on the ceiling and watching his parents come into his room to check on him! All of these intuitive gifts manifested in me from a very young age. I grew up seeing spirits, and as I got older, these experiences became more intense until I decided to discover why the spirit world was calling me. I started my journey in mediumship but over time fell in love with shamanic practice and folk healing and magic. All of these experiences have blended into how I do my spiritual and healing work.**

**Vanessa's website: <https://thespelljar.com/>**



## Interview with Vanessa



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

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## Welcome To My Randomness By Jamie Linn Saloff



**In my younger days, I kept a journal where I wrote letters addressed to nobody. Sometimes I would address them in the name of a boyfriend. Sometimes I would use the name of a stuffed animal of mine (Aldanr). This section of my blog is like those letters.**

**I wanted to write about all I've been doing in my life since breast cancer. Marketing geniuses tell us that when we blog, we should stick to one topic. The problem is my life is full of randomness and nothing is consistent other than daily hygiene, eating, and sleeping. (And eating and sleeping aren't all that consistent either.)**

**Here's what I know for sure.**

**Firstly, I have spent most of the past fifty years deeply involved in self-exploration. I don't have any explanation for why this started. It just is. Through self-exploration, I have striven to improve my life, or as I once read in a self-help book, *"Every day in every way, I get better and better."* (The Internet says this was written by Émile Coué. I first read it in a José Silva book in the 1990s.) Good friend and author Dr. Nell Rodgers says that she will probably continue to try to improve her life even at her last breath and I'm much of the same mind with her on that.**

**I have found that the more I try to improve my life, the more that includes sharing what I've learned so that others can improve their lives as well. This has played out as written about by Edgar Cayce, *"first teach individuals, then groups, and finally the masses."***

**Secondly, I've found over my years that what I seek to gain as evidence of self-improvement has constantly evolved. I explained to a girlfriend recently how as a youngster I sought love. Love evolved into a search for joy. Joy evolved into a search for monetary success. That evolved into a search for health and fulfillment. Spirit (my inner communication team) tells me that at the end of a long life, the thing we seek most is comfort.**

**When I began writing my books on healing, it's clear the content focused on how life improvement healed one's life. I had learned during my experience with Hodgkins that I needed to look more deeply at emotional connections in my ailments and correct my personal failings. (This before I even knew the likes of Louise Hay, Wayne Dwyer, or others even existed. I had Hodgkins in 1985. I don't think I heard of or**

owned Louise Hay's *You Can Heal Your Life* until sometime after 1995. The universe makes sure we get the information we need. It may not always come from known sources.)

I also recognized the importance of the skills and talents we bring into this life and create through life experience. These skills, partnered with our heart's longings and desires, fuel us forward toward the elusive fulfillment that we seek. Due to my past, I honored those who came before me through my ancestry and recognized the value in "looking back to leap forward."<sup>TM</sup> This brought me to be keenly interested in DNA and genetics, which to my delight, has become more and more prevalent these days with new studies released and new ways to use and understand what science has learned about it.

If I were to rewrite my healing book now, I wouldn't likely call it *Transformational Healing*. In fact, that was never the book's working or intended title. I initially wanted the title and cover graphics to reflect finding one's direction. I remember asking the cover designer to come up with a weather vane. But she reneged and suggested the title it is today. It made sense to me at the time and there is no changing it now\*. It is what it will be and that opens the door for me to go forward and that's what having breast cancer did. Hodgkins taught me to stand up for myself and to take a hold of the reins of my life. Breast cancer taught me to step back from my self-driven, workaholic mode while re-steering my life back toward the fulfillment and joy I had initially sought.

What I hope to do going forward with these messages is to share my journey toward that fulfillment in all the randomness that it contains. My life has been full of surprises, adventure, and small pleasures. So come along and see where this may lead. If you'd like to be alerted to my next edition, use the signup boxes on the site.

\*In 2023 I released my book, [Hatch - A Change Your Life Guide](#), which in effect, is that rewrite.

**About Jamie Linn Saloff:** Jamie Linn Saloff: Author, teacher, story weaver, spiritual counselor, seer of visions, pathfinder. For over thirty years Jamie has taught type-A driven free spirits how to be happy, healthy, and wealthy by listening to their body groan and their soul weep.

Jamie's website: <https://www.marvelousmessages.com/>

## Interview with Jamie



Link: <https://youtu.be/xMqrDot1eAk>

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## **Wholeness: 3 Sacred Paths To Finding Your Inner Center**

**By Aletheia Luna and Mateo Sol**



**“Become whole,” “Seek for wholeness,” “Experience more wholeness.”**

**What does this mean?**

**We’ve mentioned wholeness a lot on this website. And if you’re a spiritual seeker, soul searcher, or self-growth veteran, you would’ve heard this term a lot.**

**But what does it actually mean?**

**Is it another whimsical, idealistic concept? Or is it actually something possible to experience?**

**My answer is that yes, wholeness is actually at the core of the spiritual path – and it’s tremendously important to learn about.**

**So if you’re searching for something deeper, truer, and more satisfying than what the material world can ever offer you, this is the place to be.**

**What is Wholeness?**

Perhaps the simplest way to put it is that wholeness is an experience, a process, a journey, and also a trait of your innermost Self.

We are dealing with the world of paradox here where two seemingly opposing states can both be true.

As humans, we are innately flawed, imperfect, and 'broken.' Yet at the same time, we contain within us a deeper essence (that goes beyond the ego) that is whole and complete.

Can you see the paradox here?

Wholeness is a trait of your innermost Being and therefore, it's also an experience you can have in moments of silence, stillness, contemplation, and present moment awareness.

Furthermore, wholeness is a process and therefore a journey because in order to experience it, we need to slowly dismantle the layers shrouding that inner Whole Core.

**New Age vs. Psychospiritual → Two Ways to Understand Wholeness**

'Psychospiritual' is a word that means psychology and spirituality combined together – it's the main approach we use here on lonerwolf.

'New Age' refers to a broad spiritual movement that is defined by an eclectic range of metaphysical practices that focus on positive feelings of love and light.

Both approaches have different ways of seeing wholeness.

The New Age sees wholeness as an oceanic field of oneness. Take renowned mainstream guru Deepak Chopra's perception,

**Body, mind, spirit, environment, relationships, social interactions  
are all one wholeness, and you're a part of that one wholeness.**

The emphasis is on inspirational positivity.

The psychospiritual approach is a bit different in that it talks about creating unity in our being. To do this, we must integrate the many often opposing parts of ourselves. It's a pragmatic approach.

Take depth psychologist Carl Jung's perception as an example,

**Wholeness is not achieved by cutting off a portion of one's  
being, but by integration of the contraries.**

Which perspective is true?

Both are valuable and in some sense true.

**The New Age does rightly highlight the beauty of wholeness. But it also neglects to focus on the hard, and often inconvenient reality that we must put in some work to experience the cosmic wonder of wholeness.**

**Jung called this inner work the process of individuation.**

**Individuation is the Enchanted Door to Wholeness**

**If you can't tell already, Jung (who is a Sage at heart), has a lot to say about wholeness.**

**Jung defines individuation as becoming a complete person,**

**I will try to explain the term “individuation” as simply as possible.  
By it I mean the psychological process that makes of a human being  
an “individual” – a unique, indivisible unit or “whole man.”**

**As we can see, individuation is a journey towards wholeness in which we create a balanced relationship between our inner and outer worlds.**

**But how do we do this?**

**How to Experience More Inner Wholeness (3 Paths)**

**There are no “7-steps-to-becoming-whole.”**

**This isn't a list. It can't be – that wouldn't do justice to this sacred journey.**

**Wholeness is also not linear, it's a circular process.**

**We'll go back and forth and in and out as we slowly dissolve the layers obscuring our wholeness or Inner Light.**

**As I said previously, wholeness is at the center of the spiritual awakening journey.**

**To reconnect with your wholeness isn't a side-project or fun hobby. It's a commitment. It's a calling that arises from your heart and soul.**

**Here are a few main psychospiritual practices you can incorporate into your life to experience more inner wholeness:**

**1. Embrace all sides of yourself through self-compassion (even and ESPECIALLY the warty ones)**

**Connecting with the heart is at the core of finding (and creating) inner wholeness.**

**As Dr. Rosenberg, a clinical psychologist writes,**

**We are compassionate with ourselves when we are able to  
embrace all parts of ourselves and recognize the needs and  
values expressed by each part.**

**Practicing self-compassion involves learning how to firstly practice self-care and secondly learning how to love yourself.**

**The more you hone these habits, the more you can be gentle and caring toward yourself.**

**Internal family systems – or ‘parts work’ – is another approach you might like to explore. Parts work helps to unify buried, shunned, and traumatized parts of yourself back into the Whole.**

**Ultimately, self-compassion is the most powerful when it’s applied to the insecure, angry, jealous, grief-stricken, ugly, and embarrassing parts of ourselves.**

**So get into the habit of saying “I love you,” “It’s okay,” and “I accept you” to even your most warty and flawed parts. This heart work is powerful medicine.**

## **2. Draw and meditate on mandalas**

**Mandala is a Sanskrit word for ‘circle’ and the circle is an ancient shape that represents wholeness.**

**As author Jan Fries writes,**

**A mandala is a map, a model of the world, a model of the mind,  
and a powerful visual device to invoke specific consciousness states.  
Like sigils and symbols, mandalas touch the deeper layers of the mind.**

**The fact that mandalas reach the deepest layers of our minds was something well understood by psychologist-sage Carl Jung.**

**In his book Jung and Shamanism, C. Michael Smith explores how Jung would use the mandala as a doorway into the psyche:**

**In the mornings he would sketch a circle in his notebooks, a  
mandala ... and within it he would draw what he felt to be his inner  
situation at the time ... Jung discovered that through such drawings  
he could observe his own psychic transformations from day to day.  
Gradually it began to dawn on Jung that the mandala is really a  
mirror of the psyche in its totality.**

**Jung was also known to incorporate mandalas into his psychotherapy practice with patients.**

**Intuitively, I believe we can all sense that the mandala represents wholeness. It is an image that is both fractured and whole at the same time – just like us human beings.**

**So why not try drawing your own mandala? It’s simple. Just get a piece of paper and a pencil. There’s no need to get fancy with colors if you don’t want to.**

**If drawing a mandala intimidates you, find a mandala image to meditate on. There are many freely available mandala images on the internet.**

**Make this into a daily practice and journal about what you experience and feel.**



### **3. Hold hands with the devil inside of you**

**We're all imperfect and therefore we all carry a 'dark side.'**

**This dark side is often referred to as the shadow self because it's hidden from us, buried within the unconscious mind, and suppressed from everyday awareness.**

**The tendency of New Age spirituality is to deny the shadow, seeking to focus only on spiritual ascension. But denying the shadow only makes it grow larger and angrier, like the lava in a volcano about to erupt.**

**It's for this reason that I tend to favor the union of psychology and spirituality (or psychospirituality) which, amazingly enough, willingly reaches out to the shadow.**

**To experience more inner wholeness, we need to be able to embrace all elements of our being. Introducing psychological exploration into our spiritual practice is, therefore, crucial to moving toward this inner wholeness.**

**The psychospiritual approach that I advocate on this website is inner work which contains three foundational practices:**

**Self-love**

**Inner child work**

**Shadow work**

**To hold the hand of your inner devil you must first build a strong foundation of self-love. Otherwise, how can you befriend your darkest shadows? You'll just end up rejecting/hating them and fragmenting yourself even more.**

**Inner child work helps you to soothe and comfort your wounded innocence so that you can feel safe enough to venture into the dark.**

**And shadow work is the final step, allowing you to experience more inner peace and opening a doorway to greater spiritual growth.**

**Wholeness = Holiness**

**Did you know that wholeness and holiness are connected?**

**Holy comes from the Old English word hālig, which means "whole, healthy, entire, and complete."**

**So to be whole means to be holy.**

**Wholeness is holiness – and this is why when we have a direct experience of our wholeness it tends to feel like a mystical experience of awe, gratitude, love, and reverie.**

**Love is the Essence of Wholeness**

**What does every pathway to wholeness have in common?**

**Love.**

**If you stretch a human's body out, you will see that the heart is roughly at the center. Perhaps this is why wholeness is likened to the experience of 'Christ Consciousness'?**

**The symbol of Jesus on the cross is a metaphor for the heart. He is often depicted holding a heart with thorns wrapped around it known as the 'Sacred Heart.'**

**Indeed, wholeness is a byproduct of connecting with and living from the heart.**

**And it is this spiritual integration of the light and dark within us that helps us to awaken our True Nature.**

**In the words of the Third Chinese Patriarch of Zen,**

**True Enlightenment and wholeness arise when we are without anxiety about non-perfection.**

**Anxiety is a result of rejecting the imperfect within us.**

**Love (or enlightenment and wholeness) results when we embrace the imperfect within us.**

**I hope this article has helped to shed more light on wholeness.**

**May you be graced to experience the wholeness at the core of your being through the power of love.**

**Remember that while the mind may be fragmented, your Soul and deepest Essence isn't and can never be.**

**About Aletheia Luna and Mateo Sol: Our names are Aletheia Luna and Mateo Sol after uniting on 11.11.11, we created lonerwolf in March 2012 and have been nurturing it ever since.**

**In an uncanny twist of destiny, we met each other, and run this website, from the most isolated city in the world on any continent, anywhere on earth – Perth, Western Australia.**

**We're spiritual educators and guides who blend a mixture of psychological and spiritual insight throughout our writings and offerings.**

**We believe in the value of teaching a down-to-earth approach to spirituality.**

**Our work has been described as refreshingly pragmatic, illuminating, and life-changing. To date, we have written about life, death, and everything in-between.**

**We have close to 30 years of combined intensive experience on the awakening journey**

**Aletheia Luna and Mateo Sol's website: <https://lonerwolf.com/>**

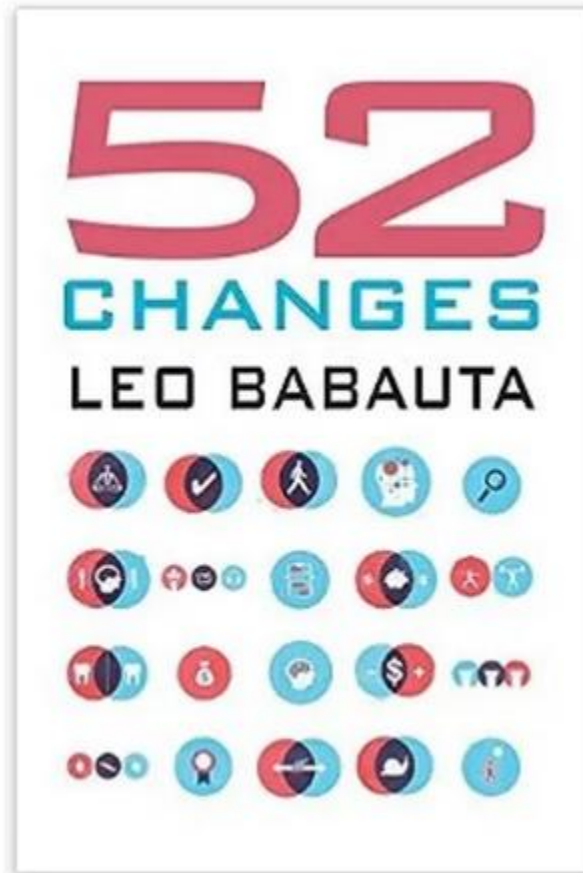
## Lonerwolf's Video



**Link:** <https://www.youtube.com/watch?v=MaZnuE5X0cw>

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## How Simplicity Reveals Life By Leo Babauta



**This morning I was eating a really simple meal, with minimal seasoning, and I savored its deliciousness.**

**Often I go the opposite way: I eat too much, too quickly, with an overwhelming number of flavors. And I barely taste any of it.**

**This is how I sometimes experience life: I do so much, so quickly, and have an overwhelming amount of stuff going on. So much so that it's hard to really experience any of it fully.**

**When I simplify, it's not necessarily about getting rid of stuff — it's about letting fewer things really be experienced:**

**When I have fewer things, I can really use those things fully, appreciating them fully.**

**When I have fewer things to do, I can really pour myself into those tasks, and really experience them.**

**When I engage with fewer things online, I can engage with them more thoughtfully.**

**When I remove the extraneous, it gives me a chance to savor what's left. The flavors can really shine.**

**And my experience of this is that life is really revealed when I have less in front of me.**

That's not an argument for always having or doing less. There's something to be said for embracing the fullness of life. Instead, it's a noticing of what happens when I slow down, when I do less, when I fully experience things instead of rushing through them so I can do more.

The fullness of life is often revealed in simplicity.

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=eGF77CHPa3A>

## Everything's In Place By Brenda J. Hoffman



Dear Ones,

As of this week, you entered the new epoch you have heralded within yourself for centuries. You and the earth successfully transitioned from the Age of Capricorn to the Age of Aquarius. Granted, this transition has not been as delightful as you once imagined. Nor did it happen as rapidly as you would have liked. But it is here. Everything is in place for this new world.

You have contemplated and dreamed of this Age for much of your current and your previous lives. For, each Age is created by those who volunteer to do so eons before that Age is initiated.

Your world will not necessarily change overnight; instead, the global focus will rapidly shift from industry and finances to caring for others, the earth, and yourself.

Even though you learned about previous historical shifts, you probably did not realize those shifts were also pre-planned. Transitions, like the current one, are not created by one being or in one part of the world but are a global response at a similar time. So it is now.

Media currently paints a picture of anger and rage because those deeply entrenched in the Age of Capricorn need to maintain those attributes despite indications that such is no longer appropriate. It is their last Capricorn gasp, an Age that is no more. Even so, there remains a brief foray into Capricorn so those who question the shift understand what they no longer want.

Perhaps an apt analogy would be the introduction of automobiles. Many people refused to shift from horse-driven vehicles to automobiles – until the number purchasing automobiles became too large to ignore, and owning an automobile became easier and sometimes less expensive.

So it is now. Many will proclaim that industry, with its related finances, reigns supreme. That is, until the titans of industry realize they are out of step with the masses and accept this new Age, or they are ignored by those who move on. Those of you who transitioned will negate those attributes for a softer, kinder world.

Your earth's history features previous transitions, such as the Renaissance.

Even though this is a tremendous shift within and outside your being, it feels right because you have been preparing for this time for eons.

This Age of Aquarius has been percolating within your being for decades. Baby Boomers, some of the Greatest Generation, and others before that dipped their toes into the Age of Aquarius only to realize it was premature, that not enough beings wished to leave the industrial/financial world quite yet.

So those beings who tried to introduce the Age of Aquarius prematurely immersed themselves in the opposite of who they were – always looking for the rainbow that previous generations told them was their ultimate goal. A goal that never felt complete even if they achieved it. They were to initiate the Age of Aquarius when the time was correct. That time is now.

More and more are becoming upset with the global imbalance. An earth that has become top-heavy with rewards for a few. Leaving the remainder with hopes and dreams that never seem to become their reality.

As of this week, that top-heavy imbalance will begin to shift slowly, at first, until it is so dramatic no one can deny the reality of this New Age.

Those who have transitioned will feel like they are in a new world. And those who have not, or will not, will feel increasingly uncomfortable.

This is the global transition you have dreamed of for eons. Allow yourself to celebrate the rightness of who you are with no more hiding of the true you or a need to prove you are right to others. You are who you have always been but have been afraid to display because it was out of step with Earth's reality – until now.

Be yourself – the world needs you. The games, the shoulds, and the have-tos no longer apply or even contribute to society. You are you in all your sparkling glory. So be it. Amen.

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

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

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

Brenda's website: <https://www.LifeTapestryCreations.com>

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## Tarot Tendencies for February By Doreen Scanlan



**Start out this month taking time to find the balance point between what you are thinking and what your higher self is telling you. The message lies in that in between space. The action though needs to be more centered on what you are getting intuitively and gives you that sense of purpose.**



Don't be afraid to bring people in that are better equipped to handle the details. Let them plot the course towards the outcome you envision. Overthinking is not your friend. Do what you do best and rely on others to relieve you of burdens of planning.

You stand in your truth because there may be some who take offense to you not pitching in. You will definitely do more than your share once the plan is in action. Learning to delegate is a great gift to have to get the best end results. Work together.

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>

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# Incorporate Mindful Moments Into Your Life With These Small Steps

By Teresa Greenhill



Imagine navigating your day with a heightened sense of clarity and calmness, where stress and chaos no longer overwhelm you. This is the power of mindfulness, a transformative tool that can be seamlessly woven into the fabric of your everyday life. It's about embracing the present, understanding your body and mind, and nurturing a deeper connection with yourself and your surroundings. In this article, courtesy of ROC Metaphysical, we'll explore how you can make mindfulness an integral part of your daily routine, enhancing your overall well-being.

## The Morning Ritual of Self-Awareness

As the sun peeks through your window, greet the day with a ritual that grounds you. Begin with a few minutes dedicated to sensing every part of your body. Feel the warmth of your breath, the softness of the sheets, and the gentle weight of your body resting. Write a few lines in a journal to help you set the day's intention. This isn't just about relaxation; it's a practice in tuning into your body's needs and signals, setting a tone of awareness for the day ahead.

## The Harmony of Movement and Breath

Incorporate movement practices like yoga and tai-chi into your routine. These aren't mere exercises; they are dances of breath and body that bring you into a state of flow. Imagine the feeling of your muscles stretching, your heart rate aligning with the rhythm of your breath. It's not just about the physical benefits, such as weight loss or muscle tone. This is about finding a sanctuary of peace within yourself. This is especially helpful if you have a stressful or busy professional life. For entrepreneurs, the practice of yoga or tai-chi is an easy way to work some calm into a packed schedule.

## Get Focused

Find moments outside of yoga and tai-chi practice throughout the day to focus solely on your breath. It could be during a short break at work or in a quiet moment at home. Close your eyes, feel your breath

flowing in and out, and let it anchor you to the now. This simple act is a powerful anti-anxiety tool to reset your mind, bringing you back to the present whenever life feels overwhelming.

### **The Art of Truly Hearing**

During conversations, challenge yourself to fully engage. This means listening without the urge to formulate a response. It's about being fully present with the person speaking, understanding their words, their tone, their unspoken emotions. This practice not only enriches your relationships but also enhances your mindfulness, as you learn to be fully immersed in the moment.

### **The Journal of Thankfulness**

Begin a habit of writing down things you're grateful for. This could be as simple as a warm cup of coffee or a message from a friend. By acknowledging these moments and writing them down, you cultivate a mindset of positivity and appreciation, which radiates through every aspect of your life. If you're unsure of where to start, look for gratitude journal prompts online that can help.

### **The Conscious Eater**

Did you know that you can transform your eating habits into a mindful practice? Turn off the TV, put away your phone, and give your full attention to your meal. Notice the textures, the flavors, and the sensations of each bite. Eating mindfully not only enhances your culinary experience but also fosters a healthier relationship with food.

### **Unplugging for Serenity**

Commit to regular intervals where you disconnect from digital devices. This isn't about cutting off communication; it's about reclaiming your time and attention from the constant barrage of notifications and distractions. Use this time to engage with the physical world around you, whether it's a walk in the park or a conversation with a loved one. Unplugging can have a profound effect on your mood and can boost your connections with the people you care about most.

Incorporating mindfulness into your daily life isn't about drastic changes or dedicating hours to meditation. It's about small, consistent practices that bring you back to the present moment, enriching your life with clarity and peace. Start small, be consistent, and watch as these practices transform not just your days, but your entire approach to life. Remember, the journey to mindfulness is one of gradual discovery and gentle acceptance, opening doors to a world of inner serenity and heightened awareness.

**About Teresa Greenhill:** Teresa Greenhill is the co-creator of [MentalHealthforSeniors.com](http://MentalHealthforSeniors.com), which is dedicated to providing seniors with information on physical and mental fitness. Being a senior herself, Teresa, with some help from her granddaughter, manages the website as a way to keep her busy and help other seniors be active and happy in their golden years.

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## What Can Sound Healing Do For You?



**We would like you to have a sound break and listen to the video. Sound healing offers a lot of positive health options.**

**Some benefits of Sound Therapy are:**

**Changes our old patterns of behavior, habits and way of thinking that no longer serve us and are harmful to our health.**

**Soothes, purify and harmonize your emotions and feelings. Helps to recover after illness, traumas and invasive medical treatments. Increases vital energy flow, creativity, intuition and motivation.**

**Makes positive changes to our whole being.**

**Removes blockages and toxins.**

**Self-regeneration.**

**Stimulates circulation.**

**Stimulates endocrine glands and regulates hormonal functioning.**

**Affects all cells in your body.**

**Balances both hemispheres of the brain.**

**Cleanses negative energy and emotions.**

**Connecting with your higher self. Helps to cope with life's challenges. Improves sleep. Strengthens immune system.**

**Stress reduction.**

**Deep relaxation.**

**Take some me time and listen to the video.**

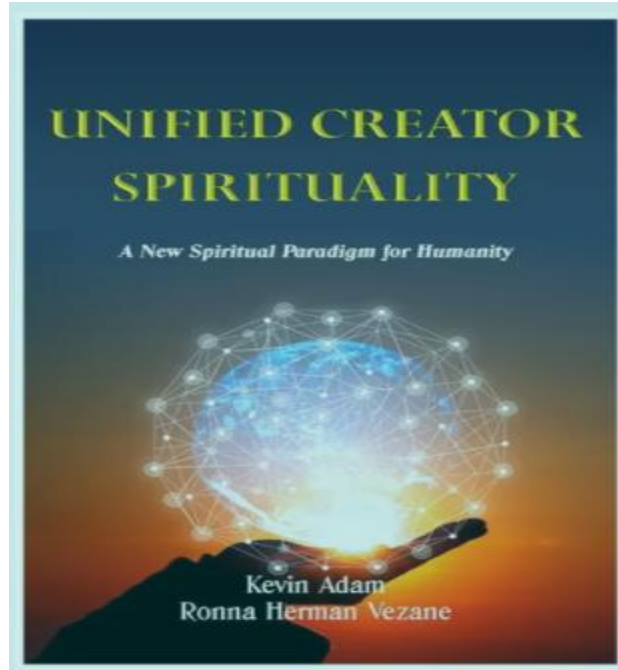
Video



**Link:** <https://www.youtube.com/watch?v=m5h7aDfDmjI>

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## Are You Ready To Take The "High Road?" By Ronna Vezane



**Beloved Masters, as our Mother/Father God and Goddess increase the flow of the Elixir of Life throughout this sub-universe, it is affecting all creation therein. You cannot hide from it. You cannot deny it. Your lifeline to our Source is growing stronger and more compelling all the time. The magnetization factor is increasing dramatically. Into your “physical, mental, emotional and etheric Being,” you are magnetizing stronger, higher frequency, programmed Memory Seed Atoms that validate your “current picture of reality.” If you believe that you must live in poverty and chaos, those thought forms will be reinforced and magnified in your life. If you have accepted the truth that you are entitled to a life of beauty, joy and prosperity that reality will unfold before you – if you follow through and take the proper steps as outlined in our many past messages.**

**Many of you are in a phase of transition, whereby you are feeling disconnected and alone as you strive to adjust to the next level of cosmic vibrational patterns. At one level or another, humanity is gradually emerging from the restrictive illusion of the lower astral planes as the expansive, accelerated frequencies of the higher Fourth Dimension permeate the Earth and all its inhabitants.**

**Know that your personal column of God-Light is widening and becoming stronger, so that more and more Divine Elixir of life can pour down into and through you, as it saturates your body and then radiates down into the Soul Essence of the Divine Mother Earth.**

**As you purify your four lower bodily systems so that you may consistently increase the amount of Adamantine Particles of Light that you can magnetize to you and radiate from you. It is a duty and a Divine gift to be able to assist your beloved planet to evolve as well. This rarified energy is critical for your host planet, as this great Being is also struggling to return to balance and harmony within, in order to lessen the intensity of the cataclysms on Her surface. The higher frequency vibrational patterns are especially important in the process of purifying and returning the Mother Earth’s auric field to its**

**original Divine blueprint of perfection in order to accelerate her ascension process.**

**The return to harmony and balance begins as a Divine Discontent within each of you. Your Higher Self begins to increase the amount and raise the frequencies of Creator Light you are receiving. If you Heed the Call, unity consciousness can begin within you — here and now — in this moment. First, it is vitally important that you acknowledge and bring forth into your consciousness all of those unbalanced Fragments and addictions that you have created during your many lifetime experiences. – Those things that control you, those things that have created an emotional and mental prison within you and in your auric field. Then, you must become aware of these Fragments and how they have and will affect your reality.**

**Thereafter, through your conscious intention, you must create a burning desire to change, and to fill those imbalanced, negative thought forms with transformative Love/Light frequencies of harmony. We are always ready and willing to assist you in your positive endeavors; however, you must ask and give us permission so that we may reinforce your resolve, so that we may give you the necessary knowledge, along with swiftest and best way to accomplish your transformation with ease and grace.**

**In the past, you have tried many times to stifle or gain power over your addictions, your negative habits and thought patterns. You have resisted them, hated them, and constantly thought about them, thereby reinforcing their control over your emotions, your mind and your quality of life. Remember, many times we have said, for it is a universal truth, whatever you focus your attention on, you give energy to and reinforce, whether it is positive or negative. You must free the negative Fragments you have created by loving them and acknowledging that they have served you well. The best and most efficient way to achieve this is to send forth an impassioned thought to them. ‘It is time for them to be reunited with you, and to once more be a part of you within your solar power center of the heart – to be filled with Light, and to become an empowered Facet of your God-consciousness.’**

**In your mind’s eye, however you perceive, envision that, many Eons ago, you are viewing the “New Earth” from a great Light ship. We, the angelic Forces and the multitude of powerful Vanguard of universal Light Beings who represent our Father/Mother God, are bringing forth the energetic vibrational patterns of the wondrous, new Divine schematic in preparation for humanity’s inhabitation of the Earth. During the intricate, complex stages of preparation, great sentient crystals were implanted deep within the Earth in strategic places around the planet. A portion of each huge crystal rose from the Earth’s surface as a sentinel which radiated energy and information out into the cosmos.**

**From the Cocreator God Parents of this Universe radiated forth to and through our Father/Mother God of this sub-universe, into even greater crystal Sentinels, the Light/Love/Life force of Creation into Heart Core of the Divine Mother Aspect of the Ethereal Inner Earth-plane.**

**Over the many Eons of time, as Earth changes took place whereby mountain ranges rose into the skies, land masses sank beneath the waters, and continents shifted and changed shape, most of those great crystals were shattered and buried deep within the Earth and the waters. However, many remained intact deep within the waters, in great caverns, and many more lie close to the surface of the land hidden only by a thin covering of earth or vegetation – waiting for you to discover them and bring forth their powerful gifts and ancient memories. They are the Earth’s Memory Seed Atom Record-Keepers and hold the keys which will give you access to the wisdom and the power of manifestation that lie dormant within them.**

**If you could truly see the grid system, the web of life or the connection of ALL things, you would have a better understanding of the concept of Oneness. It is not just the Earth that has an intricate grid system.**

**You have streams of Light that radiate forth from you and to you, one to another, back and forth amongst every person on Earth. Some are stronger, some are weaker; however, you are still intrinsically connected with everyone and everything on your planet, and within this sub-universal expression. This may be mind-boggling and hard for you to imagine but it is true.**

**When we say you are all one, what does this really mean and how does this happen? It is because there are those streams of Light that penetrate and filter through everyone, around and through all of the Earth. Yes, most of these streams of Light are very weak, but more and more of these streams of Light are growing stronger and are setting up a vibration of recognition. There is an echo from within that says, “Yes, I remember you. Yes, I know who you are, and I know we have been together before. I don’t know where but I feel and recognize your vibrations and your energy signature. You touch my Soul and make my heart strings sing. Your loving Essence assures me that I am no longer alone. Welcome into my heart. I ask you to share my journey and to allow me to be a part of your journey as well.”**

**Each one of you bears within the Essence of your Soul, your DNA and your personal God-Self such wondrous gifts, such magical energy and a vast memory bank of universal information and history. All of these stories that are now being told and the ancient memories that are being accessed, don’t you realize that you were there? Perhaps it was not always specifically you in physical form; at times it was a close member of your Soul family. You do not have to personally experience everything that has happened during this great journey throughout the universe and on Earth to be a part of it or to have it in your memory bank. You have a lifeline, a Soul memory connection with your immediate Soul family, which creates a link whereby they will gain the data and wisdom from your experiences, and their experiences are seeded into your memory storehouse as well.**

**Know that, at some level, everything is seeking the Light – seeking balance and harmony – seeking to return to that which it was in the beginning. Each phase of new awareness or expanded consciousness has its special miracles and benefits that are to be savored and enjoyed. Each time you release some old self-limiting, painful thought form, habit or discordant energies within, you are transformed, and you remove a small (or large) part of your disguise, which allows you to integrate another Facet of your wondrous God Self. In doing so, you are gradually creating a new empowered you. A new reality opens to you whereby you have access to many new concepts, as well as new talents, and your sensitivity to the exquisite nuances of Spirit miraculously begin to unfold around you.**

**You are learning so much, so quickly. It is often so mind-expanding that you do not know what to believe, and you think you cannot take in or integrate any more new information, but we tell you this is only the beginning. You are becoming spiritual/human adults, whereas in the past you have been functioning as human children in a restrictive Third- / Fourth-Dimensional reality, feeling as though you were disconnected from God and controlled by the whims of fate and nature. As Self-masters and spiritual adults, you are learning that you are citizens of the universe, you are StarSeeds, Light Warriors and the vanguard of the New Age. You have soared throughout this universe and other universes as well.**

**You have heard that for a very long time that there was a quarantine around the Earth, this solar system and even your galaxy, which has now been dissolved so that you may receive galactic, universal and Omniversal information. We now tell you that there was also a filtered Membrane of Light placed around this universe. This universe, in which we all are playing an integral part, is among the most recent universes to be created from the Essence of the Supreme Creator. Therefore, it is a universe that is situated at the farthest edge of Creation.**

**We too have been limited in our knowledge of the workings of the Omniverse, as well as the amount of higher frequency vibrational energy that we have had access to. You see, the first universes that were**



created were the most powerful and the closest to perfection, for they surrounded the Great Central Sun of the Supreme Creator and contained the pure Essence of Creation. As more and more universes, galaxies, star systems were created, ever-expanding and pushing Creation further and further out into the Great Void (and further away from the Supreme Creator), each refraction into density meant each new creation had less of the Power and Perfection of the All That Is.

You must realize that we are ALL much stepped down energetic Fragments; however, we are still an integral Facet of the magnificence of the Supreme Creator. And if we were sent forth with the command to create in the Creator's name – for it was the Creator's desire to experience more of Itself – why would the Creator tell us what we were to create? We were given a blessed Divine gift as cocreators and so was each and every Soul that has been born in the past, present and future. You are a cocreator god in your own right, and that is not sacrilegious: it is a universal truth. You must understand that is why you are here on Earth – that is who you are. Don't let anyone tell you any different. However it is important that you remember this “caveat” dear hearts: There is a Universal Law that states, “ Under the laws of cause and effect, you must experience that which you create!”

Please understand: Because we are so distant from the “Source of ALL,” and therefore, this universe was created from dramatically stepped-down Creator Essence/Divine Light Substance, with greatly “diminished electromagnetic capacity.” Some have called this universe a fallen universe, but we do not choose to call it that. This is a universe which was specifically designed so that humanity could experience duality and polarity and also “TOTAL FREE WILL.”

The spectrum of Light and shadow was designed with the Still Point of Creator Light at its center, and the pendulum of duality was to swing only so far into the positive/negative, masculine/feminine, the Light/shadow vibrational patterns of the material realms. You must understand that many of the cocreator gods created less than perfection as they also learned to use their Creator-given rights. Over the Eons of time the pendulum has swung further and further into the shadow lands of duality. However, in reserve, waiting for humanity to tap into, there has always been the same amount of Full Spectrum Divine Light substance. The duality and polarity of the Earth is now in the process of returning to Center, back into its originally designed Spectrum of Light and shadow.

There have always been magnificent emissaries from the higher realms scattered throughout this universe, and particularly in this sub-universe, this galaxy and on the Earth, for this is where the culmination of this Divine experiment in duality and polarity was to be the “gathering place for its final stages and resolution.” As we have told you before, the Supreme Creator is now taking an active role in the creative process of all the Omniverse. The pure, rarified energy from ITS heart core is now streaming forth as it affects every Facet of Itself from the greatest to the most minuscule. Creation does not contract; it is ever-expanding. Each and every human Soul has an integral part to play in that expansion, for we ALL are all cocreators in this grand experiment of duality consciousness.

However, all creation flows in cycles of creative expansion, integration and harmonization (which seems and feels like contraction). The Ancient Ones called it ‘The Outbreath and Inbreath of God’. Our sub-universe is now in the midst of an INBREATH CYCLE, whereby ALL of the history and perfected experiences of the co-creation endeavor, within this grand cycle, must become attuned to the Divine Blueprint of the original harmonics of Divine Light Substance,” so that it may be absorbed back into “The Central Core of Perfected CoCreation.”

Therefore, you ALL are at a grand crossroads, beloved ones. As you move through the process of clearing and cleansing the multiple Facets of yourself, you are either harmonizing and transforming all of your personal negative, lower frequency patterns of consciousness that have created so much pain,

suffering and distress or you are still on the downward Spiral of destruction and chaos.

Step back for a moment, and as an observer, review your past year: are you beginning to get the picture of what the grand plan and ascension are all about? Being aware and in control are important Facets of Self-mastery. If you have diligently studied and integrated the lessons we have given you, you should be well on your way to reclaiming the many gifts you have encoded within your Over-Soul's Divine Blueprint for this lifetime.

Each of you is the center of your own universe. As you learn to stay heart-centered and Soul-focused, thereby always radiating unconditional love and harmonious vibrational patterns, your world and reality are gradually changing for the better, for you are functioning as an empowered master of cocreation; a true Divine emissary of our Father/Mother God. During these times of uncertainty and great change, remember, my brave warriors of Light, there is nothing to fear and so very much to be gained.

Feel the warmth of our sacred breath as it brushes your cheek, sense the aura of love in which we surround you. We are near; reach out and touch us. We will respond. You are loved most profoundly. I AM Archangel Michael.

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

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

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

Ronna's website: <https://www.starquestmastery.com/>

Ronna's Youtube: [www.youtube.com/c/StarQuestmastery](http://www.youtube.com/c/StarQuestmastery)

## Ronna's Video



Link: <https://www.youtube.com/watch?v=UYHI4dfyDks>

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## **Pyramids Were Supposed To Create "Oneness"**

**By Geoff Hindmarch**

# **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 have a very old yogi here. A typical sort of yogi you'd see sitting on top of a mountain cross-legged in a cartoon. He seemed to be coming from India, then China and then U.S. I'm not sure but it's not important.**

**He's taken me into a room which is a bit like something you go into in a fairground, like the hall of mirrors or the house of horrors or whatever. I'm sort of walking through and there's these sorts of cages with glass fronts, and there are some things in there. I'm not sure what's in it. It's all very weird, which is not unusual.**

**I look through that into a much bigger area, where there are huge golden arches, massive golden arches. He's still with me. So we walk through this funny little place, we go into this huge, massive place. Huge arches, all covered in gold. Again, it's symbolic. He wants to give us a little bit of wisdom about dealing with, I can't see if it's specific religions or his religion.**

**S: Maybe it's different religions.**

**G: Mmm, could even be Indian. The things in the cages that we just walked through; those were ideas that failed as far as religion goes. What people thought were good turned out to be not so good and they were sort of left there. When they got something right, it was this huge area we are in, all full of gold and light and beautiful energy and so on.**

**Now I'll walk with him some more. We're in the most beautiful area. We're walking in gardens now, and they are showing me the gardens have carpeted grounds instead of grass. The plants, instead of being in earth, are in beautiful gold pots. And it is a garden. It's like, hmm, okay. It's like Taj Mahal.**

**Anyway, he's still here and he's just letting me feel all this beautiful stuff, all over the place. Beautiful energy, beautiful. And it's not, I was going to say it's not a place I would go, but I would go there just to feel the energy.**

**This is an extension to the pyramids, and this is a wise old man who's trying to show us what they were trying to do. Where I am at the moment is something which is created through the mind. And what they've created is not just a beautiful scenery, they've created the most beautiful energy. And this is the oneness that everybody is, that we've been talking about.**

**And what the extraterrestrials tried to do with the pyramids was to create this oneness. And what they did was they tried to lead people towards the oneness, they tried to make them evolve to create it. And he's saying, it's already here if you know where to go, and he's sort of showing me the oneness.**

**And basically I'm not sort of qualified to come and live here yet, because you've got a lot of things to do otherwise. But the oneness, this beautiful energy that I'm feeling was created by these extraterrestrials. It doesn't matter where, because the size of it means nothing, it can be recreated anywhere. So he's showing me that the most beautiful thing is there, and that's the sort of thing we can look forward to getting there. But to get there is, you need to experience the journey of getting there, so that you understand completely what this oneness is all about.**

**S: Yeah, exactly.**

**Spirit: And it's not a matter of just learning one step at a time, you need to learn all the steps. And when you can see all the steps, you see all the different variations, all the different possibilities, all the different understandings of what's right and what is wrong. And only then you're actually filled with this positive oneness, and only then can you experience this beautiful feeling of euphoria, and know that you've actually made it.**

**But, to get there, what do you do when you're there? Now, so, it's ideal, it's good to aim towards this oneness, but you will never achieve the full oneness. The full oneness basically is God, you get to that particular level. So, they're just showing me this beautiful feeling in the pit of my stomach, it's like love like you've never felt before. I don't know whether you can feel it Sharon, you should be able to sense it.**

**S: Yeah. So, it's about that oneness, that feeling which we can't, that feeling and reaching that helps to balance us so that we can evolve now.**

**Spirit: Yes.**

**S: But we've still got to live the reality, but we can use that tapping into that energy the more we learn.**

**Spirit: Well, it's like wanting to get there. When you have ambitions in your life, let's say you want to go to the Olympics to do whatever, it's all the effort of getting there and enjoying every stage, getting all the way right up to getting to the Olympics. So, it's your dream which you're seeing. Now, you've just experienced seeing the dream of the oneness, but again, once you won the Olympic medal, what do you do next time? You try and do it again, or you go on to something else, or whatever.**

**So, the oneness, we can let you feel it and so on, but, or feel so much of it, but that's the ultimate that you can get to, but there are so many stages on the way there. The idea is what he was trying to show me was, in the first portion that we went through, were all the sort of mistakes that were made, and the mistakes are there for us to learn from. So, instead of bypassing them and going all the way here, we need to learn from those mistakes and understand them to be able to move on.**

**There's a bit more to it than that. These are people who have made mistakes and they've tried to advance too fast, and now they feel bad that they've done that, they've basically screwed things up.**

**S: Well, it's trying to run before you walk.**

**Spirit: Yeah, but the whole idea of this was to, this is what the alien race was trying to do, they were a very advanced race, and they thought that there's so many different possibilities, so many varieties that you can do to evolve, and evolving can take hundreds of thousands of years. And this is one way they thought, they really thought that they could start it and create the ultimate. So what they learned from that was that they can't actually create it here, they can't evolve that fast, but also they don't want to create it, because you've got to enjoy getting there. Once you've created it, there is no further to go, and so that's the last thing you want to do.**

**S: Yeah, so you can't just give it to someone.**

**Spirit: Yes, you can't give it to someone, they have to work their way up. So, that was the lesson that they learned from that, so you can imagine how evolved they were to be able to do that.**

**S: Yeah, yeah.**

**Spirit: Now from our point of view, we just see that as there's some pyramids there.**

**S: Imagine how beautiful they must have been, to be just be so close and just want to give that to people. You're just want to so badly, you just want to be like, let's do this.**

**Spirit: Lol. Yeah, and to be able to do that, that was... I'll just give you a bit of information about the extraterrestrials who were there. They were a very advanced race, they didn't actually live on a planet, they were completely at the mental stage, so they didn't need anywhere to live, everything was thought was creation.**

**They didn't live in a specific area or dimension either, it was just that they were like a mist drifting around, but the mist could communicate, every cell in everybody could communicate with all of the rest, that's how far they had developed. That is why they found the people in Egypt that they could put in their minds very simply, an identical brain to each one of them, so they all thought the same way.**

**Now, if you just think of their health as well, having those sorts of abilities, there is no need to have anyone becoming sick anymore, because it's just through thought you can solve the problem, even a broken bone, being crushed, whatever, can simply be solved. So, that was the experiment that they went through.**

**Now, the people themselves are beautiful, loving people, but what they don't have is any love at your level. Love is something which is very much an earthly thing, we have it of course up here, but it's a different way of thinking. It's a bit like you will love your children one way, your parents another, your animals another way, there are different ways of loving.**

**And up here, where you get the spiritual realm, especially when you do away with the physical, the creation of the physical, and you've just got the mental realm, then the loving changes completely. It's not just a love for one specific person, which is an exercise you go through on Earth.**

**It's a love for everything, nature, for groups of people, for evolvment, for helping others, it's a love for all sorts of different things. And you get this whole variety of love and energies and emotions, far more emotions than you can ever imagine.**

**S: Yeah.**

**Spirit: So the love changes as you get higher.**

**S: But also, do we not feel that love on a different level because we have so many negative emotions as well? I mean, you don't have anger and hate and jealousy and all of that over there. We have all these emotions, whereas you just feel the purity.**

**Spirit: Yes, very much so.**

**S: And so you just evolve through that as well.**

**Spirit: And if you go to higher levels than me, such as these beings that came down to help you build the pyramids, they have a disadvantage as well in that they have pure love for everything all at once together. So every molecule is attached to every other thought form, if you like. So they can all think as one, there's one huge group, so there's no individual love. There's no loving a group, there's no loving separate.**

**So, that they've lost out on going for the feeling of perfect harmony, etc. So they have to sort of rethink at that particular level where you go when you reach that level. Which is where this experiment came from.**

**Now when they reach down to send love to us, it's a different type of level, it's the same as you reaching down to love one of your dogs. It's a lot different from one dog giving love to another dog.**

**S: Yes.**

**Spirit: So it's the same as we will send or they will send energy, love down to you and you will feel it in a nice way, an acceptable way for your particular life on this planet.**

**S: Yeah, yeah.**

**Spirit: Well, that was quite a nice one.**

**S: That was super.**

**Spirit: I'm so glad that you got to the end of that and solved the problem. Now, that's one that's going to be very difficult for you to try to explain to other people. But there are others who already know about that to a degree and you'll find them and you'll find them in the future. You've got so much to teach so far; it's going to be a while before you're able to talk to people about things that we've been discussing recently. But it's also good for you to know about them.**

**S: Yeah, and also to know what's possible. Thank you.**

**Spirit: Yeah. So thank you for the evening once more, it was an absolute pleasure. And once again, good night.**

**S: Thank you and goodnight.**

**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 through 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.**

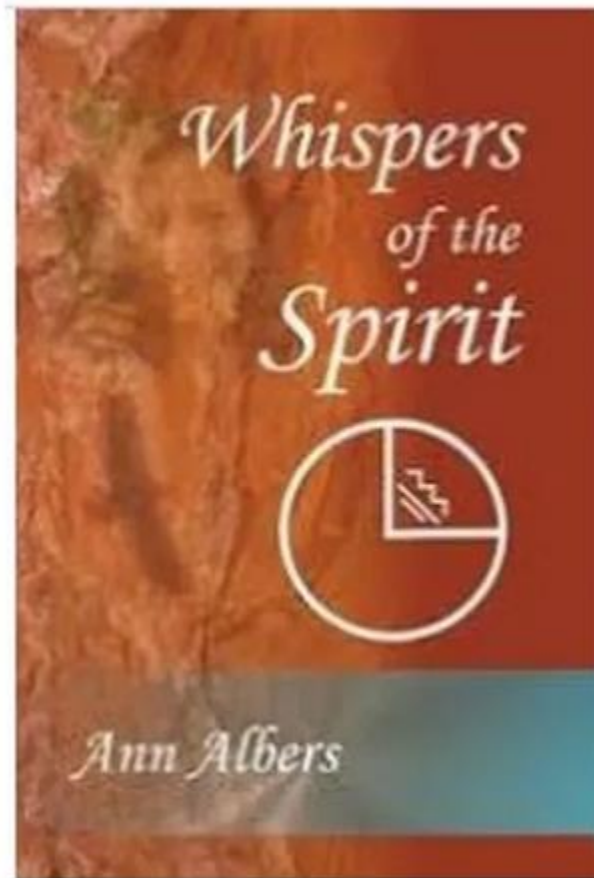
**I met some beautiful souls during this period. When you meet a soul on the other side you have an instant understanding of who they are – but you see and sense right into their inner being and experience the huge amount of love that they have to give – and their willingness to help and teach. It is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

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

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## The Easier Path To Love By Ann Albers



Hi All,

**This week, the angels talk about how our vibration can shift our relationships and how it isn't cheating, spiritually speaking, to look for the kindest path. I'll share stories and tips as always to help you give yourself permission to take the easier path to love!**

**Have a blessed & beautiful week :)♥ Ann**

**Message from the Angels**

**My dear friends, we love you so very much,**

**Never are you alone, nor are you ever guided into difficult situations by the Divine. You are never being tested, nor do you need to "reach" for your enlightenment. You are simply vibrating and attracting, vibrating and attracting. You are all seeking to be the loving beings that you truly are, and the more you align with love, the more you will attract easier, kinder, and more pleasing realities.**

**If you find yourself in the midst of a challenge, it doesn't necessarily mean you are in a low vibration right now. You may have positioned yourself in the place and situation you are in when you were in a different vibration. If the situation around you no longer matches the vibration you are in now, things**

will change. This is just how the universe works.

For example, suppose you are flying high right now and shocked to find a long-term friendship suddenly falling apart. It doesn't mean you are vibrating at a low level. It might mean that you are at a higher vibration now and are no longer a match for one another. Suppose you met your friend during a very difficult time in life. The two of you commiserated together, drank together, or complained together. Or perhaps your friend tried to rescue you out of a need to be needed. We have no judgments about any of these things. They are often steps to soothing yourself along a path towards better.

Suppose, however, that over the years, you grow. You become more empowered, happier, and less judgmental. You no longer need anyone to rescue you. When you get together, you are eager to share the good news while your friend is still in a space of worry, complaints, or other habits you've outgrown. Or perhaps they're still trying to find something to fix when you no longer need fixing. Even at a 3D level, you can see that the gap between you has grown. If it is large enough, then sooner or later, you will have to lower your vibration, or they will have to raise theirs if you wish to meet in the 3D vibrational space. If the gap becomes large enough, the laws of the universe will find a way to move you apart.

This is not cruel, dear ones. It is simply the way the universe works. When you are not "on the same wavelength," it is difficult to connect. Nonetheless, you can always connect in the vibrational frequency of love. Choosing to love someone who is being difficult is a choice to connect with them at the deepest level. When you love, you connect with your deepest self. You connect with your soul. You connect with something deeper in the other than they are currently demonstrating.

If the relationship no longer matters to you, move on to easier ones. However, if the gap has formed between your spouse and your child, you may want to meet at a deeper level. You may want to consciously look at all there is to love about them so as to maintain a connection and even provide an opportunity for their upliftment.

Consider the example of the friendship above. Suppose this friend really mattered to you. You could choose to love them as is. You could choose to love yourself by simply beaming compassion and love to them as they complained. In love, you are aligned with you. In love, you can't take on anyone's density. As you flow love and good feelings, you make no room to resonate with unloving words and bad feelings.

Again, this is a choice, and we have no judgment about your choices. You must, dear ones, learn to accept others as they are if you choose to be around them, or you will drive yourselves crazy. The soul accepts everyone as they are because the soul sees the light and truth within them. The soul sees every being reaching for more, no matter how unevolved or unloving their behavior. You can see the light within and still move on. You can choose to love as your soul does while loving your human self enough to do what is kindest for you.

You are not "holier" if you stay in a relationship that no longer resonates with you. You do, however, have the capacity to be in any relationship that you choose if you can find agreement with your own spirit. If you can be in a space of love and compassion, aligned with your soul, you can be in any relationship and still be happy. This does not guarantee the other will behave or even stay, but it does mean that you will feel good no matter what. A funny thing happens, too, in such cases. When people feel true unconditional love—the love that bears witness to their goodness, their caring heart, their talent, and the light hidden beneath their upset, anger, frustration, fear, and pain—they often "step up" and show you better. Again, there are no guarantees about the other's behavior, but when you are aligned with your loving spirit within, you feel good.

**Dear ones, you get to choose where to place yourself on this earth and who to be around, and you get to choose how you show up vibrationally in each situation.**

**Where you are in 3D today, dear ones, is simply the result of all the choices along your path. How you vibrate now in 5D determines how you will experience your present moment regardless of how you got there.**

**So, if you like your present situation, enjoy it, love it, appreciate it, and thus more will flow.**

**If you don't like your present situation, change it, or change you. Move to a more loving situation or shift to a more loving vibration. Shift your physical reality or shift your focus. As you make these choices, you continue to create a reality with greater and greater love, which, in turn, will always attract better.**

**In the ideal world, you'd practice a loving vibration so thoroughly that you could "turn it on" anywhere or with anyone. As a result, you'd be able to coax the love out of any situation and constantly attract better.**

**No one in heavens expects this of you, but we encourage you to constantly practice choosing situations, things, and, above all, thoughts that feel better. We want only the best for you, and however you find the vibration of love—internally or externally—you become closer to allowing yourself an experience of heaven on earth.**

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

**-- The Angels**

**Message from Ann...**

**Hi Everyone,**

**Today's angel message was packed with deep truths that took me years to learn. The hardest point for me wasn't so much about loving difficult people. I can love the soul within someone even if I totally dislike their personality or behavior. Maybe that comes from decades of working with angels! What I found difficult in the past was accepting that it was OK to change my 3D reality vs. being a "saint" and trying to tough it out and love a difficult or painful situation. I would have said I wasn't a quitter. Little did I know that I quit loving myself and listening to my heart far too often back then.**

**In my thirties, I had recently been dumped by a man I should have known not to date. He smoked pot while I was Polly pure breath. He drank, and I've never been drunk. We were a mismatch on so many levels, and I knew it, but I was lonely and needy, and in many ways, he was a lot of fun. We enjoyed long hikes, philosophical discussions, and good meals. The rest was a mess!**

**Needless to say, that didn't last. His addictions went far beyond substance. The minute I left town, he had someone else with him. I knew it and didn't want to know it. Eventually, after I took a long vacation to clear my head, he broke up with me, telling me quite honestly that he'd ruin my life. He was right. He was in a new relationship with someone five years younger the next day. It was a blessing in disguise.**

**However, I didn't know then what I do now. His friend, who was not addicted but who matched my needy, lonely vibe, hounded me, telling me we were "meant to be." My first impression was to hide every time I went hiking because I didn't want to see him. His kind gestures finally made me doubt myself. He was sweet. Maybe I should give him a chance. Maybe I was wrong. Maybe this was why I dated the not-so-great guy... All the while, my feelings were screaming, "Run!"**

I caved in and dated him for three years. It was an emotional disaster at the time. The worse he behaved, the harder I tried to prove my love. In reality, I wasn't loving him as he was. I loved the potential in him. I was trying to demonstrate that I was worthy of his love. My actions were loving, but my vibration was needy. I had a perfect match— until I grew. I got to the point where I knew that he was hurting, and it had nothing to do with me. In the midst of an amazing tirade, when he was spouting daggers at me, I started to laugh, slowly at first, then hysterically, with deep, rolling belly laughs. He couldn't stay angry. He started to laugh without knowing why. "What are you laughing at?" he demanded.

Out of my now self-loving mouth came, "You're not angry at me! But you're so mad! You look two!" I laughed some more. He stopped in his tracks, looked at me, and said, "You're right! I'm not angry at you! I'm angry at my mother!" More laughter. The moment was transformative! We did end up separating not long after. He decided being around me was "too much work" since I no longer dove into the dumps when he was upset. But I learned. I learned that in choosing to align with my loving soul, I could feel good no matter what others did. I learned not to take others' feelings personally.

I learned everything I would have learned in a moment had I honored my feelings three years prior! I hadn't realized that at the time. I asked my angels if I'd learned my lessons. "The hard way, yes," they answered. They had tried to get through to me before I talked myself into the relationship. They had tried to help me pay attention to my feelings. I didn't listen. My need was a stronger force than my self-love back then, so I learned the hard way. Now I listen to my feelings!

That was when I started to understand that there is little merit in trying to love something you don't like. We can choose instead, to love what is easier to like in life. We can absolutely love the light within the difficult people. However, as the angels often say, "You can love the kindergarteners, but you don't have to play with them!"

I had a choice back then that I didn't see. I could have changed my circumstances or changed myself. Both paths would have led me to a kinder reality. It isn't a cop-out to change gears when things aren't working and you no longer want to work so hard. It isn't bad to return a library book after reading only one chapter or to walk out of a movie theater if the film isn't as good as you thought. It doesn't make sense to stay with a job you felt would be glorious if you've given it a fair chance, and it is not. It isn't bad to leave a relationship (with love and kindness, of course) and move along if being in it means you have to pretend to love what you don't like.

The angels' advice is simple. Put yourself in situations where you can love easily when you can, and if not, find something to love. They often say to people who agonize over leaving a difficult relationship that it is better to love the soul at a distance than to be constantly irritated up close! Ideally, we could look for the good in everyone, but some folks don't make that easy! It is better to attune to love where you can than to struggle in an unloving vibration.

I once was so upset over something someone said about me that the only obvious thing to love at that particular moment was what was right in front of me—my newly remodeled bathroom! Focusing on that shifted my vibe, which ultimately made it easier for me to see the light within this unpleasant individual.

The only thing that matters is that you find the vibration of love. You don't have to be a saint, a superhero, or a Christed being all the time. You just have to reach for the most loving path or thought you can find. In the end, as the angels say, love is love no matter how you find its frequency

**Here are a few pointers to help you choose love either internally or externally:**

### **1. When you can, choose the 3D situations that feel better**

**Years ago, I read a book that transformed my thinking—"Daring to Be Yourself," by Alexandra Stoddard. She was a decorator and is still a modern philosopher. In the book, she maintains that true happiness comes from being true to who we are rather than conforming to societal expectations. As a decorator, she helped channel her client's authentic selves into their decor. She urges readers to care about whether or not they like the little things in their lives and, if not, make changes.**

**The book inspired me. I covered all my storage boxes with pretty fabric, bought beautiful file folders, used up my generic soap, and got some that smelled like honey. I started questioning all my choices. Did I really like what I was doing, who I was with, and what I was eating? I made many changes that year, and it was a revelation that choosing to love and accept myself, even in terms of my external life, could make such a difference. It helped me accept myself more internally as well and made me more appreciative of the diversity of tastes and opinions on earth.**

**So, while we can train ourselves to tune into the vibration of love, no matter what, sometimes it is just easier and more fun to choose something in 3D that inspires joy to help us find that vibration. There are no brownie points in heaven for finding the hardest path. Spirit guides us on the easiest one!**

**Create more reasons to love your 3D life, no matter how small. For some, a sniff of good soap every morning in the shower can inspire a boost in self-worth!**

### **2. Stop resisting your own heart**

**Pay attention to what you truly feel in your heart at a given moment and trust it. Take last weekend. I really "should" have started doing my taxes. I planned to. But I slept in, called home, juiced lemons, started creating a new coloring book, learned how to make word search puzzles, brainstormed creative ideas, watched an online course, and had a glorious time doing everything I wanted to do except to start the tax prep! I even got the newsletter done early. It was so much fun. I have tons of energy, and I trust the tax prep will be easier when I'm not resisting it. Somehow, every year, I have a day when I wake up inspired to do it :)**

**When you stop resisting your heart, you automatically rise into a more loving vibration.**

### **3. When you can't be in a situation you love, find something to love about the situation you're in**

**Here's where tuning practice pays off. When you're in a situation you don't like, find something to appreciate, no matter how small. Breathe deeply and ask for help. Pray. Look for any reason, internal or external, to feel better. Give yourself a hug. Conjure up a good memory. Shut your eyes and go to the beach in your mind.**

**When the outside world is not cooperating, dive inward and choose a better-feeling thought.**

**You've heard me say it many times—the angels once told me, "Ann, it doesn't matter if you love a man, a chair, or a squirrel! Love is love! Find the vibration of love."**

**It took me years to understand that the feeling I tune into is more important than what I use to find that feeling.**

So whether you do something, eat something, buy something, focus on something or someone, or think something good, if it tunes you into the feeling of love, you become a magnet for love, a transmitter of love, and an emissary of love in this world.

That's what I call win-win :)

As I finish writing this the smell of freshly baked garden sweet potatoes is filling my senses with bliss! Yet one more reason to love!

Have a blessed week,  
Love,  
Ann

©Ann Albers,

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

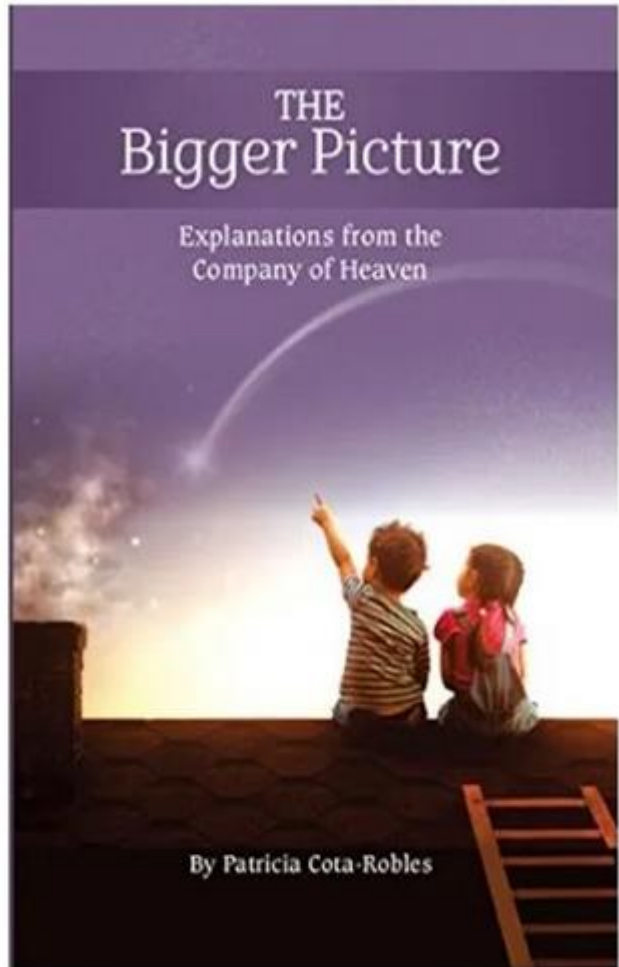
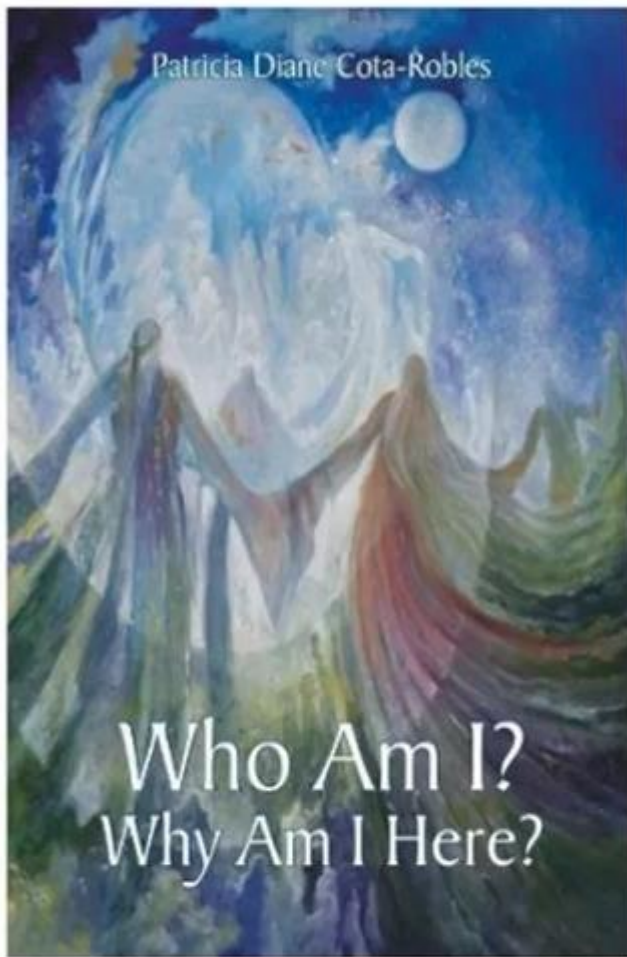
Ann's website: <https://www.visionsofheaven.com/>

### Ann's Video



Link: [https://www.youtube.com/watch?v=6W\\_27Xv8a6g](https://www.youtube.com/watch?v=6W_27Xv8a6g)

**Making Changes and Our Heart Based Life Path 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.**

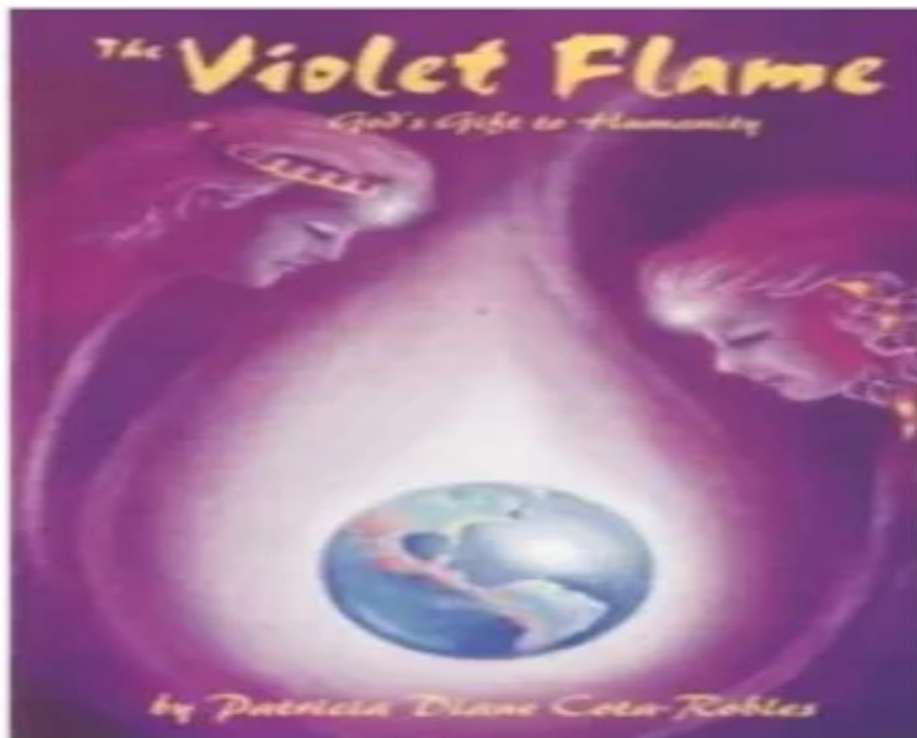
**Patricia is an internationally known teacher and author who has taught workshops in 20 countries, and offered FREE Seminars in her hometown of Tucson, Arizona and throughout the USA for the past 33 years. She has written 11 books and produced CDs, DVD's, webinars, teleconferences, a weekly radio program, 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](https://youtu.be/hTX11kQV_2A)



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



## Patricia's Vlog



**Link:** <https://www.youtube.com/watch?v=6kUTKbEXAok>

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## Coming Out Of Darkness 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=w0er9PFETAk>

## ROC Metaphysical Business Advertising



## Plymouth Spiritualist Church

### Have You Experienced Our New Energy?

If you haven't considered Plymouth in awhile, we invite you to experience our calm and loving vibration.



President - Elias Hayes  
Vice President - Caitlyn Hart  
Secretary - Noelle Boone

Treasurer - Lindsey Giacalone  
Trustee - Gina Carello  
Trustee - Susan Davenport

Sundays at 10:30 a.m.

[PlymouthSpiritualist.org](http://PlymouthSpiritualist.org)

29 Vick Park A

### Come Join Us on Sunday

If you haven't considered Plymouth in a while, or have been wanting to learn more about us, we invite you to experience our calm and loving vibration.

We are the Mother Church of Modern Spiritualism and have been serving the Rochester community since 1906. All are welcome to experience our services of Healing and Mediumship.

**After Sunday service, we ask you to join us in fellowship with coffee and conversation.**

**We offer development classes. Please see our web or Facebook page for up-to-date information.**

**Mediumship Development Circle with Colleen Irwin. 12:15 pm - 2:15 pm. On the third Sunday of each month. \$10 per circle.**

**Walk in Wednesday is held on the third Wednesday of each month from 7:00-9:00 p.m.**

**For more info about the Sunday Service and other events go to their facebook page: <https://www.facebook.com/PlymouthSpiritualistChurch>**

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## Events At Nightwing

### Sacred Sunday



## Sacred Sunday

9am-noon

2509 Browncroft Boulevard  
Suite 209



Sacred Sunday is a place where people are free to come be a part of a judgement free healing circle each week. Through the use of guided meditation, compassionate group healing, and shamanic drumming we come together to release the troubles of the weeks before and build up new energy for the week ahead. Won't you join us, and step into the bliss?



**Come to the event they offer to the public.**

**2509 Browncroft Boulevard , Rochester, NY, United States, New York**

**(315) 480-4921**

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



4-8 pm  
Thursdays  
2509 Browncroft Boulevard  
Suite 209

Enlighten Reiki Clinics are designed to give the community the opportunity to experience the benefits of powerful energy healing modalities in an environment which is safe, friendly and fun. Our clinics are donation based so people are more free to explore what these modalities can offer. Please feel free to come in and try us out!

**Enlighten Reiki Clinics are designed to give people the opportunity to experience the potentials of energy healing modalities in a safe and fun environment. These clinics are donation based so we can provide low cost care to those who seek it. Practitioners are allowed to come for free on the agreement that your providing energy with us counts as your donation. New practitioners are strongly encouraged to come and use this as an opportunity to gain experience, explore your own innate talents, and learn from other practitioners in real time. Recommended donation is \$20, but no donation is refused. Services are provided on a walk-in, first come first served basis. No appointment necessary. We hope to see you soon!**



**Experience is Back**

**To find about all their shows go to:**

**<https://www.experiencepsychicfair.com/copy-of-upcoming-fairs-3>**

**Saturday from 11- 6 and Sunday 10-5. Cost is \$10 for both days.**

**February 24 & 25  
Cortland Country Music Park  
1824 NYS Rte. 13  
Cortland, NY 13045**

**March 2 & 3  
Damascus Shriners  
979 Bay Road  
Webster, NY 14580**



## Discover Your Angels



*Discover Your Angels*  
Classes begin January 13, 2024  
10:00am to 11:30am EST  
Ten Online Classes  
Register Now

The image is a promotional graphic for 'Discover Your Angels' classes. It features a light teal background with a faint image of a person's hands. On the left, there is a circular inset photo of a woman with short blonde hair and glasses, smiling. The text is arranged in a vertical stack, starting with the title in a large, elegant script font, followed by the start date and time in a clean, sans-serif font. Below that, it says 'Ten Online Classes' and 'Register Now' in the same sans-serif font.

Marion Andrews (and the angels) are ready to share with you what she has learned and practices daily. In these classes, you will learn how to communicate with the angels and recognize their unique vibrations and presence. You can enjoy less anxiety and stress and sleep more soundly at night knowing that you have angelic help for each day.

I believe that many of you are in that place that you are feeling a yearning inside your heart for "something more" That something more could be a deep need for spiritual growth. I felt that way when I started learning about angels and how communicating with them can help me every day, in many ways. If you want more..more happiness, more peace, more direction ... join me on January, 13th 2024 for Discover Your Angels Class.

Register now at <https://www.marionandrews.com/discover-your-angels>

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## Gathering of Angels



The Gathering of Angels Event February 17th from 10-5 at The Artisan Cove, 349 W. Commercial St, East Rochester, NY 14445.

*Free admission, free lectures, plenty of free parking and handicap accessible.*

This is a monthly event to share inspiration and an uplifting light to the community! Bringing together professional psychics, mediums, healers & vendors every 3rd Saturday from 10-5.

**Readers:** Kris Faso - Seer Stone Reader Vicki Snyder-Young - Psychic Medium & Animal Communication Jim Young- Intuitive Tarot Linda Giuliani - Transparent Tarot Kathy Kaminski - Crystal Readings Noelle Boone- Mediumship Sylvia Didas - Automatic Writing, Medium, Tarot Mary W. - Angel Intuitive & Tarot

**Healers:** Samantha Lynn, Wholistic Herbals - Reiki & Chakra Balancing Vicki Snyder-Young - Angel Healing Sessions

**Vendors:** Jim Young- Gathering of Angels T-Shirts & Angel Healing Books High Strung Products- Jewelry & Crystals B & R Crystal Cavern - Crystals Shop with the 90 Handcrafted Artisans at the Cove

too!

**Lectures: 11:00 - Rocco Vallerand - The Radiant Mindset - positive thinking 12:00 Vicki Snyder-Young-TBA 1:00 Richard Hughson - The life and teachings of Tom Sawyer, part II 3:00 Richard Hughson - prayer/intention circle Please feel free to contact the Readers/Healers directly to pre-book an appointment so you don't have to wait or miss out.**

**11:00 - lecture is called The Radiant Mindset Program.**

**For the past 35 years, Rocco Vallerand has embarked on a transformative journey dedicated to uncovering the profound aspects of life. Throughout his odyssey, he has delved into the depths of the mind's potential and mastered the art of cultivating secure, sacred spaces. His latest endeavor, "The Radiant Mindset" course, synthesizes decades of wisdom drawn from Positive Thinking, The Law of Attraction, The Secret, and the extraordinary capabilities of the human mind, offering participants an exhilarating and enlightening learning experience.**

**Within this course, participants will gain insights into: Understanding the profound influence of thoughts and beliefs on shaping our reality. Exploring the scientific underpinnings of the Law of Attraction. Cultivating a mindset rooted in gratitude for a more fulfilling life. Nurturing positivity and resilience.**

**Overcoming self-limiting beliefs and the tendency for self-sabotage. Regaining equilibrium in the face of chaos. Practicing self-compassion and kindness. This comprehensive program draws inspiration from eminent figures such as Louise Hay, Shakti Gawain, Dr. Wayne Dyer, Morihei Ueshiba, Rhonda Byrne, and Eckhart Tolle, encapsulating the essence of their teachings into a singular, potent initiative designed to catalyze life-changing transformations. You're not going to want to miss this! It just may change your life!**

**To keep updated on the event go to: <https://www.facebook.com/gatheringofangels111/about> or <https://gatheringofangels.weebly.com/>**

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## Relationship Tarot Zoom Class With Marjorie Baker Price



**In our accelerating, increasingly breakaway times this leap year underscores new breakthrough opportunities to “leap” into higher “game-changing”, clearer understandings of where opportunities exist at core-karmic levels in all relationships to:**

**\* greatly heal, realize and transcend into critical resolutions \* discover your wherewithal to embrace your newly opened heart’s desires \* unconditionally accept, release and more freely choose what truly works and offers miracles of empowerment and transcendence for all**

**Join me in my latest originally-created Tarot journeys to: 1. Learn new ways to unleash your spiritual power to understand, let go and free yourself to more greatly experience and activate infinite love 2. Discover and decide as You Will to definitively break outmoded soul contracts 3. Honor and move forward to create your freed heart’s choices for gut-based intimacy through integrating your higher mind’s directives**

**Three new readings I’ve created will be explored as pathways to unleash and manifest multidimensionally experienced love.**

**Bring your favorite Tarot deck – we’ll use the Greater Arcana to create magic!**

**\$45 includes handouts and channeled guided meditation – email [marjorie@centeringtools](mailto:marjorie@centeringtools) to register to pay and get zoom info**



### **The Earth-Spirit Expo is Coming**

**The Earth-Spirit Expo is a highly anticipated Holistic and Wellness Trade show that is going into its 18th year of service to the communities surrounding Buffalo/ Rochester and Western New York .**

**The Earth-Spirit Expo has one main show which kicks off the 3rd week of each February and brings with it much anticipation and excitement! It also has brought smaller festivals throughout the Summer and Fall. The Earth-Spirit Expo has been a tradition in the local metaphysical community for more than 18 years.**

**Get rid of stagnation and increase your spirit! The Earth-Spirit Expo is a unique and fun event, with many vendors, artisans, psychic, mediums, practitioners, speakers, and lectures.**

**You will find a wide range of practitioners from various popular spiritual, metaphysical and holistic disciplines. This is an enlightening gathering that can offer you many modalities to help increase your spirituality and health.**

**Come explore meditation \* Qigong \* astrology\* palmistry \* numerology\* Reiki Healing \* Tea Leaf Readings \* energy healing \* mediumship\* aura photography \* and so much more.**

**Market vendors and artisans offer music, books, crystals, unique stones, jewelry, angel paintings, incense, art and more. They also have divination tools, holistic and natural wellness products. Essential oils and unique gift items. We are proud to have served our communities and know we have an unmatched level of service.**

**For more info go to: <https://www.earth-spiritexpo.com/>**

**Location: Michael's Catering & Banquets 4885 Southwestern Blvd. Hamburg, New York 14075  
Admission Fee at the Door**

## Dr. John Ryan Friday Night (only) Presentation



### [Discover the Power of Quantum Healing: a 4 Hour Interactive Workshop Presentation](#)

**Event is held at: DoubleTree by Hilton Hotel Rochester 1111 Jefferson Road, Rochester, NY, 14623**

**Step into the captivating world of energy medicine and explore the cutting-edge modality of Unity Field Healing (UFH) with its founder, Dr. John Ryan! ? Join us for a 4-hour journey that will open your eyes to the infinite potential of quantum healing.**

**UFH is a pioneering energy-based healing method that interacts directly with your DNA's quantum field. This innovative approach was revealed to Dr. John through a series of meditative visions and has been recently validated by Kryon/Lee Carroll. This incredible event in Rochester, New York, hosted by the delightful Sheila Tillich, is part of the full UFH Practitioner Training. But here's the exciting part – everyone can participate in the Friday evening workshop!**

**During this transformative workshop, you'll: \* Discover the ins and outs of Unity Field Healing \* Experience a live channeling and energy transmission from the Sirian Blue White Collective \* Dive into a profound meditation to catalyze light body codes within your Quantum DNA system \* Enjoy plenty of interaction, learning, and Q&A time with Dr. John Ryan**

**The Sirian Blue White Collective, a group of light beings from the Sirius star system, appeared to Dr. John in 2019. Since then, they have been working in harmony with him to support this new system of energy healing and ascension. This event is not just an**

**opportunity to learn – it's a chance to experience a direct energy transmission from these extraordinary light beings.**

**So, if your heart is calling, heed its voice! Join us IN ROCHESTER for this mesmerizing event with the Sirian Blue White Collective, and dive deep into the new world of energy medicine with Unity Field Healing.**

**For more information, visit our website: [www.unityfieldhealing.com](http://www.unityfieldhealing.com)**

**For inquiries, feel free to contact Tracey Roberts at UFH Home Office:  
[tracey@unityfieldhealing.com](mailto:tracey@unityfieldhealing.com)**

**For local concerns, reach out to our host, Sheila Tillich: EMAIL [sheila@sheilatillich.com](mailto:sheila@sheilatillich.com)  
PHONE: 585-313-3996**

**See you there! Let the journey to the Quantum Realm begin!**

**<https://www.eventbrite.ca/e/discover-the-power-of-quantum-healing-an-interactive-4-hour-ufh-workshop-tickets-632848806817>Don't**

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## **UNITY FIELD HEALING (UFH) PRACTITIONER TRAINING**

*Discover the Power Within: Unity Field Healing Practitioner Training Program*

*Are you ready to dive deep into the revolutionary world of Quantum Healing? This is your moment. We invite you to join us for the Unity Field Healing (UFH) Practitioners Training Program. Developed by Dr. John Ryan and endorsed by Kryon/Lee Carroll, UFH is a cutting-edge energy modality that works directly with the quantum essence of human DNA to foster healing and personal transformation.*

*Hosted by the delightful Sheila Tillich, this immersive training takes place over an enriching weekend. Dr. John Ryan himself will be there in person to share his visionary teachings and provide hands-on training.*

*When? Friday, APR 19, 2024 (6:00-10:00 pm), Sat APR 20 (10 am – 6 pm), and Sun APR 21 (10 am – 6:30 pm)*

*What's in it for you?*

1. *Comprehensive instruction in Energy Medicine and the unique healing art of UFH*
2. *Energy Attunements to empower you as a UFH Practitioner*
3. *A detailed 44-page manual packed with insights*
4. *Certification as a UFH Practitioner – Level 1, 2, and 3*
5. *Free listing as a certified practitioner on the UFH website*
6. *Inclusion in the Friday evening “Sirian Transmission and Introduction to Unity Field Healing” event.*

*Take advantage of our EARLY BIRD PRICING at \$888 US (Regular Tuition \$999 US). Hurry, as our past events have filled up quickly!*

*Choose your PAYMENT OPTION:*

**PAY IN FULL** or



**📌 Opt for the PAYMENT PLAN: Start with a \$288 non-refundable downpayment, followed by two installments of \$300 due on Feb 16, 2024, and April 5, 2024.**

**Note: Registration is refundable up to 30 days before the event, excluding Eventbrite Service Charges.**

**For more info, head to [www.unityfieldhealing.com](http://www.unityfieldhealing.com) or get in touch with UFH Home Office [tracey@unityfieldhealing.com](mailto:tracey@unityfieldhealing.com) or our Local Host, Sheila Tillich (<https://www.sheilatillich.com>). Step into the future of Energy Medicine. Register now and become a certified practitioner of this groundbreaking energy modality.**

**<https://www.eventbrite.ca/e/unity-field-healing-ufh-practitioner-training-tickets-632858826787>**

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## **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/>

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# 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>



Email [rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com) to advertise

## **ROC Metaphysical Alternative Directory**



**Rev. Vicki Snyder-Young**

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

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

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



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

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



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

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





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

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

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



727 E Main St  
Rochester, NY 14605

and the NEW LOCATION  
1225 Jefferson Rd  
Henrietta, NY

585-266-8350  
Sue Stephens

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

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



*The Lotus Blossoms*



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.**

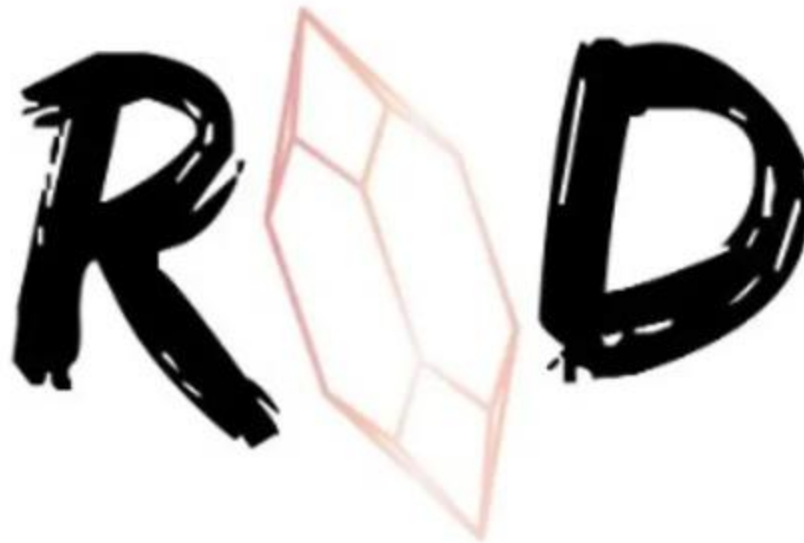
**Learn more about Sage at: <https://youtu.be/v9AzKAJx7Lg>**



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

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

**(585)663-6454**

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



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>**

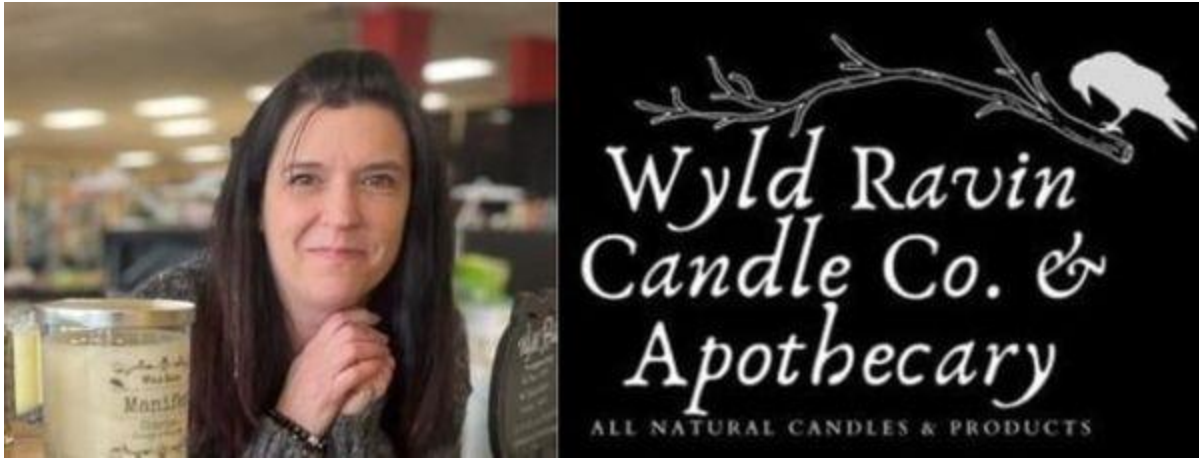
**Join the Lightworkers Connection Circle Facebook Group:**

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

**Follow me on Instagram: [https://www.instagram.com/sheila\\_b\\_he...](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](mailto:wyldravin@yahoo.com)**

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



Share International

**Share International USA is part of a global network of volunteers informing the public about the most consequential story of our time: the imminent appearance in our everyday world of the spiritual guardians of our planet, the Masters of Wisdom and Maitreya, the World Teacher for the Aquarian Age. Maitreya and the Masters are emerging to inspire and guide humanity into an era of peace through sharing of the world's resources, cooperation, justice and brotherhood.**

**<https://www.share-international.us/> <https://www.share-international.us/learn/WorldTeacher/>**

**888-242-8272**





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

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

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



The Crescent Collective  
**Lindsay Mastrogiovanni**  
**Co-Founder • The Crescent Collective**  
**Founder • Blue Moon Growth Co**  
**911 Old Liverpool Rd, Suite 2**  
**Liverpool NY 13088**  
**315-303-2155**  
**[www.crescentcollectivecny.com](http://www.crescentcollectivecny.com)**  
**<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](mailto:janice@touchoflife.net)

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

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

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



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

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

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



Judy Lynn  
5 East Main Street  
Earlville, NY 13332  
[www.judylynn.org](http://www.judylynn.org)  
[jlspiritualadvisor@gmail.com](mailto:jlspiritualadvisor@gmail.com)  
607-316-3260

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

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

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

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

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



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

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

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

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



Maureen Law LPN, RMT

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

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

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

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

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

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

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

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



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## LifeForce Rejuvenation



**Jon Kotowski**

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

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

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



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Metaphysical Shops / Crystal/Rock Shops / Spiritual Churches  
These are all Brick & Mortar businesses.

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rocmetaphysical at gmail.com

Majestic Hudson Lifestyle Boutique 223 Katonah Ave Katonah, NY 10536

Demure Lyfe 27 Main St Chester, NY 10918

Moonstone Melody 24 N. Main Street Florida, NY 10921

Sunshine Studios 563 E Main St Middletown, NY 10940

ARC Crystals Shop Emporium Square Artisan Market 128 Dolson Ave Middletown, NY

10940 The Open Spirit 55 Burd St Nyack NY 10960

Crystals On The Rocks 11 S Broadway Nyack, NY 10960

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

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

A Time for Karma 14 S Village Ave Rockville Centre, NY 11570

Botanica La Luz & Gift Shop 146 Post Ave Westbury, NY 11590

The Emerald Lotus 82 Broadway Ste 222 Greenlawn, NY 11740

Little Shoppe of Crystals 12 Main St Sayville, NY 11782

The Mindful Rabbit 146 Main St Northport NY 11768

Crystal Reiki Holistic Healing Arts Ctr & Gift Shop 135 State Hwy 67, Amsterdam, NY  
12010

Saratoga Metaphysical Boutique @ Living Well Ctr 18 Low St Ste 2, Ballston Spa, NY  
12020

Among Angels 1675 Route 9, Ste 106 Clifton Park, NY 12065

Heaven & Earth Gift Shoppe 1505 US Route 9 Clifton Park, NY 12065

Crystal Crossing 586 Columbia Tpke Ste 9 Rennselaer, NY 12180

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

Reiki Rocks! Crystal Shoppe 1817 Western Ave Albany NY 12203  
Sour Girlz Wellness Boutique 443 Saratoga Rd Glenville, NY 12302  
Crossroads Gallery 131 &, 133 Jay St, Schenectady, NY 12304  
Healing Lily 34 Jay St Suite 1st Floor, Schenectady, NY 12304

Sassafras Mercantile 37 Broadway Kingston, NY 12401  
Traders of the Lost Art 332 Wall St, Kingston, NY 12401  
Mirabai 23 Mill Hill Rd, Woodstock, NY 12498  
Salem's Moon 408 Main St Catskill, NY 12414  
Luna Enchanted 1461 RT 9W Marlboro, NY 12542  
Magical Vibes 215 Main St New Paltz, NY 12561  
The Awareness Shop 180 Main St, New Paltz, NY 12561  
Nutz 1708 U.S. 9, Wappingers Falls, NY 12590  
Dreaming Goddess 44 Raymond Ave, Poughkeepsie, NY 12603

The Pointed Hat 43 Front St, Port Jervis, NY 12771  
Thushita Heaven 324 Quaker Road Suite 6 Queensbury, NY 12804  
Mystick World 423 Broadway Saratoga Springs NY 12866  
The Magic Moon 15 Phila St., Saratoga Springs, NY 12886

Gem Goddess Emporium 72 Margaret St Plattsburgh, NY 12901  
The Hidden Gem 66 Margaret St Plattsburgh NY 12901  
Crystal Caboose 4 Academy St West Chazy, NY 12992  
Inncantation 1224 Stevenson Rd Suite 1 Westport, NY 12993

Serenity Wellness 214 Seymour St Auburn, NY 13021  
Soul Sisters Whispering Holistic Healing Center 286 Genesee St Auburn, NY 13021  
Crystal Moon Health & Wellness 246 Loop St Auburn NY 13021  
Eclectic Hedge 8893 S Seneca St Weedsport, NY 13166 - \*\*See Directory

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

3 Sisters Gifts 116 W 2nd St Oswego, NY 13126  
Esoteric Mood of the A.R.T.S. 163 Bridge St Oswego, NY 13126  
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Earthbound Trading Co 9090 Destiny USA Dr Syracuse NY 13204

Earthbound Metaphysical 434 S Main Str N Syracuse, NY 13210  
Mystic Side Gift & Book Store 404 N Main St Rt 11, North Syracuse, NY 13212

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Sticks n Stones 126 E Main St, Waterville, NY 13480  
Clearly Connected 327 Oriskany Blvd Whitesboro NY 13492  
Practical Magic 173 Oriskany Blvd Whitesboro, NY 13492

The Jade Fox 706 Court St Utica, NY 13501  
Ezra's Energy 51 Franklin Square Utica, NY 13502

Moontide Arts 45 Public Square Watertown NY 13601  
The Magic Apothecary 21182 Salmon Run Mall Loop W. Watertown, NY 13601  
Seven Stones 64 N Main St Bainbridge NY 13733

Serenity Hobbies 152 154 Main St Oneonta, NY 13820  
The Magic Box 160 Main St Oneonta, NY 13820  
Willows Enchanted Grove 3 Elm St Oneonta, NY 13820  
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Reflections Mind Body Soul 620 Main St E Aurora, NY 14052  
Lady of the Lake 29 W Main St Fredonia, NY 14063  
Circle of Light Spiritual Center 40 E. Main St, Fredonia, NY 14063  
Flicker Gifts 38 Main Street, Hamburg, NY 14075  
Spiritual Mystic Healing 4477 Lake Shore Rd, Hamburg, NY 14075

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

Spiritually Rooted 90 Webster St N. Tonawanda, NY 14120  
Rising Goddess 225 Highland Parkway, Tonawanda, NY 14150  
I Am Magick 216 Grant St Buffalo, NY  
Strange Brew 2703 Elmwood Ave Buffalo, NY 14217  
The Psychic Shop 2822 Elmwood Ave Buffalo NY 14217  
Spiritual Landing Store 3672 Delaware Ave Tonawanda, NY 14217  
Awaken & Psychic Expression McKinley Mall 3701 McKinley Parkway Buffalo, NY  
14219  
Soul Vibes 682 Abbott Rd Buffalo, NY 14220  
Dragonfly Art & Soul 8290 Main St Williamsville, NY 14221  
Alchemy of Spirits 168 Kennedy Rd, Cheektowaga, NY 14225

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

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

See These Stores in the Directory -

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

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

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

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

Crystal Bodhi Tree 16 E 3rd St, Jamestown, NY 14701  
Tree of Life Studio 1771 Foote Ave Jamestown, NY 14701  
Good For The Spirit Gifts 11-15 Martha St, Ellicottville, NY 14731

Mindful Inspirations 4032 Lake Ave, Burdett, NY 14818  
Behind The Willows Store 40 Catherwood Rd Ste E-04 Ithaca, NY 14850  
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Cookie's Creations 231 W Water St Elmira, NY 14901  
Okultik New Location Elmira, NY 14901  
Kokoro Ancient Healing & Sacred Ritual 2078 College Ave, Elmira Heights, NY 14903  
Imagicka 39 Court St Binghamton, NY 13901

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

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Rock Star Crystals 146 W 26th St, New York, NY 10001  
Crystals of Quartz 61 Windemere Ave Greenwood Lake, NY 10925  
Fortune Crystals 2116 Merrick Ave Merrick NY 11566  
Stone Corner Minerals 5 Main St Chatham, NY  
Crystal Crossing 568 Columbia Tnpk E Greenbush NY 12061  
Tincture of Time 296 Delaware Ave Albany, NY 12209 At Kate's 60 Broadway Tivoli  
NY 12583 Crystal Connections 116 Sullivan St, Wurtsboro NY 12790  
Natural Stone Bridge & Caves 535 Stone Bridge Rd Pottersville NY 12860  
Twin Crystal Rock Shop 36 Broadway Saranac Lake NY 12983  
Crystal Cove 8348 Brewerton Rd Cicero, NY (moving soon) 13039  
Two Hawks 6930 Cold Brook Rd Homer, NY 13077

The Rose Quartz Stand 107 Mohawk St Herkimer NY 13350  
Fall Hill Bead and Gem 411 Canal Place Little Falls, NY 13365  
The Crystal Spell 73 Glenwood Ave Binghamton NY 13905  
Past & Present 3767 South Park Ave Blasdell NY  
Malachite & Gems Of Africa 1339 Long Pond Rd Rochester NY 14826  
Sunshine Creative Designs Dewitt Mall 213 Cascadilla Park Rd Ithaca NY 14850  
Multifaceted Minerals 218 E State St Ithaca NY 14850

#### Spiritualist Churches

Temple of Truth Church 2 Cook St Freeville, NY 13068  
Attunement Spiritualist Church Hampton Inn 5444 Camp Road, Hamburg, NY  
1st Spiritual Temple 29 Temple St E. Aurora, NY 14052  
The Journey Within North 182 Lincoln Rd Newark NY 14513  
Plymouth Spiritualist Church Vick Park A Rochester, NY 14607 -\*\*See Directory  
Fellowship of The Spirit 282 Dale Dr Cassadaga, NY 14718  
Lily Dale Assembly Lily Dale New York 14752  
City of Lights 10 Buffalo St, Lily Dale, NY 14752

## Spiritual Churches & Retreat Centers



***Plymouth Spiritualist Church***

***29 Vick Park A***

***Rochester, NY 14607***

***585-271-1470***

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

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

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



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



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