

# **ROC** *Metaphysical*

*Your Mind, Body and Spirit Connection*

**March 2023**

**Rochester, NY USA**

<https://www.rocmetaphysical.com>

**Here's a Sampling of Articles for March:**

**Witchy Tips By Aurora Raven Dragonfly**

**Mentally Hallowing the Compass for Hedge Riding  
By Vanessa Hanks**

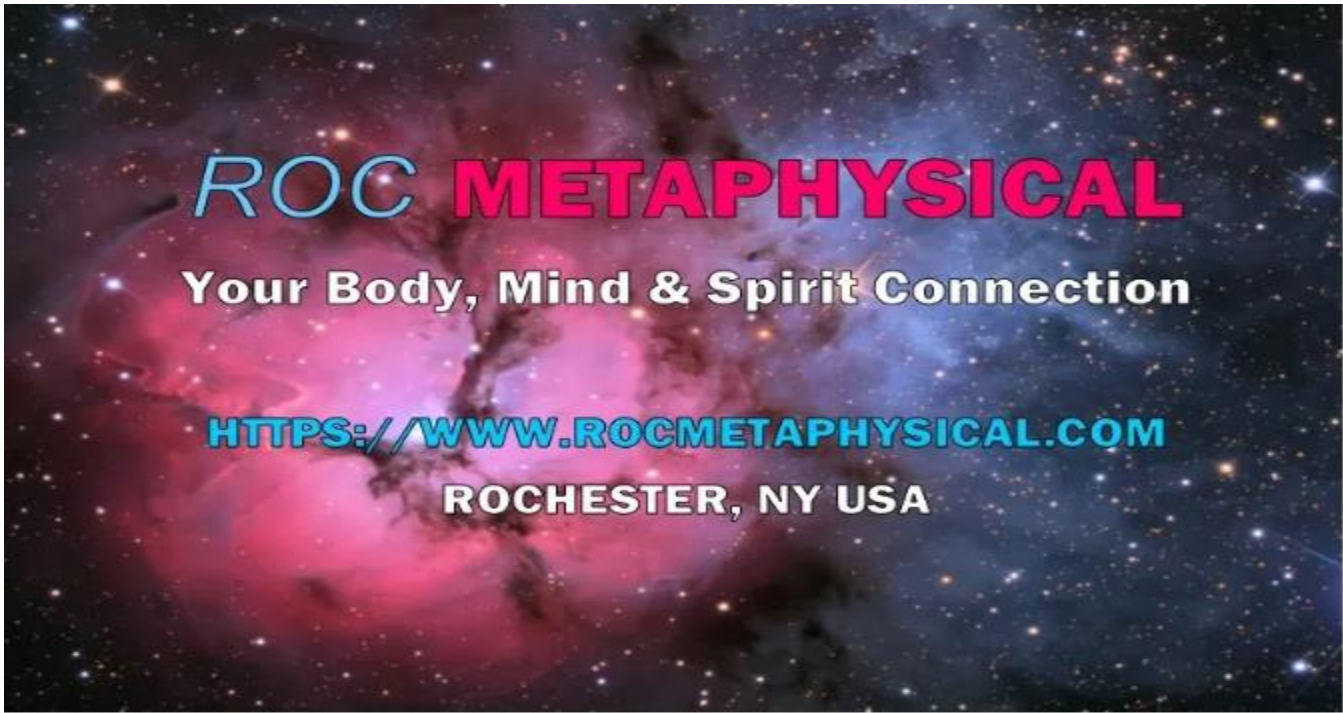
**Intro To Empowerment About Climate Extremes By Interacting  
with Trees and Nature By Dr. Jim Conroy & Basia Alexander**

**The Book Of Moldavite By Robert Simmons**

**Stone Circles – Thin Places of Wonder and Mysticism  
By Jeanne Crane**

**Tarot Tendencies for March By Doreen Scanlan**

**3 Steps to Having Magic in Your Life Everyday  
By Melissa L. Watkins**



*Sections*



Read Great Articles

Thanks to all the contributing writers who voluntarily share their wisdom, knowledge and guidance.



Alternative Businesses

Advertise your business on our business section. With our growing readership along with the use of our Facebook, LinkedIn, Pinterest, Instagram, Issuu and MeWe pages, we get the information out to the public.

And we also do cross promotional listings, contact us at [rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com) for more info.



Calendar of Events

Peruse our calendar! Lots of events and is updated frequently.

If you have an event that you'd like to advertise email us at [rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com)

## Video About ROC Metaphysical



Here's a more personal look at why and how the magazine came to be.

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

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

**Every month the magazine is new because of the writers and their articles. The writers somehow magically find me and voluntarily share their articles. It's so exciting to see what comes to my email.**

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

place in our knowledge and desire to learn.

I'm a studious soul, always reading books on all kinds of topics, checking out websites and you tube 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, Issuu, Pinterest, LinkedIn and MeWe. Be sure to check us out on those platforms. If you have any questions email me at [Rocmetaphysical@gmail.com](mailto:Rocmetaphysical@gmail.com)

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

## Write and Advertise with Us

**Have a story idea for us, want to share your article?**

**Your article should fall under metaphysical/spiritual/alternative health topics.**

**The article can be up to 2000 words, provide a head shot, bio and web link.**

**Advertise your business? Provide a jpeg and the verbage for your ad.**

**Email us at [rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com)**

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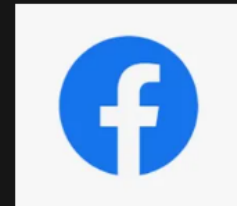
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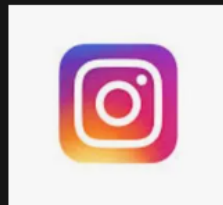
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roc\_metaphysical



Now that Google+ is gone the next generation is MeWe. Find us at:

<https://mewe.com/profile/Scaba69765a0815f48d3d128>

## ROC Metaphysical Interviews



Judy Lynn

ROC Metaphysical interview with Judy Lynn. Learn more about her background being a psychic medium.

Link: <https://youtu.be/rcCyz2HJYhs>

Sue Fiandach & Connie Wake

Interview with Connie and Sue to learn more about their background as psychic mediums. They share info in their articles to help us understand what these gifts are and how they can be used.



Link: <https://youtu.be/l6DdLY2dsj0>



Marjorie Baker Price

ROC Metaphysical interviewed Marjorie who has such a diverse background as a nurse, teacher, workshop facilitator, energy worker and much more.

Link: <https://youtu.be/aw5IFhVfhNc>



Learn more about the Buddhi Institute and its owner Melinda Johnston who offers classes on the yoga sciences.

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

Erika Buenaflor has written a few books about healing and energy work especially from her healing heritage..



Link: <https://youtu.be/RLXyK8SXePs>

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By Michelle Brzezniak

Aurora Raven Dragonfly



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ROC Metaphysical Youtube



ROC Metaphysical Has Youtube Channel

Tom T. Moore



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

Leo Babauta



Seeing The Gift  
By Leo Babauta

Rev. Colleen Irwin



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ROC Metaphysical Book Review

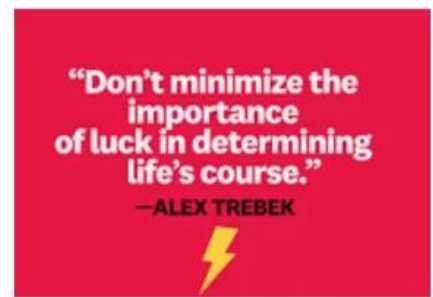


Crystal Basics By Nicholas Pearson

Sound Healing



What Can Sound Healing Do For You?





## **What is Channeling?**

**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.

## *Channelings*

Shanta Gabriel



Inspiration of The Week - Finding Love and  
Wisdom  
By Shanta Gabriel



Dana Mrkich



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Nancy Leilah Ward



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Ann Albers



Accepting Where You Are  
By Ann Albers



# Eden Energy Medicine Tip: Zip Up to Protect Your Energy!

By Michelle Brzezniak

An infographic titled "Zip Up to Protect Your Energy!" featuring a woman with short white hair, wearing a blue patterned shirt and jeans, sitting at a desk. A white line representing a zipper starts at her lower lip and goes up to her chest. A yellow key is shown flying through the air, with an arrow pointing to the zipper. The infographic includes text on the left and right sides, and a logo for "Empowered Energy Wellness" at the bottom right.

## Zip Up to Protect Your Energy!

*The Zip Up from Donna Eden's Daily Energy Routine*

1. Place hands at your pubic bone. (beginning of the Central Meridian)
2. While breathing in deeply, move hands slowly up the center of your body to your lower lip. Use an affirmation, if you wish.
3. Use an imaginary key to lock it in, below the lower lip. Throw key away, up into the sky.

- Protects you from taking on negative energies
- Great for those who work closely with other people
- Clears your thoughts
- Feel safe and centered
- Feel more confident
- Feel stronger

Eden Energy Medicine does not attempt to diagnose, treat or cure illness.

**Empowered**  
Energy Wellness

**Have you ever had a conversation with someone and felt like they hit you in the gut? Have you ever had someone look you up and down or give you a nasty look and suddenly not feel so well? Do you pick up on other people's feelings? Especially if you work closely with other people, you may be taking on other people's negative energies, without even knowing it. If you are a teacher, standing up in front of students all day long, who naturally look you up and down, may be inadvertently unzipping your energies and making you feel vulnerable. Luckily, there is a simple technique by Donna Eden that can help you protect yourself!**

**The Zip Up involves tracing your Central Meridian, from the pubic bone up to the bottom lip, along the center the body and through the bottom 5 Chakras. Doing this will help you feel more safe, confident and positive about yourself and the world. It will help you think more clearly, tap into**

**your inner strength, and protect you from any negative energies that may be around you. It even supports your brain and nervous system, and helps calm the parasympathetic nervous system.**

**Donna ends the Zip Up with a locking motion, on the acupoint just below the bottom lip, using an imaginary key, then tossing it away, up in the air. Because the Central Meridian governs hypnosis and suggestion this lock actually works as intended, protecting you from negative energies and preventing people from unzipping you! Affirmations are more powerful when locked in with a Zip Up for this reason too.**

**Try this quick, simple energy technique now, and see if you feel a difference!**

**The Zip Up (use as often as you need)**

**Note: If you feel like you need to release excess or unwanted energies, start by tracing the Central Meridian backwards, from the lower lip down to the pubic bone while slowly releasing the breath. Then proceed with the Zip Up.**

- 1. Place hands at your pubic bone. (the beginning of the Central Meridian)**
- 2. While breathing in deeply, slowly move hands up the center of your body, to your lower lip. Use an affirmation while doing this if you wish.**
- 3. Then lock the acupoint just below the lower lip, with an imaginary key and throw it away, up in the air.**

**Note: If you can't trace the meridian physically, you can simply look in the mirror, and trace with your eyes, from your pubic bone up to the point below the lower lip, then lock it in mentally.**

**Adapted from Energy Medicine by Donna Eden and David Feinstein Ph.D. For more information on Energy Medicine please visit [www.edenmethod.com](http://www.edenmethod.com)**

**This exercise is part of Donna Eden's Daily Energy Routine, which she designed to rebuild the immune system, relieve pain, increase vitality and improve clarity of mind. Each month, I am highlighting, in detail, one exercise from the routine. We have covered the 4 Thumps, the Shoulder Pull, the Cross Crawl, the Wayne Cook Posture, the Crown Pull and Connecting Heaven and Earth in previous months. You can still find these**

tips on my Facebook page, Empowered Energy Wellness. This month's exercise, the Zip Up, comes sequentially after the exercises listed above, in the official routine. However, each of these simple exercises can definitely be done individually or out of order...and still be just as effective. Feel free to skip ahead and follow Donna's entire routine. It only takes about 12 minutes each day. That is a very small percentage of your day, and I think you'll find the benefits well worth it. I honestly don't go a day without doing it, at least once! When I first discovered the routine, I had no idea it would end of my 25 year struggle with chronic, debilitating migraines and lead to relief from my own autoimmune disorders. Committing to this simple, daily self-care really changed my life, and I am confident it can yours as well!

The routine can be found at the following links:  
<https://eembymichelle.wixsite.com/hope/blank-page>  
or <https://www.facebook.com/eembymichelle>

Donna Eden actually has hundreds of free self-help exercises available online, but if you need more help with a stubborn, chronic condition or would like to embark on a personalized energy balancing journey, I would be honored to help. And if you enjoy these monthly tips, or have questions or comments about Eden Energy Medicine feel free to contact me. I would love to hear from you!

**Please note: Energy Medicine stimulates innate health-promoting mechanisms that restore the body's natural state of well-being. It does not attempt to diagnose, treat or cure illness. Eden Energy Medicine Practitioners are not physicians, but are trained in balancing the 9 subtle energy systems around the body.**

**About Michelle: Michelle Brzezniak is a Clinical Eden Energy Medicine Practitioner (EEM-CLP) at Empowered Energy Wellness, located in Macedon, NY, (just outside Rochester, in Western NY). After having chronic migraines for 25 years, which were resistant to traditional treatments, she found natural, effective relief in Eden Energy Medicine. She then completed the 3 Year intensive, hands on Clinical Certification program, offered by world renowned energy healer, Donna Eden. By consistently balancing her own energies, Michelle's autoimmune psoriasis and psoriatic arthritis symptoms have significantly improved and she has had a dental cavity resolve itself and no longer need a filling! She is extremely dedicated to this work and plans to continually deepen her studies. Not unlike Donna Eden, Michelle is also very passionate about sharing this work with those who struggle with chronic pain and health**

issues. Michelle also has considerable experience in Reiki, Therapeutic Touch, Intuitive Consulting, Teaching, Graphic Arts and has a Bachelor of Fine Arts (BFA) from Syracuse University.

In an Eden Energy Medicine session, 9 subtle energy systems are gently balanced, so the body can reclaim its natural state of health and well-being...and thrive! This work serves as a complement to traditional health care as well as a complete system of self-care. Michelle offers complete energy balancing sessions and empowers her clients to participate in their own well-being with Donna Eden's simple techniques. She is currently accepting new clients, in person or remotely.

Please note Michelle is not a physician and does not attempt to diagnose, treat or cure illness.

Michelle's website: <https://eembymichelle.wixsite.com/hope>  
Michelle's Facebook page: EMPOWERED ENERGY WELLNESS  
<https://www.facebook.com/eembymichelle>

### Interview with Michelle



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

## Witchy Tips with Aurora Raven Dragonfly



**“Do you really believe in Magic?” asked a good friend the other day. And I answered without flinching and empathetically, “Yes”. “Then make a gold coin materialize, “ she continued. I shook my head letting her know Magic doesn’t work like a straight line or what we see on TV or in children’s stories. My friend slightly disappointed yet sure there isn’t any magic in the world then asked how did Magic work. I told her every wish I had since I was a child has come true even one of them I’d forgotten about. Every human being or life form can create magic. Only it comes in a non-linear spiral -like time form when you least expect it.**

**Then I related the story of how I had wanted a love relationship like my grandparents; my grandpa being a quiet man with a quirky sense of humor. Over and over again I pleaded with the universe. And now years after they’ve died I am now in a relationship with a man of few words. When I get upset we’re not communicating as much as I would like to, I pinch myself. Remember, you wished for someone like your grandpa.**

**Yes, there is magic just ‘be careful what you wish for’. It will come true. Lastly for me it’s an awareness of the universal connections of us all. For me, Magic is not seen or heard. Yet, the flitting of a Monarch’s wings, or the aroma of Jasmine flowers, the touch of a lover, the whiff of freshly-baked bread, the harmony of Mozart’s d- Major flute concerto, the first gaze of your newborn, or the twinkling stars on a clear nights’ sky while sitting on a beach by the ocean is pure magic.**

**Do you have a witchy question? Send your questions to the magazine's email - [rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com). Each month I will answer questions only a witch can answer. Looking forward to your questions.**

**About Aurora Raven Dragonfly: Aurora Raven Dragonfly aka Julie Anne Stratton - The basis of my teaching is gleaned from over 34 years of**

**practice based in Germanic, Dianic, Gardnerian and ultimately Reclaiming Witchcraft. There were Goddesses in every culture prior to the major religions and patriarchy. The belief in a Divine Feminine is essential to the healing of Mother Earth. Witches, Shamans and healers are demonized by the major religions to instill fear and take away our agency. The truth is we are all both female, male and all genders divine beings.**

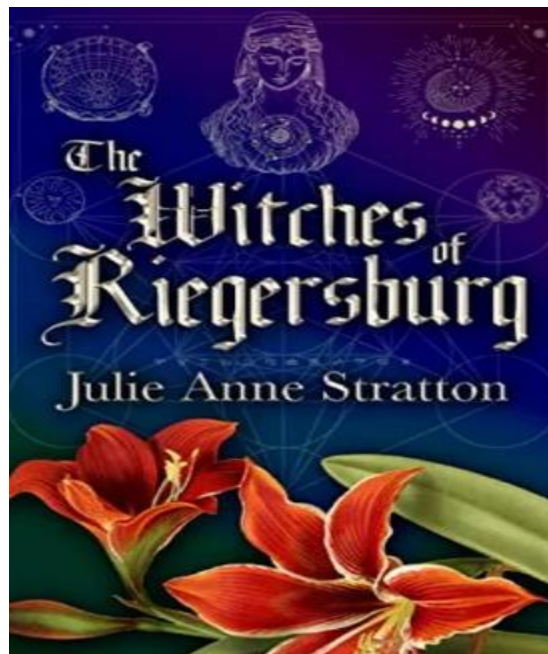
**I have led and participated in many covens over the years; The Circle of the Rising Phoenix, Sacred Daughters of Her, and Reclaiming the Radiant Wild. I did a green witch intensive for a year with Susan Weed and have taught workshops at witch camps, organized for VWC and was on the World Witch Council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

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

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

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

**Check out her book aka Julie Anne Stratton**



**For the fans of The DaVinci Code—with three generations of extraordinary women keeping alive the ancient Goddess faith.**



*“Whenever you are of need, come to Me when the moon is full and I, Hecate, Queen of all witches, will guide you, my daughter, to your heart’s desire.”*

**In 1665, Baroness Elisabeth von Galler is faced with the frenzy of the witch trials raging through Europe. Her son-in-law acquires dispensation from the Kaiser to hold trials in Riegerburg. As the “Faith-Keeper” of an ancient Goddess-worshipping community, can she save her loved ones from certain death and her faith from disappearing?**

**In 1938, Hitler takes over Austria, and Katarina Lilienthal fears for the lives of her Jewish husband and daughter. Armed with the secret Book of Shadows, her legacy passed down from Baroness von Galler, and her intuition will she be able to save her family before the horror begins? Seventy years later, Sarah Lilienthal inherits her beloved Oma’s secret book. Katarina’s deathbed wish is for Sarah to travel to Austria—the place Sarah’s grandparents barely escaped with their lives on the verge of WWII—and make amends with Oma’s estranged family. Sarah is cast on a quest to find her true self and the origins of the book by traveling to Riegersburg, where the Book of Shadows’ journey began.**

**Find the book on Amazon: [https://www.amazon.com/Witches-Riegersburg-Red-Amaryllis/dp/1734172010/ref=sr\\_1\\_1?crid=218L9P5DDT1B4&keywords=Julie+Stratton&qid=1677248949&s=books&prefix=julie+stratton%2Cstrip+books%2C97&sr=1-1](https://www.amazon.com/Witches-Riegersburg-Red-Amaryllis/dp/1734172010/ref=sr_1_1?crid=218L9P5DDT1B4&keywords=Julie+Stratton&qid=1677248949&s=books&prefix=julie+stratton%2Cstrip+books%2C97&sr=1-1)**

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# Mentally Hallowing the Compass for Hedge Riding

By Vanessa Hanks



**Anyone who knows me, knows I will not be put in a box. Even though I am a shamanic practitioner, soul rescuer, Reiki Master and spirit medium... I also identify with the archetype of the modern-day folk witch. The truth is that on my journey to connect with the Divine, my soul, and the web of spirits and energy that is all around us, I have found my way to many spirited paths. Each path has taught me so much, but I love the magic, history and mystery of folk witchery. Folk witchery as I practice it, is not based on intricate rituals and rules, but instead on spirit relationships and a strong connection to the land and its spirits. It draws on ancient folk knowledge left in lore and traditions to guide the modern magical practitioner into the mysteries of the spirit worlds.**

**The common thread throughout my magical practice is my connection and relationship with spirits – from my Creator, deities, Disir and ancestors, land spirits, guides, my familiar, and more. Since spirit relationships form the backbone of my craft, I wanted to share one of the ways in which I connect and communicate with my spirits through hedge riding.**

**When learning to communicate with spirits, it is beneficial to hone two fundamental skills – mediumship and hedge riding. In far too simplistic terms, mediumship entails spirits coming to us and merging with our energy field to deliver messages or healing. The merging of spirit with medium involves mediums raising their vibrations while spirits lower theirs so that the two can find a common energetic ground in the middle to communicate.**

**In “hedge riding” however, we travel to spirits as opposed to spirits traveling to us. Hedge riding is the ancient practice of shamanic journeying, also called “soul flight” or “spirit walking.” The image of the witch on her broom or the witch holding a wand, stang or staff, are**

**representations of the shaman's flight into the spirited realms via the World Tree found in so many cultures. The World Tree is the axis point – the place connecting all other places in the spirit worlds and in the Universe. It is “Yggdrasil,” the massive ash tree in ancient Norse, Germanic and Anglo-Saxon cosmology that connects the nine worlds. Truth be told, witches have always flown, just not in body but in mind and spirit.**

**Through hedge riding, witches have the opportunity to meet and form relationships with spirit allies and deities who want to work with them and can lend the witch their power, healing energy, and guidance. If you learn to travel into the spirited realms, you will be taught your craft by your spirits.**

**To honor the dark half of the year, I want to share a simple but powerful technique for journeying into the spirit worlds called “hallowing the compass” or “laying the compass round.” Through laying the compass, you are creating the “axis mundi” – the World Tree from which you can travel anywhere in the spirit worlds.**

**“Hallowing the compass” originates in “traditional witchcraft.” I want to be upfront that I am not a traditional witch and what I will share is my own technique for laying the compass inspired by traditional witchcraft but not identical to it. What I present will be a purely mental endeavor as opposed to employing ritual to create the compass. My method uses the magic of the mind.**

**But before we begin, let's talk about definitions. Those who engage in hedge riding are “hedgewitches.” This term is often used to refer to a witch who practices their craft with plants and herbs, but this was not originally how this term was used. The terms “hedge riding” and “hedgewitch” originate from the Anglo-Saxon word “hægtesse” which referred to a person who flew over the hedge – a boundary of shrubs at the ends of town that separated civilization from the wild places. The hedge witch bravely flew over this boundary, leaving the mundane world behind for the spirit worlds. The hedge witch was an explorer of the truly wild places – the spirited realms of the “Otherworld.”**

**The evolution of the word “hedgewitch” from a person who engaged in soul flights to a practitioner of plant magic is not as big of a shift as it might first appear. Across the globe, shamans and witches have always been knowledgeable on the medicinal and magical uses of plants and employed them via teas, flying ointments, burning herbs, and more, to aid in hedge**

**riding. Nature has always been our most powerful ally and portal to the Otherworld.**

**There is sometimes a debate in magical circles over whether “casting a circle” or “laying a compass” is preferable for magical workings, including journeying. But this debate shows a lack of understanding of these two different practices. “Casting a circle” creates a protected sacred space that keeps out undesirable energies and spirits. It is often created through a clockwise motion through intention, or intention with walking the space, calling the quarters, using an anthem or wand, drawing a circle of salt, or simply using your finger! Clockwise has always been associated with invoking, life, and works done in the physical world. When casting a circle, we are seeking to invoke protection and bring it into the mundane world around us.**

**Laying the compass on the other hand, is created counter-clockwise for the purpose of journeying into the Otherworld. Laying the compass creates a “liminal space” – a threshold outside of space and time from which you can travel into the spirited realms. A counter-clockwise direction has always been associated with that which is opposite to life, namely spirits and works done in the spirit world. To put it plainly, we cast a circle for protection but we lay a compass to create a threshold – a doorway – to the Otherworld.**

**So, why choose? I use both when hallowing the compass.**

**To start, find a quiet place where you can sit or lay down undisturbed. Close your eyes and center yourself with deep rhythmic breathing. When ready, you will begin casting a circle of protection around you. Remember that this circle must be large enough to place another circle and yourself within it.**

**Cast your circle by envisioning that you are drawing a large ring around yourself in a clockwise direction. Have firm intentions that you are creating a protective barrier that nothing harmful or unsupportive can enter. Begin drawing your circle directly in front of you in your mind’s eye. Claim this starting point as “north” whether it is or not, and envision that you are drawing a large ring around yourself three times with your mind. End back at the north. Invite any protective spirit allies you want present during your journey into your circle. Once you feel you have created a sacred space, you are ready to lay your compass.**

**You will start laying the compass directly ahead of you in your mind's eye, just as you did when casting your circle. This time, you will draw a ring in a counter-clockwise direction around yourself three times within the circle you cast. This will result in a circle inside of a circle.**

**You should begin to feel the energy of your space change as you create the opening to the Otherworld. You may begin to feel lighter or ungrounded while the energy around you gets thicker and more alive. The energy may feel like it is buzzing and you may feel that you are already further away from the physical world. How liminal space feels is personal but you should feel the energy shift when you create liminal space.**

**After the inner ring is laid, envision that you are standing in the center of the compass ring. Through intention, lay an electric blue line going from north and south. Do the same to create the east to west line of the compass. The electric blue energy comes from directly inside of your core and connects you to the spirited side of the place you are in. You should now be inside of a circle with two lines crossed, just like a medicine wheel. Lastly, envision an electric blue line going through you in an upward and downward direction. This up to down line connects you from Source to the center of the Earth or Universe. It should pass through you, as well as the center of the compass where north, south, east and west meet. You have now fully laid your compass and created the axis mundi. After all, the World Tree was always you.**

**The axis mundi is the place that leads to all other places in the Universe as we know. You have created the threshold from which you can journey into the spirit worlds to any place and any time, and to every spirited place outside of space and time. But the other purpose for laying the compass was to create a powerful anchor while you journey.**

**By using the compass you are not only creating the doorway to the spirit realms, you are creating an anchor to the place where your body resides. The compass connects you to the land and ensures that you return to the place where your journey began and to your physical body. To solidify this anchor, tie a red cord that extends from your core (around your belly button/stomach area) to the center of the compass where all the points meet. As you tie your cord, you can employ a bit of knot magic and use this as an opportunity to set your intentions for your journey. For instance, you can intend to journey to the land of the dead to speak with ancestors, to the middle world to explore the energy of your home and land, or journey to meet your guiding spirits for advice. Tie as many knots as you feel called to**

**firmly set your intentions.**

**At this point, you are ready to begin your journey into the spirit worlds. It is time to take flight by moving outward from your compass through intention and following where your soul leads you. Trust that your soul knows its way. For fun, you can envision that the up to down blue line tilts forward and becomes your broom that you can ride while your red cord is still tied to the center of the compass. Allow your hedge ride to unfold in its own way. Pay attention to not only visions, but feelings, thoughts, sounds, smells and more. Enjoy your journey and feel safe, as you have taken the time to create a protected sacred space, a compass to guide you, and an anchor to ensure your safe return home.**

**When you are done with your journey, simply come back to the compass through intention and envision that the blue lines of energy making the directions and your red cord are absorbed back into you. Undo the ring of your compass by erasing it mentally in a clockwise direction three times, returning you to this world. You can also envision that you are taking a broom and sweeping the compass away. Do the same to close your circle through erasing it in your mind widdershins (counter clockwise circle) three times. With intention state the compass and portal to the spirit worlds is now closed and thank your ally spirits for their assistance. Set the intention that all spirits are released with gratitude. Your hedge ride is officially done! But be sure to ground before returning to your normal day.**

**I hope you have enjoyed this simple mental technique for hallowing the compass. Opening yourself to the spirit worlds is the key to deepening your understanding of your journey through life and beyond and grants you access to the wise and ancient spirits who want to be a part of your healing, growth, magical endeavors, and empowerment. They will teach you how to co-create in the Otherworld to shifting things in the mundane world – magic!**

**I wish you many magical and spirited travels. Blessed be to you all!**

**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://vanessahanks.com/>

## Interview with Vanessa Hanks



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

# **Finding Faith When the World Is Falling**

## **By Diana Friedell**

**Some days, It feels just plain stupid to meditate to BE a flower when the world seems to be falling down all around us. You wonder, is all this spiritual work, is it making any difference in the world. So many of us have been cultivating positive qualities in ourselves - like kindness, unconditional love, and non-judgment. Suddenly, our world is shaken, when one misguided soul with a gun blows a hole in everyone's faith in the goodness of humankind. Why do I do good work? Why am I generous, selfless, and kind, if my behavior doesn't have the power to change humanity? Isn't God supposed to put a stop to this nonsense already? Have my prayers done anything? God are you listening?**

**I am surprised to hear an immediate answer from God: Yes, my child, I'm listening. You people are not puppets on a string, and I am not a puppet master pulling your strings. If that were true, you would never make a mistake. You on the earth plane have free will and can do whatever you would like. If wrong actions are chosen, consequences are experienced. You ideally learn from your mistakes, and make adjustments in your behavior. It's up to humankind to provide the guidelines for young people on leading a good and positive life. We've all heard the phrase: "It takes a whole village to raise a child."**

**I answer yes, but sometimes we have done everything right. Our child was brought up with a solid community of loving organizations, with the right code of ethics and morals, and the child goes astray anyway.**

**God Answers: The child can go astray, and "miss the mark." Like in bowling, if the bowling ball is thrown incorrectly, it lands in the gutter where it won't hurt anyone. Putting guns into the hands of people who have gone astray allows them, in the midst of their insanity, to hurt others at a time when they should instead be put in a straight-jacket. Freedom is earned, privileges are earned. There should always be a gutter, a failsafe, where the mistakes can gently land and not hurt anyone. When you put an AK47 into the hands of a person who has gone astray, there is no longer any gutter. The misguided ones are suddenly allowed to make life or death decisions that our society only entrusts to our most highly trained and trusted doctors, and most powerful leaders. An 18 year old mixed up kid, does not get to make decisions about who lives or dies. It's as simple as that. (Unity concept)**



**Back to my conversation with God later...**

**When does this kind of thing stop? WE all want to know.**

**Does anyone remember the Great Harmonic Convergence of 1987? Connie Lull wrote about it in her astrology piece for the ISD newsletter this week. If you were following new age teachings at the time, (which I was NOT!) humanity was given a choice, to either improve our destructive ways and evolve into a kinder peaceful civilization with no more wars, or everything would come to a screeching halt, and this “experiment” would be ended.**

**Paul Selig, the popular current day channeler, tells a story that during the Harmonic Convergence in 1987 he was up on his rooftop, asking for something amazing to happen, “a sign” some proof that God exists. Then he had a profound experience. He was shown that the world was transitioning into that new age of peace and tranquility, where there would be no more divisions between us, the world would be as one (as John Lennon said in his song ”Imagine”). But it would be a long bumpy ride to get there. He like all of us, was impatient and when he asked how long would this take – he was told 4 generations, 4 generations. If you think about it, it’s been about two generations since that time. And if the visionaries like Paul Selig, Sylvia Browne and others got it right, then we’ve got two more generations to go, which brings us to 2050. I don’t know about you, but I don’t want to wait that long to experience living in a peaceful community – a heaven on earth. I’d like to press the “fast forward” button.**

**What can WE do to facilitate a faster change in the world? After all, we feel like we’ve been doing it, on a personal level, becoming more “new agey” – evolving into a kinder, more patient, loving people, looking for solutions to our disagreements, rather than get into the boxing ring. Taking mind altering ... classes (you thought I was going to say “drugs” didn’t you?) I put on my headphones and meditate to be a flower. What else do I have to do?**

**Well, I am simplifying the powerful work we’ve done, for the sake of humor, most of us at ISD are already serving humanity in a variety of ways, and even very small actions of service create a wave that affects others.**

**Paul Selig reminds us that “The guides have called this a wave of change – This is a Required change, humanity has chosen it, it’s not being DONE TO US. Because we really can’t go on as we were... he continues. WE all have to ride the wave to be brought to a new shore. We’re being brought to**

**someplace higher.” WE can’t pack up our fears, our gossip, our arrogance, our wars, and other false creations and bring them with us to that higher plane of existence.**

**So how do we help humanity get to that new shore?**

**Paul Selig’s work highlights two concepts that are still VERY HARD for us and we need to be able to practice before humanity gets to that new shore...**

**Point #1. Stop letting fear run every decision we make, because fear is a lower vibration - Fear begets more fear, right? How do we stop being so fearful?**

**• MEDITATE!! When we meditate, we get that place of clear thinking, where we are connected to our soul self, Paul’s guides call this going to the “Upper room”. Our True Self already exists In that upper room, from that higher level of perception we see our fearful situations in a new way, one in which we are the ones in charge of the course of our lives, and new solutions appear.**

**Point #2. Don’t condemn the perpetrators. Why not? It makes me feel better to point fingers? Paul Selig’s Guides remind us: “What you damn and who you damn, damns you back. Who you put in darkness, puts you in that darkness.” The perpetrator will face his own reckoning.**

**Action: Rev. Amanda recommended to us, that in our prayer practice we “Bless the Victims, Bless the Witnesses, Bless the Perpetrators”**

**She shares that gem from Gregg Braden -**

**Quick story about condemning the perpetrator: In a science fiction book I read: in this ancient village, one of the young teenagers in the town has been regularly stealing from his neighbors. It is discovered, and the leaders called for a special meeting. The whole village gathered in a circle around this young man. And what do you think happened? They threw rocks at him? They banished him from the village? No. They began to sing the song that was sung on the day he was born. You see, each new soul, as they come into this world, comes in with an individualized special song that the spiritual leaders of the community receive intuitively. The singing of the song reminded the boy of who he truly was, and his sacred place in the community. At his birth, he had been infused with the love, the hopes and dreams of his community. He was reminded of his mission in this lifetime. He was blasted with love and light, not words of reprimand. The**

**song brought a soul memory of who he truly was as a spirit being, and he eventually changed his ways.**

**Point #3. Speak what you believe. When you find something that will help humankind, pass it on, share it. Speed up the process of awakening to who we are as spiritual beings. (Facebook, internet, cell phones, as much as we condemn them have huge powers of communicating, if they are used for good - we can't let negativity flood all of those channels.**

**We can't force the whole world to change, as quickly as we would like, but while we are waiting, we CAN be responsible for our own Vibrations, knowing that our healing actions reverberate outward. A couple of other sacred practices to get out of negativity, and push that fast forward button to the new shores.**

- 1. get out in nature, get your hands into the earth. I have a friend who is grieving over the loss of her son, and she states that the most powerful healing for her grief occurs when she is pulling weeds.**
- 2. Have a rescue playlist of joyous or just peaceful music ready to go when you need it.**
- 3. Start the day with an affirmation to cancel out the negative thoughts and to program your day for success: "Kind, gentle, easy, good".**
- 4. Every time you hit a stoplight take 3 long, slow deep breaths.**
- 5. Compliment five people, including yourself, each day.**
- 6. Add a random act of kindness, daily.**
- 7. End each day with gratitude for all you accomplished.**
- 8. My friend Ally reminds us that we are each to be the "boots on the ground" to affect positive change, in whatever direction our talents & passions take us.**

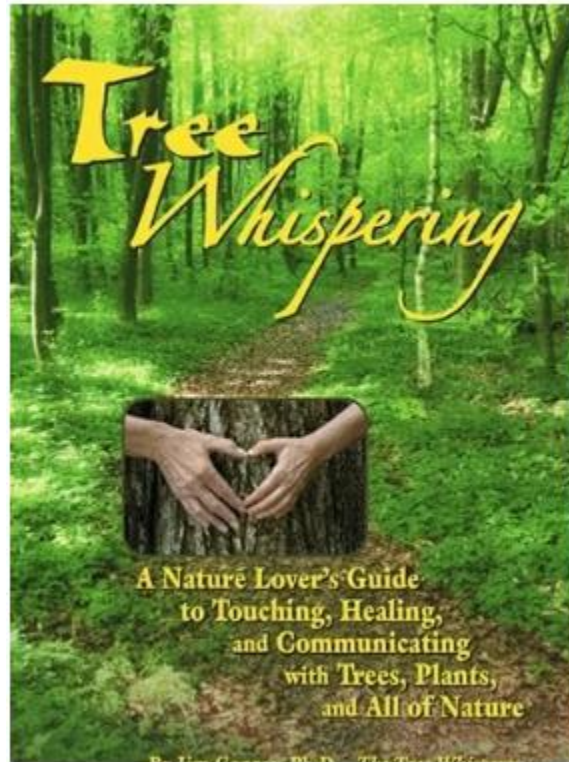
**I'm going to end with a quote from Carolyn Myss in her TED Talk called "Choices that can change your Life". "Some of the grief and injuries that have happened to people are so horrible, it's unbelievable and the truth is nothing can make that go away; nothing can make that better and the model of healing that we have to have is a model that says healing is not about ever forgetting those things, not about forgetting it's about looking at what has happened to us and saying: this will never defeat me; it will never defeat me, but I will not live in this. I have to somehow turn this into my source of wisdom but I will not live in woe. I will not and that becomes this choice: I have to choose wisdom or woe but I can't make it go away and if you can't make it go away then there is the choice wisdom or woe."**

**About Diana Friedell: Diana is owner of the 20 year old business Tuning In - Tuning Up. She has trained at Fellowships of the Spirit in Lily Dale, NY. Diana coordinates the annual SHIFT NY Holistic & Spiritual Arts Fair. She now serves as Pastor, Co-Director, and teaching faculty for the newly formed chapter of the Institute for Spiritual Development in Oneonta, NY.**

**Diana's websites: [www.dianafriedell.com](http://www.dianafriedell.com), [www.isdoneonta.com](http://www.isdoneonta.com) and [www.ShiftnewYork.com](http://www.ShiftnewYork.com)**

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# **Intro to Empowerment About Climate Extremes By Interacting With Trees & Nature By Dr. Jim Conroy & Basia Alexander**



**During these changing times, humanity is experiencing more climate extremes and dangerous weather. We believe that the solutions to creating a healthier life and restoring a livable planet go hand-in-hand.**

**We are Dr. Jim Conroy, Phd Plant Pathology and The Tree Whisperer® and me, Basia Alexander, champion of PartnerWithNature.org. We have been directly healing stressed trees and ecological damage as well as upgrading people's experiences of connection with trees since 2003. The mindful methods we have developed and teach at BioBalia Institute School, such as Tree Whispering®, are simple, easy, and embedded with powerful spirit.**

**New ways of thinking and being are arising out of the chaos. Each of us—and all of humanity—is trying to find more clarity and purpose, and move forward into a livable future. And we CAN! New ways of living more true-to-self are possible now.**

**One of the new ways is partnering with Nature. We believe that people can take the next step on the path to becoming personally whole by interacting—interplaying—with trees in a mutual way.**

**It's not “out there” but really quite normal these days to find comfort in connecting with Nature. But, often people want to be healed by trees and forget to “give back” or don't know how to “give back.” We believe that healing needs to be a two-way street: receive AND give.**

**Why? Nature is out of balance. Climate extremes pose enormous threats to tree health and human health alike. Just because trees may look green they are stressed and sick. Climate change is taking a massive toll.**

**And perhaps you are worried? feeling hopeless? helpless in the face of something so large as global climate change?**

**There are 7 ways we suggest for EMPOWERING YOU in the face of these dangers and for helping trees, plants, crops and forests survive the extremes at the same time.**

**I will summarize the 7 points just below... but I'm sure you would rather see our short talk.**

**Click [HERE](#) and you will go to our 26 minute YouTube Video that explains the finer points of 7 Ways to Counteract Hopelessness and Become Empowered about Climate Extremes**

**\* Think differently: Think about yourself as a partner with Nature.**

**\* Think differently: Think about trees and Nature as intelligent and spirited.**

**\* Expand your INNER PEACE by touching and CONNECTING with the bioenergy of trees.**

**\* Ask a tree for its perspective—what does it “say” about its life and its health? Learn how to come from trees' and plants' point of view. Take THEIR perspective on life. Find out what their day-to-day lives are like.**

**\* Understand what trees' and plants' REAL problems are, especially in climate extreme situations. Hint: Their real problems are NOT about needing fertilizer, insect damage, or needing pruning. Their REAL problems have to do with their internal functionality which is easily compromised.**

**\* Learn new skills so you can heal trees and plants from the inside-out and help them protect themselves in climate extremes...**

**\* Why? ...so that you have hope and feel empowered to be a partner with Nature and restore a livable planet.**

**Through the video, we offer a set of instructions to touch, connect, and ask trees about their lives in a beautifully illustrated, printable sheet.**

**You'll be taking big steps toward a higher level of true-to-self inner peace and enlightened stewardship of trees and the planet.**

**\* become observant, humble, and compassionate about another living being,**

**\* realize how entangled both of your lives truly are!**

**\* Then, your actions will shift toward enlightened stewardship.**

**In future installments, we will be going into more detail about my simple and easy 5 step connection and communication process with trees as well as offering a two-way, reciprocal arrangement for healing with trees: "Mutual Healing."**

**And stay tuned here at ROC Metaphysical ... we'll be posting articles here regularly and we are grateful to Pam for this opportunity!**

**Our new School: [www.BioBalialInstituteSchool.org](http://www.BioBalialInstituteSchool.org)**

**About Dr. Jim Conroy: Jim Conroy's mission is to SAVE TREES BY HEALING TREES. He has a Phd in Plant Pathology, and worked for over 30 years in the corporate agricultural chemical industry. Since a life-changing flash of insight in 2002, he became The Tree Whisperer®. Dr. Jim gets inside the tree's world and knows trees as sentient Beings who live as part of an intelligent ecosystem. He uses his intuitive perception and sensory sensitivity to receive clarity about how trees' inner functionality is compromised, then collaborates with them to heal them from the inside out. As an innovator, he has developed multiple systems for healing trees, plants and forests based on conscious collaboration. [TheTreeWhisperer.com](http://TheTreeWhisperer.com)**

**About Basia Alexander: Basia Alexander's mission is to CHAMPION PARTNERING WITH NATURE AND SHOW PEOPLE HOW TO GET THERE. She is a leader in the new field of conscious co-creativity. An expert nature communicator, she leads workshops and environmental outreach efforts, and produces innovative curriculum. With Dr. Conroy, she has co-authored 7 books and also writes on topics of health, personal transformation, creativity, and spirituality. She directs the educational**

and philanthropic activities of The BioBalia Institute and PartnerwithNature.org.

Tree Whisperer's websites: [www.PartnerWithNature.org](http://www.PartnerWithNature.org) and [www.TheTreeWhisperer.com](http://www.TheTreeWhisperer.com)

Youtube:

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

Go to: <https://www.youtube.com/channel/UCUckLvvdvS3djiMGuUR-muQ>

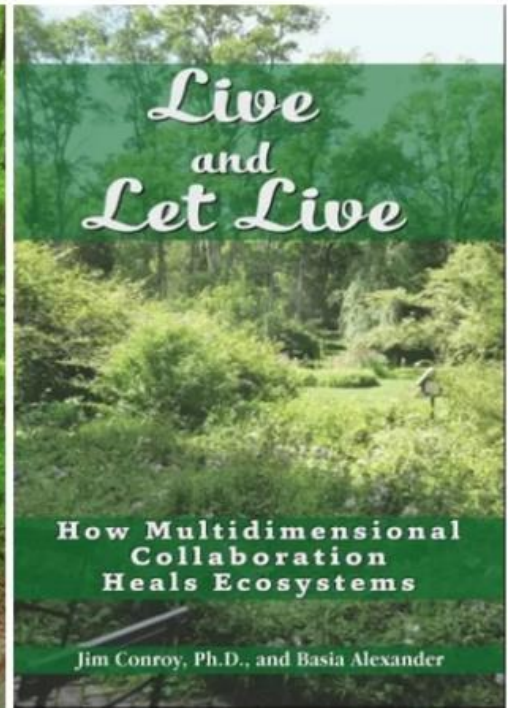
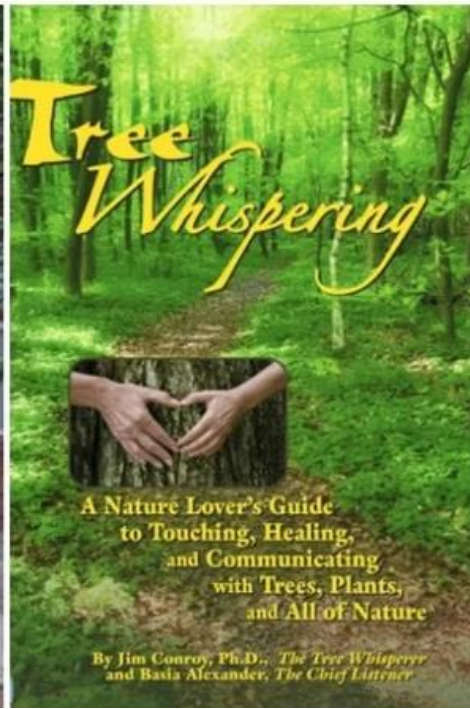
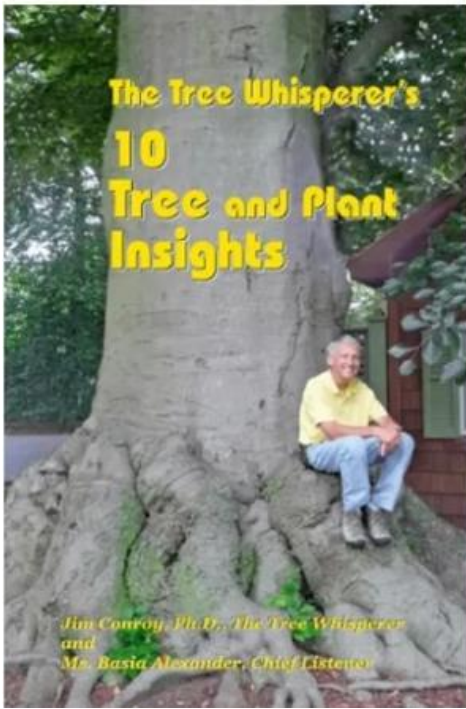
## The Tree Whisperer's Video



Link: <https://www.youtube.com/watch?v=uNDjf9JULH8>

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# Common Questions From Non-Lightworkers By Lee Carroll/Kryon



**\*\*\* Editor's Note: These articles are older and I feel still have value. Some info may have been updated since the date of the channel. Included is the actual date when the channel was shared.\*\*\***

**Sunday, 26 February, 2012**

**Greetings, dear ones, I am Kryon of Magnetic Service. The energy of the room has been set. If you have lifted that shield of intellectualism you carry around and let in the possibility of more truth, where does that then leave you? Have you allowed, perhaps, a seed to be planted, a possibility that the planet is in the process of recalibrating itself? Perhaps you think all of it is a coincidence and it does not affect you?**

**I will say to you yet again, dear one, that you may be a shaman sitting there and not even know it. You may have been brought here to this chair you sit in one time, and you'll never have that happen again. This is, therefore, the opening, the opportunity of possibilities right now.**

**I know who is here, and I know who listens to this message. We're going to answer some questions that have been asked from those who are not old souls. The answers will serve both you and those who will see and read and hear this message in your future - my now. This is confusing and I've said it many times before: I know who's listening. I know who's reading, for there is no time on my side of the veil. There is only potential and the potential is, therefore, manifest in the now. It may take weeks to transcribe this message. But after the transcription and all of the editing and the publishing, it will, therefore, be in writing. Indeed, someone is reading it right now, and I see that person doing it. All this sounds odd to those of you who sit in the room.**

**There is a reader who needs to see these words right now, and I know who this is. The potential is so strong that I can say it's my reality. For me, it has already been manifested. See, you're reading, aren't you? So I'm right! I know you. For those in the room, it's the future. This is my reality - a multidimensional reality that you do not share. Therefore, I am able to give some predictions, not of empirical fact, but of potential reality, because I know what you're thinking and what you might do.**

## **Questions**

**Here are questions asked from the general public, and not necessarily from Lightworkers or old souls. A week or so ago, I gave a channelling called, "The Six Questions." My partner, who is an engineer, recorded it but the machine failed. This frustrated him because he knows how to do these technical things, yet it didn't work. He was puzzled because of it, because he felt he had done a good job in the channelling. Not everything is as it seems; however, and the physics of a recording device is easy to stop. We wanted this channelling instead, and not the one my partner wanted. So this is the one you are reading. The one we wanted.**

### **Question One: Why are we so unhappy?**

**"Kryon, there is unhappiness on this planet. Unhappiness begets unhappiness. People are walking around frustrated. It doesn't look like an improving planet when there's so much suffering. You talk to those who have lost their homes in this country, and you talk to those who have lost relatives in a tsunami. They are wringing their hands, asking what's wrong. Why is there so much unhappiness? How can this represent good news on the planet?"**

**This is such a difficult answer to give, because it requires that you understand different paradigms of reality that are beginning to occur. The paradigm of the reality that you've always known, which we will call the 3D paradigm, is so shallow it will not, absolutely not, allow for the joy that a multidimensional reality can give. This is difficult to explain. You are sitting in black and white, but the earth is in color.**

**The love of God does not center itself in 3D. The love of God centers itself in a multidimensional space where the angels live. Every single master knows this. Every single Human who has seen an angel come to them knows that the energy spins through the wall and is an iridescent color. There's no skin and wings and halo, and this energy is often frightening to a three-dimensional Human to see a multidimensional form, so Humans often fall on their knees in fear.**

**So no matter if it was Mohammad in the cave or Moses and the burning bush, these angelic properties are not in 3D and neither is the divinity within you. Do you want happiness, Human? You'd better find the multidimensional God inside. The paradigm is shifting. It's multidimensional, not single dimensional. You've got to start moving from that paradigm, which restricts everything you do to a reality of sameness and singularity, to one that opens the potentials of change for everything. The potentials can change your life, how you react to things, who you think you are, and who you were born to be. All of this information is rewriteable in your soul energy into a paradigm that is multidimensional and that includes the love of God and the joy of the moment.**

**What am I saying to you? I am saying that you're going to remain unhappy, dear one, whoever you are reading this and hearing this, unless you decide to turn inward and find that which is divine. This requires new thinking out of the intellectual 3D box. It requires thinking multidimensionally and starting the process we've talked about over and over. Otherwise, you'll simply wallow in the drama of the turmoil around you.**

**The masters of the planet showed this to you. They toyed with physics and life. They even raised the dead. Then they would turn to you and say, "This is what God does, and you are God." They told you that you could move mountains, and you can. We've talked about the change of consciousness, changing a planet from one that always warred with itself to one that will eventually be at peace with itself.**

**Do you think that's going to happen easily and overnight? This is the first year (2012) and you've got 18 more years to plant the seeds and two more generations to watch it work. This is how human consciousness works. It's slow, but you're impatient. That's also why there's so much unhappiness at the moment. It's old energy impatience, misunderstanding, wanting instant gratification, and tapping your toe while you think God is going to help you. Then when it doesn't happen the way you think it should, you say, "Well, I knew it wouldn't."**

**So tell me, is this commitment or is this just wishful thinking? Is this communication too strong for you? It's in love that I say to you that you are beautiful inside and it's about time you found out about it. And when you find it, things change within you. You don't get as angry; you don't get as depressed, and you don't react as much. Then when people around you see you in that new state, they say, "You know, you're different. You're not as**

**angry. You don't react. What did you find? I want it." And that's how it begins.**

**When you shine a light of wisdom and compassion, others see it and they want their own, because it is beautiful, peaceful and satisfying. We ask you again: When you walked with the masters, any of them, how did you feel? Did the masters look at you and annihilate you? Did they say bad things to you or make you feel small? The answer is no. They looked at you, loved you, and you were speechless. Some of you were there and you remember. All you wanted to do was to be in their presence, at their feet. It's almost like they had a field around them and if you could be close to them, you would receive it, too. This is the love of God in a Human that emanates divinity, planting the seeds of ascension.**

**So the answer is perception of reality. When the masters walked the earth, it was even darker. But they saw only the love of God. So it is your free choice to be unhappy, be a victim, and wallow in drama. But the truth is that the compassion of God is all around you, just waiting for you to discover it. That was question number one.**

**Question Two: What happens when you die?**

**This is so complicated, but I'm going to divide it into two parts, both spiritual. The death of a Human, which all of you in the room have experienced, is not the end. This is intuitive within you, because you've gone through it before. But the truth of it hides just under the surface. You're not really quite sure what will happen to you, but your intuition tells you it's not the end.**

**There is no sting in death. Not for you. But for the ones around you, there is. So the first thing I want to tell you about death is that those around you often suffer. Sometimes that is appropriate, for it brings them to their knees, especially when you leave too soon. Sometimes, because of that, they will discover what is inside of them, incredible spiritual solace, and then realize that your death was the catalyst for their enlightenment. Do you understand that process? Sometimes you are partners in this, with agreements in advance for potentials to help each other even through Human death. So it's not something to mourn at all. Often, it's the completion of a beautiful arrangement.**

**What happens when you die physically? That's easy - you return to the dust of the planet. What more do you want to know? Corporeal? Easy. That's just part of the Gaia process. But let me tell you about the moment of**

**transition. You lose three ounces of something that no one knows about. The three ounces is quantum information. It's the quantum part of your spiritual core, everything that ever was of you, and it doesn't go up, it goes down. It goes back to the Cave of Creation and beyond.**

**We've told you this before. Part of it also goes to the Crystalline Grid. Some of it even goes to the cetaceans of the earth. There is a system here that allows Gaia to remember your life, and it's stored in the planet. Your spirit comes home, but not your Akashic Record. It stays on the planet because the planet owns it. You have changed the planet by what you've done, but you don't bring it home with you. When you come home, however, we have a party. I've told you that before. Oh, dear one, there's no sting in death. Not your own. You will know it right away, within three days. By then, you are "fully aware" that you're a piece of God. You remember. You hear the music again.**

**Then soon, you come back here (Earth), and when you do, it's sometimes faster than you've been told, for things are speeding up. Sometimes you come back born into your own family as grandchildren within your same karmic group. That's a process of the Lightworker so that your grandparents can teach you things that only they can teach you.**

**And when you take your first breath, you pick up something. You pick up all of the soul energy from the Cave of Creation and the Crystalline Grid that you stored there when you left. That is called Akashic inheritance. Artists become artists. Policemen become policemen. It's in your genes. It's in your DNA, who you used to be. Even the proclivities for the things you like and don't like - like food, choices - come in with you from the past Akashic inheritance.**

**Sometimes the question is asked, "Should I be a vegetarian? What is correct for my body spiritually?" I will tell you what is correct for your body spiritually - the thing that makes sense to you! If you've spent lifetimes in Tibet or India, you're probably craving different foods than that which is in the United States. That's how it works, dear ones. Your body reacts to what it remembers, and if that serves you by not eating meat, then that is what you should do for your health. Do not project it onto your friends, for they have their own Akashic health remembrance. They have their own system that works for them.**

**Humans love to compartmentalize everything and, therefore, when someone finds something good for them, they wish everybody to do it. Do not criticize others because they don't have your unique remembrance.**

**This also applies to the belief systems of others. The ones who have found God or have found joy in a system that works for them is because they are tuned to it. Perhaps they were the very disciples of the masters! They're tuned to it and they want for everyone what works for them. Much of it has integrity, but it may not be for you.**

**What happens at death? It's a system - beauty, honor, and you become the piece of God that you know you are. When Elijah ascended, you got to see it through the eyes of Elisha. Elijah turned into a light so bright that Elisha couldn't even look at it. Then it split into parts. Elisha saw the Merkabah, the field around the Human, the chariot that Elijah rode in. He saw it and reported it. What do you think it was? The Human got to see ascension. That's death.**

**Question Three: Is there life on other planets?**

**Are you kidding? There's life everywhere. Everywhere! Right now, your scientists are searching for microbial life on all the planets and their moons in your solar system, and they will eventually find it. They expect to find it. They will eventually understand that the seeds of life are everywhere.**

**How much life might there be? How long has it been "out there"? When science starts to realize the scope of how long life has been in your galaxy, they will begin to see something counterintuitive to evolution - their own Human history. How old is your Universe? Ask your scientists and they will say about 13 billion years. That's OK. Let's use their numbers. How old is your own planet - 4 or 5 billion, perhaps? Correct. But how old is humanity? Why weren't you here with the dinosaurs? You think the earth wasn't ready? Do you think that perhaps that which controls evolution was a little too stupid to make a Human sooner, but the process could make a dinosaur? Have you ever thought about these things?**

**If you put the earth's entire history into a 24-hour clock, life itself only started in the last hour and humanity, all of civilization, happened the last few seconds. Isn't that odd to you? Therefore, in a Universe that may be 13 billion years old, you arrived in the last few seconds. Did you ever think maybe you're the newest ones on the block? Well, you'd be right.**

**If the Universe is really that old, do you think perhaps there are civilizations in your galaxy that might be a billion or more years older than you? If that's the case, do you think perhaps they have gone through anything you're going through? Do you think any of them might have had**

**your DNA attributes? Perhaps they also went through what you are going through spiritually? Perhaps they even went into a quantum ascension status? The answer is dozens of them.**

**You already know them and you've listed them in your publications. The ones who directly seeded you are called Pleiadians. The ones who seeded them might be Octurian and the ones who seeded them may be even Orion. They're everywhere, and they're all here as well. They're looking at you, for you are the ones who are next, and you are passing this marker of the shift.**

**Oh, dear ones, it's going to be a long time before you really know any of these things to be your reality. The first step is peace on Earth. The next is a new kind of Human evolution that is going to increase your DNA efficiency to 100% and you're going to live a long time. Every time I say that, there are Humans in their intellectual mind saying, "Well, there is a geometric birth rate going on. We're not going to make it. It's going to over-crowd and we are going to run out of food. So what you're saying, Kryon, can't be a good thing. We're all going to be suffering and killing each other for food."**

**Let me address this, for if that is your thought, Human, you are assuming Humans are stupid and haven't figured out what's going on and why there's so much birth. You assume they can't control it because they haven't figured it out? I want to tell you, you're going to see something you didn't expect. You're going to see a decline in birth rate because Humans are smart and they're getting smarter. They're going to see that quality of life is linked to the number of children they have, and they're going to figure out the solution. It won't be how many children their church says they should have. They are going to do it intuitively. You're going to see it sooner than not.**

**You are going to see wisdom on the planet in many areas that no sociologist would ever have predicted. You will surprise them all, and it's going to happen without a government program. It's going to happen because you decide you want it. It's going to happen collectively, and you may even see it soon. Look for negative birth rates in first-world countries. Where Humans are able to see a larger picture and have freedom of information, the situation will not be what you have predicted.**

**Is there life on other planets? The scientists are saying, "It's going to be a long time before we get to the stars, you know? We have to get in this little metal can and put air in it, and then travel in it for years and years before**



**we ever get to the next star." Meanwhile, a Pleiadian can do it in the blink of an eye! What do you think is going on there? Do you even believe me?**

**Not long ago, if you wanted to communicate to someone far away, you sent a letter. It was carried by a horse. It took a month to get a response. Now you communicate instantly! Why is this so unbelievable to you about travel?**

**I will tell you, as long as you stay in 3D, you'll still be getting in little metal cans and air suits and going to planets. As soon as you begin the quantum age, however, you will simply wish yourself there, because you will be entangled with everything and can go with intent. If you don't believe this now, you will later, for what I give you is true. It may be lifetimes and lifetimes from now, but the group that is before me is the group that is going to come back over and over and over. The difference is that you're done coming back in an old energy. This is a new energy.**

**When you come back, dear one, everything you know will be in your DNA and be on top [available]. You're not going to have to go through what you did before. As soon as you decide to look around and open the door [metaphor for free choice to awaken], everything you've learned this time around will be right there.**

**This is the attribute of what you would call "a child of new consciousness," which you have labeled with a color - indigo. The child remembers who they are. They are conceptual, and you believe they have to be taught from scratch! Hardly! They remember! Do you understand what is taking place? We told you this last time, but we want to review something with you: The animal on the prairie drops its calf and within hours, the calf is up, running with the herd. Did you know that the calf instantly knows who its enemies are, what water to drink that doesn't smell right, and what berries to eat that are not poison? Where did that come from? How did that infant animal know these things? The answer is that this information was biologically inherited. You call it instinct. But when you have a Human baby - nothing! It doesn't know anything but that it's hungry. It requires 20 years of teaching! Aren't you tired of that? Did you ever think about why the animals have so much knowledge to begin with and you have so little? Does that seem correct for the top of the evolutionary ladder? It's time for that to change.**

**You're starting to see it, even with the indigos. They come in knowing. That's why they're so impatient. You're trying to teach them things they already know instinctively. Just like the calf on the prairie, they come in**

knowing. Some of them try to teach you. That doesn't always go well. That was question three.

#### **Question Four: What about conspiracies?**

**"Kryon, what about all these conspiracies on the planet?" There are all manner of things you've heard about now for decades. I'm not going to name them. I'm going to let you name them in your mind. You've heard these things for a long time: What Humans are doing to Humans, what governments are doing to Humans, the energy that's coming here and there, the mind control, the governmental secret organization - all of these things. "Yes. Kryon, are they correct?"**

**I'm going to give you a litmus test for conspiracies and ask you to decide. After this discussion, many still won't care, for they want to believe they are victims of a greater intelligence and are being watched and manipulated. This is an old energy attribute that is difficult to change in a Human mind. Self-responsibility is like a delete key for conspiracy thought.**

**What you are seeing today is what I told you about over a decade ago. I said, "There'll come a day when everyone talks to everyone, and there can be no secrets." You're starting to see the fact that there can be no secrets. They're being leaked openly, all the time. So, let's discuss a giant conspiracy, one that has been around for decades. You decide which one. Now, do you think that there can be an organization or government with a large group of people, perhaps involving hundreds or more, that keep this "giant secret"? Here they all are, all winking at each other, saying, "Be sure not to tell anybody about you-know-what." Then this secret would last for decades without ever being revealed? Even on their deathbeds, they're not telling anything? If you do, you are out of touch with reality.**

**The only thing you're hearing are other Humans telling you it's happening, giving you their testimonies of what they've seen and what they've heard. I want to tell you it doesn't work that way. Not today. People cannot keep a secret. When everyone talks to everyone, you cannot have these kinds of conspiracies on the planet. That's the litmus test. If it's real, then all will know it soon. And yes, there are some conspiracies that are real, and yes, you're going to know about them. In this energy of global communications and social media, no one can keep these kinds of secrets, especially if it takes a lot of people to facilitate them. Do you see what I'm saying?**

**It's time to use spiritual logic instead of fear. Some people are very attracted to this. They spin in the drama of being the victim of all of this, and they love it. You know who they are. They will perpetuate the same conspiracy for decades and decades, against all logic or the reality of the times.**

**Question Five: Why don't more people see what you are saying?**

**The fifth question and the last one is, "Dear Kryon, if the New Age information is accurate and true and if these truths are as powerful as you say, why are so few involved? If it's a good thing, then wouldn't a lot more people see it?"**

**You know why? It's because this information goes against current Human reality. Here is an example: Let me take you back a few years in medicine. There was an idea put forward that on your hands there were what I will call little creepy crawlers (that came out of my partner's mind). You couldn't see them, since they were invisible, and they carried disease. So it was put forward that you ought to sterilize everything you could to keep the creepy crawlers from getting onto other people when you touch them and when doctors operate on them - and it was funny! All the biologists and doctors laughed and laughed. Imagine such an idea! Invisible entities that you carry with you!**

**The word is germs, and then they found them. You can't see them, but they are all over your body. They're in your hair, on your skin, in your mouth! Then science realized what sterilization could do and why some of the things were taking place regarding infections. But this information was not intuitive. In fact, it was funny because it dealt with things you didn't know about and could not see. So where am I going with this? It takes a consciousness of believing something that does not occur intuitively for it to become reality. In fact, it goes against the grain of what you think is real and is laughable in the perspective of ignorance.**

**The Human is born into a spiritual reality that says they are small and are worth nothing. The paradigm of an old energy says you worship something bigger, since you are small and worthless. If you look around the planet, that is the reality of almost all spiritual belief. You prostrate yourself in front of God, you kneel, you cry, you suffer, you climb steps, you do penance. You're not worthy. That is the energy of humanity. Is it any wonder that humanity is not attracted to something that teaches, "God is inside and you're beautiful and magnificent"? That's why. It's like the**

**creepy crawlers on your hand. It doesn't make sense in the ignorance of the reality of the day. Right now, it's stupid and silly. But that's right now.**

**Those of you in the room who call yourselves Lightworkers are holding energy for this planet, and you know about the love of God in your life. You've been running against the grain for a long time, because the paradigm of most of humanity is not with you, and it hasn't been with you in the past, but this is changing.**

**Indeed, this belief system of yours is different, for it has no structure and there are no buildings to report to, nothing to belong to, and there's nothing to pay. It is simply a belief system that is personal and intuitive that says, "God is in me. I am magnificent, and my life changes the planet and what I do will change everything for the next generation." It's slow, dear one, because the energy of the solution of every puzzle you solve is a permanent energy that stays and changes the vibration of the planet. If you're still wallowing in the old puzzles, you haven't solved anything.**

**Those hearing and reading are part of the shift, for their attention to this very subject is solving puzzles in their lives. If you're sitting here, you're shifting the energy of the planet. Most people don't see reality as you do. They don't see the beauty or the magnificence. They're blind to the idea that a Human is as big as the Creator. There is no spiritual common sense that there may be a system that makes God a partner in your reality.**

**So this is why I am sitting here at your feet, and why this entourage is in this room holding your hands. It is because we know what you've done. We know where this is going, and the potentials are grand. But it's not going to happen overnight, and there may be some additional wars. There may be sorrow coming and, yes, there could be additional tsunamis and all manner of things as part of the recalibration of a planet that is going through the pains of a shift to a higher dimensional reality. That is what I told you 23 years ago and what I stick to this day. There'll come a time when my partner is gone where you can still hear and read these words. But even as you ponder that, he'll be back doing it again. He knows where he's going, because I've told him.**

**It's going to take two more full generations before you really notice what the Kryon work is talking about. But when you do, the planet will actually be on the way to having Planetary Peace Day, for the Earth will realize what they've done and celebrate a change of consciousness. There'll even be a flag for it. It's just the beginning.**

**Blessed is the Human Being who starts to understand and recognize the seemingly impossible - that the old paradigm of war, dissention, hatred, drama and confusion is not going to be the way of humanity forever. As the beauty of the love of God shows itself as a reality within your DNA, consciousness will slowly begin to change and spiritual evolution will begin to grow.**

**Now, go and do something with this. Live differently because of it. You're the only ones who can, old soul.**

**And so it is.  
Kryon**

**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/>**

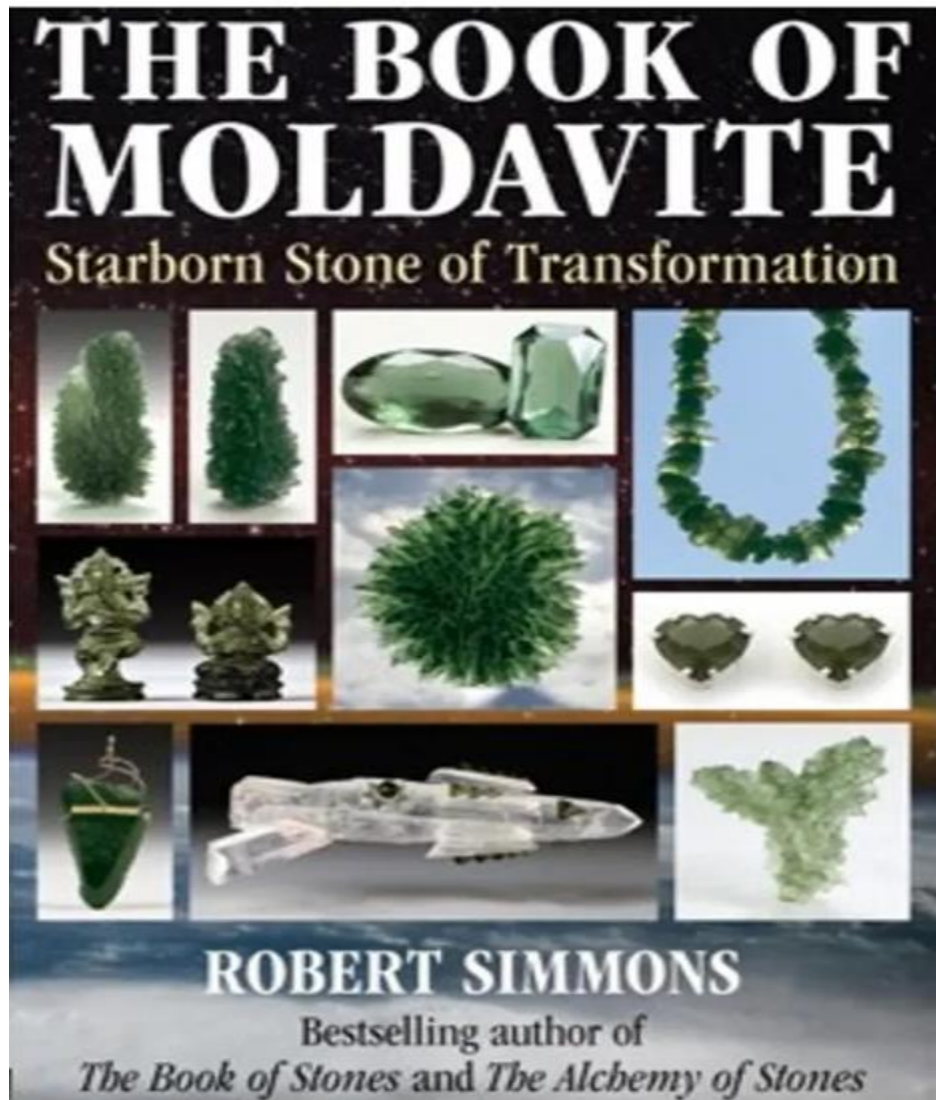
**Lee Carroll/Kryon Video**



**Link:** <https://www.youtube.com/watch?v=CAhLN9PZScw>

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## ROC Metaphysical Book Review



**\*\*\* Editor's Note: Have you gone to a rock show to buy moldavite and wondered why is it so expensive? And why do rock people tell us that it's so difficult to get? This book will help answer those questions. \*\*\***

**Created from the cataclysmic impact of a huge meteorite, Moldavite is a gemstone that is neither heavenly nor earthly, but something new that emerged from their union. Classed scientifically with tektites, these rare green celestial objects showered down over what is now the Czech Republic some 14.8 million years ago. In the mid-1980s, a series of synchronicities brought Moldavite into the hands of Robert Simmons and he began sharing its powerful effects with the world.**

**In this full-color guide, Simmons tells the story of his discovery of Moldavite's magic, weaving his knowledge of the stone's spiritual qualities**

**together with scientific and historical data as well as channeled information. He explains how Neolithic peoples in Europe made Moldavite amulets and tools and how several Moldavite amulets were discovered in the same archeological dig as the famous Venus of Willendorf, the earliest known Goddess figurine. The author describes his dramatic personal awakening and the surprising circumstances that brought Moldavite to the center of his life and career. He shares tales of crop circles and energy vortexes, his adventures in Moldavite country, and ET connections.**

**Revealing how the science of Moldavite's origins resonates with ancient mystical legends, the author explores Moldavite's connections with the alchemical Emerald Tablet and the fabled Stone of the Holy Grail. He looks at Moldavite energy tools, including wands, pendulums, waters, essences, body layouts, and crystal grids. He explains how to use Moldavite in photonic layouts to transmit energy to people, places, and bodies of water in order to heal and revitalize them. He leads the reader through Moldavite meditations for expanding awareness, and his wife Kathy offers her insights into Moldavite's purpose and power and how we can align with it. Throughout the book are hundreds of full-color images of beautiful raw pieces, carvings, jewelry, and gems, allowing you to attune to Moldavite's energy without even being in its direct presence.**

**Shining a light upon the starborn gem that unites spirit and matter, the author shows how Moldavite is—literally and figuratively—a joining of Heaven and Earth.**

**About the Author: Robert Simmons has been working with crystals and stones for more than 35 years. He is the cofounder of Heaven and Earth, a company offering gem and jewelry creations for self-healing and spiritual development. The author of several books, including The Book of Stones and The Alchemy of Stones, he lives in New Zealand.**

**<https://heavenandearthjewelry.com/>**

**Find his book at Inner Traditions:**

**<https://www.innertraditions.com/books/the-book-of-moldavite>**



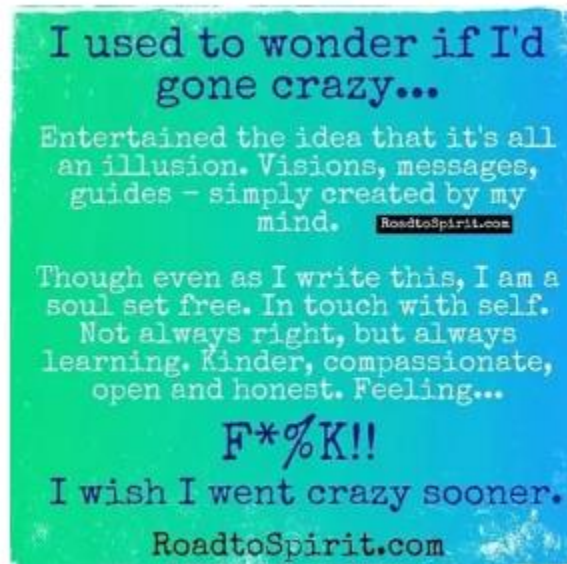
## Robert's Video



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

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## Validate Me!!!! By Stacey Duffy



**Reassurance. We need it so much growing up and that's okay, but, I think it becomes a hindrance as we enter adulthood. I work with children, I have children, I know how important it is to reassure them. I've always said that if a child knows that you believe in them, they will rise. In my experience at least 85% of the time. It's beautiful.**

**The adult world is less accommodating. Still, we release these unsuspecting young adults into it, a world that takes no prisoners and will not back them. The world responds when the success story hits. There are few who show interest in prologue, sure, once you've succeeded it becomes relevant, but before that, we have to believe in ourselves. No one else gives a shit. Why should they? I'm not peddling that the world is a terrible place or trying herald doom, but I have seen many a twenty-something crash and burn in the face of indifference because they were somewhat overindulged. Bless them. Will I encourage my children any less? F#\*k no! But, I have to prepare them for the truth of the world without deflating them completely. Meh, every parent's catch 22. Harsh, but true.**

**Is it a human condition, or a need for camaraderie or belonging? What ever it is, I can honestly say that I only began to shed this, need for comfort and encouragement post spiritual awakening. Post 35! All the years before, living in fear of disapproval. (though few would've suspected it) What a waste of valuable time and energy! All the same, it's never too late, we learn when we learn.**

**My lessons have been FO interesting. During readings I experience something new, I doubt it instantly. Despite my guide saying "you know**

it's right" or "yes, exactly" I still seek counsel. I still feel the need to check! And what do the wise and wonderful friends and colleagues say? "Yes, you were right." FML.

I recently did a past life regression. Oddly enough I had never done one before. I saw some interesting stuff and my guide had a ball talking to someone else but the fact is, I learnt that I have already regressed myself..... many times. I suspected as much, but I ignored it, doubted myself.

😬 I'm so annoying. I always assume that someone else knows better, I always research to look for similarities or confirmations. I read an interesting article about dealing with fear by Leo Babauta, he wrote, "None of these things are wrong or bad — they're so human! But it's a fear we have to face at some point if we ever want to make an impact on the world." That resonated.

Okay - the climax of my ramblings is this: I don't have all the answers, I will be learning until I die, but I think its high time I exhibited a little more faith in myself. Half the world already thinks I'm crazy, at least 15% think I'm damned, maybe 5% agree with me and I really don't care about the remaining 30%. I don't care anymore, I just don't have the energy. So what am I afraid of? Being wrong? Being right? Being Seen? I think I'm afraid of not being afraid. I think I found comfort in the familiarity of that fear... but I dressed it up as caution. It's self-doubt in sheep's skin- I let the wolf in. F%#k. 🐱

About Stacey: A drone for the first 33 years of my life, I lived by checking the boxes. Finish school, go to varsity, get married have children... etc. I am not filled with regret but post spiritual awakening - I feel alive, I am a writer, and I'm craving experiences.

Writing for calm and clarity I find myself passionate about guiding the beginners. Spirituality is an ethereal rollercoaster and, in amongst the deluge of captivating information, I strive to be a relatable voice of encouragement and confirmations for the many who will undoubtedly question their sanity and resolve as their paths unfold.

Stacey's website: <https://www.roadtospirit.com/>

## Interview With Stacey

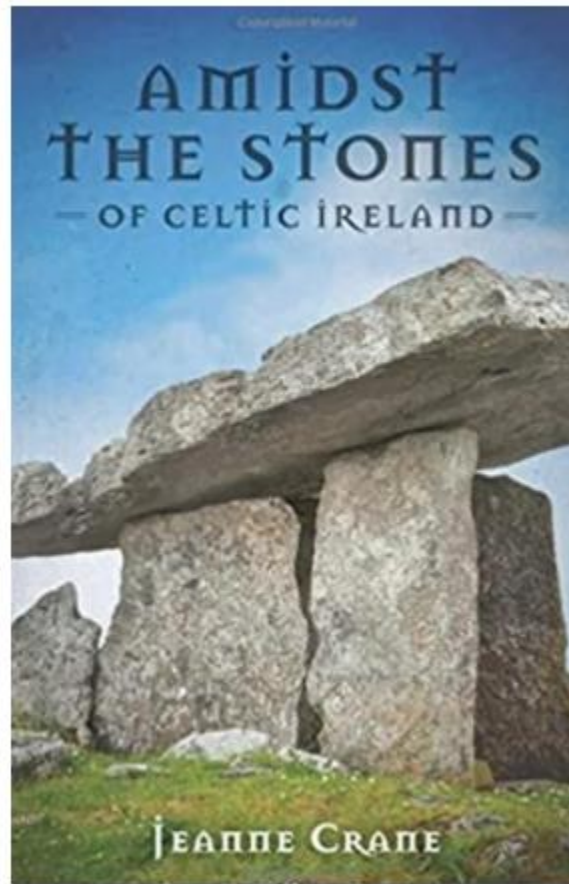


**Link: <https://www.youtube.com/watch?v=QC7T8Mny74s>**

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# Stone Circles – Thin Places of Wonder and Mysticism

## By Jeanne Crane



**The Irish call them thin places -where the veil between worlds is thinnest. For some, this manifests as being able to ‘reach the hand of God’; for others it is crossing into the Other Kingdom, connecting to The Invisible, or opening to multi-dimensional realities.**

**Many thin places are natural: a breathtaking seascape or landscape, or a more intimate grove of trees or a rippling brook. Others have become sacred through the intentional creation of edifices that are meant to call in, amplify, celebrate, or somehow connect to Universal Forces. It may be a simple medicine wheel, a magnificent temple or a country cemetery.**

**I have become besotted with the thin places of Celtic lands. Standing stones, stone circles, round towers, mythical castles, ruins of abbeys, sacred wells, fairy trees dot the already captivating countryside. I am particularly drawn to the Neolithic stone circles and wonder what the Ancient Ones knew that gave them the knowledge and the motivation to create them. Most of us have watched with curiosity documentaries of**

**Stonehenge, the grandest and best-known Celtic stone circle. Other grand circles and even more small circles appear throughout the Celtic Nations. Most are aligned to summer or winter solstice, thus celebrating the Sun. Others align with the Moon. No one can explain how or why these differences occur. They range from the gigantic monoliths of Stonehenge to the grand stone circles believed to have deep regional connection and then small, local stone circles that thankfully have been preserved by individual farmers.**

**We may never know exactly how or why the Ancient Ones built these places but the result is palpable. The stones connect to the invisible world, a Universal Force beyond ourselves. It was on a visit to the Ring of Brodgar in the Orkney Islands of Scotland that I experienced a grand stone circle personally. My friends and I were immediately in awe of these tall, thin slabs of stone which were placed to create a gateway and then a magnificent stone circle in a grassy field near the coast. We went into the circle and walked around it mesmerized. Later that night, one friend and I returned to experience it more deeply in the solitude of a beautifully moonlit night. While my friend observed, I connected with each stone individually and felt an amplification of a different emotion or state of mind at each one. Together we traveled around the circle clockwise, then later counterclockwise, feeling the building and waning of the energy flow with us. I felt both grounded and uplifted. The experience was transforming.**

**A few years later, I had the opportunity to visit The Callanish Stones on the island of Lewis, Scotland. Here not only was there a similar stone circle but also elaborate avenues to the circle, set in an amazing landscape. At sunset on our last evening, my friends who are sound healers played violin and cello, sound weaving additional harmony and joy into the experience. I invite you to see and hear a snippet of the experience yourself at <https://youtu.be/zfuajJP64P8>.**

**Later experiences at smaller, even more intimate stone circles in Ireland led to my writing *Amidst the Stones of Celtic Ireland*. It is the story of an American visitor who is drawn to the stones. She opens to messages that help her find sovereignty as she connects to her past and to past lives as a young woman in Ireland centuries ago. The novel is inspired by my own experience in County Cork.**

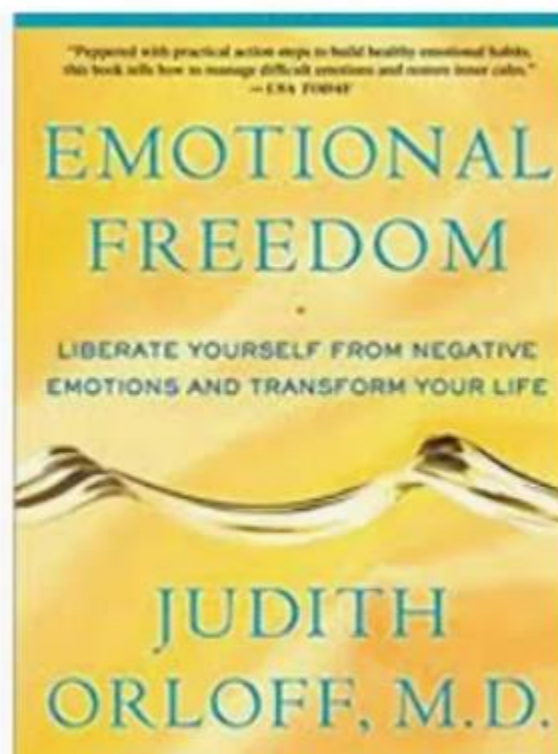
**About Jeanne: Jeanne Crane is author of *Celtic Spirit A Wee Journey* as well as *Amidst the Stones*. She also has published a small series of photo**

journals entitled Snapshots of Celtic Ireland. You can be sure they are filled with pictures of stone circles and information on how to find them.

Jeanne's website: <https://www.celticspiritbooks.com/about>

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## Are You Catching Other People's Emotions? By Judith Orloff



In my book “Emotional Freedom,” I emphasize the importance of learning how to stay centered in a stressful, highly emotionally charged world. Since research has shown that emotions can be contagious, you can potentially “catch” fear, anger, or joy from people without realizing it. If you tend to be an emotional sponge, it’s vital to know how to avoid taking on an individual’s negative emotions or the free-floating kind in crowds. Another twist is that chronic anxiety, depression, or stress can turn you into an emotional sponge by wearing down your defenses. Suddenly, you

become hyper-attuned to others, especially those with similar pain. That's how empathy works; we zero in on hot-button issues that are unresolved in ourselves. Negative emotions can originate from several sources. What you're feeling may be your own; it may be someone else's; or it may be a combination. I'll explain how to tell the difference and strategically bolster positive emotions so you don't shoulder negativity that doesn't belong to you.

This wasn't something I always knew how to do. Growing up, my girlfriends couldn't wait to hit the shopping malls and go to parties, the bigger the better—but I didn't share their excitement. I always felt overwhelmed, exhausted around large groups of people, though I was clueless why. “What's the matter with you?” friends would say, shooting me the weirdest looks. All I knew was that crowded places and I just didn't mix. I'd go there feeling just fine but leave nervous, depressed, or with some horrible new ache or pain. Unsuspectingly, I was a sponge, sensing the emotions of people around me.

With my patients, I've also seen how absorbing other people's emotions can trigger panic attacks, depression, food, sex and drug binges, and a plethora of physical symptoms that defy traditional medical diagnosis. The Centers for Disease Control and Prevention report that more than two million Americans suffer from chronic fatigue. It's likely that many of them are emotional sponges.

Here are some strategies from “Emotional Freedom” to practice. They will help you to stop taking on other people's stress.

### **Emotional Action Step: 6 Tips To Stay Centered In A Stressful World**

**To detach from other people's negative emotions:**

**Tip #1:** First, ask yourself: Is the feeling mine or someone else's? It could be both. If the emotion such as fear or anger is yours, gently confront what's causing it on your own or with professional help. If not, try to pinpoint the obvious generator. For instance, if you've just watched a comedy, yet you came home from the movie theater feeling blue, you may have incorporated the depression of the people sitting beside you; in close proximity, energy fields overlap. The same is true with going to a mall or packed concert.

**Tip #2:** When possible, distance yourself from the suspected source. Move at least twenty feet away; see if you feel relief. Don't err on the side of not



wanting to offend strangers. In a public place, don't hesitate to change seats if you feel a sense of depression imposing on you.

**Tip #3:** For a few minutes, center yourself by concentrating on your breath: This connects you to your essence. Keep exhaling stress inhaling calm. This helps to ground yourself and purify fear or other difficult emotions. Visualize stress as gray fog lifting from your body, and hope as a clear light entering. This can yield quick results.

**Tip #4:** Stressful emotions such as fear frequently lodge in your gut. Place your palm there as you keep sending loving-kindness to that area to soothe stress. For longstanding depression or anxiety, use this method daily to strengthen yourself. It's comforting and builds a sense of safety and optimism.

**Tip #5:** Visualize. A handy form of protection many people use, including health care practitioners with trying patients, involves visualizing an envelope of white light around your entire body. Think of it as a shield that blocks out negativity or physical discomfort but allows what's positive to filter in.

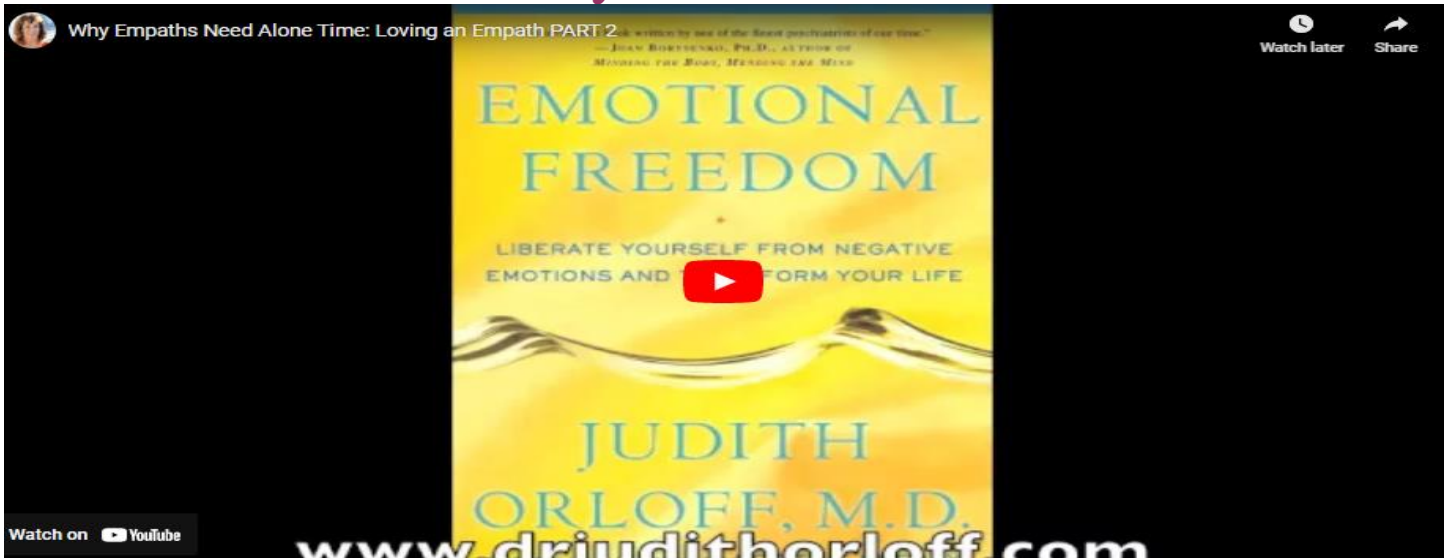
**Tip #6:** Look for positive people and situations. Call a friend who sees the good in others. Spend time with a colleague who affirms the bright side of things. Listen to hopeful people. Hear the faith they have in themselves and others. Also relish hopeful words, songs, and art forms. Hope is contagious and it will lift your mood.

Keep practicing these strategies. You don't have to reinvent the wheel each time you're on emotional overload. With strategies to cope, you can have quicker retorts to stressful situations, feel safer, and your sensitivities can blossom.

**About Judith:** 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>

## Video By Dr. Judith Orloff



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

## ROC Metaphysical YouTube Channel

The magazine has started doing interviews with our contributing writers, advertisers, authors and more. This is just another option to help you be "Enlightened and Informed."

Go to: <https://www.youtube.com/channel/UCUckLvvdvS3djiMGuUR-muQ>



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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 TO FIND MISSING POSTAL BOX KEY**

**Ever since 1997, when we began to office in our home, we've used a PO Box. Back then it was because we did not want the neighbors to see Fed Ex and UPS trucks stopping in front of our house, and since then we've probably saved over \$2 million in office rent. Nowadays, there is every conceivable type truck running through our neighborhood making deliveries, but we have still continued to use the PO Box. We just don't go there as often.**

**Recently, after stopping in at the Postal Annex to pick up the mail, I placed the key, which is attached to a 2 inch in diameter rubber key fob on the stairs with the rest of the business mail for Dena to take to her office upstairs. A week or two later, she looked for the key and could not find it. She looked in her office, I looked in mine, plus the car, main closet, and anywhere else it could possibly have been placed. I did request a Most Benevolent Outcome to find it.**

**I had to go to the Postal Annex to pick up the mail again, and she gave me a key she said did not work well. It worked fine. Upon my return, she**

**happened to stick her hand in the pocket of her sweater, and there was the missing key! Whether it had been there all along, or was another one of the stories we experienced of things moving into Time Line 5 and then back to Time Line 6 we will never know. But at least we have the postal box key back. MBO success!**

### **MBOs TO FIND GLASSES & RELEASING TRAUMA**

**Jay writes: This morning my wife woke up and she could not find her glasses. She then took off the sheets and blankets on the bed, looked under the bed, the bathroom and basically all over the house before she ask me if I had seen them. I also looked in all the typical places. I even went upstairs to look in her office. Nothing. So, my guides prodded me to say an MBO. I ask for an MBO that any and all beings help and assist me to find my wife's glasses as quickly as possible.**

**I heard her go downstairs and then I looked behind the picture frame. There were her glasses. I asked her if these were the ones, and she said, those are my reading glasses. So, I said another MBO: I ask for an MBO that any and all beings help and assist me to find my wife's glasses she is looking for. So I walk into the next room and put my hand in her front hoodie pocket. It was empty, but she felt something hard there and she screamed out as she pulled her glasses out that had been between the hoodie and her T shirt. Then I screamed out, "there they are" and we both laughed. It all happened in seconds, and while she was saying her own MBO to find them.**

**I say your Benevolent Prayer daily, which is for anything I have done to harm someone else or their family.**

**This past weekend, my wife and I attended an Old Soul session on healing current life health issues caused by past life trauma. Past life trauma could be failing off a cliff, drowning in the ocean, crawling and hiding in a container and dying due to suffocation, etc. Normally, this healing is done using past life regression to help the person to realize that for example, if they died due to beheading, or hanging, in a past life, the person in the current life might have neck pain from birth that they have been living with. Once the person realizes where that pain came from and they say to the soul "that pain was in my past and not this life", it typically goes away for this life. I came up with an MBO, I ask for an MBO that any and all beings to help and assist my soul to release any past life trauma that I am experiencing with my health in my current life right now. May the most benevolent outcome happen or even better! Thank You! Maybe this will help someone.**

## **BPs FOR MEDICAL PROBLEMS**

**Maya writes: Many thanks to you and your Facebook community for the many MBOs.**

**I am feeling stronger and I can do a lot more; still walking on the walker, but able to get around more. There were many coincidences and synchronicities that helped me. For instance, I found a Swiss product that increases muscle strength. Through my physician I have now a wonderful physical therapist, who takes Medicare. He gives me fantastic strengthening exercises; he even comes to my house. Also, I realized that not only iron deficiency anemia, but even low iron, due to phlebotomies for polycythemia vera, causes muscle pain and muscle weakness, despite taking iron supplements. I will discuss with the oncologist and get that fixed, which I think will help me to get even stronger with time.**

## **USING MBOs AT NAP TIME**

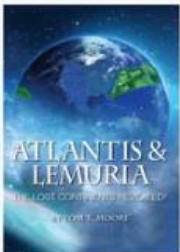
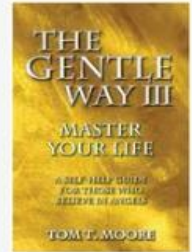
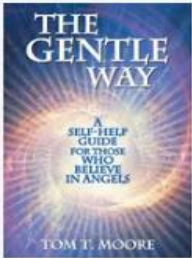
**Peggy writes: When I take a nap during the day I ask for a MBO to wake me up in 1 hour, or 2 hours and they do. I just wake up.**

**I do the same. I especially need a nap when I have done a meditative session at 4 am or so for 1.5 to 2 hours. I'll typically take one right after lunch, and to make sure I awake I'll note the time and an MBO to wake up at the exact time I specify.**

**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/>**

## 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)

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



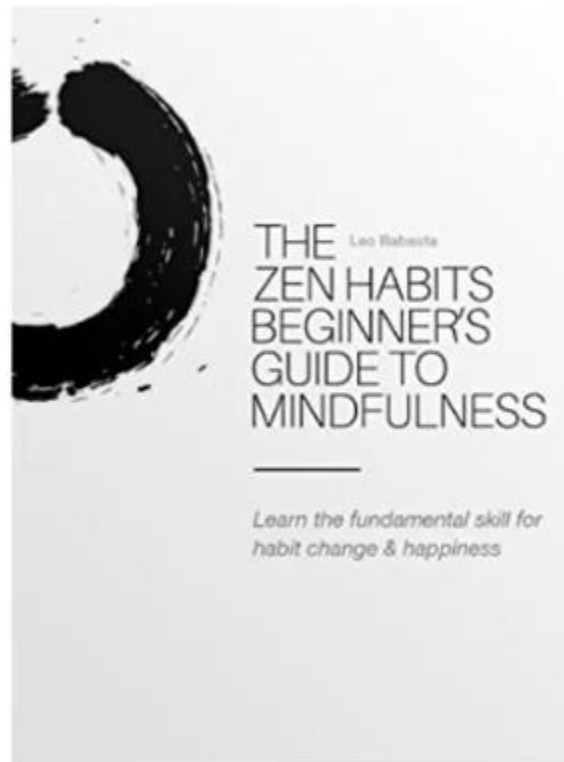
<https://www.thegentlewaybook.com/PDF/1.pdf>

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## zen habits by Leo Babauta

### Seeing The Gift



**There are a number of common blockers for creating powerful change in your life:**

**Feeling that the effort is pointless**

**Resisting the effort**

**Frustration with yourself or others**

**Disliking the activity**

**Feeling an urge / compulsion to do the old habit**

**Each of these can derail your efforts to create something new. And to be clear, there is nothing wrong with any of these — they're wonderfully human traits. But to create powerful change, we have to learn to work with them.**

**Today I'd like to introduce a magical tool that I call Seeing the Gift.**

**If you deploy Seeing the Gift, you can work with any of the above deterrents. Let's take a look.**

## **What's 'Seeing the Gift'?**

**In any activity, in any person, you can find a gift. Sometimes it's obvious — the person in front of you is kind and generous, and you feel them very easily as a gift. When you are watching a sunset out in nature, you can feel the wonder and joy of the gift of that moment.**

**But other times it's more challenging — the person in front of you is being annoying, or you're going through illness or injury, or the project in front of you is boring and hard. In some situations, or with some people, we resist seeing the gift. We want to just complain. And that's OK! Let yourself complain, and see the gift in expressing the frustration or despair in your heart. How can that emotion be a gift to you?**

**If you continue to sit with that emotion, you'll relax a bit. Then you can look deeper. While the person in front of you is being frustrating, there is something they're offering you. There is a gift in them, if you are willing to look. Are you willing?**

**If you're taking on an overwhelming or boring project, it can be hard to see the gift — but if you sit with it for a little longer, you'll find it in the silence. You'll start to realize what this project has to teach you. It will start to change you.**

**The Gift is what it has to teach you, how it changes you, how it connects you to the divine, to yourself, to everything around you. The Gift is the sacredness of the moment and of you. The Gift is a profound realization of the wonder of life.**

**It's always there, if we're willing to look.**

## **How to Use 'Seeing the Gift' for Powerful Change**

**Let's take each of the "deterrents" to change that I mentioned above:**

**\* The effort is pointless: It feels like you'll never accomplish what you want to achieve, so it feels pointless to even try — this feeling of pointlessness stops every one of us. Could you see the Gift in trying even if you don't get to the goal? Could the effort be a Gift no matter what the outcome?**

**\* Resisting the effort: You have the project sitting over there waiting for you to start it, or you planned to work out today ... but you're resisting.**

**Everything else seems more urgent, so you put it off. What if you paused for a minute to sit still, and see the Gift in the project or the workout? What if you let that Gift call you to the change you want to make in your life and the world?**

**\* Frustration with yourself or others: The person in front of you is obnoxious. Or you aren't living up to your expectations. These kinds of frustrations with yourself or others can be a huge deterrent to creating something new in your life. What if you paused for a few minutes, took some breaths, slowed down ... and looked for the Gift in this person, or in yourself? Could this frustrating person be teaching you something unintentionally? Could there be something beautiful in them for you to find? Could you find the gift in the sacredness of your frustration?**

**\* Disliking the activity: Sometimes to accomplish a goal, we have to do something we don't like. This will often cause us to decide the goal isn't worthwhile. But what if there could be a Gift in this dreadful activity? Could we find it, and allow ourselves to claim the Gift? This gives us access to more possibility than if we shut out every activity we don't like.**

**\* Urge to do an old habit: Let's say you're trying to change your diet, or go on social media less ... the best of intentions can be derailed by an urge to do what you normally do. But an urge is just a momentary sensation in the body, nothing that has to dictate our lives. What if you could just sit with the urge for a moment, and see the Gift in that sensation? What if the moment of the urge is simply what change feels like, and the Gift is learning to be with the sensation of change?**

**As you can see, Seeing the Gift can unlock powerful possibility. All it takes is a willingness to sit for a few moments, and a willingness to see.**

**May the Gift unlock new possibility in your life.**

**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>**

## Video with Leo Babauta



**Link:** <https://www.youtube.com/watch?v=qd9mTifkB4Q>

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## **Types Of Readings From A Psychic Medium** **By Rev. Colleen Irwin**



**When you contact Psychic Medium, you might be overwhelmed by the different types of readings that they may offer. Getting a general idea about the basics of each reading will help make your session with a Psychic Medium much more productive and enjoyable for you.**

**When going for a reading it all depends on what you are looking for in the reading. All Mediums are also Psychic as they can receive and perceive information but not all Psychics are Mediums. If you are looking for guidance in your life or on your soul's journey, then a Psychic or Psychic Medium would be for you. If you need to connect with a loved one who has crossed, you really need a Medium.**

### **Mediumship**

**Mediumship readings are a deeply personal and often emotional experience, and it's important to approach them with an open mind and heart, and to work with a reputable and experienced medium who takes the time to create a safe and supportive space for the sitter. Mediumship reading is a spiritual practice where a Medium, who is able to communicate with the spirits of the deceased, attempts to connect with and deliver messages from loved ones who have passed away to their living family members or friends. The Medium may begin by establishing a connection with the spirit and then relaying messages from the spirit to the client. The messages may include information about the spirit's personality, memories, or specific details that only the client and the spirit would know. The Medium may also provide guidance from the spirits to help the client with specific situations or decisions in their life. The**

**guidance may include advice, warnings, or reassurance from the spirit world.**

### **Tarot Cards**

**A tarot card reading is one of the most popular types of psychic readings. During a tarot card reading, the psychic will ask you to focus your energy into the cards. The cards that come out and the position that they fall in will both affect your reading. The modern tarot cards that most psychics use are typically composed of twenty-two major arcana cards and fifty-six minor arcana cards.**

### **Oracle Cards**

**An oracle card is a type of divination card that is used to gain insight, guidance, and inspiration from a higher power or spiritual source. Oracle cards usually come in a deck of 44 to 64 cards, each with a unique image and message. Oracle cards can be used for personal growth, spiritual development, and self-discovery. They are often used in a similar way to tarot cards, with the user asking a question or seeking guidance on a particular issue, and then drawing a card from the deck. The message on the card is then interpreted to provide insight and guidance.**

### **Astrology**

**If you request an astrology reading, the psychic will use your date of birth to let you know the direction that your life is headed in. This type of reading gains its predictions from the placement of the planets and the stars. There are several different types of astrology that an astrologer can use. These types include Chinese astrology, Western astrology, and Indian astrology.**

### **Numerology**

**Numerology is another type of psychic reading that utilizes birth dates. A psychic will use the numbers related to your date of birth to come up with a number that can be associated with your type of personality. For example, a person with the number seven is controlled by Neptune and has an idealistic type of character.**

### **Palm Reading**

**A palm reading is another popular type of psychic reading. The psychic will be able to look at a client's palms and tell a lot about their personality. They will use the shape of the hands, the lines on the hands and the person's fingers to give an accurate reading. The lines on the hand particularly show many aspects of the person's personality and their future destiny. The lifeline tells the length of your life, the headline provides insight into**

**your type of personality and the heart line can give clues about your love life. The other lines include the fate line, health line, fame line, money line, marriage line, sex line, spirit line, travel line and luck line. A palm reader can read the special markings on these lines as well as garner meaning from the length and depth of the lines.**

### **Runes**

**Rune readings are an additional service that a psychic may offer. Runes have been around for thousands of years and have been shown to attain mystical characteristics. A rune reading consists of twenty-four runes laid out in a spread. There are different types of spreads including the traditional spread of three that represents the past, present and future. The materials that the runes are made out of affects the reading as well. Ceramic, stone, wood, and gold runes are each used to answer different life questions.**

### **Aura**

**An aura reading can also be conducted when you visit a psychic. This type of reading involves the interpretation of the aura that surrounds a person. An aura is a color outline that emanates from the body and varies from person to person. Auras can be different sizes, shapes, and colors. A psychic that can read auras can see or sense a person's aura and give their interpretation of it.**

**If you are looking for specific advice or insight, you may wish to visit a psychic medium that only specializes in one or two areas. Some of the readings must be conducted face to face, but most can be distant readings that are done virtually or over the phone.**

**It's important to note that any type of psychic or mediumship readings are not a substitute for professional counseling or therapy and should not be used as a sole means of coping with grief or other emotional challenges. Most often, Psychics and Mediums are not doctors, lawyers, accountants, or mechanics. You have free will and can decide to ignore part or all of the information given in a session.**

**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-a563251bo/>

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

YouTube:

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

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

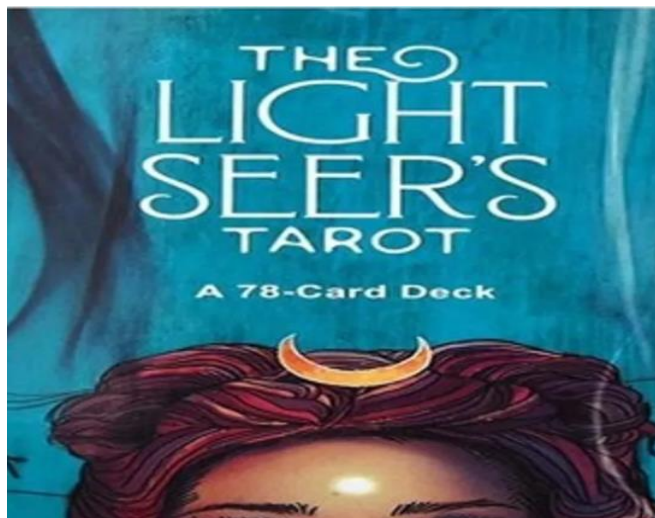
## Interview with Rev. Colleen Irwin



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



## Tarot Tendencies for March By Doreen



**Life springs eternal. As we enter into the spring season, the Universe is ready to get on board with anything you can imagine.**

**The Fool card indicates that it is time to take that leap of faith that you have been hesitating to take. Don't overthink it. Dream it. Stay in alignment with your desires and know they are possible. Then all it takes is the strength to get things moving. Spend time making any major decisions as far as logistics and framework then silence yourself to receive the inspiration that can be yours as to how to move forward. Start getting excited.**

**The time of putting your dreams into action has come.**

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

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

## **Interview with Doreen**



**Link: <https://youtu.be/ILT-oPvKbcw>**

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# **Coronaphobia: A New Epidemic of Isolation**

## **By Barry & Joyce Vissell**



**Yes, that’s right. Coronaphobia is a real word. Researchers coined this term in December 2020. It’s the fear of Covid infection, sometimes to the point of crippling a person, interfering with their lives. I have a counseling/psychotherapy client right now who is obsessed with dying from Covid. She is perfectly healthy, without any risk factors, and has not lost anyone close to her in the pandemic. In other words, there is no obvious cause for her fear. She’s terrified of being physically close to anyone. Even though she lives locally, and can easily drive to her appointments, she has insisted on Zoom sessions. I finally convinced her to at least face her fears in the room with me, so she obliged, sitting next to an open window, bundled up against the cold air.**

**Coronaphobia, sadly, has led to the escalation of Social Phobia. People are afraid to gather in groups other than their family or close friends (i.e., their “safety pod”). The initial Covid pandemic set the tone. Social distancing was the mandate. But now it has become a habit, a way of life, a normalizing of isolation. In one pandemic swoop, the world is now changed. Isolation is now justified.**

**In our modern society over the years, there has been more and more isolation. Loneliness has been on the rise. Even just the advent of smartphones and texting has encouraged this isolation. Ten years ago, we could never have imagined two close friends sitting in the same room**

**communicating with each other via text messages. Now this is commonplace, especially among the younger generation.**

**For Joyce and me, this new epidemic of isolation has hit close to home. Now, before people come to a workshop or retreat, they have to move through their Coronaphobia and their enhanced Social Phobia, their fear of being in the same room with strangers. Even with precautions, like testing and mask-wearing, people still hesitate to come to a retreat. Our retreats are the favorite part of our work. For almost fifty years, we have watched a group of strangers become best friends, often in just one weekend. We have nurtured the immense power of healing created in a focused group of people. Our retreats have taken a big hit. They are clearly smaller since the pandemic. We are managing because of our counseling practice. People are willing to risk getting help as individuals or couples, just not in a group.**

**I also love music and leading singing and chanting. During our retreats, most people have loved circle dances, moving around a circle, singing sacred phrases with each person you meet. The process has facilitated heart-opening. Singing/chanting is a powerful way to connect with your heart and other hearts, to have a welcome break from thinking. Now, however, many are reluctant to participate in these circle dances because of the fear of spreading germs. And singing through a mask is just not the same experience.**

**Even my local monthly chanting group in Santa Cruz has fewer participants. It's still wonderful with a small group, but once again, many people are too afraid to be part of any group. Singing is now too often equated with virus-spreading. But then the enormous benefits of group singing and chanting, the spiritual atmosphere and the powerful healing energy, are too easily ignored.**

**Please remember that we are all social beings. We need each other. Giving and receiving love are essential for our very happiness and well-being. Be mindful of the spread of illness, but distinguish this from the epidemic of fear and isolation. Take necessary precautions, but don't be ruled by fear. Remember the phrase, "When two or more are gathered in my name, there I am." Social visits and parties are great, but spiritual gatherings are vital. Please don't miss out on the spiritual healing power generated by a focused group. It's the best protection against isolation and, yes, strengthening of your immune system.**

## A Free Gift for You

We would love to give you a free gift, our new audio album of sacred songs and chants, available for download at [SharedHeart.org](https://www.sharedheart.org), or to listen on YouTube:

<https://www.youtube.com/watch?v=ZGml4FDMDyI&feature=youtu.be>

**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://www.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.

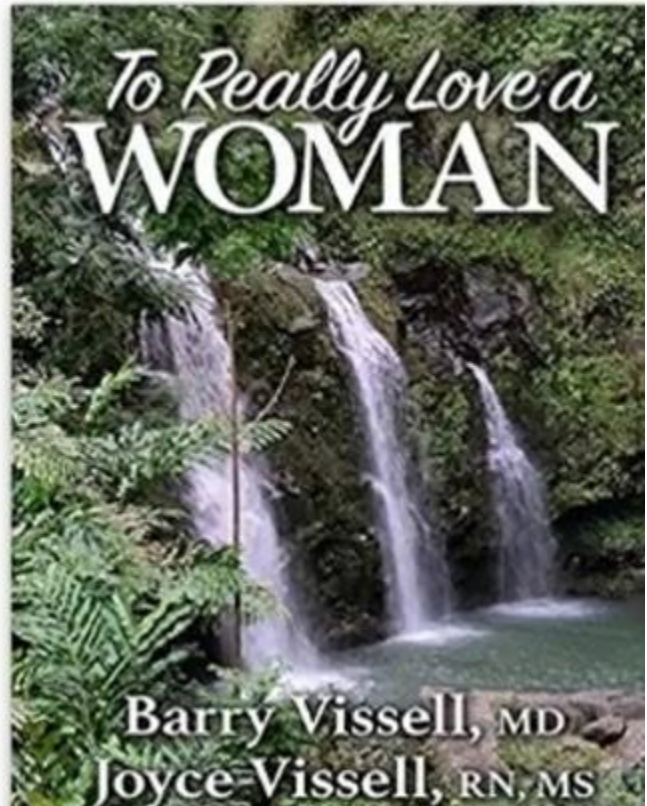
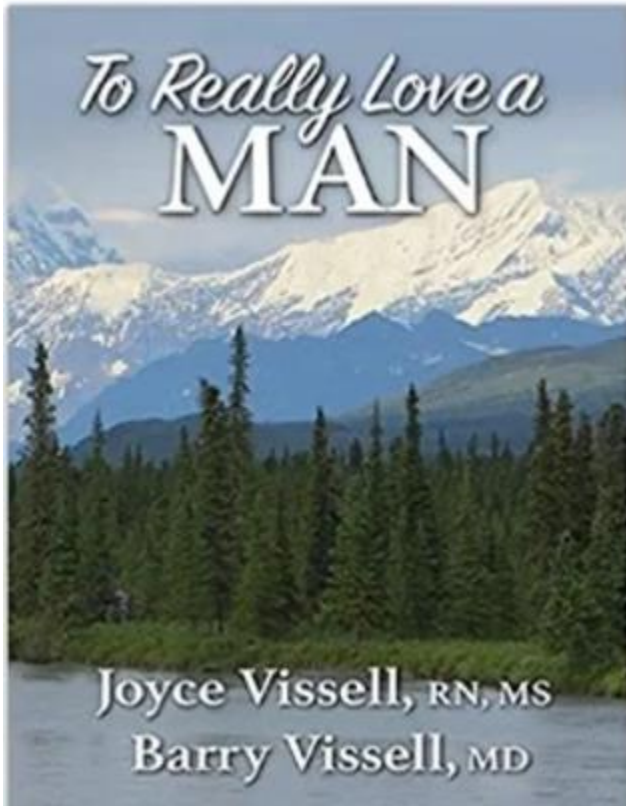
Joyce & Barry's Website: <https://sharedheart.org/>

## Barry & Joyce's Video



**Link:** <https://www.youtube.com/watch?v=2s6tdBSWCrI>

**Barry & Joyce's Books**



**Find all their books on Amazon: [https://www.amazon.com/Barry-Vissell/e/Boo1K8JARo?ref=dbs\\_p\\_ebk\\_roo\\_abau\\_00000](https://www.amazon.com/Barry-Vissell/e/Boo1K8JARo?ref=dbs_p_ebk_roo_abau_00000)**

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## Focus On The Bigger Picture By Patricia Cota-Robles



**\*\*\* Editor's Note - The message is from Sunday, 3 August, 2014. I like to share her messages since I think it's still relevant. \*\*\***

**From outer appearances it seems as though the World has gone amuck. When we observe what is happening it looks like anything that can go wrong is going wrong. I realize this is very confusing when we KNOW that the New Earth has been Birthed and that what we are witnessing all over the Planet is actually the antithesis of the patterns of Oneness, Divine Love, and Reverence for Life associated with the 5th-Dimensional frequencies of the New Earth. In reality, however, this chaos is expected with the unprecedented purging process Humanity and the Earth are going through. The only way enough Light will be invoked by the masses to transmute the surfacing human mis-creations from the old Earth, is for the pain and suffering Humanity's human egos have inflicted on each other for millennia to be brought into the awareness of people's conscious minds. That is what is happening now through the horrific events occurring around the World which are being brought to everyone's attention on a global scale.**

**The Beings of Light from the Realms of Illumined Truth are imploring us to FOCUS ON THE BIGGER PICTURE. Please read the following words through the Flame of Illumined Truth pulsating in the Divinity of your Heart. Ask your I AM Presence to awaken within you the inner knowing of the unfolding Divine Plan you volunteered to assist with during this Cosmic Moment in the evolution of this Blessed Planet and ALL her Life.**

**This inner knowing will inspire you to be the Instrument of God that is your Divine Destiny. After all, that is why you embodied on Earth during this monumental Ascension process.**

**The Company of Heaven want us to remember that the people who are wreaking havoc all over the World, in any capacity, are a minuscule fraction of the 7,500,000,000 billion people abiding on Earth. Every single day, there are BILLIONS of people who in one way or another turn their attention to a Higher Power and invoke the Light of God into their lives. These heartfelt pleas are always heard and they are always answered. The Light of God is infinitely more powerful than the fragmented and fear-based thoughts, feelings, words, actions, beliefs, and memories being expressed by Humanity's wayward human egos.**

**Never forget that in Truth, THE LIGHT OF GOD IS ALWAYS VICTORIOUS, AND YOU ARE THAT LIGHT!**

**During this incredibly challenging time we must all be involved, and we need to take whatever action is possible, both locally and globally, to assist our sisters and brothers in the Family of Humanity. But there is a far more important and effective need of the hour that the Company of Heaven is beseeching awakening Humanity to participate in.**

**On the old Earth our human egos continually manipulated us into believing that we could change the circumstances of our lives by changing outer appearances. However, outer appearances will only change if we address the CAUSE of the problem. When we deal with just the outer appearances of a situation instead of what is CAUSING the problem, it is like trying to change the reflection in a mirror without changing the object that is causing the reflection in the first place. This is a futile effort, and we will fail every time.**

**So what is the CAUSE of the unbearable pain Humanity is experiencing now, and has been experiencing for so very long? The CAUSE of ALL of the maladies existing on Earth is Humanity's distorted and fragmented consciousness based in separation and duality. This consciousness is the opposite of Christ Consciousness, and it is the opposite of the patterns of Oneness, Divine Love, and Reverence for Life that are encoded within the patterns of perfection for the New Earth. Our human ego's erroneous belief that separation and duality are real, and that "us against them" is an appropriate mentality, are the CAUSE of all of the maladies and the abhorrent things people are willing to do to each other to get what they**



want.

**Shifting the consciousness of our recalcitrant sisters and brothers in the Family of Humanity from separation to Oneness is the greatest need of the hour. This is a vitally important facet of the difficult purging process the Earth and ALL her Life are now experiencing. You and I have been preparing for lifetimes for this facet of our Divine Mission on Earth, and we have everything we need within us to succeed God Victoriously. All we need to do now is to consecrate our hearts and minds to be the Open Door for the Light of God that will accomplish this mighty feat. In order to help each and every one of us do that, our Father-Mother God and the Company of Heaven have given us an extremely powerful Activity of Light. Together we will serve as surrogates on behalf of every man, woman, and child on Earth.**

**At this time, the collective cup of Humanity's consciousness is focused on the myriad painful things involving people, places, conditions, and things occurring around the globe. Because so much of the attention is being focused on the children that are being murdered and harmed during these appalling circumstances, people are opening their hearts to new breadths. This is resulting in a higher level of compassion flowing through the collective cup of Humanity's consciousness than ever before. The Company of Heaven has revealed that because of this profound Truth, the following Activity of Light will be amplified a thousand times a thousand fold each time we participate in it.**

**Know that you are joining with selfless Lightworkers around the World as you participate in this Gift from On High.**

### **Raising Consciousness The Shift from Separation to Oneness**

**I AM my I AM Presence and I AM One with the I AM Presence of every person on Earth.**

**As One Breath, One Heartbeat, One Voice, and One Energy, Vibration, and Consciousness of Pure Divine Love we invoke our Father-Mother God and the entire Company of Heaven to assist us in raising the consciousness of every person on Earth from separation to Oneness. This will be accomplished by every person's I AM Presence in perfect alignment with his or her Divine Plan and the highest good for all concerned.**

**Beloved Father-Mother God, we ask that you expand Your Flame of Transfiguring Divine Love which is pulsating within the Divinity of every person's Heart Flame. Create from this Sacred Fire a Heart of Love. Allow this Heart of Love to expand and expand through each person's Heart Flame until it envelops the entire Planet Earth. (pause)**

**Now the Legions of Light from every Ascended level of Being project their Love into the Divine Matrix of our Father-Mother God, the Cosmic I AM, ALL That Is. This matrix is the Body of God within which every particle and wave of Life throughout the whole of Creation lives, moves, breathes, and has its being.**

**This unprecedented influx of Divine Love flows through our Father-Mother God's Divine Matrix and floods the Earth blessing every man, woman, and child. As this Gift of Love bathes the Earth, every atomic and subatomic particle and wave of Life on this Planet are lifted into a Higher Order of Being. (pause)**

**The Light of God now flows into the mental body, the conscious mind, the subconscious mind, the superconscious mind, and the physical brain structure of every person on Earth.**

**This Gift of Light from our Father-Mother God balances the right and left hemispheres of each person's brain, and activates their spiritual brain centers. Through this Activity of Light, each person's pineal, pituitary, and hypothalamus glands, and the ganglionic centers at the base of their brain are restored to their full Divine Potential.**

**Utilizing this powerful Gift of Light, each person's I AM Presence now recalibrates the circuitry within their physical brain structure enabling them to withstand a higher frequency of Divine Consciousness. This Activity of Light heals the fragmented circuitry that has prevented Humanity from communing with their I AM Presence and the Company of Heaven.**

**The I AM Presence within each person's Heart Flame now creates the sacred space that enables that person to open their 5th-Dimensional Crown Chakra of Enlightenment to full breadth. This allows each one to communicate with their I AM Presence and with the Company of Heaven on a conscious level while reaching ever higher into Christ Consciousness.**

**As I hold the focus of my attention on the Light of God that is now flowing through every person's brain, I clearly see Humanity's physical, etheric,**

**mental, and emotional bodies being flooded with the resplendent Light of God.**

**This multidimensional, multifaceted, free-flowing 5th-Dimensional Crystalline Solar Light expands into every cell of Humanity's Earthly Bodies allowing the I AM Presence of each person to take full dominion of this experience.**

**Now, all is in readiness. Through their I AM Presence, every person on Earth will participate at both inner and outer levels in this Activity of Light, which will raise the consciousness of the masses and assist every recalcitrant soul to shift from a consciousness of separation to a consciousness of Oneness and Reverence for ALL Life.**

**I AM LOVING ALL LIFE FREE**

**I continue to breathe rhythmically and deeply. The Legions of Light throughout Infinity are with me now as I greet this sacred moment from within the Eternal Peace of my I AM Presence. I AM One with all Life. I now realize that I AM One with ALL Humanity and together we are standing forth as the collective 5th-Dimensional Solar I AM Presence on Earth.**

**I now reach up into the Infinity of my own Divine Consciousness. As I AM lifted up, all of Humanity is lifted up with me. In this frequency of Divine Consciousness, Humanity's free will becomes one with God's Will, and Humanity's Divine Consciousness is reclaimed here on Earth. Humanity's Divine Consciousness reveals the profound Truth that We are One. This Higher Consciousness pulsates with Divine Love and Reverence for ALL Life.**

**Within the embrace of Divine Consciousness, Humanity experiences an endless ocean of Light that is flowing forth from the very Heart of our Father-Mother God. Every person on Earth receives this influx of Divine Light and KNOWS, "I AM That I AM. I AM the Open Door that no one can shut. The Light of God is flowing through the cup of my consciousness unimpeded. My time for higher service to Humanity and all Life is NOW."**

**Now, this cosmic ocean of Light intensifies through every person's physical, etheric, mental, and emotional bodies. As each one assimilates this Gift of Divine Light, he or she releases into the Light all thoughts, feelings, words, actions, beliefs, and memories that are based in the consciousness of separation or duality.**

**The I AM Presence of each person now affirms, “All that I AM, all of the God Perfection that flows into my Crown Chakra of Enlightenment is manifesting through me now on the New Earth. I AM at Peace on the New Earth. I AM resting in supreme God Confidence; I AM opening the 5th-Dimensional Stargate of my Heart. I AM One with my Father-Mother God and the Powers of Light throughout the Universe. I AM ready now to Love ALL Life FREE!”**

**Instantaneously, I see the Truth of every person on Earth. I see all of my sisters and brothers in the Family of Humanity, even the most recalcitrant souls, as precious Children of God, no matter how far their behavior patterns or their life experiences may be from reflecting that Truth. I perceive all of the painful human miscreations associated with these Children of God as innocent primordial energy entering my awareness now to be transmuted back into Light and Loved free. And I affirm:**

**“Precious Children of God enter the Divinity of my Heart and be raised up into the Light and Love of our Father-Mother God.” (repeat 3 times)**

**I happily greet all of my sisters and brothers in the Family of Humanity and all of their misqualified energy the same way my Father-Mother God would greet them. I greet them with Love from within the embrace of Eternal Peace, Detachment, God Confidence, and Supreme Authority.**

**Within an Invincible Forcefield of God’s Infinite Love I take these souls into my Being, and I hold them in my arms of Light as I would an injured child. They cannot overwhelm me or control me in any way, nor do I need to fear them or shun them. I simply hold them and Love them until they surrender to the Love of God, desiring on their own to rejoin the Kingdom of Heaven, which is pulsating within the Divinity of my Heart.**

**Now rather than feeling rejected and thus perpetuating their negative behavior patterns, my sisters and brothers feel accepted and Loved as the innate Children of God they are. They voluntarily release themselves into the Light, and they become One with all of the great forcefields and momentums of Divine Light throughout the whole of Creation.**

**As these precious souls surrender to the Light, their consciousness is raised and they begin to remember that they are Beloved Sons and Daughters of God. With this sacred knowledge, they once again find their proper place in the Universe. In perfect Divine Order, they are set FREE to live and cocreate the patterns of Love, Oneness, and Reverence for Life**

**associated with the New Earth.**

**I rejoice that recalcitrant souls and unascended energy are finding their way Home through me, and I release myself into the Peace of KNOWING:**

**“My I AM Presence is handling ALL imperfection perfectly.” (repeat 3 times)**

**Father-Mother God, from your glorious heart I came into being, and into your Loving Heart one day—when my service here on Earth is through—I shall return. I thank you for the privilege of having Life and for my physical embodiment during this sacred time when Divine Love and the patterns of perfection for the New Earth are being established on this Planet.**

**In deep humility, I offer you the cup of my consciousness as a Holy Grail through which the Light of Creation will flow to fulfill the Divine Plan for Planet Earth.**

**Beloved Father-Mother God from this moment forth, with every breath I take, empower me with the ability to radiate the Love of my I AM Presence to every particle and wave of Life belonging to or serving the Earth at this time.**

**And so it is!**

**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)***

### ***Learn About The Violet Flame***



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 Weekly Vlog*



Link: <https://www.youtube.com/watch?v=DWxVU0rniPU>

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## **Collapse By Monique Lang**



**This beautiful sand sculpture became a sand mountain welcoming young climbers the next day.**

**How do you relate to collapse?**

**How do you react when something that you have built or imagined is taken down either actually or by words.**

**Our lives inevitably have times of building and times of collapse.**

**The challenge is to maintain equanimity.**

**For most of us - easier said than done.**

**And remember, be kind to yourself: it will naturally follow that you will be kind to others**

**Listen to my new Podcast with Marianela Medrano of What a Word is Worth: <https://youtu.be/h1VVKj8lQ2I>**

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

**Although I recently moved from New York City to Syracuse (upstate NY), I was born in France, grew up in Central America and have lived in many different states and countries. Although moving around was difficult at the**



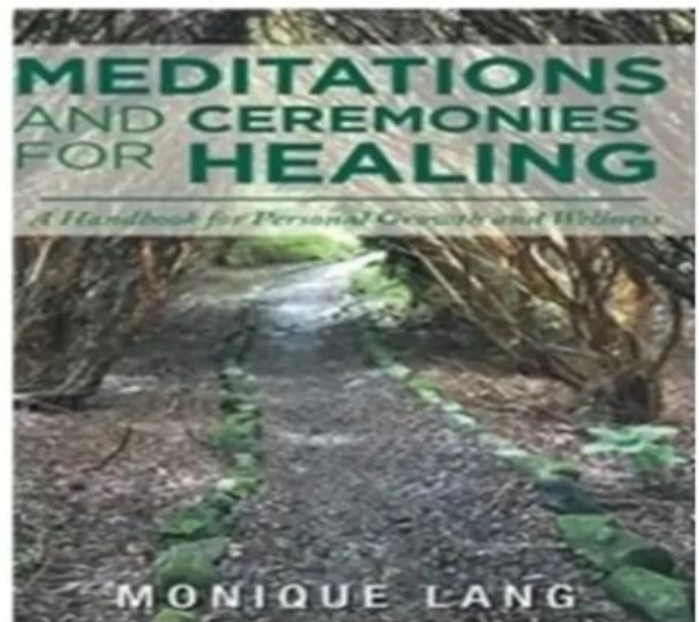
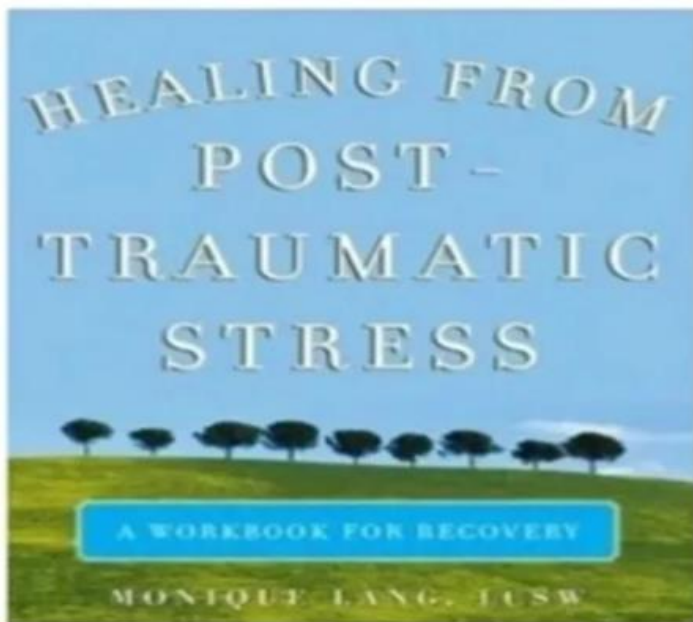
time, it allowed me to experience different cultures, ethnic backgrounds and spiritual orientations. This understanding is helpful in my work with my clients as it enables me to understand and put into context each person's particular background and way of viewing the world.

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

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

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

### Monique's Books



Find her books on Amazon at: [https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp\\_27%3AMonique+Lang](https://www.amazon.com/Books-Monique-Lang/s?rh=n%3A283155%2Cp_27%3AMonique+Lang)

# 3 Steps to Having Magic in Your Life Everyday

By Melissa L. Watkins

Believe in your heart that  
you're meant to live a life full  
of passion, purpose, magic  
and miracles.

**Bottom of the barrel is where we find ourselves repeatedly when you keep doing the same thing expecting a different result. We create chaos for ourselves all the time. We don't mean to, but that is what is happening when you are on auto-pilot or the unconscious programming that is running. Running your life, your decisions, your responses, and your choices as it is always keeping you in your comfort zone, whether you realize it or not.**

- 1. Recognize by becoming self-aware of where you are in your life and what decisions and choices you made got you here. Or lack of decision making, did you just allow situations to transpire around you?**
- 2. Releasing attachments to old ways of doing things, old relationships that don't work, and patterns of behavior: not keeping track of money, not calling people out, not expecting more, and any place else in your life that you are not showing up for yourself.**
- 3. Restore: this is restoring your relationship with yourself and the Divinity within. Making connection to your 'gut' or your intuition, which is the connection between you and Source (whatever that is for you).**

**These can be a lifetime's worth of evolution, or it can be the process you are already in. Don't be daunted by the work. This is the work that you are here to do. You are here to be fully present in your life, having the joy and happiness that life has to offer. However, this can be stunted by programming that has led you to believe that you are not enough, or deserving, or have any power. Whatever the programming is, it is time to end it and begin a new one.**

**There are two ways in which to start or continue the healing: forgiveness and gratitude.**

**Forgiveness is the process of letting go of the old story...not playing that program anymore. Letting the past situation or relationship be what it was and accept it with no judgment. It was an opportunity for you or the other person to evolve in some way...it may or may not of happened, so now just be with it.**

**Gratitude is also an opportunity to change the programming from not enough to enough or more than enough. By finding the good in all situations and relationships you are able to create more of the good in your life. Thereby, letting go of the lack or victim mentality of “not enough” that is holding you back. By finding the places and things in your life that are appreciated and beneficial, you are creating more of those opportunities for yourself. Through gratitude you are able to take responsibility for your choices and actions and modify and adjust where needed.**

**The magic is all around, but we have to clear our lens of old programming and trauma to begin to experience it in our own lives.**

**Blessings, M xo**

**About Melissa: Hello, my name is Melissa L Watkins, Intuitive Coach, Medium and the Founder of Guidance 311. I am clairvoyant, clairsentient, clairaudient, and claircognizant. My gifts are multi-faceted, as I connect with spirit. I am also an Empath, Medical Medium and Animal Medium, who is able to feel the emotions of others' and reading the "field" of energy that is all around us, helping me to relay messages with understanding and clarity of the best way for it to be received.**

**As a Master Instructor with Integrated Energy Therapy®, I am able to help you transform your traumas and dramas to live a happier and healthier life: emotionally, spiritually, mentally, and physically. And, my true passion is tapping into my education background in helping you to connect to spirit through helping you to develop in to living authentically. I am looking forward to be a part of your journey of awakening to the Divinity within. Join me!**

**Melissa's website: <https://www.melissalwatkins.com/>**

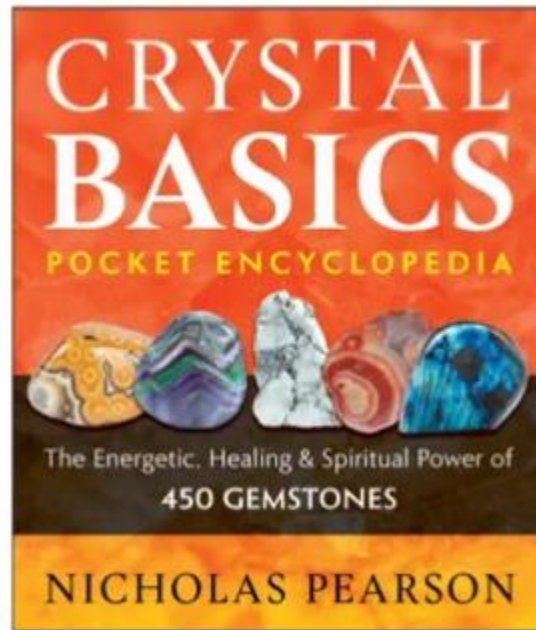
## Interview with Melissa



Link: <https://youtu.be/EJABbxSkB6o>

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## ROC Metaphysical Book Review



**\*\*\* Editor's Note: This book can fit in your purse or your pocket. If you're going to an event where there's crystals and rocks - take this book with you. You'll be able to identify the rock and get the details about it. \*\*\*\*\***

**Presents an A-to-Z compendium of the physical, psychological, and spiritual healing properties of 450 crystals, rocks, minerals, and fossils**

**Each entry features a color photo of the stone and defines its physical, emotional, and metaphysical properties and its corresponding chakra, element, planet, and zodiac sign**

**Explores the basics of crystal healing, including how to select, charge, and program stones, safe and effective cleansing methods, and hands-on healing techniques and practices**

**In this pocket reference, Nicholas Pearson offers a quick-start guide for working with crystals as well as a full-color A-to-Z compendium of the healing properties of 450 crystals, rocks, minerals, and fossils.**

**Covering the basics of crystal healing, Pearson explores why crystals work, how to select stones, safe and effective cleansing methods, and hands-on techniques and practices to harness the power of rocks and gems to transform your life. He also looks at how to charge crystals and program**

them for specific purposes, and he examines crystal correspondences with planetary, astrological, and elemental energies.

The encyclopedia of crystals includes familiar ones like agate, calcite, rose quartz, and hematite as well as rarer and more unusual crystals, such as phenakite, cavansite, and yooperlite—some of which have never before appeared in print. Each entry features a beautiful color photo of the stone and defines its physical, psychological, and spiritual healing properties and its corresponding chakra, element, planet, and zodiac sign. The author also looks at the geological nature of each stone, such as its hardness and crystal structure, enabling you to explore the connections between mineral science and the metaphysics of crystal healing.

**About Nicholas:** Nicholas Pearson has been immersed in all aspects of the mineral kingdom for nearly 30 years. As one of the leading voices in crystal healing today, he offers a unique blend of science and spirituality alongside a grounded, practical approach to working with crystals. The author of several books, including *Crystal Basics*, he lives in Orlando, Florida.

Find his book at Inner Traditions:

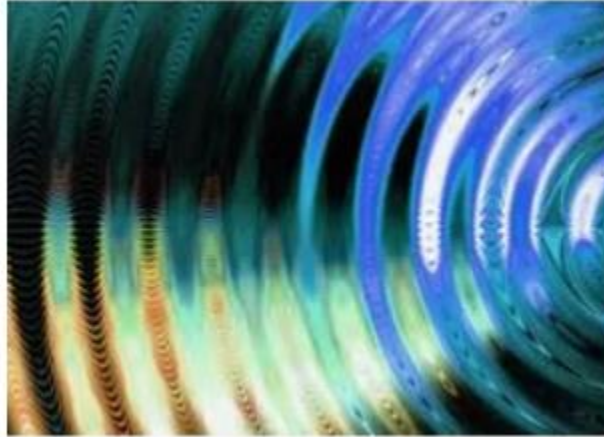
<https://www.innertraditions.com/books/crystal-basics-pocket-encyclopedia>

## Nicholas Pearson's Video



Link: <https://www.youtube.com/watch?v=H8ofdePNb-E>

## **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.**

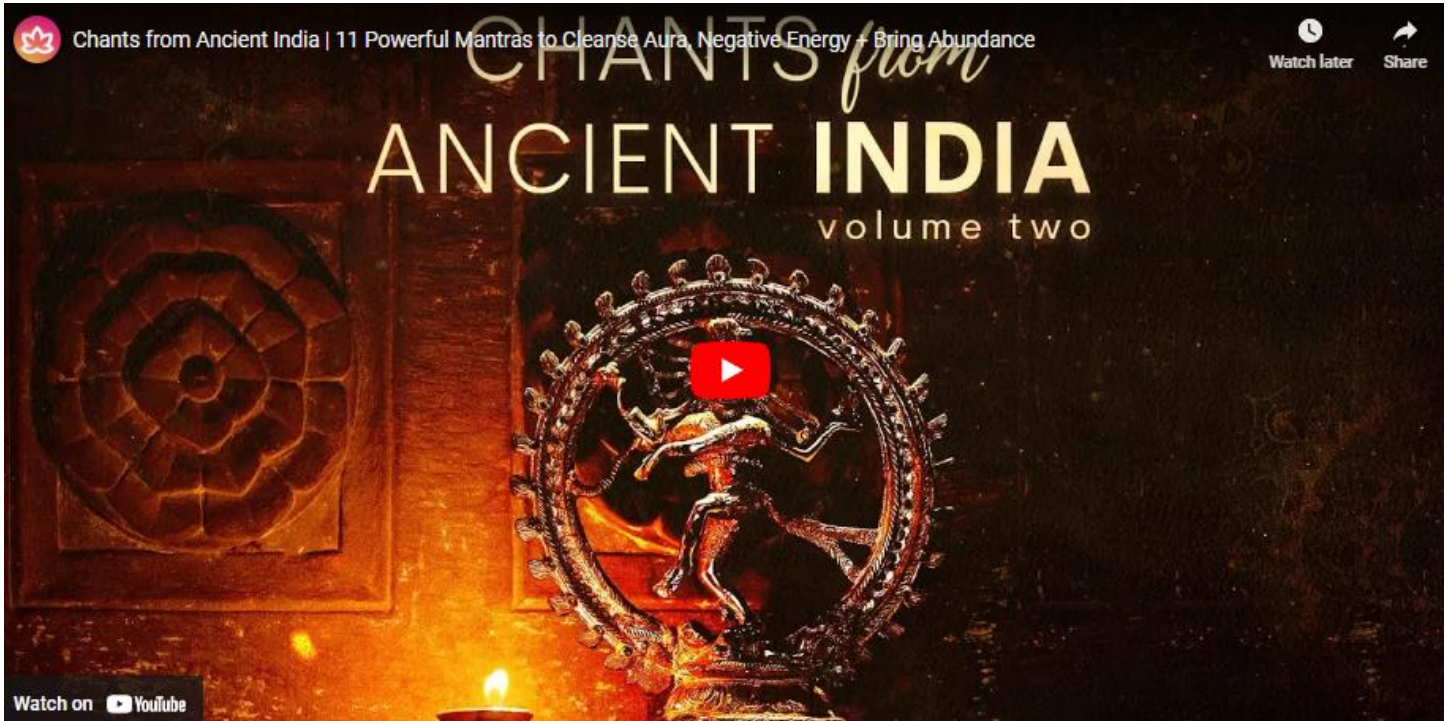
**Connecting with your higher self. Helps to cope with life's challenges. Improves sleep. Strengthens immune system.**

**Stress reduction.**

**Deep relaxation.**

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

**Video**



***Link:* <https://www.youtube.com/watch?v=9JrY6XpoY6E>**

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## *Channeling*



**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:**

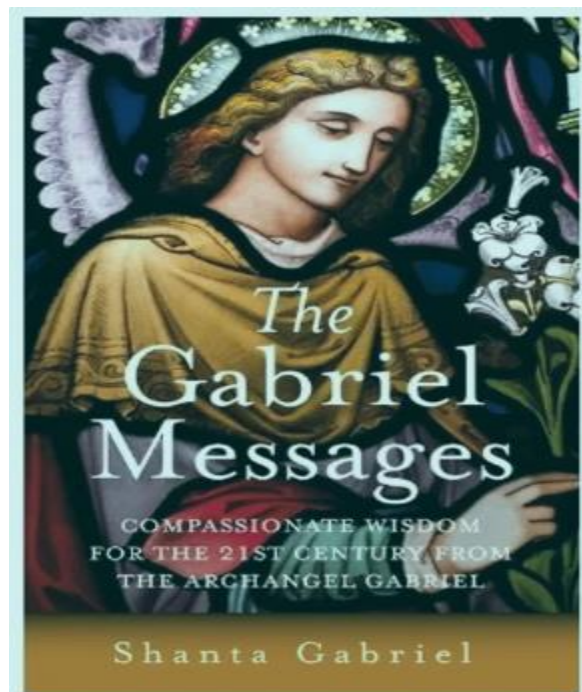
**Conscious channeling is done while being fully aware of what is happening, including being able to stop the experience at any time. The channeler can remember what was said to varying degrees. Often conscious channels will say that they hear themselves speaking as if they were at a distance . . . as 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.

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## Inspiration of the Week - Finding Love and Wisdom By Shanta Gabriel



**The Gabriel Message Card for this Week:**

**This message from Archangel Gabriel is encouraging you to go within yourself for answers that you are seeking, even if that feels frustrating.**

**The Teachers You Seek are Love and Wisdom. They are Within You.**

**There have been times when I received this card and wanted to shout, That's easy for you to say, I'm asking for help here!**

**Most days, I can take a breath and remember that this card is really expressing my highest Truth and I need to make the effort to take time to connect more deeply with my heart. After I feel more balanced, I can usually find that still place within that enables me to ask the right questions, which is often one of the reasons I don't have the answers I am seeking.**

**Over the years I have appreciated working with many different teachers on the physical level. I needed them to show me a new way of perceiving at important times in my life. All the great teachers I have known have made themselves obsolete by giving me the tools of consciousness that I needed to become more resourceful. However, much of the time I just wanted them to tell me what I needed to know and help me live my life. Giving away my power was common.**

**Just to be clear, I need inspiration on a daily basis. And sometimes I receive this spiritual food from teachers who are in a physical body. I find taking classes very nourishing and stimulating at times, and they can jump-start my spirit just when I most need it. I only seem to get into trouble when I lose my sovereignty by believing everything another person says, or thinking they have THE answers for my life.**

**I have been fortunate to be with a number of teachers who have acted as guides and way-showers for me. Most of them demonstrated what it looked like to live consciously and shared the tools and techniques that helped them reach that state. Some of these tools were helpful and some were not. It was important for me to learn to feel my inner resonance when the teachings applied to me.**

**When I met my guru in 1977, I was sure that I had met someone who would finally take over the responsibility for my life. It was true that life was very structured in the ashram and I did not have time to think about the world. But even my guru, a very enlightened being, told us not to be attached to his body because he was only there to give us practices and to raise our consciousness. He said that even though he was providing spiritual food, it was more important that he teach us how to connect directly to God. That way we would be able to take our spiritual practice into the world and help others. He was very clear that service was one of the most powerful things that we could do in life and would lead to our own Self-realization. I do my best to carry on this tradition.**

**When I started working with Archangel Gabriel in 1990, it was a new experience to receive my own guidance. It took a long time for me to learn**

**to trust myself. Archangel Gabriel was very clear that my Higher Self was the most important connection I could create. He taught me that this more enlightened part of myself was aware of my Soul's purpose; that it acted as a gatekeeper to my consciousness, filtering information and guidance so that I was receiving from those sources that were in my highest good.**

**This new link to my Higher Self was the transformative tool I had been looking for. It took time, however, to create a connection I could trust. Asking for what I needed was part of the key to receiving, as it turned out, and learning to listen.**

**We all need outside teachers along the way, and I know that my inner guidance has brought me into contact with just the right people at the right time. And there are other ways that we are awakened. After I ask for assistance, I often have blessed moments when something bubbles up inside me and I feel inspired to inner Wisdom, especially when I am in Nature. There are times when a book will fall open to the answer I was looking for. Sometimes a conversation with a friend will point me in the right direction, or I will listen to a teleconference that really inspires me. Synchronicity is one of my best teachers right now, and it lets me know I am not alone and my guidance system is working very well.**

**We are blessed to have so many beautiful way-showers, teachers and healers on the Earth to point the way for us. We are also learning to be very discerning and aware of the inner guidance resonating in our own hearts to let us know what is appropriate for our Soul's experience at this time.**

**Within us is a voice that knows what is Truth for us, and the more we trust ourselves, the more powerful this inner voice becomes. It is like a muscle that becomes stronger the more we use it. With the empowered Light frequencies available on the Earth now, we have an even greater connection to our Soul and the guidance it is offering. There is Truth and Wisdom within us and we are becoming the teachers, leaders and way-showers for the empowered life newly awakening in our world.**

**Divine Presence,**

**Thank you for your ever-present guidance within my life, and for opening the channels to my Highest Self so I can receive wisdom more gracefully. I am so grateful that I am not alone, and your inspiration is there for me, when I take time to listen to my heart. Thank you for the discernment to know what is appropriate for me at all times, and the resonance I feel within when the guidance is right for me to follow. May I be a clear channel**

**for Love and Wisdom within my being, and radiate that to the world, now and always. And so it is.**

**Shanta Gabriel**

**The Gabriel Messages Book #49**

**The Teachers You Seek are Love and Wisdom. They are Within You.**

**Dear One,**

**You have within you all the love and wisdom you need to be whole and live in a holy way in the world. Each time you seek outside yourself for these qualities, you find a little more of your confidence and self-esteem slipping away.**

**This is not to say that you should not seek advice from others. But when this advice is received, there must be a time of reflection before you act on it. When advice is appropriate for you to act on, there will be a sense of resonance within you, a little feeling of rightness, if not a wholehearted “Yes!”**

**Sensitivity to this resonance can be developed. Pray to know what is in your highest good beyond a shadow of a doubt, and be willing to act when this knowing is clear. This is taking responsibility for your life, and will pay off in large future dividends as you begin to know the truth within yourself, and act accordingly.**

**Looking to others for your truth throws your whole body out of balance. Energy moves into the head as you strain to listen only with the mind and not the heart or your gut. The old sayings about gut-level knowing is extremely valuable. This way of knowing goes beyond common sense, to an uncommon sense of what is right for you. No one else can tell you what is right for you. Pray to know your own Truth.**

**This is a time of change on the planet. Many are finding that the old ways no longer work. Businesses are struggling; so are families, relationships, and governments. It seems the challenges are so large that the answers are unclear. We can know that if we were enlightened enough in any situation, we would see that there is always an inspired and creative solution. We can affirm and pray for this in the world, as well as within our own lives.**

**All that goes on in our outer world is only a reflection of our inner world. So when we begin trusting our own answers within, these small steps will lead to leaping bounds in our lives. We have spoken of the resonance**

**available within when others speak to you of what they believe is correct action for you to take. This same inner knowing is the mechanism to be used when you look to your own inner guidance.**

**Take the time to stop and breathe, before acting. The breath holds the connection to Divine Guidance. Experience this feeling now, as your energy field expands along with your body when you breathe deeply. Feel your feet connecting to the earth and notice the Pillar of Golden Light bringing energy from above your head to below your feet. As you do this, you become a Bridge from Heaven to Earth.**

**Now you are ready to listen to the loving Truth and Wisdom within you, and remember your message from Archangel Gabriel for today:**

**The teachers you seek are Love and Wisdom. They are within you.**

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

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

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

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

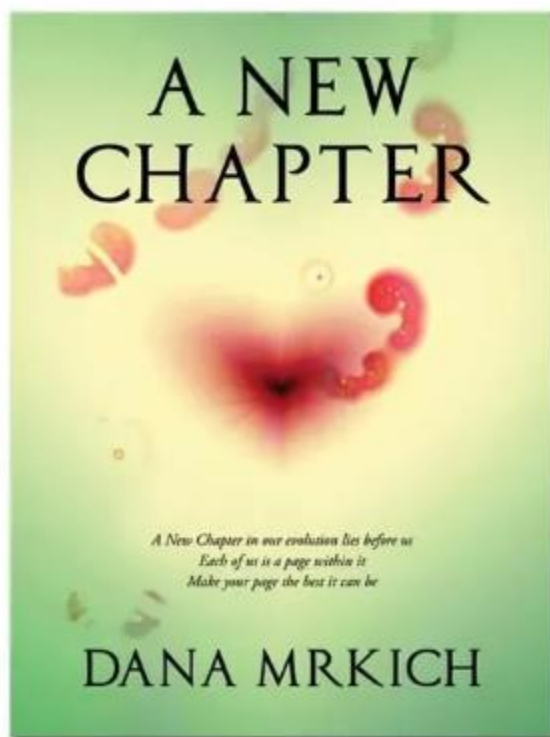
Shanta's website: <https://shantagabriel.com/>  
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*Video By Shanta Gabriel*



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

## 2023 Overview: Initiation, Integration & Innovation By Dana Mrkich



**After a significant 3 year cycle for humanity, 2023 feels like a ‘bridge’ year before we move on to the next major cycle that starts in 2024.**

**If humanity is to start down a very new pathway, which we have long been destined to do, we can’t do that overnight. There are cycles within cycles within cycles, each playing their part to prepare us for what lies ahead. Within those cycles we get glimpses of potentials to inspire us forward, and we get snapshots of shadows, alerting us to things we need to be aware of.**

**If we call 2020-2022 years of Initiation, 2023 is a year of Integration, all laying the groundwork for 2024 and beyond: years of Innovation. Of course, nothing is as black and white or as strictly segmented as that – we weave between all of these themes all the time, personally and collectively. But if we had to give these periods of time energetic headlines, that’s what they feel to be.**

### **2020-2023: Initiation**

**Saturn in Aquarius was the predominant astro-influence from March 2020-March 2023, highlighting very different, polarized expressions of these influences, ultimately asking us: which do you choose?**



**Saturn can be the authoritarian Father, represented by over-reaching governments and institutions. Saturn also challenges us to grow up, to step into our next level of adulthood, to own our autonomy and take responsibility for our lives. Aquarius represents humanity and freedom. It is also associated with advanced technology, AI and the digital world. These things can be used as tools for control by those in authority. They can also be used responsibly as tools for greater freedom and expansion. For 3 years we were confronted by all of these Saturn in Aquarius themes in extreme ways, from lockdowns, mandates and QR code check-ins, to freedom marches and human rights movements. On a collective level, with the next 20+ years awaiting our answer, we were being asked: which expression of Saturn do you prefer? Which version of Aquarius do you want?**

**Our first Saturn Return at age 28-29 often comes with some sort of initiation regarding our next level of adulthood. Saturn's journey through Aquarius presented an initiation into our next level of adulthood for humanity as a collective. For a lot of people, and in this case for humanity, this 'initiation' often only happens after we realise our Father\* is too dominating and we break free to gain our own independence. Or we realise on deeper levels than before that our Father for one reason or another isn't there for us, has never been, and will never be, and so we have no choice but to strike out on our own. It can be a painful yet empowering time. \*"Father" might be your literal father, a father figure, your family, community, culture, religion or society of origin, it can represent the systems, structures and authorities whose rules you have abided by or been expected to abide by. During your Saturn Return, even if you had a very positive, healthy relationship with your father, your 'initiation' would still have involved a 'time for next level of adulthood' theme in some way.**

**Saturn is associated with restriction, yet also with the growth and lessons that inevitably come from that. Even though for a while there, especially 2020-2021, we may have done less externally - gone out less, travelled less, seen friends less – we were quite busy internally. Many people received an accelerated inner growth process, awakening to certain realisations that otherwise would have taken much longer to dawn on us. The things we needed to know, learn or experience were compacted into a relatively short time frame.**

### **The Wave**

**This Initiation process was, and still is, like a wave moving through humanity. There are many who are yet to feel its impact. This is what I meant by 'it's not as segmented as that' - some will feel this wave only this**

**year. It's like when a massive tsunami wave rolls in from the ocean: first it's only the furthest ships and boats out to sea that can feel it, and even then the up and down motion may be relatively slight. Next the surfers can feel it, perhaps feeling a combination of exhilaration and fear at this wave that they find themselves riding.**

**Eventually it crashes onto the shore where the majority of people are, and that's when the wave starts having its greatest, most visible impact: forcing people to respond, (to confronting truths), collapsing structures, (old systems) demolishing the old (former illusions) and leaving a lot of rubble in its wake. As difficult as this process is, from that rubble the new arises. It takes time, and there is grief to process, but the new always arises eventually.**

**It sounds very dramatic, but remember this is happening in a kind of slow motion – accelerated yes, but still slow motion. We might feel like we're living in a movie more than ever these days but it's not all happening in 2 hours or even 2 years for that matter. We need time to acclimatise, time to adjust, time to integrate the profound awareness and awakenings that these waves bring us.**

### **2023: Integration**

**Integration is a time to take stock, look around, start to comprehend what's happened, think about what that means and process all the feelings that we go through us as a result. We are no longer who we were pre-initiation. We are not yet who we are going to become. It can feel a bit as if, collectively, we are without an anchor. Globally, more people than ever no longer trust their government, political leaders, media or other figures and institutions that they formerly relied upon to guide and inform them.**

**As we start to think about what that means for us as a society, there can simultaneously be a sense of freedom and empowerment, yet also disillusionment, overwhelm, betrayal and grief as the realisations dawn: what do we do now?**

**An unfortunate big part of this Integration time is the reality of the rising excess deaths in multiple countries. I wrote about this here in December, with the figures continuing to rise in 2023. Excess deaths mean excess grief for the loss of our loved ones, in the many forms that grief comes including shock, anger, denial and depression. How will the loss of so many more people than usual impact us as a society? Impact the jobs and roles they held? Impact the families and communities they were a part of? This particular wave is yet to crash on the mainstream beach in terms of**

**the collective recognising how widespread it is but it is coming – the numbers and the graphs are very clear about that.**

**Love, support, connection, compassion,  
authentic communication, kindness and empathy  
I be KEY for getting through this aspect of the Integration phase  
(which will extend well beyond this year alone)**

**We have choices to make along the way as collectively we decide what our future will look like. We had to have the wave of Initiation because otherwise we may have been lured down an Innovation pathway that isn't in our best interests. We have to have the wave of Integration so that we can move into our future in a grounded, embodied, wise and aware way.**

**In astro-terms, Saturn in Aquarius was the trigger for Initiation. Saturn in Pisces will influence our Integration. Pluto in Aquarius will be front and centre with Innovation.**

**The collective wave of Integration has started,  
a natural consequence born out of the wave of Initiation.**

**This ultimately paves the way for the wave coming: one of Innovation, ushering us into a completely new chapter in our evolution.**

**Saturn in Pisces: March 7 2023 – February 14, 2026**

**After 3 years of Saturn in Aquarius, Saturn enters Pisces for the next few years. Look back to Jan 1994-April 1996 to see how this transit affected you last time. As each planet enters a new sign it generates specific themes not only for the collective, but also for each of us individually.**

**Look at your natal chart: Which house/s does 0-29 degrees Pisces cover? Do you have any planets or an axis point there? That will give you clues as to which area of your life is entering a “grow up” phase where you feel like you're stepping into the next phase of adulthood (regardless of your age), taking on a new level of responsibility, experiencing more stability or, sometimes, restriction.**

**If you are experiencing restriction (things taking forever to manifest or bring to completion, feelings of lack in a particular life area or you keep getting a 'no' or 'not yet'), look into what the underlying purpose, message, silver lining, lesson or opportunity of the restriction might be. Saturn is all about discipline, reward and responsibility. Restriction isn't necessarily a 'block'. If you can view it as temporary, ask: What is this allowing me to**

**experience/appreciate/learn now? What is this potentially allowing to open up in the future?**

**Onto Pisces. Pisces is the dreamy, creative, spiritual sign ruling writers, poets, artists, spiritual teachings, metaphysical pursuits, visionaries, the sublime and the supernatural. Pisces can be very idealistic to the extreme – sometimes wearing rose-coloured glasses, seeing the illusion of things rather than the reality. From 2023-2026, reality-savvy Saturn walks through Pisces like a building foreman: Do you have a dream? What are you doing about it? What is your plan? What are your goals? What action steps are you taking?**

**If you have had a long-standing dream or vision,  
but haven't had the time, energy, discipline, motivation,  
resources or knowledge to bring it into reality  
- now is your time.**

**The spiritual/metaphysical arena will feel more grounded with studies, research and new discoveries backing up what has previously been predominantly thought of as 'alternative' healing. Holistic avenues can merge more easily with traditional approaches at this time, so that we get the best of both worlds. Pisces is also associated with addiction and 'escaping from reality', whether via drugs, alcohol, over-identifying with one's spiritual identity to the detriment of one's human experience, or some other dependency. Saturn helps us to 'come back down to Earth', get our heads out of the clouds, check ourselves, and ask ourselves the questions:**

**What is it that I'm looking for?  
Why do I feel as if something is missing?  
How can I find it in a healthy way, not a destructive way?**

**The challenge with Pisces is balancing the two extremes: on the one hand having other-worldly, visionary ideals, and on the other the potential for sinking to the depths of depression when confronted with the hard reality of certain situations. We are straddling these two extremes as a collective right now, and particularly as an awakened, aware community. One aspect of awakening has us believing in, or wanting to believe in, a new world, a new way, a new reality. Another aspect has us seeing through the illusion of the world we have been raised in, uncovering more of the truth beneath the surface and behind the curtains. We want to find a way to embody these aspects of awakening in positive ways, otherwise we can risk being in**

**a permanent limbo waiting for the new world to appear, or permanent disillusionment, despairing that we are beyond hope.**

**The evolved version of Pisces, and the positive influence of Saturn travelling through it, is to set our sights firmly on the new world, but not in a ‘cross fingers, hope for the best and close my eyes to anything bad that’s happening’ kind of way. Instead, surge forward with spiritual maturity, taking responsibility for your piece of the puzzle. Absolutely shine a light on the darkness but don’t let it suck you in to its whirlpool. Don’t set up camp there. Embrace your visions, and throw out anchors to ground and embody them.**

**With Saturn in Pisces, we realise as the Hope prophecy says:**

**“We are the ones we have been waiting for.”  
Which takes us to.....**

### **Pluto in Aquarius**

- In 2023, after 15 years in Capricorn, Pluto starts his move into Aquarius**
- Pluto will, at first, be in Aquarius briefly from 24 March 2023 –11 June 2023.**

**Pay attention to themes that are strong during that time**

- Pluto then retrogrades, moving back into Capricorn for the rest of the year**
- From 22 January 2024 Pluto officially goes into Aquarius until 20 January 2044.**

**We’ll have 20 years where the following themes will be extremely strong:**

**collective empowerment**

**liberation**

**freedom for humanity**

**freedom from authoritative oppression/repression/control**

**social and global transformation**

**collapse of old systems/birth of new innovations**

**a movement toward more local, self-sufficient communities**

**a rebirth of sorts when it comes to how we see ourselves as a humanity  
(eg we find out new paradigm-shifting information about our global**

**history/origins,**

**we go through major changes with either the borders of certain countries  
or how we view borders)**

**advanced technology/AI/digital systems and their relationship with power:**

**using them as tools of empowerment vs abusing them as tools to have  
power over others a focus on what ‘being human’ means: who are we,**

**where do we come from, the topic of technological and AI ‘enhancements’ in humans,  
those who want to stay as an organic human vs those who want to be ‘enhanced’**

**Power: the planned global re-set by the current and past power elite,  
vs the higher divine plan and the power of humanity**

**Pluto moves slowly, only revisiting each sign every 248 years or so. The last time Pluto was in Aquarius in 1778-1798 the world experienced:**

**The French Revolution - 1789-1799**

**The American Revolution - started 1769, turning point was 1778,  
ended 1791**

**The Industrial Revolution – moving from  
local communities that revolved around farming and handcraft,  
to mass production, machines, large industry,  
and a major growth in inventions and technology**

**A core theme of Pluto in Aquarius is freedom and power to the people, or people power, which can manifest in various ways: People rising up, rebelling against the system, grassroots organisations transforming society, and on the shadow side of people power: people being used as power (poor working conditions in factories, or as slaves). For a very long time the world has been heavily influenced, and some believe completely controlled, by a shadow plutocracy, where unelected, wealthy elites have power over local/national/global policies and agendas. With Pluto in Aquarius, that stranglehold of power reaches a climactic crescendo where the attempt to take it to the next level of widespread totalitarianism results in:**

- Mass revelations showing the true faces of power behind the official masks**
- Mass pushback as people are confronted with the potential of completely controlled lives**
- Mass transformation of society as former power structures crash, collapse or dissolve, with new systems rising from the ashes**

**This is why the Saturn in Capricorn ‘Initiation’ phase was so important: it gave us a very clear preview as to what can happen when governments over-extend their reach into our daily lives and movements, when technology is used to track and trace us, when digital identities become green cards for entry into a supermarket.**

**Aquarius is also associated with advanced technology and AI. The warning here is: with any advances in technology that promise us greater freedoms, we want to make sure that this ‘freedom’ truly empowers the people, and isn’t in fact social control or masked totalitarianism disguised as freedom (Eg social credit systems, 15 minute cities etc)**

**Humanity is now at a destiny point, where our evolutionary impulse is activating the need for shackle-free expansion, truth-centred awareness and heart-centred freedom. While more than one choice of reality can certainly co-exist, at this point in our evolution attempts to control humanity within the reality they choose is reaching its expiry date.**

**We did not come here to continue to be controlled, and we definitely didn’t come here to experience the never-ending amplification of control. There is a climactic point coming. To a degree we have been living through a slow-motion version of that climactic point over the last 5 years or so. Yet, the universe always has a few mysteries up its sleeve, wild cards that we can’t possibly predict.**

**The below timeline of USA’s Pluto Return is from the 2018 Energy Report. As you can see, big changes take time to unfold. That said, due to a combination of our advanced technologies and higher frequencies, change happens much more rapidly these days. We can interact with more people in a day than our ancestors did in a lifetime. We can go through more therapy, emotional clearing and ancestral healing in a year than our past generations did combined. It might sound intolerable to think that our next phase of change will take 20 years, but the next 20 years will likely feel like 200+ years of change compacted into that time.**

**USA Pluto Return**

**773 Pluto in Capricorn 21 Degrees**

**Boston Tea Party protesting British Parliament’s tax on tea**

**Pluto returns to this degree: 2019**

**1775 Pluto in Capricorn 26 Degrees**

**American Revolutionary War begins, the 13 colonies fight for independence from the British Empire**

**Pluto returns to this degree: 2021**

**1776 Pluto in Capricorn 27 Degrees**

**Declaration of Independence, 13 Colonies asserting themselves as a new nation**

**- the United States of America**

**Pluto returns to this degree: 2022**

**1778 Pluto enters Aquarius 0 Degrees  
The turning point of the Revolutionary War. Up  
until then it was still thought  
that Britain could win. France joins US as allies.  
Pluto returns to this degree: 2024**

**1783 Pluto in Aquarius 8 Degrees  
The War ends, US Independence recognized.  
Pluto returns to this degree: 2028**

**1789 Pluto in Aquarius 17 Degrees  
US Constitution and Bill of Rights  
(first 10 Amendments) submitted  
Pluto returns to this degree: 2034-2035**

**1791 Pluto in Aquarius 20 Degrees  
US Constitution and Bill of Rights adopted  
Pluto returns to this degree: 2036-37**

### **All Planets Direct**

**From 23 January – 21 April this year all planets will be direct. This 3 month period will be an excellent time to get moving on things that have been stuck on pause.**

**Which green light have you been waiting for?**

**Very interestingly, on 23 Jan Uranus was the last planet to go direct, doing so on 14 degrees Taurus.**

**On 21 April, Mercury ends the all planets direct period by turning retrograde on 15 degrees Taurus.**

**Out of curiosity, I opened up my Sabian Symbols book by Lynda Hill to read the meaning of those 2 degrees. The synchronicity with the themes named so far is incredible:**

**14 Taurus: “On the Beach, Children Play while Shellfish grope at the Edge of the Water’ speaks of peaceful coexistence amongst beings on different levels of evolution”**



**This matches the analogy of the wave of Initiation, where some people are out on boats and ships and others are surfing, while most are on the beach yet to receive the impact of the coming rise in tide. Children playing on the beach invokes images of innocent people, going about their business, not yet aware that change is coming. The tide brings with it a loss of innocence and illusions as “sandcastles get washed away.” There is also an acceptance we need to have – some people might never be touched by the wave. Some may choose to live (energetically speaking) far inland; some due to prior knowledge and experience, others due to avoidance or denial. Everyone has a right to experience life and reality in their own way, on their own terms.**

**15 Taurus: “A Man with a Silk Hat, Muffled against the Cold, Braves a Storm’....unable to avoid the difficulties that have arisen.”**  
**Again we have synchronicity, this time matching the wave of Integration. Reality has come on our shore, we now have to deal with what has been uncovered, what has been revealed, what has been demolished. “Someone may not be admitting to what’s really going on, or acting as if everything is just fine.” We have to be aware of whether we are ‘just fine’ because we don’t want to face the situation, or whether we are stepping up bravely “to show determination, confidence and hope for the future, as this will encourage you and those around you.” We have to find the strength to plough on, and remember that “inner poise is more important than outer appearances.”**

### **Year of the Water Rabbit**

**On Jan 22 we had the Lunar New Year, starting the Year of the Water Rabbit.**

**Again the theme of water: water can be gentle and flowing, and is perfect for this ‘bridge year’ as we cross from one strong cycle to another. Yet depending where we are on the ‘wave timeline’ water can also come crashing down, knock us over, make you feel as if you’re in a washing machine, wash away sandcastles and change the landscape.**

**Water is associated with our feelings and emotions. This is a year where you might feel more connected to your feelings, more aware of your emotions, or feel them in a stronger way. Some might be rooted in the past, or based on worries to do with the future. As much as possible stay in the present moment, feel your feelings as they come up, let emotions go through you, and let go what is ready to be let go of.**

**Develop your emotional awareness: What am I feeling,**

## **why am I feeling it?**

**Develop your emotional awareness when it comes to others:  
What might they be feeling? Why are they feeling it?**

**Rabbit is associated with being calm, peaceful, kind, compassionate and patient – all very helpful supports for our emotional equilibrium, and excellent foundations for a year marked by Integration, for taking stock, and accepting others where they're at regardless of where on the beach they are.**

**Rabbits are also creative and clever – fabulous attributes to tap into, to make the most out of the Saturn in Pisces influence: What is it time for you to do/create/invent/collaborate on?**

**Global Numerology: 2023 = Collective Year 7**

**7 Years are ruled by Pisces, and are associated with introspection, spiritual solitude, knowledge gathering and reflection. It's quite incredible how the energetic, astrological and numerological themes for each year always inter-weave in some way. In 2023, the blanket being woven is one of Integration and taking stock.**

**In numerology, a Year 1 is when we plant new seeds and set intentions for new beginnings. Collectively that was 2017 when 'cancel culture' burst onto the world stage. It's one thing to hold people accountable for hurtful remarks or actions. It's another thing to end someone's career, deplatform them on social media, or destroy a lifetime of goodwill based on an opinion that the mainstream narrative doesn't agree with or a misinterpreted tweet. This theme of extreme control embedded itself into this new numerological cycle, and continued to intensify to the point where people didn't feel as safe sharing their true thoughts and feelings anymore.**

**Year 2 is when, ideally, we nourish our soil with plenty of water, sunlight and nutrients. It may not look like much is happening, but plenty is going on beneath the surface. What we enrich the soil with at this time, for better or worse, affects the plant to come. When a primary energetic theme is an extreme new level of control, as it is for this numerological cycle, the consequence is going to be extreme pushback. In 2018 we saw the rise of the Yellow Vests in France, protesting against rising fuel costs and economic conditions. This spark lit a flame that quickly spread around the world.**

**In Year 3's we start to see the first buds and leaves sprouting out, of whatever it is that we planted, and sure enough 2019 was declared the year of Global protests:**

**“Throughout the year, movements have emerged overnight, \out of nowhere, unleashing public fury on a global scale—from Paris and La Paz to Prague and Port-au-Prince, Beirut to Bogota and Berlin, Catalonia to Cairo, and in Hong Kong, Harare, Santiago, Sydney, Seoul, Quito, Jakarta, Tehran, Algiers, Baghdad, Budapest, London, New Delhi, Manila, and even Moscow. Taken together, the protests reflect unprecedented political mobilization...**

**...virtually all protests worldwide quickly escalated, and began issuing ultimatums for their governments to embrace sweeping changes—or to move aside...**

**.... “It’s simplistic to think of these movements simply as protests,” Carne Ross, the author of “The Leaderless Revolution: How Ordinary People Will Take Power and Change Politics in the 21st Century,” told me. When that kind of energy is mustered, he said, it’s difficult for governments to resist unless they use repression. – The Story of 2019**

**In a Year 4 the plant takes root, going deeper into the Earth. We are now in 2020, and governments worldwide plunge their control tent pegs into the ground, literally anchoring us into our current geographical locations. The Year 4 is supposed to feel stabilizing and protective, and for many people this was their experience. For others it felt like an affront to basic freedoms, and an escalation of governmental control responses on steroids.**

**Simultaneously to that particular theme playing out, for many it was also a time to hibernate, retreat from the outer world, and take a ‘wait and watch’ approach.**

**Year 5 is associated with change, adventure and freedom. In 2021 we realised how much we may have taken those things for granted, and grew to appreciate them more than ever as so much was still off-limits. We discovered new adventures in our own local backyards. We either craved change, or had to go through forced change – of job, career, location or relationships.**

**Year 6 tends to be more heart and home focused, and is more feelings-oriented than the years before. 2022 brought us excess deaths of around 18% in multiple countries, bringing with it excess grief. There were also**

**family and friend reunions galore as finally people were able to gather, travel and connect socially and emotionally with a renewed appreciation for those things.**

**And here we are now in Year 7, an introspective, deeply contemplative time. The initiations and integrations will continue, as will the feelings and teachings that arise as a result. We have to remember to be compassionate and gentle, with ourselves and others.**

**2024 will be our year 8, traditionally a year of karma where the consequences of the cycle become very clear. A lot will depend on how one moves through the Year 7 – did we learn what we were supposed to learn? 2025 will be our collective Year 9, a year of closure and endings, as we collectively prepare for a fresh numerological cycle in 2026.**

### **Solar Maximum continues**

**We have Pluto in Aquarius as of 2024, a new numerological cycle in 2026, and the climactic point of the current Solar Maximum Cycle in 2024-2026 (Solar Maximum cycles feature large numbers of strong M and X Class Solar Flares, you can read about them [here](#) and [here](#)).**

**These energetic influences are all part of the Innovation and Transformation phase we have been preparing for. The rocket ship has been fueled, the mechanics checked, our training completed and by that time we'll be sitting in our seats ready for lift-off. Time and waves being what they are, some of you have been in those seats for decades already. Some of you have already lifted off and are already exploring new worlds, creating new realities, developing new paradigms, and are just waiting for more people to join you (or not, you might like the peace and quiet!).**

**There are many who believe that our eventual 'lift-off' moment will involve no longer being here on this planet – and that is true for all of us as we inevitably all will one day pass on. As for a collective 'lift-off' moment though, my suggestion is to not live with the anticipation, expectation or fear of that. We don't want to spend our lives here waiting for some event that might happen in 1 year, 100 years, 1000 years, 10000000 years, or never. Our lives here are short enough as it is. Instead of asking "When is 'the Event' going to happen?" it's much more empowering to think of it as, we are right now living through the Event. We are right now living through the collapse of the old and the birth of the new. We are right now living through Revelations. We are right now living through the awakening of humanity. And right now, it's happening faster and more obviously than ever before.**

**When you look back on your life, you'll ask yourself:  
What did I do during my time here?  
How did I contribute?  
Did I enjoy my time?  
Did I find joy? Did I seek it out?  
Did I help others?  
Did I learn something?  
What do I wish I did more of?  
What do I wish I did less of?**

**The 'awakening' has created a situation where sometimes you become so aware of what's going on that it can create a kind of despair and paralysis, a 'what's the point' kind of energy. We are awakening to 'what's going on', not because our Soul thought a movie trailer preview would be a good heads up, but because we are here to participate in the part of the movie where truth finally gets revealed and Humanity finally breaks free.**

**You get to be free now  
You get to be an example of that freedom  
You get to be a conscious, awake, aware soul in this movie**

**"I don't know the future. I didn't come here to tell you how this is going to end. I came here to tell you how it's going to begin... I'm going to show these people....a world where anything is possible. Where we go from there is a choice I leave to you." – Neo, The Matrix**

**About Dana Mrkich: Dana Mrkich is an internationally known teacher, thought leader, author, freelance writer, speaker, online course creator and mama, with a passion for soul empowerment, personal, social and global transformation. conscious evolution and conscious living.**

**Since 1995, Dana's work has centered on guiding people to step into more of who they really are and create the best possible reality for themselves and the planet. Until 2015, she conducted thousands of Soul Sessions for clients all around the world, and considers those sessions, both the facilitation of them and the content that came through, to be one of her strongest and most powerful teachers informing her teaching foundation.**

**Dana's website: <https://www.danamrkich.com/>**

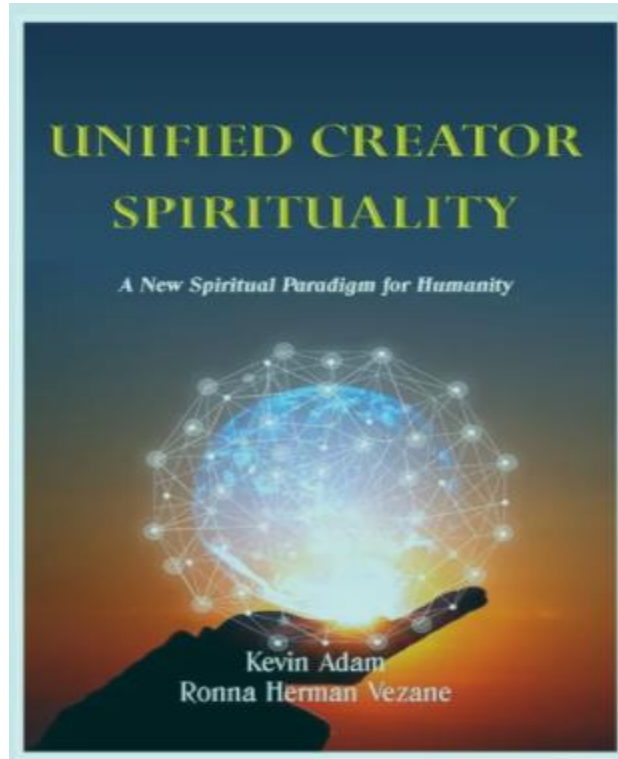
## *Dana's Video*



*Link: [https://www.youtube.com/watch?v=gC\\_mA3J749A](https://www.youtube.com/watch?v=gC_mA3J749A)*

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## A New Cycle of Creation Is In Progress By Ronna Vezane



**Beloved masters, the stage is set, and the curtain is about to rise on the new dawn of tomorrow. There are new sacred vortexes of higher consciousness manifesting all over the world, and the Ascension columns of Light from the great Cities of Light in the higher realms are being anchored at an ever-increasing pace. The great infusions of Creator Light are building in strength and momentum, and they are making a greater and greater impact upon the minds of the masses.**

**Know this, my brave ones, you are in the final stages of a specific unit of time, and you all have been subjected to a unique system of rules. We are repeating and emphasizing this information, for it is vitally important that you understand this concept within the new Universal Laws of the Age of Aquarius.**

**Total free will was deemed to be a great gift; however, it became a great burden as humanity sank into a broader spectrum of duality, which has resulted in great pain and suffering. There was a non-interference clause written in the rules, and the specified time for this particular phase of Creation had to be played out before our Father/Mother God could declare: “It is enough. It is time to intercede. There will be a Divine Dispensation for those who are striving to attain Self-mastery, and the**

**Spiritual Hierarchy and the Angelic Kingdom are authorized to give assistance in whatever way is appropriate within the framework of Cosmic Law. The Law of Grace exists as the higher frequencies of Karmic Law and it will, henceforth, apply to the emerging group of World Servers as well as the aspirants and disciples on the path of Ascension.”**

**You are slowly withdrawing your attention and your energy from your old, dysfunctional Third- and lower Fourth-Dimensional reality; therefore, it will gradually fade and cease to exist, for you will no longer feed it the energy necessary to sustain it.**

**As this particular era comes to a close, there will be a new system of rules and laws which will apply to all emerging Spiritual/human Beings. A new expanded cycle of Creation is in progress, and all of you who are striving to attain a unified state of consciousness will be designated as cocreators of the future. As an individualized God Seed Atom of Creator Light, your Divine mission is to expand the borders of manifested God-consciousness. Your goal is to become a master of manifestation – drawing forth the Essence of Creation, activating it within your Sacred Heart. Then, via specific thoughts from within your Sacred Mind, molding the God Substance into an endless variety of forms. Thus, you will become a true, full-fledged, extension of our Father/Mother God.**

**You, as individuals, will tap into the appropriate amplified-consciousness White Fire Memory Seed Atoms, which contain the next higher level of your Higher Self Divine Essence that is appropriate for you at this time. This is the Essence of Ascension, and it has been waiting for you ever since you separated from your Divine I AM Presence. These Seed Atoms of God-consciousness contain the wisdom, love, power and inspiration that will assist you through these next tumultuous years of evolutionary change.**

**Humanity is in the midst of a dramatic change in Memory Seed Atom Life Codes as you, the StarSeed, reawaken your extrasensory abilities. Your sight will expand beyond the ultra-violet spectrum of Light, and your natural way of seeing will become more panoramic as your peripheral vision increases to a degree.**

**There are minuscule pyramid-shaped crystals of Light within the brain in the area of the pineal gland, which will be activated as you begin to understand and learn how to use sound and color as it was designed to be used in healing; thereby, balancing and harmonizing the auric field and the human body. Your superconscious mind will begin to download more and more wisdom teachings about the workings of the Universe – the**



**complexity of your true nature – as well as information about the future of humankind. When your Higher Self determines it is time for your Third Eye to open, it will be as if you have received a surge of Sacred energy in the middle forehead area. These specialized frequencies will also activate the Seed Crystals of Light within the Pineal Gland, which will speed up the process of reclaiming and perfecting your telepathic communication skills.**

**There will be new information coming forth about molecular genetics, mathematics, music and the importance of sound. You will experience a quickening in the process of downloading the multidimensional aspects of your nature, and the Holy Spirit, the powerful loving essence of our blessed Mother God will initiate a dramatic increase of the vibrational frequencies of Love radiated forth directly from her Sacred Heart Core.**

**And so we ask you, beloveds, are you ready to close the door to the past, and step onto the path which will lead you into a magical world of all possibilities? The way has been prepared. All you have to do is agree and the process will be revealed to you, one step at a time. We are endeavoring to make this transition as easy as possible, for you have suffered enough, and it is time for ease and grace. A grand alliance is being formed – a reunification of magnificent proportions, as we solidify the process of joining together once more in common purpose – both we of the higher realms and you, the earthbound representatives of the Creator. The time of separation is swiftly coming to a close, and paradoxically, those still steeped in the illusion of the Third /Fourth Dimensions are coming together as well. They will be bonded together more and more tightly in their fight to maintain separation through their struggle for dominance and power, fueled by hatred, fear and greed.**

**Many eons ago, we made each of you a promise as you went your separate way to fulfill your part of the Universal Divine Mission. We promised that we would come together again in a grand reunion when the experiment on planet Earth was drawing to a close. We promised that even though you would forget your origins as part of the experiment, at the appropriate time we would help you to remember and reclaim your heritage, and we would move forward together, side-by-side and heart-to-heart. That time is now, beloveds.**

**We are asking you to make a commitment by becoming a LIGHT BEARER and a WORLD SERVER. In doing so, your awareness and effectiveness will be expanded by leaps and bounds. Through the dynamics of group meditation within the Fifth-Dimensional World Server Pyramid, you will swiftly become a master of cocreation and an example for those around**

**you. The swiftest way to get the attention of others is by initiating, proving and personifying a beneficial theory.**

**See yourself creating a firm foundation and establishing a unity with the Earth as you enjoy the richness and beauty she and the first Three Dimensions have to offer. Access the plethora of positive thought forms stored in the realm of the Fourth Dimension to assist you in building your vision and solidifying your dreams. Then move into your Pyramid of Power in the Fifth Dimension in order to access the Life Force of Creation and thereby infuse your creations with Cosmic Fire.**

**MESSAGE OF ENCOURAGEMENT FOR THE STARSEED WAYSHOWERS in past lives and past Ages, this reunion of the Soul and Spirit was a very individualized and personal event, not one experienced by the masses, only by the few. This is no longer true. It is now a time of mass awakening, a time of global, galactic and universal reunion and Ascension into a heightened state of Creator/Spirit-infused consciousness. You now have the potential to connect with the many Facets of your Soul family, your Higher Self, your many OverSouls and your White Fire God Seed Atom (I AM Presence). At a cosmic level, the Supreme Creator is now sending down the radiance of Itself via the Great Central Suns, which is being filtered down upon Earth in great bursts of Living Flame of Life via the Sun of your solar system.**

**As your radiance expands and grows more powerful and far-reaching, you, along with other Light Workers, will become a unified force that will not be denied – a force for transformation and change of the highest order. Be bold in your vision; see what is right in your world, thereby reinforcing the Love/Light that dwells within each and every person you meet. Do not focus on the shadows, for wherever you focus your attention that is where your energy will go.**

**We have told you many times “your only true enemy is fear.” However, it remains one of your greatest drawbacks on the path of Ascension. Release the fear of the future and of failure. Strive to stay centered within your Sacred Heart as you radiate Love/Light out into the world of form – then watch as the miracles unfold. You are masters of manifestation; you have just forgotten. Believe in yourself and cease creating those things that bring you pain, guilt and suffering. Become a cocreator of the Light, peace, balance and harmony once more, and help recapture the pristine beauty of planet Earth, and harmony amongst all sentient Beings.**

**Through your diligence in studying and perfecting your skills as Self-masters and cocreators, your Soul has gradually been infused with a Divine discontent, which has slowly filtered into your consciousness. You began to turn inward, to tame the ego desire-body and reconnect with the Soul, the OverSoul and multiple Facets of your greater Self. Now you are ready to display and share your wisdom and the “teachings of the New Age of En-lighten-ment” with other dear Souls who are just beginning to awaken. The masses are stirring, and the need for guidance and inspiration will grow and spread rapidly to all people around the world.**

**We say to you that it is time to begin to listen to your own inner guidance so that you will begin to trust your intuitive powers. Go into your Pyramid of Light in the Fifth Dimension and state your desire to clearly understand how you are to proceed as you strive to fulfill your Divine Mission – at the appropriate time for your highest good and the greatest good of all. This aligns your will with your OverSoul Higher Self, and it allows us to guide you to the place where you will be most effective; to the situations which will also help you move along the path of Ascension, with ease and grace, as you go about creating your version of Paradise on Earth. Allow us to be your guide, and follow that small voice within, which is our way of communicating with you at the present.**

**As you become more confident with your new wisdom, and you begin to trust your inner knowing, you will find that people will be drawn to you. You have the ability to coordinate and bring together others who are seeking to find their path. You will be guided to help them understand the transformation process all of you are experiencing at one level or another during these times of accelerated transformation.**

**We assure you that if you will study and integrate the information and tools we have offered over these many past years, and then share your wisdom with those on the path who are also seeking their higher truth, you will find many dear Souls who are anxious and willing to listen to you. You all have the potential to be healers of Souls, beloveds. We ask you to radiate the love we send you to those who are still suffering in the pain and illusion of the Third and lower-Fourth Dimensions.**

**Many of you have agreed to integrate the maximum amount of the higher frequencies of Divine Light from our Father/Mother God, which are now available to you, the StarSeed Wayshowers. We know that, at times, you are experiencing uncomfortable symptoms and mood swings, but this will pass as your physical vessel releases more and more of the impacted or negative energies from within. As time passes, you will refine the physical**

**vessel as you integrate more of your Divine Self. It is something that has never been done on Earth before, and we honor you for being among the forerunners of this process. Those of you who are showing the way are making it much easier for those who follow behind you.**

**Beloved ones, you can help transform your families, your neighborhoods, the cities and countries in which you reside, and ultimately the world. Be bold in your vision; see what is right in your world, thereby reinforcing the Love/Light that dwells within each and every person you meet. Do not focus on the shadows, for wherever you focus your attention that is where your energy will go.**

**We of the angelic realms are here in great force to help you move through these times of evolution and great change; however, you must ask for our assistance, for we cannot infringe upon your free will. We are asking each of you to reclaim your rightful place as a Master of Light, and remember, as you integrate the knowledge of Spirit and illumined truth, we ask you to go forth and share your wisdom. If you do nothing more than draw forth and integrate your maximum amount of Adamantine Particles of Creator Light, and then radiate a portion out into the world and to humanity, it will be enough.**

**There has been a Divine Mandate handed down, stating that the reunification process will be activated in the fullest measure in order to accelerate the process of cosmic evolution. This means that boundaries and barriers within the minds and hearts of humanity, as well as all religions, nations, cultures and races will be given the opportunity, or will face the challenge, of letting go of all that is not in harmony with the blending of all Spirit-kind and the Creations of our Father/Mother God.**

**We stand together in the Realms of Light and we extend our heart and hands to you to draw you within the circle of Cosmic Unity. Will you step forward? We surround and enfold you in an auric field of love and protection. I AM Archangel Michael.**

**Ronna Vezane / Sacred Scribe**

**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=d1llVJ6QnY>**

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## Cascading Waves of Change By Nancy Leilah Ward



**Contemplating this feeling of still being in a liminal space... the space between. In a lock of a canal, as the water slowly fills the lock preparing for a surge forward. The noisy antics of people of the world are held at bay as I sit with the energy and silence. What is next doesn't matter. I feel the energy moving sideways instead of the expected forward and of course, if I'm in a lock of a canal, there is no forward movement, nor sideways for that matter. But the energy moves just the same. The trajectory is in every direction and none at all as I dwell in the stillness of non-doing. Alert for shifts in the energy streams, observing. Dawnlight glows through the trees along the ridge behind my house, the rhythm of nature continues.**

**Changes are coming about deep within individuals as the outer structure slowly crumbles. Questioning why we live this way. Looking at our inheritance of false supremacy, suppression, poverty of spirit, the foundation of our society that was built upon unworthiness and delusional arrogance.**

**Civilizations rise and fall, the in breath, the out breath.**

### ***Vastness of Being***

***Some are in the lock, holding steady, others are in the chaos of tumultuous earth changes. Others are expressing their fear through arrogant stances trying to block the flow of change, but they will not be able to. Nothing can stop the flow of the Divine Feminine energy that is cascading throughout the Universe. Grab your surfboard of creativity and ride the joyful currents. Climb onto the white mares at the forefront of the waves of change. Feel the strength in your core as you allow yourself to be just who you are, shadow and light, and ride to victory.***

***The victory is your sense of being, flexible and alert, aware of the shifting tides around you, filled with self-acceptance and inner wisdom.***

***Truth is being revealed within all people. As you look within, as you take a stand in your life, with the beauty of your soul essence fully alive within you, proclaim, "I am here! I belong!" In this deep moment of truth and individuality, is the essence of the Oneness. A paradox ... you are individual ... and you are part of the All of the All. Within individuality and diversity is the essence of Source. The truth as it is revealed will help to remove that which blocks the Source of all Life from flowing within each and every being. Magnificent beauty shines through all people, all animals, all of nature. See that beauty in yourselves and look for that beauty in one another.***

***Some of this beauty may be in shadow still. All are at different places in receiving the source light within, but know this is the flow of the Divine Feminine coming back to life. This is happening within you, no matter where you feel yourself to be. When you feel down on yourself, when the memories of things you did or said that you still judge yourself for come up to haunt you, love them, bring them into your heart. There is no part of you that is not of Source Light and love. Accept yourself – all of yourself. Love yourself.***

**This message is so inspiring and filled with love. Thank you, thank you, thank you.**

**A few weeks ago, I started doing my monthly channeled message and guided meditation telecalls. In that call, as we sat in our circle, I was suddenly aware that Unicorns were flying around above us. And they were radiating rainbow light and sparkles. I started to laugh inside, because it reminded me of something you'd see in a small child's bedroom but that was just a self-conscious, somewhat jaded part of myself and as I let that go, we began to receive the beautiful energy of these Unicorns. They were shimmering to us the essence of innocence, joy and magic. Here is a message that came through from the Vastness of Being about Unicorns:**

***They have come back to the consciousness of humanity to bestow their light on open hearts to help support the growing and expanding energies of love. For what is necessary for the expansion of humanity into true oneness, are those very aspects of childlike innocence and joy, which can only exist in an open heart. Unicorns became elusive because of the energy of fear that Humanity runs in the field of consciousness but so many humans are rising above that fear and choosing a new path forward of oneness and Unity. So the Unicorns are able to come in to assist in this expansion. There are many etheric beings who lived on Earth who went deep within or beyond her realm into other octaves of***

*light. These beings have been kept alive in the consciousness by creative humans who have communed with them and kept their light in their hearts, through magical stories and fairy tales. It is a great blessing that the Unicorns came to you.*

*Your self-consciousness was smaller than your own innocence and love. Remember this and allow it to expand within you.*

Sharing this message with love and gratitude,

## **Leilah and The Vastness of Being**

**About Nancy Leilah Ward: Leilah is an intuitive empath and seer and has been providing soul guidance for people worldwide since 2005.**

**In 1981, when living in Brooklyn, NY, she experienced a spontaneous awakening, which led her onto a path of healing the pain of self-loathing, unworthiness, self-criticism, shame and guilt. This eye-opening journey awakened her psychic-intuitive and empathic abilities as she learned to listen to and trust her heart, body and mind. In this process, she came to a realization that Humanity is wounded and traumatized from eons of teachings and dogma which instilled the very aspects she had been focused on healing within herself. Through trainings that began in 1990 including Usui Shiki Ryoho Reiki I, II and Master, mediumship, channelling, and reading the Akashic Records (she was a Soul Realignment™ practitioner for 10 years), she has gained much wisdom and developed her own process of seeing inner visions and deep listening to guidance from her – and her client's – spirit guides, angels and soul essences. She has authored the blog The Vibe Report since 2003 and shares wisdom from The Vastness of Being, a group of Arcturians, and other intergalactic and interspecies souls that are part of Leilah's soul family. Leilah is a mystic, seer, visionary artist, musician and writer and currently resides in Ontario, Canada. She offers Integral Soul readings, property clearings, energy clearing sessions and life situation readings as well as monthly**

**Nancy's website: <https://www.integralsoul.love/>**



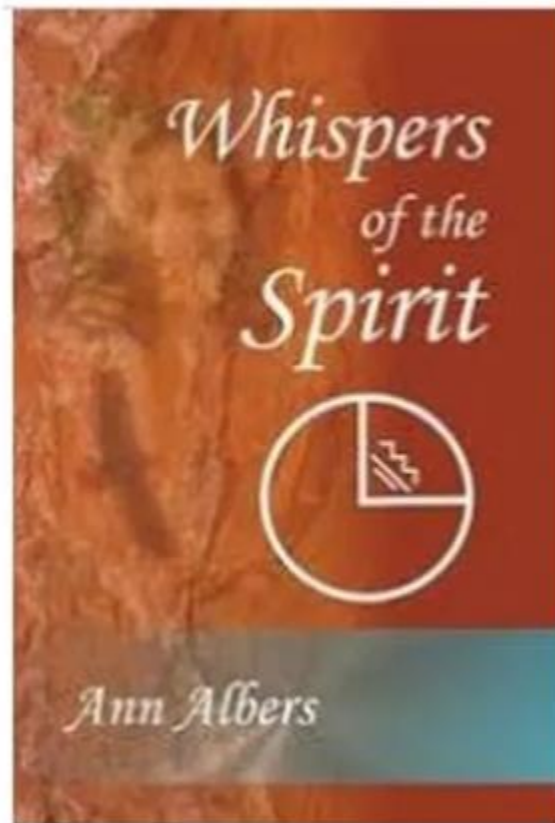
## Video By Nancy Leilah Ward



**Link:** <https://www.youtube.com/watch?v=ugPWIm8lsIw&t=32s>

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## Accepting Where You Are By Ann Albers



**Hi All,**

**Today the angels talk about how acceptance of our present without judgment or guilt allows us to move forward in love. I'll share some ideas and tips as well. We need not feel bad for feeling good, nor do we have to feel good about things that feel bad. The angels, ever-loving, simply guide us forward.**

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

**♥ Ann**

**Message from the Angels**

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

**Right now, each of the 7.8 billion people on your planet is having a different and very unique experience of life. As we speak to you, we see a woman sitting by the pool behind her expansive home, juggling several charities she runs. She is concerned about the officers of one who doesn't seem to be in alignment with her vision while simultaneously trying to coordinate dinner reservations with a group she must network with to**

**fund her cause. Meanwhile, we see a young man who feels disempowered trying to figure out how to lie, cheat, and steal from those who care about him because he doesn't understand yet that he is loved.**

**We see people waking up, walking to their market stalls before sunrise and firing up the burners beneath their woks, preparing their sauces and dishes to feed hungry customers later that day. We see brave souls rescuing wounded animals and courageous people rescuing children. We see people dressed in expensive suits going to their jobs in skyscrapers to negotiate with large companies that provide irrigation and energy systems for agriculture. We also see laborers toiling in the dirt to pick the lettuce that will feed these executives.**

**We see designers bent over the drawing board coming up with your future vehicles and artists passionately moving their visions from the invisible to the visible worlds. We see musicians packing and unpacking equipment to offer a few hours of blissful escape to their audience and electricians wiring outlets for their equipment. We see plumbers unclogging toilets, trash collectors and street sweepers keeping your neighborhoods clean, and cooks making food for the few or the masses.**

**We see mothers and fathers waking up early to take their children to school. We see children laughing in the playgrounds while other children sit huddled in dirty corners, hoping for food. We see the countless souls buried beneath the rubble of the recent earthquake, waiting for rescue or surrendering to their journey home. We see it all, dear ones, and we are with each and every one of you, all the time.**

**Whether you consider your experience glorious or terrible, we are with you, whispering loving encouragement to your spirit, reminding you of what you wanted to learn, how you wanted to grow, and how, even in the direst of circumstances you are seeking to give and receive love. We even see those buried beneath the rubble praying for their families as they surrender to the inevitability of their own journey to heaven.**

**Dear ones, you are always exactly where your vibration has placed you. We implore you not to judge yourselves or others by circumstance. You are not lucky if you sit by the pool and are not forsaken by God if you are in an earthquake. Some of those you consider fortunate feel far less love than those fighting for survival. Many souls, born and living in earthquake-shattered areas, are angels upon your earth. Some, before birth, volunteered to come, live shorter lives, and be part of a massive release of love within your planet earth. They knew their life and death would not be**

**in vain but would further awaken the planet to your common humanity, compassion, and love. Even beyond the visible, they knew they would be part of vibrational unleashing of powerful frequencies of love. As they rode the wave of love released by your planet into the heavens, they felt the exhilaration of earth's evolution and yours.**

**The majority of people in the earthquake-torn areas are generous souls, compassionate, caring, loving, and kind. Many barely have a loaf of bread for themselves, yet when they receive one, they share. Many have seen buildings crumble yet bravely return to rescue those trapped. Many have seen and felt horrors, yet their hearts remain open. These angels volunteered before birth to live in an area likely to go through such horror and pain, but from heaven, they were willing. Send them love.**

**If you sit in a comfortable life, do not make yourself wrong for this either. You have different lessons and different choices. You need not feel guilty for being alive, abundant, and well. If you were to give up all you had and die with those who left the planet, you would not do a bit of good. If you do what you can as you are guided, you become part of the collective awakening too – playing an easier role, to be sure, but still a part of this massive release of love.**

**Unleash your hearts, starting with yourselves. Choose to accept yourself, be kind to yourself, and then ask yourself quietly, "What do I feel called to do?" Maybe you are called to live your life in kindness. That is a vibration that is required right now. Trust that. You may be called to donate precisely one dollar to charity. You have answered the call of one person in need, and although you will not know them on this earth, you will someday learn about how that loaf of bread or first aid supply changed their life, gave them hope, and kept them going. You may be called to sit in spirit and ask to see who you can pray for on a given day. Trust the feeling or the image you see. Support someone in spirit. Perhaps you are called to ignore the world and play. Trust that. Lend your joy to the collective vibration because it is needed to uplift many who are in sorrow.**

**We are not talking about your actions in the physical world so much as the energy you emit. You would, of course, not "rub in" your well-being around those suffering, but you can quietly emanate peace, joy, love, caring, and compassion because those vibrations will touch them. You would not brag about your abundance to those in dire need. Still, you can instead emanate a vibration that says to the world, "God is generous, and out of the generosity of my soul, I am asking that all feel cared for, loved, supported, and protected."**

**In the material world, do as you are guided, but in the spiritual realms, share your love, peace, joy, and compassion as vibrational contributions to humanity.**

**We don't want a single one of you to feel guilty for living comfortably, nor do we want a single one of you who is suffering to feel forgotten, abandoned, or unloved. We wish for all of you equally an awareness of the love that flows unceasingly. We wish for all of you, equally, an awareness that you are all part of something so huge upon your planet in the history of humanity's evolution that it is hard to put into words.**

**We are with the suffering right now. We are also with those of you who feel you "have it easy." We are guiding all of you. We are comforting those of you in need. We are showing the way to the living so they can live their path and purpose, and we are holding the dying as they transition into the bliss of Divine love.**

**You are all, dear ones, despite appearance, or material condition, exactly where your soul has decided to be right here and now. You can of course, change that, but for now, don't make yourself wrong. Don't make others wrong. As the saying goes, you cannot judge a book by its cover. You can only know it by living the truth within.**

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

**Message from Ann...**

**Hi Everyone,  
Like many of you, I am feeling everything more deeply than ever before. My heart is with those affected by wars, disasters, inconsideration, and so much more. At the same time, my soul feels the glorious bliss of heaven, the humor, the joy, and the perspective of love offered daily in my work. I know I've said I live with a foot in two worlds for the last several decades, but these days I feel, like many of you, that I live in a spectrum of frequencies so vast and diverse I have to be careful where I place my attention. If I live in gratitude for what I have, I want to give more. If I feel bad that I am not suffering while others are, I am paralyzed and ineffectively lost in my own sadness.**

**I once read this quote by Audrey Hepburn:**

**"Remember, if you ever need a helping hand, it's at the end of your arm. As you get older, remember you have another hand: The first is to help yourself, the second is to help others. Your "goodness" will also extend to your family, your friends. And to all that lives. That is a thing to be proud of. But, remember that you don't have to be a saint, or martyr or even a good Samaritan to have this kind of goodness. Because goodness is something that is in all of us. You simply have to try and do small things every day. You can't imagine how big these things can be."**

**When asked if she ever felt guilty for having so much while seeing so many children with nothing, she replied:**

**"Guilty? No. I have been given an enormous amount in my life. I have received so much. And so I feel it's only right that I give back. That's all. It's gratitude, not guilt."**

**This soul, who looked like she lived a charmed life, and did in many ways, gave a considerable amount of her love, time, and money from the fullness of her own cup. And while many of us are not contributing materially in this fashion, we too can give from the fullness of our love, joy, and peace.**

**Even in the rubble, souls with little to nothing left in the material sense are giving from the fullness of the love flowing through their hearts. They are comforting each other, helping each other, and feeding each other. They celebrate the small victories of hope – the recovery of a child and, as the angels said, even a warm ray of sunshine on a cold day. These things that seem small when living a "normal" life are suddenly priceless gems of existence.**

**I was talking with one of our dear readers in Turkey before I finished writing my portion of the newsletter. She said many who live in outlying areas are feeling what psychologists call "Survivor's guilt" – a phenomenon that often occurs when you live while another dies, a feeling that you should have been killed with one you loved or cared about. I see it frequently in my work, for example, when a mother lives and her child leaves or when one person dies in an accident and the other lives. I see a similar phenomenon when people have abundance and see those in need or those who are healthy and have a loved one suffering.**

**It is easy to feel that we should not feel good when others feel bad, but we must allow ourselves to be where we are and trust that we are there for a reason. There are monks in the caves in India who sit in quiet samadhi – an indescribably blissful state of connection to the Divine. Devotees bring**

**their food to them if and when needed in between their meditations. They don't worry about bills or taxes or anything. Yet they serve humanity at a level beyond description. Vibrationally they bridge heaven and earth.**

**If you sit at home, feeling purposeless and uncertain about what is next, but resolve to get up, be kind, enjoy your day, and do a few prayers, your existence has value. You won't see your contribution, but you will be a "vibrational lighthouse" emanating peace and kindness into the human pool, which many have forgotten.**

**So let us all collectively throw away the useless and counterproductive guilt that has been used for centuries to beat us down and make us feel unworthy of what we do have. By throwing away the guilt, those of us who are not in distress can be the light, peace, joy, play, and upliftment for those who are. Let us allow ourselves an abundance of whatever it is we want so we can feel our cup running over. Let us ask to be in that eternal flow of love so we can both give and receive it and thus play the part and the role we have decided to play here and now in the collective awakening.**

**I love you all. Of all things, I published a coloring book on the day of the earthquake. It was spirit guided, and I did it before I heard the news. I suspect that the world needed a bit more childlike innocence and light in the vibrational mix that day. I don't know the intricacies of the higher plan, but I do know that while my guidance often sounds odd to my mind, if it feels right, I listen.**

**I was amazed at how many of you wrote to tell me you had been looking for something light-hearted to do. Your words touched my heart and humbled me. I am always in awe of God's amazing grace. I had a moment, just a twinge, of wondering if I should just give up doing something that seemed so frivolous at a time when so many were suffering, but I know better. I ran into so many so-called "mistakes" and obstacles while creating this seemingly simple project, that I knew the timing of the release was clearly not my own.**

**The angels always recommend that we feel as good as we can, give as we are guided, and release as much love into our lives and the world as possible. We can only do that while accepting our place and role here in the present moment.**

**Here are a few tips to help you accept where you are right here and now...**

**1. Remind yourself that making a bad situation wrong prolongs the agony**

**If you don't like where you're at, looking at the wrongness of it just prolongs the agony. Looking at what you could have, would have, or should have done differently is just as unhelpful. Instead, the angels remind me often to say:**

**I am who I am.  
Life is as it is.  
What next?**

**By focusing on accepting the present and moving forward, we can move more gracefully out of a painful present than if we remain mired in the judgment of it. Judgment is understandable, human, and often correct, but tethers us to the thing or situation we judge.**

**I am who I am. Life is what it is. What next?**

**2. Remind yourself that making a good situation wrong prevents you from gathering its gifts**

**Just as making a bad situation wrong is ineffective, making a good situation wrong can rob you and the world of its gifts. If you feel bad about having money and therefore give it all away, you'll return to struggling and help no one. If you feel good about having money, enjoy it, grow it, and use it wisely, then you'll have some to spare and share.**

**If you feel bad being happy while another suffers, you will start to suffer too and become ineffective in uplifting anyone else. If, however, you feel gratitude for your life, you'll also feel compassion, care, and kindness. You'll have love to spare and share. Even if you permit yourself to enjoy your days quietly in peace, that is love to spare and share. It ripples outward. It is needed.**

**Never feel guilty or bad for having the life of the things you've manifested. Bless them. Give thanks for them. Ask for the wisdom to enjoy and use your time, money, resources, and talents in a way that feeds your soul and soothes you, so you can feel full enough to share that love, vibrationally or materially.**

**3. "Now" is yesterday's creation. Keep moving forward**

**If you like your life, keep giving thanks for all you love within it, and all the more you wish to experience. Pain causes growth, but it is not required.**



**We can desire goodness without pain. We can give thanks for good and acknowledge any desires for expansion. You can keep creating good if you are experiencing it now.**

**If you are suffering, give thanks for anything you can find to bless – your life and breath, good people, the single flower blooming through the crack in the sidewalk, beautiful nature, whatever you can find. As you focus your vibration regardless of the topics you focus on, you draw more that matches that vibration.**

**Often, this is challenging. I have had to focus on health while feeling poorly or on abundance while wondering where the bills would come from. I've often had to focus on the goodness of humanity while seeing some really terrible behaviors. Nonetheless, finding examples of good to focus on drew more of it to me. It always does.**

**There are people in Ukraine who sang to comfort themselves in the basements while bombs went off overhead, and that focus on love drew the world's love to them. There are people in the earthquake-torn areas who are focusing on the gift of being alive and who will draw more life than ever before into their reality. There are many of you I know who have lost children. Your heartfelt desire to move forward in partnership with them opens you to their signs and vibrations so you can eventually enjoy an even deeper relationship.**

**Focusing forward when the present is painful can be exceedingly difficult. It is important not to judge yourself when you cannot find the strength or will. It is movement enough to reach out for comfort or soothe yourself. Even that is focusing forward, and will help you gradually shift into a kinder reality.**

**Whether you are richly blessed or deeply suffering, at this moment, acceptance without judgment or guilt is essential to help us all move forward in love. Acceptance frees us, in the very next breath, to focus on the good we can find now and the better we desire later. In that space, we hear our guidance, give as guided, receive as needed, and ultimately feel the Divine Presence that eternally tries to provide us with a more profound and fulfilling experience of its love.**

**About Ann 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 Albers

### Video By Ann



Link: [https://www.youtube.com/watch?v=6W\\_27Xv8a6g&t=7s](https://www.youtube.com/watch?v=6W_27Xv8a6g&t=7s)

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# 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.**

**Caitlyn Hart's six weeks Intuitive Tarot Workshop. 6:30pm-8:00pm on Thursdays until March 9. \$20.00 each class.**

**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>**

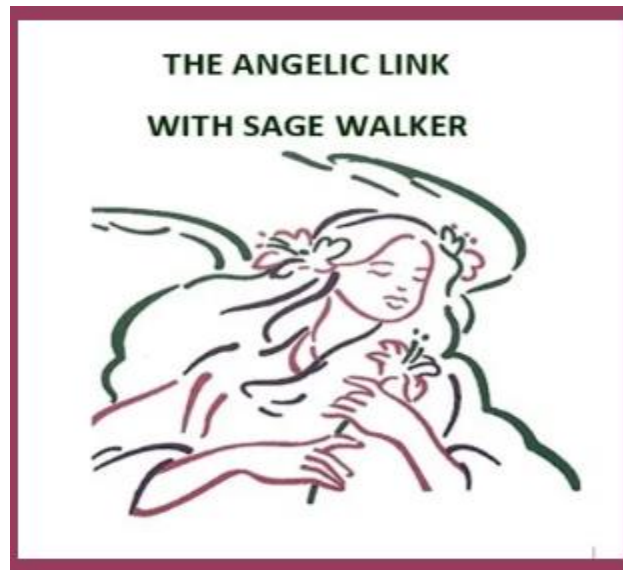


**Come to the Fair**

**April 1 & 2  
Embassy Suites  
6646 Old Collamer Rd. South  
East Syracuse, NY 13057**

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**Classes at The Angelic Link**



**Sage is an ordained minister, spiritual counselor, intuitive guide and energy worker. She is a Master-Instructor in Integrated Energy Therapy®**

**(IET), which is a high-vibration angelic healing therapy, and I have trained with metaphysical teacher Shad Diamond. Sage is highly connected to Guides, Angels, Ascended Masters and other light beings who assist her with her clients.**

**With her background she's offering these classes to help people move to the next level.**

**Class location is ONE Wellness Center 2349 Monroe Ave Rochester NY  
Must sign up at least 3 days in advance by calling Sage at 585-317-4374.  
Cost for each class is \$25**

**Mar 28 Tues 6:30-8:30**

**Are you a Spiritual Experienter?**

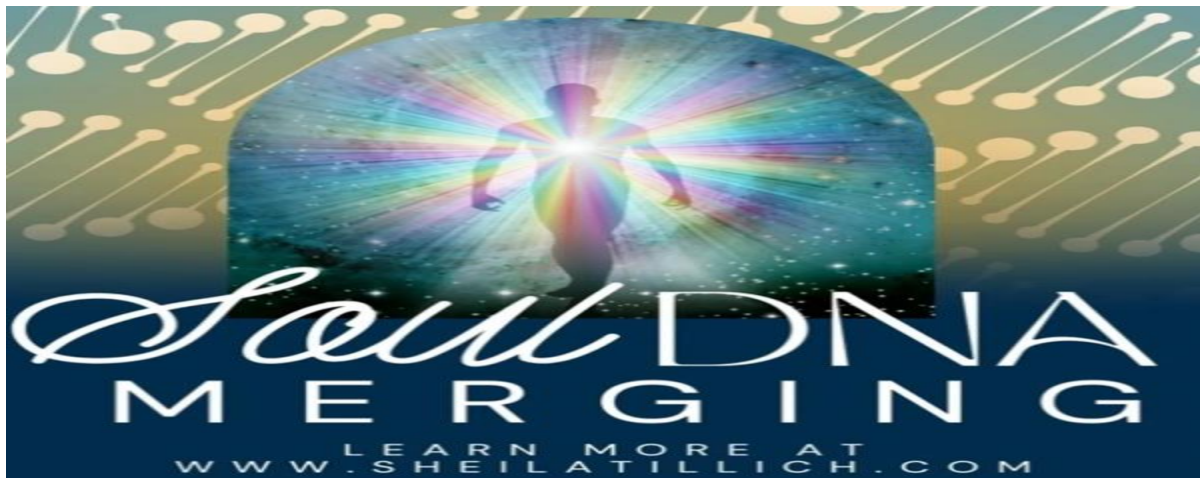
**Have you had a spiritual experience? Has something unusual happened at home or around you? Have you had items move, see an orb, lights turn off, or hear a whisper? These things happen to many people more often than we know about and probably don't discuss.**

**Let's discuss why its happening. What is our perception about the event and do we need to do anything? Is it a good thing or not? Should we gain knowledge from this events, is spirit trying to relay a message?**

**Sage brings years worth of knowledge working with spirit. She can help the group with discussion and understanding why these things occur.**

**Sage offers Energy Treatments, Readings, Spiritual Counseling, Mentoring and spiritual discussion groups. To learn more about her go to her site:  
<https://theangeliclink.com/>**

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**Embark on a journey of Merging our Physical Self with our Souls with the help of our Galactic Star Family!**

**This session starts at 8:00PM EST on 02/14/23. And it's offered monthly next one is 3/14 at 8PM EST**

**Humanity is now shifting into a New Energy Consciousness Paradigm. My role as a Galactic Grandmother is to help you rebirth your Spiritual Soul. To help you awaken and align your magnetic frequency through your consciousness field. I can help you move forward in your life. To take your power back. Help you become "unstuck" from whatever holds you back from having a happier joyful life.**

**Soul DNA Merging is a technique where the Star Mothers transmit an activation process to help you expand your multidimensional spiritual abilities. This will allow you to connect physically daily with your divine spiritual self. It is a merging and alignment of your physical DNA body with your spiritual soul self. It is a process that is done with two 10 minutes sessions with a small break in between. Join me monthly as we work together to rebirth your Spiritual Soul.**

**To sign up go to: [https://sheilatillich.com/stec\\_event/soul-dna-merging-02-14-22/](https://sheilatillich.com/stec_event/soul-dna-merging-02-14-22/)**

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## **Plymouth Spaghetti Dinner & Fundraiser On 3/31**



**Plymouth Spiritualist Church is partnering with Hydesville Memorial Park for a fundraiser, celebrating the 175th Anniversary of the Advent of Modern Spiritualism.**

**Readings start at 5:30pm. Cost for 15 minute readings - \$35.00**

**Dinner will be served at 6:30pm. The Spaghetti dinner with homemade vegan sauce, meatballs on the side, salad, crusty rolls with garlic butter and dessert**

**Cost for just the dinner is \$20.00 a plate or \$50.00 for dinner and a 15 minute reading**

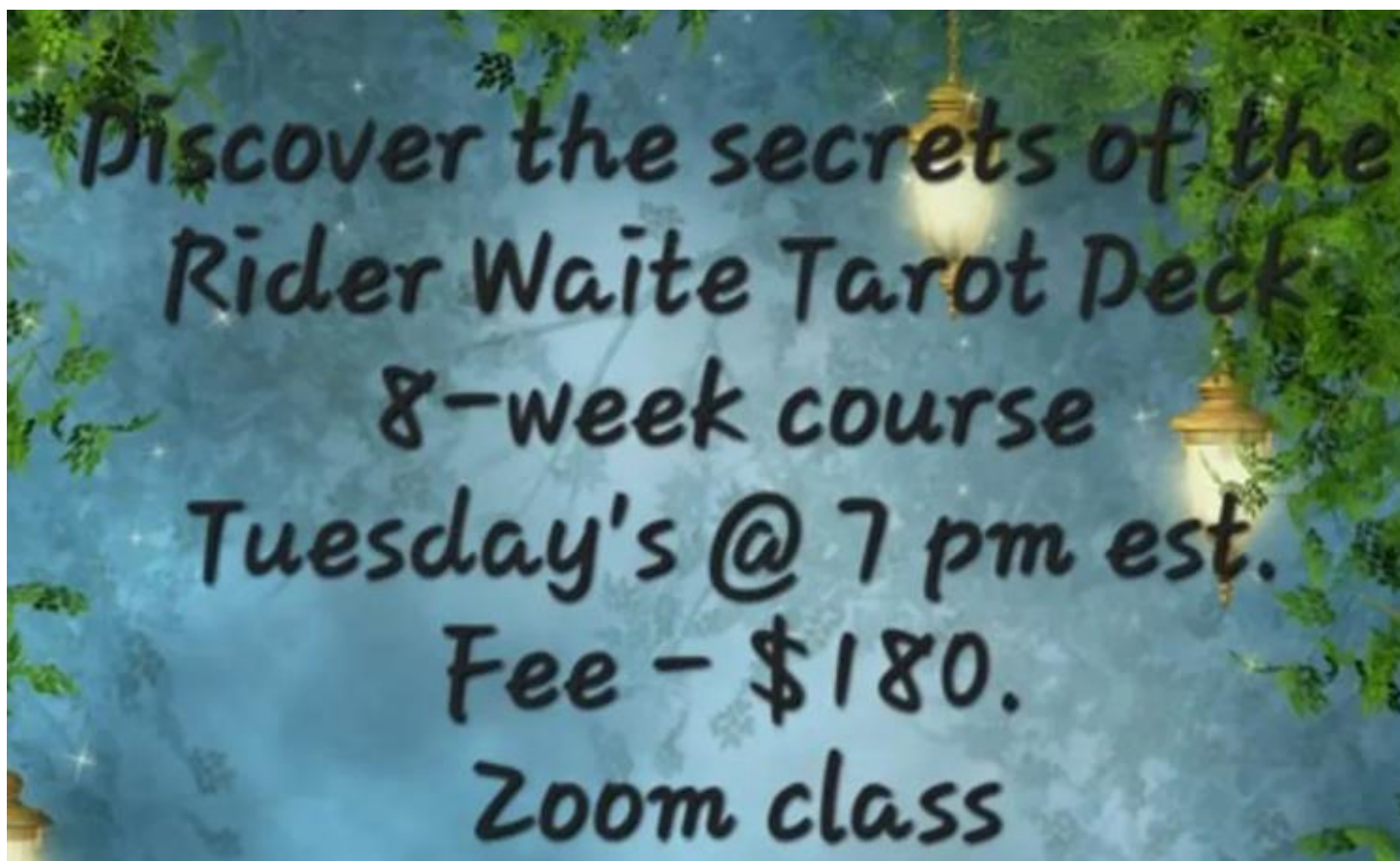
**More about Plymouth and the Hydesville: Plymouth Spiritualist Church was first formed as Plymouth Congregational Church, built in 1856. In 1909 Plymouth moved into their long-standing building that used to be located where 490 now stands. Plymouth Spiritualist Church has been the stomping grounds of both pioneers- Susan B. Anthony and Frederick Douglass. In 2003, Plymouth moved to the current building in Rochester, NY, located on Vick Park A (in between Park Ave and East Ave).**

**Hydesville is where the Fox Sisters lived in the late 1800's. The Fox Sisters brought Spiritualism to the forefront. At first their demonstration of mediumship was just thought of as entertainment but as time went by they were providing proof of the existence of life after death.**

**Tickets available for purchase at [www.plymouthspiritualist.org](http://www.plymouthspiritualist.org)**



## Online Tarot Class With Rev. Judy Lynn



**8 week class on Tuesday evenings Eastern Time. - Lots of note taking.**

**This 8 week class starts on Tuesday March. 28th ends on Tuesday May 16th. With a fee for this class is \$180. You are able to pay \$50 down to reserve your spot in class. With payment in full by March 10th. NO refunds. So please make sure you can commit to class.**

**I hope you can join me in discovering the hidden (in plain sight) secrets in the Rider Waite Tarot deck. The deck is full of symbolism's. Come learn where to find them and what they mean.**

**Also Learn a few phrases that will help you give a more meaningful reading.**

**Learn which cards are designed for yes/no answers and for those quick questions everyone has.**

**You will also learn to notice the colors in the cards and the color meanings. We'll touch on the Numerology, Element's, Zodiac and Timing of the cards as well. The upright and Reverse meanings.**

**There is a lot to discover in the RW Tarot deck. 78 cards, each with secrets of their own.**

**Please bring your RW tarot deck, Pen and paper to class. Or you can take notes on your computer. This is more of a lecture format than an interactive class.**

**If time allows we will do practice readings at the end.**

**PLEASE be on time. A Private FB Group will be set up for class where you can reach out to each other and set up practice sessions. The zoom link to class will also be posted in the group.**

**This class is not recorded.**

**If you need other payment arrangements let me know.**

**If not please send your payment to me at**

**<https://paypal.me/JudyLynnMedium?country.x=US&locale.x=en> US**

**Q & A during class. It will be NOT recorded.**

**When the class is done, every card in the deck will be explained.**

**Tip: Take pictures of each card and tape or glue it on a piece of paper for your note taking. Or you can tape the actual card on the paper.**

**Give each card a page.**

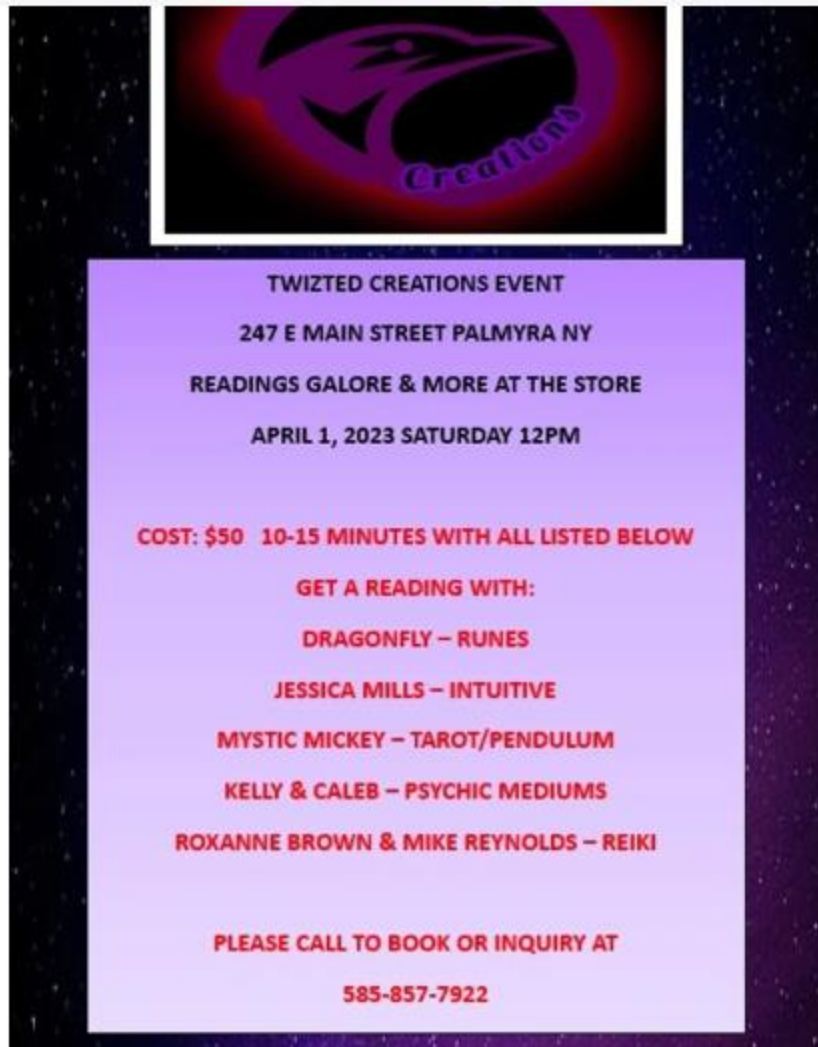
**By the end of class you will have a workbook to refer to forever.**

**The class will begin at 7 p.m. Eastern Time. And run for approx. 1 hr. to 1 hr. and 30 min's**

**If you have any questions or need other payment arrangements please reach out to me.**

**<https://paypal.me/JudyLynnMedium?country.x=US&locale.x=en>**

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## **April 1<sup>st</sup> READINGS AND MORE AT THE STORE**

**Come check out the store and see all they have to offer with this event. Have a great day getting a variety of readings and a Reiki treatment at the end. Call if you want to book or have questions.**

**Find Twizted on Facebook at: <https://www.facebook.com/twizted669>**

*Come Celebrate the Full Pink Moon with us!*  
**MIND BODY SOUL EXPO**



**Saturday, April 8, 2023**  
**10AM-6PM**  
**Saratoga Springs City Center**  
**522 Broadway, Saratoga Springs, NY 12866**

Discover and explore many forms of holistic,  
 health and wellness.  
 Discover something new, something different,  
 something unexpected.  
 Free admission, including:

- Free lectures • Free workshops
- Interactive exhibits and demos
- Performances by local musicians

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




**OPEN TO THE PUBLIC • FREE admission**

## **The Mind Body Soul Expo is Coming**

**Come Celebrate the Full Pink Moon with us!! Mind Body Soul Expo  
 Saturday, April 8, 2023 10a-6p Saratoga Springs City Center**

**Open to the public and FREE Admission to this Wellness, Health, and  
 Holistic Expo**

**Free lectures, Free workshops, Healing and Meditation Room, Essential  
 oils, Crystals, Handcrafted jewelry with healing properties, Holistic  
 Practitioners, Organic/Vegan products, Skincare, Weight management,  
 Reiki, Live Music, Spirituality, Fitness, Nutrition, Psychics, Mediums,  
 Tarot readers, Local Artisans, Live performances , Local Saratoga  
 businesses, Free samples and much, much more!!**

**FREE ADMISSION Tickets : <https://www.eventbrite.com/e/467649370857>**



**23<sup>RD</sup> ANNUAL SPRING PSYCHIC FAIR & NEW AGE MARKET PLACE**

**201 NORTH MAIN ST CANASTOTA NY**

**Saturday, April 15<sup>th</sup>: 11am - 8pm/ Sunday, April 16<sup>th</sup>: 11am - 6pm**

**Admission: \$7.00/pp (includes all lectures)**

### **Come to the Greystone Castle**

**Come to the Greystone Castle for a great fair with Psychic & Intuitive Readers, Reiki, Jewelry, Henna Artist, Candles, Clothing, Gourmet Candy, Herbal Soaps, Geodes, Decorative Stonework.**

**Plus there's lectures both days on all kinds of spiritual topics.**

**While you're there enjoy food from these food trucks -**

**Brake From The Grind, Tacocat Food Co. and Farm to Table**

**For more info go to: [www.thegreystonecastle.com/](http://www.thegreystonecastle.com/)**

## ***Friday Night Event With Dr. John Ryan***



**Save this date, Friday, April 21, from 7:00 - 10:00 in downtown Rochester, NY.**

**Join us for an evening of healing and ascension support with Dr. John Ryan, Tracey Roberts, and Sheila Tillich. Experience UNITY FIELD HEALING with the SIRIAN BLUE WHITE COLLECTIVE!**

**Are you ready to experience the transformative power of Unity Field Healing and the Sirian Blue White Collective?**

**This evolutionary new "energy-based" healing modality works through the field of quantum information of your DNA.**

**Don't miss out on this opportunity to discover the New World of Energy Medicine! Register today at <http://bit.ly/3ZZz8CB>**

**Cost is \$36.64 for this Friday night only event.**

**Who is Dr. John Ryan: Dr. John is a board-certified specialist physician, with a longstanding interest in spirituality, consciousness, and energy-based healing. For over 20 years he has participated in the emerging energy healing paradigm as an energy healing practitioner and counsellor in support of personal transformation.**

**Dr. Ryan is the author of *The Missing Pill - The Rise of Energy Based Healing and Conscious Bio-Spiritual Transformation* and the founder of *Unity Field Healing - A Quantum Based Meditative Tool for wellbeing and "BioSpiritual Integration" !***

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### **Unity Field Healing Practitioner Training Program**

**Unity Field Healing (UFH) is a remarkable new “Quantum Healing” Modality. Performed through hands-on healing sessions – it works with the quantum energy of Human DNA to promote healing and personal transformation. This event is a UFH Practitioners Training Program. This work was developed from visionary teachings received by Dr. John – and recently validated by Kryon/Lee Carroll in a live channel!**

**UFH is the Energy Medicine of the Future!**

**Hosted by the wonderful Sheila Tillich of Rochester NY – Dr. John will be present in person to deliver this UFH Practitioner Training Program!**

**Friday, April 21st, 2023 7:00 pm - 10:30 pm**

**Saturday, April 22nd, and Sunday, April 23rd, 2023 10:00am – 6:00 pm**

**Registration will include instruction in Energy Medicine and the art of Unity Field Healing as a Practitioner, Energy Attunements to become a Practitioner, a 44-page manual, Certification as a UFH Practitioner – Level 1, 2, and 3 – and free listing as a practitioner of this remarkable energy modality on the UFH website.**

**Please note also that the practitioner's training includes registration for the Friday evening “Sirian Transmission and Introduction to Unity Field Healing” event – you do not need to register separately for this event, it is included!**

**What you will Receive: be one of the first practitioners of this remarkable new energy modality - for yourself, your family or your clients!**

**Presentations - to understand energy healing, Unity Field Healing as a practitioner and the new energy paradigm. Spiritual attunements to perform UFH sessions 1-3. Certification to practice Unity Field Healing with clients and a 44 page practitioner manual.**

**Cost is \$888 for the early bird**

**Cost is \$999 for regular registration.**

**You can register with a \$288 deposit to reserve your space.**

**The event location: Hilton Garden Inn Downtown 155 E. Main St,  
Rochester, NY**

**For more info go to [https://sheilatillich.com/stec\\_event/ufh-practitioners-training/](https://sheilatillich.com/stec_event/ufh-practitioners-training/)**

**Or Call Sheila Tillich: (585) 313-3996**

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## **IET Master Instructor Class May 20 & May 21**

**It's time to step into your Magnificence and Live your soul's purpose!**

**Join us for our two-day life-changing Master-Instructor certification class. Pre-requisite: Completion of IET Basic, Intermediate, and Advanced levels by the time of the class.**

**Master-Instructor Level works at the 6th pair (alignment with the Divine) of the 12 Strand DNA and provides students with the ability to activate the DNA of others and attune them to the Basic, Intermediate, and Advanced Levels.**

**Are you ready to become the Master of your life?**

**Are you ready to improve all aspects of your life, raise your vibration and create the life of your dreams?**

**Is your soul calling to be of higher service as you interact with people in your daily life?**

**Here Is What you Will Gain From Our Class:**

**This weekend is filled with new processes to support you in lifting into vibrational alignment with your destiny, purpose, and passion beyond that which you can imagine.**

- \* **Receive the IET Master-Instructor Attunement which activates your 6th pair of Spiritual DNA**
- \* **Learn and practice to optimize your DNA**    \* **Learn the Secrets of IET Sacred Geometry**
- \* **Discover and Live Your Reach**                      \* **Special Masters Only Techniques**
- \* **The Blessing Bowl Process**                              \* **Sacred Heart-Netting**
- \* **12-Strand DNA Alignment**                              \* **I-Chi Process**
- \* **IET Power Bursts**    \* **Amplifying IET Energy**
- \* **Attune Your Students & Re-Attune Yourself**
- \* **Be certified to teach IET and much more....**

**Date: May 20th and 21st, 2023    Time: 9:30 am - 6 pm**

**Location Description: Class is located at a private residence in Fairport, NY. (address provided with registration)**

**Price & Terms: Go to Sheila's site to sign up and find out about pricing. [https://sheilatillich.com/stec\\_event/iet-master-instructor-classes-rochester-may-2023/](https://sheilatillich.com/stec_event/iet-master-instructor-classes-rochester-may-2023/)**

**Lunch Description: There will be a lunch break on both days and students are responsible for their own lunches. There are restaurants nearby. Students can sign up for Panera Bread lunch delivery Saturday as they check into class.**

# Metaphysical Business Cross Promotional Advertising



**Pearls Of Wisdom - A site for Inspiritual quotes, sayings, stories to awaken our consciousness to uplift, heal and feed the soul for self growth, inner peace & global peace. Buddhist Wisdom, Native American Wisdom, Peace Pages, Empowering Women, Inspiritual Song Lyrics, Soul Shoppe, Healthy Living. Go to the site - <http://www.sapphyr.net>**



**Alternatives for Healing is a leading holistic and alternative medicine directory for finding practitioners, natural products, books, CDs, DVDs, stores, magazines, classes, schools, retreats, videos, newsletters, blogs, articles, and talk radio.**

**<http://www.alternativesforhealing.com>**



**OfSpirit.com: Holistic, Spiritual & Self-Improvement Resource.**

<http://www.ofspirit.com>



**What Is Wisdom Magazine? Wisdom of the Heavens, Earth, Body, Mind & Soul is published bi-monthly (every other month) as a free holistic, spiritual and metaphysical magazine serving the culturally creative community.**

<http://www.wisdom-magazine.com>

Holistic Health, Natural Healing, Spirituality and Awakening

## Body Mind Spirit DIRECTORY

Your Guide to Conscious Living

Body Mind Spirit  
DIRECTORY

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!**



Mythic Treasures  
727 E Main St  
Rochester, NY 14605  
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.**

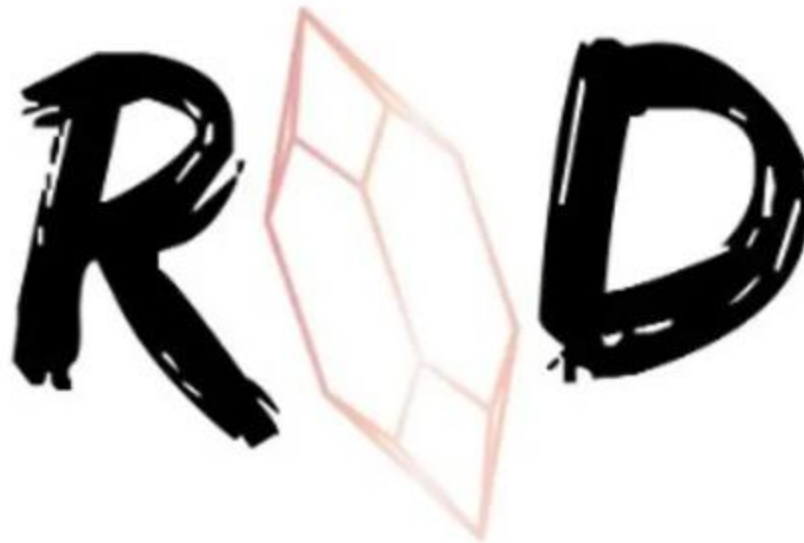
**Learn more about Sage at: <https://youtu.be/v9AzKAJx7Lg>**



**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.**



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

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

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

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





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!**



Dancing Crowns, LLC  
**Leticia Ferrer-Rivera**  
349 W Commercial St Suite 2945, East Rochester, NY 14445.

**[www.dancingcrownspsychic.com](http://www.dancingcrownspsychic.com)**  
**[dancingcrownsusa@gmail.com](mailto:dancingcrownsusa@gmail.com)**  
**407-529-9881**

**Leticia Ferrer-Rivera is the Owner and Founder of Dancing Crowns which is an online based business and also is at different Psychic Fairs and events around WNY. The title comes from her being a Dance Instructor, Performer and former Pageant Queen. Leticia has been an intuitive person all her life and she started getting clairvoyance messages through her dreams at the age of 7. Since then she always did Dreams Interpretation along one of her aunts who helped her understand and search for the meanings. Leticia became a Wicca Priestess in 2005 and since then she started studying Tarot, connecting with crystals and using Pendulum. She kept developing her connection with the Feminine, the Goddess and all Elements through Belly Dance and Afro-Caribbean Drum and Dance. In 2018 she decided to take her skills and gifts of Tarot, Pendulum and Crystal Reading to another level and she also got Certified in Crystal Healing. She expanded her business to include her handmade Crystal Healing Jewelry, Crystal Grids, Crystal Therapy Bags, Magickal Items and a whole variety of Stones, Rocks, Minerals and the famous Gems Water Bottles. She has recently incorporated handmade greeting cards with Pagan and Holistic designs. Leticia is also a Holistic Life Counselor, Tarot Master and Certified Crystal Caster. She is also certified in other areas such as Reiki and Crystal Healing for Pets. Leticia has achieved her High Priestess as she finished her studies of Magick and the occult as a student of Marcus Katz.**

**Learn more about Leticia: [https://youtu.be/NaU\\_Bf6IDZE](https://youtu.be/NaU_Bf6IDZE)**



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>**



**Ellen Gans, Psychic Medium**  
**Rockford Office Complex**  
**1777 Penfield Rd**  
**Penfield, NY 14526**  
**<https://ellengans.com>**  
**[ReadingsByEsg@gmail.com](mailto:ReadingsByEsg@gmail.com)**  
**Facebook: @EllenGans34**  
**Instagram: EllenGansPsychic**

**When I was a child I told my mother her brother was mapping stars in heaven. I could see him at his desk with all his art supplies around him and his pipe in his mouth. I knew he was telling me about his job in heaven. He crossed over in 1965, I was 6 years old. This clairvoyant vision let me know that our Loved Ones are around us and can communicate with us. It is the foundation for my work with the Universe and Spirit, conveying messages and information to you.**

**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**



The Eclectic Hedge  
**Stephanie Powers**  
8893 South Seneca St  
Weedsport, NY 13166  
315- 567-3574

<https://www.eclectichedge.com/>  
<https://www.facebook.com/theeclectichedge/>

**My name is Stephanie Powers and I am the proud owner of Eclectic Hedge. I was born and raised in Weedsport, NY and currently reside in Port Byron with my husband and our two children. I absolutely love living in the Fingerlakes.**

**Since I was a little girl, I have always felt at home in nature. I could spend endless hours in the woods, or playing in streams, and never get bored. I still connect best by taking a stroll through the woods or dipping my toes in the water. Simple pleasures. Along the way I have discovered my love for crystals, cleansing, and I can't get enough incense or candles. You can find all of these items and more in Eclectic Hedge.**

**I recently became a Reiki Master and love sharing its beautiful energy. I offer in person and distance reiki healing sessions. The Eclectic Hedge exists to share my passion with YOU. When you enter my shop, it's like coming to visit an old friend. I look forward to serving my community and creating meaningful experiences for my guests. Small shop. Big Heart. See you soon!**



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>**





Michelle Brzezniak  
Certified Eden Energy Medicine Practitioner  
585-730-2762  
[eembymichelle@gmail.com](mailto:eembymichelle@gmail.com)  
<https://eembymichelle.wixsite.com/hope>  
Rochester, NY Area by Appointment

**The legendary Donna Eden's simple Daily Energy Routine relieved my chronic migraines and changed my life dramatically. I was given a renewed sense of vitality and life purpose! I then completed the rigorous 2 year hands on Certification Program for Eden Energy Medicine, and I am currently in the 3rd year Clinical Mastery Practicum. I also have a diverse background in Reiki and Therapeutic Touch, Intuitive Consulting, Teaching and 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>**



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

Some may have limited hours or by appointment only Have Any Info to Update - email  
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  
The Crystal Jelly 7 South Jefferson St Pulaski, NY 13142

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

Alabaster & Ash 10169 Fuller Rd Remsen NY 13438  
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  
Sun Moon and Earth 385 Main St Otego, NY 13825

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  
Griffin's Aerie 1 E Lamoka Ave Savona, NY 14879

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

#### Rocks/Crystal Stores

Rock Star Crystals 146 W 26th St, New York, NY 10001  
Crystals of Quartz 61 Windemere Ave Greenwood Lake, NY 10925  
Fortune Crystals 2116 Merrick Ave Merrick NY 11566  
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.**

# ROC Metaphysical Calendar of Events

ROC Metaphysical						
Today <span>◀</span> <span>▶</span> March 2023 <span>📅</span>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 10am Experience Psychic Fair	27	28	Mar 1	2	3	4
5 11am Experience Psychic Fair	6	7 8:30pm Open Discussion on Spiritua	8	9	10	11
12 11am Experience Psychic Fair	13	14 8:30pm "I Am Enough" Let's Clear N 8pm Soul DNA Merging	15	16	17	18
19	20	21 8:30pm Learn How to Use a Pendulu	22	23	24	25
26	27	28 8:30pm Are you a Spiritual Experien	29	30	31	

**Our calendar is updated frequently and we use ROC Metaphysical's Facebook page to also promote events. If your event is free there is no charge to list it. If your event has an admission fee the charge is \$10 for one event and \$20 for three events. If you'd like to have your event listed please email us at [rocmetaphysical@gmail.com](mailto:rocmetaphysical@gmail.com).**

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