

Metaphysics (from Greek: (meta) = "after", (phúsis) = "nature") is the branch of philosophy concerned with explaining the nature of the world. It is the study of being or reality.

The METAPHYSICAL TIMES



Volume VI Issue 1

February 2011

Priceless

we here!

Upcoming Metaphysical Events

LIVERPOOL, NY

February 18, 19 & 20, 2011
Liverpool Holiday Inn
Liverpool, NY

LITTLE FALLS, NY

TBA
Beardsley Castle

UTICA, NY

March 19 & 20, 2011
Holiday Inn
1777 Burrstone Rd.

CANASTOTA, NY

April 2 & 3, 2011
Greystone Castle

WATERTOWN, NY

April 16 & 17, 2011
Comfort Inn

CLAYTON, NY

April 30 & May 1, 2011
Clayton Opera House

SYRACUSE, NY 2011

Sat. & Sun. July 9 & 10
New York State
Fairgrounds
Martha Eddy Room
Art & Home Center

DEPEW, NY

Psychic Fairs at
Hearthstone Manor
Feb. 26 and 27
March 26 and 27
(featuring
Raymond Moody)
August 27 and 28
November 5 and 6

"Conscious Health"
articles pages #6-8

Possibly the first in a series...

What need have we for books?

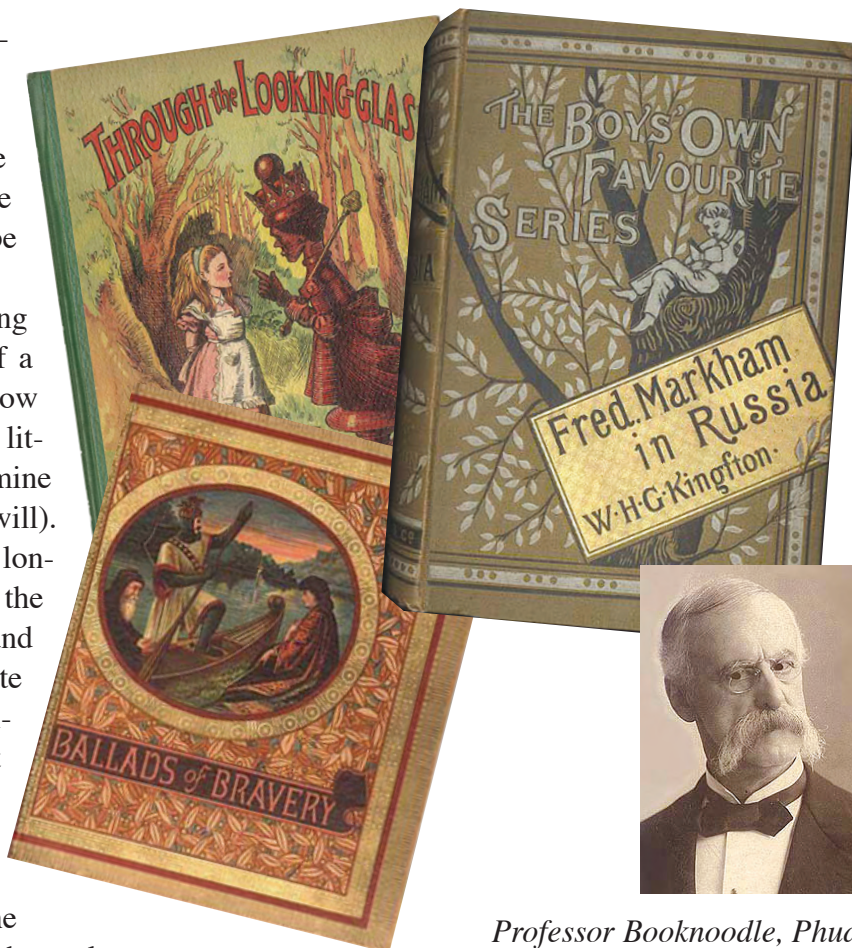
by Josiah Booknoodle, Phud

In the face of an increasingly puissant electronic/digital technology what will be the fate of books? Word is out that the new Oxford Dictionary (the venerable OED) will not be physically printed, but only birthed into the bowels of the machine, and from there to be retrieved only virtually when needed.

One can - still - encompass all the learning that is worth learning within the confines of a library made up of physical books. But for how long? What the future may hold in store for literature and knowledge is of no concern of mine ... (you may believe or disbelieve that as you will). In fact ... I think it possible that words will no longer be written - fashioned from the meat of the heart and mind; texts will be misconstrued and strewn about by committee; these corporate products will be constructed of contrived, soulless words, bereft of any literary style or merit - fashioned to suit the base needs of soulless machines, which will then fit neatly into the commercial schemata dictated by faceless corporate entities, that are fast taking over the world a schemata irrelevant to the heart, or the soul ... and certainly irrelevant to literature.

In fact, one can encompass all the learning that need be known within the glance that passes between two loving souls - between a mother and nuzzling baby - between two lovers embraced in the wonder of life.

So what need have we for books at all?



Professor Booknoodle, Phud

Professor Booknoodle is an autodidactic book dealer from the early 20th century who has found that he has been inexplicably transplanted to the 21st century. The Professor has adjusted nicely. He still pursues bookselling as an avocation, and sells the occasional book. The Professor has noticed a change in the complexity of shipping. But his biggest perplexity is, in his own words, "How the deuce did I get shipped to the future?"

Visit Josiah Booknoodle at Brothertown Books on Face Book



A Tribute to the Dunn Family

By Dennis Cole and the Metaphysical Times

It may have been summer-time in the late 1970's when I first met Ron and Maryanne Dunn. We belonged to an Central New York Astrological Association and we were at a group picnic. Seems like it was located in Camillus, NY area at someone's home.

As we stood outside, everyone chatting and enjoying the conversations, I noticed that several people wanted to approach and talk with this one person - Ron Dunn. He was slim in build, average height and had a unique, soothing and friendly voice. I later learned that he was a psychic.

Ron worked for the Postal Service for 18 years, and began "delivering his messages" **that** way. In time however, it became apparent that Ron's part-time pursuit, in "doing readings" for friends and people, became popular and expanded .

So Ron and his wife Maryanne decided to take a chance on his early retirement from the postal service an he became a full-time psychic. In the early stages of his psychic work, Ron **wrote** out the messages for those who consulted with him. This often involved several pages of fast writing; so, eventually the readings were recorded for the clients on audio cassettes.

continued on page #11

BOOK REVIEW

**“BE THE PACK LEADER”
by Ceasar Millan**



By Betsy Rengert

Seven Rays Bookstore

I picked this book because I could not believe I was reading a book about how to train my black lab, Baker. Baker is a 85 lb. black lab that I rescued from the perils of being put down if noone adopted him. Baker was 7 months old when I got him and he was well behaved until he had to go through alot of changes which overly confused him.

First, he had to move from our original house, (a fire) to a hotel room, to a rental house, to a new house, then when David passed, I moved to a small house, with a small yard, all this in two years. Then, when my son decided to move back to North Carolina, Baker and I moved back to the house that we bought after the fire, a full circle for us. Not only is Baker confused so am I. With all this moving and the loss of the alpha male, Baker took over the role, and he took it seriously. So one day I picked up this book and decided I needed to start helping Baker back to his rightful position as women's best friend and me as the pack leader. From the very beginning of this book Ceasar starts you on a spiritual journey of becoming confident, one with oneself, balanced. Ceasar points out that we as humans are willing to follow leaders, spiritual leaders, and emotional leaders. That we instinctively are willing to listen and follow, even though these leaders themselves are unbalanced, and unstable. Animals, will only follow the stable, instinctual leaders. Ceasar also points out the relationship we have with the planet, earth. How, being unbalanced, unstable, makes us fail at being positive guardians of the planet. From the very beginning Ceasar starts out showing us how we are living our lives out of balance, how we are beginning to loose the instinctual side of ourselves. We forgot that we were animals first, humans second.

“Instinct equals common sense.” Ceasar feels that a healthy human is balanced in four areas, intellectual, emotional, spiritual, and instinctual. For some examples, he explains that intellectual is the way we communicate with each other verbally, we are masters of log-

Continued on page #25

2011 - The year of CHUTZPAH

By Cindy Griffith

According to the all-knowing Wikipedia: Chutzpah can be used to express admiration for non-conformist but gutsy audacity. Leo Rosten in The Joys of Yiddish defines chutzpah as “gall, brazen nerve, effrontery, incredible ‘guts,’ presumption plus arrogance such as no other word and no other language can do justice to.”

So, I choose Chutzpah for the descriptor for 2011. The numerology for this year is a Four, which in Tarot Numerology is the Emperor. The Emperor is a manifester and a builder. He uses his intuition to validate his common sense, yet he is not a “feeling” kinda guy. He will take control and he will rule the roost. He is definitely the boss, but knows how to get people to follow his lead.

Yet a Four Year is not as easily described as the Emperor card. There is a flavor of “Git ‘er done” or “Just do it” along with a dash of “dare me” and “whatcha gonna do about it?!”

We have a tendency to be more of a risk taker in a Four Year. You might find this the year you finally make a big leap that you were too cautious or fearful of last year. You might be prone to being a little more aggressive. Maybe you tell someone “what you are really thinking,” (as a dear friend says). All in all, you can put the assertive, aggres-

sive, “chutpsaic” energy (if that is even a word) to work for you!

This year, don't be afraid to make a change. This doesn't mean that you throw caution to the wind! An Emperor will always measure twice and cut once, yet he will make the cut for sure! If you have had a dream that you haven't been able to get out of the creative stage, this is the year to manifest it.

A Four Year has some challenges too! You may find yourself being overly aggressive. Practice assertiveness this year instead. A rule of thumb is that if you feel you have to be aggressive, it usually means you aren't being assertive enough. Think about that one. If you find that you are spinning your wheels, it could be that your intuition is not confirming your idea! Check twice to make sure your action is wise, yet do something! Also, you might have trouble letting go of things this year. This could really trip you up, so when in doubt, throw it out!

For the most part, 2011 will be a great year to move forward on projects that you have been procrastinating about. Don't worry if you are a little brazen, you'll have to chutzpah to stand up for yourself!



THE EMPEROR.

See Sue-Ryn's Article Page #

Hill Woman Productions

Herbs Pleasures Affordable Comforts & more

Visit hillwoman.com
for our schedule including:

Canastota Psychic Fair
The Greystone April 2 & 3

Clayton Psychic Fair
The Clayton Opera House
April 30 & May 1

*Free
Shipping
during
February*

on all orders over \$25⁰⁰

visit
hillwoman.com or
call
800-600-3831
or more information

**METAPHYSICAL
TIMES**

Metaphysical Times Publishing
Volume VI • February/March 2011

PUBLISHER

Georgia E. Cuninghame

Distribution - Orion Marketing

Printing: Oneida Dispatch

New Phone & Address:

For sales or information call 315-720-8752

POB 173 Liverpool, NY 13088

e-mail gc@metaphysicaltimes.com

we reserve the right to accept or refuse

advertising at our discretion

visit us at metaphysicaltimes.com

ASTROLOGY & RELATIONSHIPS

Part Two... continued from November 2010

By Dennis Cole

*Professional Astrologer, Author,
Metaphysical Consultant, and Lecturer.*



People from all walks of life find Guidance with Dennis in such areas as; Life Focus, Relationships, Well-Being, and Life Cycles. In addition to decades of Metaphysical Consulting, Dennis Writes, Lectures, Teaches and conducts "Playshops" in such areas as: The Metaphysics of Love, Modern Astrology and Self-Discovery, and the Metaphysics of Well-Being.

Dennis has a deep Appreciation of the opportunities to share Spiritual workable knowledge which he has acquired through his openness to wonderful channeled Sources since the 1960s. Although Dennis has degrees in Chemistry, Business Administration, Reiki and Electronics, he adheres to Mark Twain's, "I never let schooling get in the way of my education."

A man tends to be attracted to women who have qualities that are like his natal Moon and Venus Signs. And a woman desires qualities in a man, which are amazingly like her own, Sun and Mars Signs. These relate to the "anima" and "animus."

In effect, men tend to marry their "moms" and women, their "dads"! There's something about the partner that –consciously or unconsciously – reminds them of the opposite sex parent. It's interesting to note that how well they get along with – or feel about – these parents has a bearing on how they may get along in their personal relationships.

When we form a relationship there's a tendency to replicate the parental marriage. As a result, if we recognize and don't like that, we may decide to create a new model. We also tend to grow up and attract a partner

who may treat us in some negative way as a parent might have treated us. And if the partner does not treat us that way there may be a tendency to provoke them into that parental role.

Astrology can help us to understand these tendencies and to transmute negative behaviors into positive. Our agreed-to birth potentials and drives will not "go away." The "good news," however, is that we can always choose to pursue their positive potentials. There's a saying that goes something like "A relationship is like a fire, and if left attended it may go out."

There are a number of "characters" in every relationship. These include the outer male and female, the inner transsexual sides, the Jungian "shadow" or unconscious, and the "child" within, for example.

"Falling in love" is not true love. It is "selfish love." However, it serves an evolutionary purpose and it might lead to true or Unconditional Love. The brain chemistry of "falling in love" lasts about a year or two. True love can develop when a couple is open to learning and sharing more about each other. And true love allows trust, which can help a couple to drop "masks" and barriers to intimacy. Without some degree of love in a sexual union, there would be a blockage of connections between their Light or God body connectors of Spirit-Consciousness to matter – their "chakras." And no intensity of passion, devoid of intimacy and warmth, can result in ultimate Soul satisfaction.

In my relationship consulting work I do make use of many of the well-established techniques of Synastry. However, I also like to use an informative occult technique to help empower my clients. I want them to be able to find peace by pointing out the "bigger picture" of their relating experiences.

So, often, I'll ask my clients if they'd like to know what their Soul most wants them to know, at the time, about the relationship in question. And, with their approval, I



"Our 'JOY' depends upon where we choose to focus our attention"
- Dennis Cole

Discover your natural life focus potentials.

Create more loving, harmonious relationships. Transcend limitations and fear-based 'realities'.

Receive guidance about Love, Life, Work, Health, Turning Points, and Opportunities, and what your Inner Being most wants you to Know.

Dennis Cole

is a professional Transpersonal Astrologer, Metaphysical Consultant, Author and Lecturer. Offering in-depth guidance in such areas as Relationships, Life Focus and Life's Key turning points.



Contact: Dennis Cole
P.O. 122 - MT Liverpool NY 13088
Phone # (315)-457-9141

Gift Certificates Available
www.aquariusservices.net

Rambling Along the Metaphysical Path

BUGS

By Georgia E. Cuninghame, PhD
Publisher, Metaphysical Times

Metaphysics (from Greek: (meta) = “after”, (phúsis) = “nature”) is the branch of philosophy concerned with explaining the nature of the world. It is the study of being or reality.

Metaphysics in today’s society may have come to be related and perhaps confused with the “occult.” It has never been my intention to validate that belief. My personal definition of Metaphysics is sort of free-for-all thoughts on being and reality. Around five years ago or so that was the intention when the name “Metaphysical Times” came to me. A forum for anything that I considered smart or interesting. So... as you have noticed we have tried to include a myriad of thoughts and articles with no “judgment” because of my personal belief system. A friend suggested a phrase that I have come to think appropriate: “suspension of belief.” I’m not exactly sure that was what he meant but it works for me. Probably sometimes it’s closer to “suspension of disbelief,” but that sounds a little rough.

Okay, that’s the philosophical stuff that may explain why I am writing today about “Bugs” and this ramble may vacillate between the certainty and preternatural (that which appears to exceed the bounds of possibility). I have BUGS in my apartment. Not the normal apartment bugs, these are especially pretty bugs who are only interested in wandering back and forth and up and down my Bamboo plants. That’s really all they do. When company comes by I pick them off the Bamboo and put them out-of-doors.

I told the landlord that I have come to think of them as pets and inquired if they were allowed in my “no pets” lease (I am not sure he was as amused as I was).



I had never seen these particular insects before and had no idea what they were (getting bored yet? It does get better).

A few weeks ago I was wandering through my news feed on FaceBook and my acquaintance had a comment from her mom. Her mom’s profile picture... “TA-DA”... was my bug! As well you can imagine I clicked on to her page and was blown away. An artist, a wonderful,

talented artist behind this “Bug” icon. Sandra Buchholz, a jewelry designer who specializes in insect jewelry. Exquisite jewelry that spans the realistic to the mythological. It took my breath away.

Here’s the “woo-woo” part (preternatural): She thought she invented the insect in the picture. She researched the insect and found out the name...

Bamboo Longhorn Beetle
w(Chlorohorus Annularis Fabricius)

Now, what’s the reason for this “ramble”? My “Bugs” introduced me to this wonderful artist and I, in turn, am introducing her lovely pieces to you.: <http://www.elegantinsects.com/>



Sharing Joy... Is that Metaphysical?



Past Life Recall

Not a reading you experience it \$70.00 per Session

By appointment only

Robert Steingraber

315-476-8823
wiccantank@netscape.com



The Robert Angelo Henty Foundation Fundraiser

**Saturday, April 9
1:00pm - 5:00pm
Valley American Legion**

for detailed information go to

The Robert Angelo Henty Foundation Face Book Page

Subscribe to Metaphysical Times

Fill out this coupon for a year’s subscription (minimum four - up to six issues per year) for only \$10. Include a check or Money order made out Metaphysical Times.

Name: _____

Address: _____

Phone: _____ email: _____

**Mail to Metaphysical Times -
Box #173, Liverpool, NY 13088-0173**

Feel better...

Energetically, Spiritually, Emotionally & Physically with:

Healing Harmonics™

Reconnect with the sounds of the Ancient Solfeggio frequencies to balance and impart harmony in your life.



Instructor:

REV. LIZ COX

- Certified SomaEnergetics Instructor
- Energy Vitality Tuning Fork Treatments
Level I and Level II
- Certified Metaphysician
- Spiritual Counselor
- Licensed Spiritualist Healer
- Ordained Minister

SomaEnergetics™ is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider #450637-08. You can earn 12 contact hours of CEU's.

SOMAENERGETICS™

www.SomaEnergetics.com

SomaEnergetics™ is a powerful series of Sound Therapies that utilize tuning forks tuned to specific frequencies and has been used since ancient times. It has long been known that the use of sound has a strong impact on moods, assists in meditative states, releasing blockages and healing in the energy bodies.

Healing Harmonics Classes & Events

Healing Harmonics - Introduction to Tuning Forks -

**The Power of Sound Therapy
and Your Body -**

SomaEnergetics: Level I Level II

**Classes soon
to be announced.**

Liz also offers private weekend courses:

**SomaEnergetics: Level I Energy Vitality
Level II Body Tuners**

(Call or email (below) for more information)

Serving all of Central & Western New York

For class information call Reverend Liz Cox:

607.769.7844

Email: scottiedog001@gmail.com

Fifteenth in a continuing series by Sue-Ryn

by Sue-Ryn - Hillwoman

DREAMTIME ASSISTANCE

Sleep and dreams are vital to our health on all levels. We need restorative rest to maintain physical health. We also need those ventures into dreamland to heal our psyches and sometimes to get messages from our own depths. Sometimes, for a myriad of reasons, good sleep is hard to find.

Here are some ways I have found it over the years.

Some bedtime supplements I use to aide sleep are Melatonin (.3 to 1.0 mg dose) to help set my body's clock, L-Theanine to clam a restless brain, sometimes mixed with 5htp (which sounds rather scary but is actually precursor that forms Serotonin) which helps balance mood, sleep patterns and pain control. These amino acids can be found at health food stores, drug stores, and other places that sell supplements. They may interact with other meds, so consult your physician if you have concerns. I tend to use Melatonin regularly, and ad in the others when my brain goes on overdrive.

Valerian root tincture, Hops tincture, or Ladies Bedstraw flower essence, can be added to other relaxing herbal teas. Or use the roots and strobiles to make tea, but balance their earthier flavors with warming spices like cinnamon, clove, or ginger. Other sedative herbs like Scullcap, Catnip, Passiflora, and Oat Straw can be blended with Chamomile, Red Clover Blossoms, Calendula, Lemon Balm, Lavender Blossoms, Lemon Verbena Spearmint, or a Rose Scented Geranium leaf to ad a little flavor. Some folks like using Mugwort or Kava Kava Root tinctures, teas, or capsules for stimulating dreams. Extended use of Kava Kava may cause kidney irritation and both may cause insomnia, so use these last two herbs respectfully. Check your local herb supplier or pharmacy, there are plenty of premade herbal sleep supplements on the market these days.

Women passing through menopause may experience insomnia that nothing seems to ease. Unfortunately, there are no "one thing fixes it all" remedies for hormonally induced insomnia, though liver support herbs have been known to help. I highly recommend checking out Dr. Susan Lark's book "Hormone Revolution" as a resource to get a better understanding of what may be going on "under the hood". She shares a lot of good do-it-yourself information and discusses many alternative therapies, plus a holistic understanding of how all body systems are inter-relating (or not!) on the journey through menopause and beyond. If nothing else, you may get some good leads to track down with your healthcare provider. Susun Weed's new "Menopausal Years the Wise Woman Way" should also be on your book shelf. Fragrant sprays that are a combination of pure essential oils and distilled water can be purchased or crafted with your own oil blend. I spritz my pillow nightly. While this is definitely a matter of personal preference, some traditional scents for relaxation are Lavender, Mandarin Orange, Sandalwood, Frankincense, Neroli, and Rose. Some anti-snoring blends include Sweet Marjoram, though people who sleep with snorers have told me some times just breathing better keeps their partner's snoring to a dull roar. In those cases, a little Eucalyptus, Tea Tree and/or Clove in the mix can help. I am a big fan of the woodsy scents and frequently spray my pillow with a blend of Fir, Lavender, and Vetiver, conjuring memories of sleeping outside.

Herb pillows are a gentle way to get some dreamtime assistance. If dreams are your passion, Mugwort herb may help stimulate them. If it's rest you crave, leave the Mugwort out. If you are crafting a pillow for a child, leave the Mugwort out as it will be too stimulating. Restfull ingredients include; Lavender, Hops, Balsam needles, Rosepetals, Red and Sweet Clover flowers, Chamomile, Lemon Verbena, Sweet Marjoram, Sweet Woodruff, Sandalwood chips, and Vetivert root. Herbs for better breathing may include Eucalyptus leaves, Bay leaves, Sage leaves, whole Cloves, a little Mint (try Spearmint or Native mint they're less stimulating then peppermint). Pillow herbs of a more sensuous nature include Patchouli, Jasmine flowers, Coriander seeds, and Orange Blossoms and peels. You may want to ad a crystal or two to a pillow, Rose Quartz, Amethyst, or Herkimer diamonds are traditional additions. Let your heart be your guide with the crystals, and use smallish, tumbled stones.

Get out your big mixing bowl, a 1/4 cup scoop, pad and pencil (to record your formula) and your assortment of dried botanicals and spices. Mix one scoopful at a time...marking each addition on your list as you go. The easiest way to do this is make a list of all the herbs and put a check mark down for each scoopful. You may need to go out for a breathe of fresh air now and then, or smell some coffee beans to "cleanse your senses". Once you have gotten the mixture where you want it, pour it all into a clean recycled paper bag and give it a healthy shaking to blend everything together. Let the herbs blend (and the herb dust settle) overnight and give it another sniff. Once you've adjusted the formula to your liking, get your pillow ready to stuff. Add the crystals, with a wish for the recipient's well being, when you add the herbs to the pillow so they don't get lost in the bottom of the big brown bag!If you want to make pillows, this is an opportunity to really personalize things. You can match bedroom decor, use favorite colors, or choose something that represents the sort of soothing magic you are crafting.

Clean, recycled, cotton or flannel shirts make great "Men's Pillows". Or you may want silk or satin. Natural fibers breathe better and allow the fragrance to soothe the sleeper and also have a better relationship with the herbs. If you must have shimmery satin, just use it for one side and make the backing fabric natural. If you are going to embroider onto the pillow, it may be better to make a pillowcase. Herb pillows can also be made to use in other settings, like a favorite reading chair or napping couch. For young children, I like a simple cotton pillow with a removable and washable pillowcase. To make an easy pillowcase, cut your fabric two and a half times the length and 1 1/2" wider than the finished width of the pillow. Hem both of the edges on the ends for a neat finish. Fold the right sides of the case fabric together, using the finished pillow as your guide, so that the ends overlap a little in what will be the center of the finished back of the pillow. The case should look just a bit longer than the finished pillow. Pin the inside out folded case, and sew a 1/4" seam along each side. Un-pin and turn the case right side out. You can sew a 1/4" seam all the way around the outside of the "envelope" to give it a more finished look.

Sweet Dreams.



Hill Woman Productions
Wellesley Island NY 800-600-3831
Artfully blended Herbs, Oils
and Incense
More about Hill Woman and
Sue-Ryn at
www.hillwoman.com

Third in a continuing series by Bob Cesari

The Historical Basis for what is known as “Macrobiotics”

“Macrobiotics is neither an empirical folk medicine nor a mystical, palliative, religious, scientific, spiritual, symptomatic technique. It is the biological and physiological application of Oriental philosophy and medicine, a dialectical conception of the infinite universe. This approach is five thousand years old and shows the way to happiness via health. It is very simple in practice. Anyone can adapt it in his daily life, anywhere, anytime, if he genuinely wants to be free of all physiological or mental difficulties.”

Thus states George Ohsawa on page one of the first volume of Zen Macrobiotics.

Ohsawa is generally acknowledged as the founder of macrobiotics, but its history extends deep into the past, in both Western and Eastern culture. Ohsawa often cited another Japanese doctor and teacher, Sagan Ishizuka, as his inspiration and teacher. Yet the history goes even further back, to the mid-1600's and a Japanese philosopher, Ekken Kaibara.

Kaibara's teaching offered guidelines for living and eating that deeply influenced Ishizuka and Ohsawa who have become known as the pioneers of macrobiotics in the modern period. Modern day macrobiotic scholar Ronald Kotsch calls Kaibara 'the grandfather of macrobiotics'.

Sagan Ishizuka (1850-1910) was born during a time of great upheaval in Japanese culture. Western ways of life were being adapted to replace many traditional ways of life, including traditional foods. He saw the cause of physical and moral decline in his homeland in the changing food habits of his nation. His solution was to return to its traditional diet, including whole foods and he favored organic, natural methods of growing food. Some view him as the true 'father' of macrobiotics.

George Ohsawa (1893-1966) suffered from what were termed 'incurable' diseases at the age of 18. He learned of Ishizuka's approach to diet and medicine, and completely restored his own health, curing himself of tuberculosis. At this point, he dedicated himself to teaching the ideas and principles that had helped to cure him.

The first known use of the word macrobiotic is found in the writings of a German physician, **Christoph Wilhelm Hufeland**, in his book *The Art Of Prolonging Life* (1798). According to Hufeland, macrobiotics is a medical philosophy that is on a higher level than the curative, preventative, or health levels of medicine (Wikipedia). Apparently, Ohsawa ran across this term in his research, and used it to refer to the methods he was teaching.

In the 1940's. Ohsawa established a study house in Japan, known as the House of Ignorance. (He said we have little chance of learning anything new in our lives until we realize our ignorance.) Some of the people who studied with him are well known macrobiotic elder teachers, including **Herman Aihara**, **Naboru Muramoto**, and **Michio Kushi**.

The history of macrobiotics in America begins with the arrival of Michio Kushi in 1949. Though others have contributed greatly to the history and development of macrobiotics in America, Kushi is its most well known proponent, and has contributed immensely to its development. First living in New York City with his wife Aveline and family, Kushi eventually settles in Boston and creates a macrobiotic empire. This included Ewewhon Foods and stores, the East-West journal, a magazine devoted to this way of life, and the Kushi Institute, where many students came to study and learn the way of cooking and healing.

Most recently, the center of Kushi's macrobiotic activity has shifted to Western Massachusetts, where Kushi's One World Center and Kushi Institute continues to teach and expound the macrobiotic way.

What, then is macrobiotics?

Many consider it a diet, but others view it as far more, as a way of life. Long time macrobiotic teacher puts it this way in his blog:

“Macrobiotics to me is, first of all, a way of life. A way of life means it is more than just a diet; it affects everything I think, feel and do in my life. It affects my hopes, goals and dreams. It is so basic to my entire life now that I can truly say it is the cornerstone upon which I have rebuilt my life. It the same way a hailstone is built up around a speck of dust, Macrobiotics formed the speck around which the rest of life began layering itself. I think many people, myself included, have built their lives around worthless, false and vain things. I was not satisfied with the goals and dreams that I had grown up with. They seemed so shallow and superficial. I wanted to find something upon which I could build a life that was real and true”.

This then is the historical basis for what is known as macrobiotics. The macrobiotic diet, which is certainly an important part of this way of life, shall be discussed in the next column.



By Bob Cesari

Student/Teacher of Macrobiotics,
Gardening, Cooking, Music and Life...
in no particular order.

Earth's Own

Natural ~ Organic Food Market & Cafe

Supplements-Organic Produce-Natural Health & Beauty—Largest Gluten- Free Selection in Area

Bring Earth's Own goodness to your table every day

Natural ~ Organic Food Market & Cafe

**Supplements - Organic Produce
Natural Health & Beauty
Largest Gluten Free Selection in Area**

8015 Oswego Rd. - Rt. 57
Entrance of Seneca Mall, Liverpool Across from Aspen Gym
Phone 315 715-4402

Tinnitus Self-Hypnosis And EFT

By Virginia Waldron

What is Tinnitus - it is the perception of sound within the human ear in the absence of corresponding external sound. Tinnitus is not a disease, but a symptom that can result from a wide range of underlying causes: abnormally loud sounds in the ear canal for even the briefest period (but usually with some duration), ear infections, foreign objects in the ear, nose allergies that prevent (or induce) fluid drain, or wax buildup. Also, use of in-ear headphones via sound entered directly into the ear canal itself, without any opportunity to be deflected or absorbed elsewhere are a popular cause of Tinnitus with volume set beyond modest or moderate levels.

The first step in treating tinnitus is to make sure there is a thorough medical examination and search for physical and medical causes - trauma, blood pressure, aneurysm, etc. There may be other causes such as environmental conditions at home or at work, even diet can affect ringing in the ears. Is this problem occasional or constant? These must all be examined and dealt with appropriately before working with alternative methods such as self-hypnosis and/or EFT (see below).

The only truly successful way to get lasting relief from tinnitus and constant ear ringing is to correctly identify the underlying problem. Find the root cause of the tinnitus and then to treat the problem. If you don't get to the root cause, all you're treating is the symptoms of the condition.

Hypnosis Treatment for Tinnitus

Twenty percent of all adults experience some form of tinnitus, including one out of three over the age of 60. That's millions and millions of people. About 75% of the people who suffer from this condition are able to tune out the ringing most of the time, they push it into the background of their awareness and thus are not aware that they hear a ringing sound at all. How can some learn to do that while others cannot?

The scientific explanation is, if the conscious mind considers them unimportant, so it makes a habit of ignoring them. In medical terms, you habituate those stimuli. And you can habituate the noise in your head. You absolutely cannot ignore the noise in your head as long as it's accompanied by the negative emotions of fear, anxiety, anger, or frustration.

Basically this self hypnosis type of program focuses on relaxation. When you are relaxed you enter into an altered state of mind. This state of relaxation is great for relieving stress and anxiety further increasing your overall level of health. As the noise from your inner ear is turned down and becomes more of a background noise, you can easily overlook it thus having a relief for tinnitus problem. By guiding your mind to focus on something else, you can get relief.

The most crucial factor here in whether we're able to ignore (habituate) a stimulus is whether it's associated with a positive or negative emotional response. Negative emotions set off a fight-or-flight response generated by your unconscious mind and autonomic nervous system. It becomes possible to ignore that sound only when we remove the associated fear, anxiety, frustration, etc. Humans typically fear what they don't know, don't understand or can't control. Fear is the lack of

knowledge. Once we know and understand what we are dealing with, we are empowered and in control.

The accepted medical definition of hypnosis is: An altered state of consciousness in which the conscious mind is temporarily bypassed, so that the subconscious mind becomes highly receptive to selective, positive suggestions. The National Guild of Hypnotists says: "Hypnotherapy or Hypnotism means the use of trance and suggestion to improve general self-control and maintain a positive mental attitude."

To achieve maximum effect, the client is first guided to a level of mental and physical relaxation known as somnambulism. This level is completely safe and comfortable, and can be achieved in a matter of minutes. Once clients experience this state, it is easy to return and experience it over and over. It feels absolutely wonderful! Under hypnosis, you enlist your subconscious mind to increase the control you have over your emotions. You can reduce or eliminate negative emotions surrounding your tinnitus, and replace them with positive ones.

People sometimes ask if they "lose control" when hypnotized; quite the contrary. During hypnosis, you are more in touch with, and more in control of your body and emotions than when not hypnotized. Many people who undergo hypnotherapy are able to influence the characteristics of their tinnitus, and some can actually reduce its volume, just as people learn to reduce pain through hypnosis. Hypnotherapy deals directly with the subconscious mind, the seat of memory, emotions, and imagination.

Think about that for a moment. Memory...emotions...and imagination represent a huge part of who you are, and they reside in your subconscious - below conscious mind awareness. Negative emotions of anxiety, fear, frustration, etc. are pulled into the conscious mind in response to thoughts, memories, or events (whether the events are real or imagined - emotion is the glue to memory). Negative emotions are nearly always as-

sociated with experiences that were frightening. When these emotions well up in response to the noise of tinnitus, they bring along associated memories, compounding the fear we feel about tinnitus. Adding anxiety into the mix...about what might happen...rapidly increases our overall suffering and creates a sense of impending doom.

Virginia Waldron is a certified hypnotist and a certified instructor in professional hypnosis through the National Guild of Hypnosis. She has a private practice at The RoseHeart Center in Fayetteville. To find out more about how hypnosis can help you with your tinnitus, chronic ringing in the ear, go to www.TheRoseHeartCenter.com or www.GateKeeperGuidance.com. You can also contact Virginia Waldron, CH, CI, at 315-243-1828 or gatekepr@dreamscape.com.

NGH HYPNOSIS CERTIFICATION COURSE

w/ Virginia R. Waldron, CH, CI
At The RoseHeart Center
In Fayetteville, NY

Start a new career helping others as a consulting hypnotist!

Through this professional level training program you can gain valuable tools to use for yourself or clients in this interesting and interactive course! Learn hypnosis the ethical, practical way, and be certified by the largest, most respected international hypnosis organization, the National Guild of Hypnotists. Virginia Waldron has been practicing Hypnosis and Past Life Regression in the Syracuse and Upstate New York area for over 10 years. Now as a certified Instructor she can offer her skills and experience for new practitioners.

Hypnosis is a powerful tool that can be used to tap into the amazing resources of the subconscious mind. Empower yourself and your clients to create changes which include smoking cessation, weight control, stress management, enhancing self-esteem, pain management, and goal-setting techniques. You'll also learn how to run sessions for individuals or groups to enhance your income expand your practice.

Whether you are interested in using hypnosis for a new career or to enhance your current work, this is a program that is opening doors for everyone who takes it ~ both for beginners and for those who have already done some training in hypnosis but feel they need or want more qualified and professional training and techniques to improve results. One of the most powerful and unique aspects of this course is the supervised hands-on practice of every technique so that students can be very confident at the end of the course and immediately start their own business, or enhance an already established healing practice!

Dates: March 19/20, 23/24 & April 9/10 & 16/17, 2011
Fee: Winter special - save \$175 by signing up before Feb. 21st - \$1,500.00. A non-refundable deposit of \$275.00 is required for registration.

To sign up contact Virginia R. Waldron, CH, CI, at 315-243-1828 or gatekepr@dreamscape.com. To find out more about this unique program or to pay online using your credit card, go to Virginia's website - www.GateKeeperGuidance.com.



*Past Life
Journeys*

*Soul
Journeys*

*Spiritual
Regression/
life between lives*

*Inner Realm
Exploration*

Gatekeeper Alternative Guidance

Virginia R. Waldron - Certified Consulting Hypnotist
Certified In Past Life Regression - Certified In Spiritual Regression

**For a complete list of classes available
please visit**

**Virginia at GateKeeperGuidance.com
or TheRoseHeartCenter.com**

Contact Virginia Waldron at 315-243-1828

www.GateKeeperGuidance.com

Located at The RoseHeart Center

214 Highbridge St., Fayetteville, NY

www.TheRoseHeartCenter.com



Peace Dreamers



139 State Street
Auburn
(315)-420-7476
www.peacedreamers.com

Illuminating Paths to Wellness

through Reiki and other healing systems, Shamanic Healing, Meditation, Drumming, Classes, Art, Intuitive Consulting and Supportive Community. We offer encouragement and a place for people's hearts to sing, in beautiful, peaceful and safe space.

Our gift gallery is home to the works of over 20 local artists and craftspeople, New Artists Welcome. We also stock candles, incense, herbs, crystals and other goods.

Our workshops and classes feature local and nationally known presenters. Our Schedule is available at www.peacedreamers.com, reach us by phone at 315 420 7476.

Peace Dreamers believes that classes and healing options should be accessible to everyone; we offer scholarships, sliding scale fees and energy exchange options for most classes and services.

YOGA • PERSONAL GROWTH WORKSHOPS

Kripalu YOGA and WELLNESS CENTER

**World Labyrinth Day
Event & Open House**
Saturday, May 7, 2011

Please see our website for details

315-583-5500

14029 US RT 11 PO BOX 224, Adams Center NY 13606
www.KripaluYogaandWellnessCenter.org
email: nnykyc@gmail.com

LABYRINTH • MEDITATION • WALKING TRAIL

Psychic Tarot Spiritual Guidance
Channeling — Reiki

Sandra

With both energetic tools and techniques and the art of Tarot Sandy and her guides work to proactively enlighten and empower.

Appointments or Information

(315) 437-1414 • signsofspirits.com

email signofspirits@yahoo.com

East Syracuse, NY

- Private Readings
- Phone Readings
- Home Parties
- Corporate Events
- Fund Raisers
- Gift Certificates

METAPHYSICS OF LOVE

THE JOURNEY TO MEET SELF

Your Questions Answered - With Dennis Cole

Dear Dennis Cole, My husband and I have been married for 26 years and have a beautiful family. I long for some special romantic time along with my husband. We tried that this past weekend and needless to say his drinking with friends came before me once **again**, in fact there was several behaviors that he presented that were not appropriate. I love him very much and I believe he loves me too. He does not see the issue of him having a "few" beers but it ends up 12 or 18 pack later and there I am sitting up alone again. What do you recommend? I am at my wits end and feel as if we are losing each other. I am scared!

Thank you, KB

Hurting in NY

Dear K.B.,

Thanks for sharing your marriage situation Our response may help to shed light on the "bigger picture," and perhaps help many others in the process.

Certainly your husbands's "drinking with friends" might easily be taken personally by you, as he "runs off to his cave," so-to-speak! However, **he** is not causing the "hurting" that you feel about this behavior. It's really more about how you are reacting - or thinking about this, that causes your pain.

I notice that you said: "...Drinking with his friends came before me once *again*..." It's such an interesting phenomena in our lives; when we don't recognize that **every** scenario will always resume wherever **we** last left the vibration - our thoughts about it! As a result the frustration, resentment or anger, that we feel about these negative repeat patterns, is really an anger with ourselves! Judge and blame feels so much better than responsibility for **our choice** of thoughts! The Swiss psychiatrist, Carl Jung, said: "The unconscious of one person is projected upon another person, so that the first accuses the second of what he overlooks in himself. This principle is of such alarming validity that everyone would do well, before railing at others, to sit down and consider very carefully whether the brick should not be thrown at his own head."

Now, we're not suggesting that you should feel guilty about what you've attracted. It's simply the Universal Law of Attraction ("Like attracts like") doing its reliable thing! It's a wonderful opportunity for you to own your co-Creative Power and become a **Conscious** Creator of your Experiences!

We graduate from default living, and begin to attract what we would prefer, in Life, as we assume the responsibility to learn to dwell on what we want - **not** on what we don't want!

Teachers in Non-physical might suggest that you have come down with a strong case "what-is-it". We all can slip into that mode of focusing **Consciousness** (Our Creative Source Energy) on what we don't want! However, there are no "victims." You are not a "victim" here! You're simply at a point in your life ("wits end") in which you desire **change**. Meaning: "I want to join in with the loving, sharing-with-a-mate, Life I had once envisioned!"

Your hurt feelings are simply an indicator that your current free-will **choice of thoughts**, about having this Joyful Life, which you had once envisioned, are not up to par with that Joyful thought-form. That "won't-go-away" future probability that waits for **you** to let go of resistance to **change**, so that you can **allow** it into your Life!

From your husband's viewpoint, he may not feel comfortable about always being around someone who seems to need him to behave in ways so that **they** can feel better! It is **our** responsibility to **choose** thoughts that can make us feel good! For example, Khalil Gibran said: "In your togetherness let there be spaces, and let the winds of heaven dance between you."

Sometimes it helps us when a relationship seems to be deteriorating, to silently - without telling anyone - devote about 3 weeks focusing on some thing we really **love** about the other person, and/or about the relationship. Doing this, if the relationship has not truly timed out, can attract what might seem like miraculous turn-arounds and improvements in the relationship.

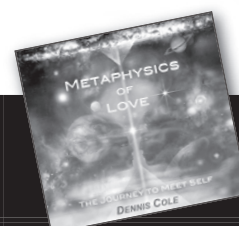
It's also helpful to know that when we desire something or pray for it, that it won't be of much help to do so from a place of desperation or motivation. Instead, we are most effective when we ask from a place of Alignment with the "Heaven within" - that vibrational place of Appreciation, Joy and **Unconditional Love**!

K.B., your experience has helped you to know what you **don't** want. Now, your path to peace calls for you to focus on the kind of relationship your heart tells you that you would prefer. But not to tell the Universe, for example, "I want **him** to change!" Instead, just imagine, "as-if-already," what **you** would love a relationship to be like! Focus on what **you** - the co-Creator - wants **and why** you want it! Then just go out and have fun in your life, so that there's no resistance to this change, and your dream will come when it **feels** like the next natural step.

The short-form key to having **anything** we want in Life, is to move through Life with that "prayer without ceasing" of **Appreciation**! Just notice how **GoOD** things are!

In Oneness,
Dennis

"Metaphysics of Love - The Journey to Meet Self"
CD NOW AVAILABLE • visit metaphysicsoflove.com



THE MOOD OF INTENT

As I stare off into the snow covered woods,
I feel the invisible presence of power moving
like a Snow Leopard amongst the trees,
camouflaged against the white backdrop.
The cold earth, mounded with snow,
is scattered with piles of brush that lay
sleeping and dying beneath the frozen cover.
The faintly crusted branches, reaching for the
cold winter skies, are the only
contrast between the stark and the cold.
The movement, barely noticeable and only in
a split moment where one sees what was
not there or perhaps is noticing what was
always there, peripherally broken by, and
brought into view through the invisible
presence of power.

Only then did I feel the cold. I had been sitting on a boulder size stone in my woods for hours. Originally I had been out walking, inquiring as I do, with a question. When I come to my power spot. I sit and go into my dream state. I always know where to sit. A power spot is essential for a warrior. A power spot can be an ally, one that in respect to receiving a reply for a question may align with the proper energy to facilitate an answer.

Now I was shivering like a leaf in the wind. I could not move and yet I was fully awake and aware of the biting cold against my reddened skin. I had not yet moved my hands when I felt them lifeless on my legs.

It was just a thought I had - to move and I could not. Upon the thought to move, my body became warm. Although too, I could not move my eyes, from where I was looking, I could see the bitter flush of my frozen body clad against the stone.

Just then an incredible snap besieged the atmosphere so loud and as quick as it passed through my body, I instinctively stood up. The air pressure expanded. I was huge; with my two giant hands I stretched the world out around me. Immediately as everything reduced to a single point within me, I became crystal clear of a dimension of space other than my own. One in which the space did not include the stone I had been sitting on, nor did it contain the woods in which I had been sitting. And yet without hesitation, I did not feel the usual automation of checks and balances in regard to reason. So in turn, I asked my question....

Deaf and weightless, I stood looking up.

My eyes saw through a window in the sky.

The sky people came to greet me.

An old Shaman, clad in a Snow Leopards skin, instructed me.

We communicated with our eyes.

I followed; he dropped down on all fours and ran ahead.

We came to woods.

There I was seen, sitting on a large boulder size stone.

My recently deceased dog Jessy, was sitting by my side.

She looked up at me.

We communicated through our eyes.

I knew then, within my body, she was ok.

I gave thanks that late afternoon at
the rock in my woods.

For my dog Jessy, I am

grateful for all the years we had together.

I am grateful for the allegiance with Spirit.

I am grateful for the Journey.

Along with my Strength, Commitment and Will,

I am grateful for the Mood of Intent.

It entices the power. I have received my answer.

Peace on your journey as well, Kris



Kris Faso

PSYCHIC/MEDIUM

Astonishingly, some of what you mention (past life) in relation to my "ministry" in this life time, is amazingly accurate. I am a Reverend. No one, save the people who were with me at the time, know of certain events you spoke of. I was astonished to have them referenced. Your comments and precision accuracy provided me with the confirmation I was seeking. Mr. Faso, thank you for using your incredible gifts on my behalf. I have benefited from your wisdom and the words "thank you" hardly seem adequate. Blessings of light and peace ~ Rev. J.M.C. Rochester, NY.

Just wanted to say thanks. In the reading you stated there was a man on the other side referring to liking Florida. You stated: to ask "Ina about the diamonds in the back yard". My mom is Ina. My dad has passed. They used to spend their winters in Florida. I called her to ask her if she had diamonds buried in the back yard. She hesitated and then said your father lost his black onyx ring with a B made from diamonds in the back yard. I told her it must have been dad's way of saying hi. Too cool!!! see you in November, C. P. Syracuse, NY.

Kris, you did a reading for our 14 year old daughter. You told her many things that seem like possibilities at the time except for one. One thing you insisted was true, was that she had a "blonde beauty, musically inclined and very talented in many ways" around her. She did not have any one come to mind. You persisted that "the woman is like a grandmother figure. has a close resemblance or close relationship with Norma Jean". We laughed about the "Blond Beauty" on the ride home. Our daughter recently established a relationship with her biological father. Imagine our surprise when he saw her purse with Marilyn Monroe pictures on it and told her that they were related to her!!! The biological fathers' grandmother was raised with Norma Jean and was also a stage performer. Kris, you are amazing and mind blowing to say the least!!! We thought you would appreciate the feedback. Thanks, R.S. NY.

Tour schedule.

For any event, prebook a reading and receive
a discount on the appointment

February 12th Readings out of Kris' home in The Stone Room. Afternoon appointments open. Appointments booked in advance. Please call 315-483-0074

February 18, 19, 20. Syracuse International Psychic Festival. Held at the Holiday Inn off of exit 37 Electronics Pkway and 7 North. Syracuse

March 4, 5, 6 Rochester International Psychic Festival. Held at the Radisson Riverside Hotel 120 Main Street East. Rochester

March 12, 13 Earth Spirit Expo. Held at Michaels Banquet Facility 4885 Southwestern Blvd. Hamburg, NY

March 19, 20 The Original - "Spirit of Healing" Holistic and Psychic Fair. Held at the Holiday Inn, Utica Business Pk. 1777 Burrstone Rd. Utica, NY

March 26. Readings out of Kris' home in The Stone Rm. Appointments booked in advance. Please call 315-483-0074

April 2, 3 Canastota Spring Psychic Fair and New Age Market. Held at The Greystone, 201 N. Main St. Canastota, NY

April 16, 17 Watertown's Favorite Psychic and Holistic Fair. Held at The Comfort Inn, 110 Commerce Dr. Watertown, NY

April 30th, May 1st. The 5th Annual Thousand Island Psychic Fair. Held at The Clayton Opera House, Riverside Dr. Clayton, NY.

Have a Burning Question?

Go to www.krisfaso.com click on Burning Question
To Schedule a Reading with Kris Call 315-483-0074

See Kris in action @ www.krisfaso.com

Message Gallery-see videos.

THE DREAMING GYPSY



Debbie DeRusha
The Dreaming Gypsy
at Healing Inspirations
215 First St., Liverpool, NY
www.thedreaminggypsy.com
315-383-9752

Healing Inspirations!

A Holistic Healing Center and Store
Crystals, Artisan Jewelry,
Hand Crafted Soaps, Incense, Sage,
Healing Oils by Dorena and More
Stop by or call for a Reading
Gift Certificates

Classes - Call 315-461-1022
for more information:

- Feb 9** Create A Collage workshop
- Feb 11-13** Shamanic Intensive
Sweat Lodge on the 13th
- Feb 17** Psychic Medium Development
- Feb 19** Karuna I Class begins
- Mar 3** Numerology Part I Class
- Mar 4** Spa Day Reiki/Massage, Facial
and Reading
- Mar 11-13** Shamanic Intensive
Sweat Lodge on the 13th
- Mar 30-31** Shamanic Intensive
- Apr 8-10** Shamanic Intensive
Sweat Lodge on the 10th
- July 2011** Karuna-Reiki
Weekend Workshop Retreat
- Aug 2011** Karuana-Reiki
Weekend Workshop Retreat

Healing Inspirations



215 1st Street
Liverpool, NY
315-461-1022

Healing-Inspirations.com

Continued from page #1

A Tribute to the Dunn Family

Ron's main way of accessing inner guidance - and he had an abundance of that - was through **psychometry**. That basically involved picking up impressions from a personal object, such as a ring, a photo, a bracelet, etc. One time, a client handed him an object wrapped in cloth. After the session Ron learned that he had done the reading from the vibrations of an **umbilical cord**. Needless to say, the information tied in with a past life connection!

I had mentioned Psychic home parties to Ron, and soon, he was doing them on a fairly frequent basis. A typical home party would involve, perhaps, ten people, or so. Each would receive a private reading in a separate room. I did a number of these home party readings along with Ron. My approach to Inner Guidance was through such tools as Astrology, Numerology and cards to tap into the "Collective Unconscious."

As my friendship grew with Ron and Maryanne, Ron and I would get together about once a year and do a "trade-off" reading for each other. In one of the first sessions I told Ron that I felt we had "past" life connections. He said, yes, we were twins during the civil War period.

In one of our sessions, I asked Ron if he felt that my Life focus might somehow involve volunteer work, which I was doing at the time. I was conducting a parapsychology group in Auburn Correctional Facility, through an internal Jaycees Committee. Ron's response was: "No." He said I was here to tell people about the "Second coming"! I had no idea what he meant by that! However, many years later, I began to understand what he meant by that. I began to notice that in my writing, lecturing and consulting work, that I would sometimes - at a relevant point - mention that: A few thousand years ago, these people were asking this Master Teacher: "When is the 'Second Coming'?" His response was that, "the Second Coming does not come by observation." He went on to ask them "not to look here or there for this Second Coming because 'heaven is within you - the Kingdom is within you!'"

A psychic fair usually involves a group of various psychics in booths. They offer readings for the public attending the event. There

are often other services, such as metaphysical books, crystals, and healers, including Reiki and massage therapy. There are usually lectures offered every hour or so; and these, alone, are worth the reasonable price of admission.

Maryanne Dunn, Ron's wife, was his source of grounding and solid support for his work. Over the years she took care of the business end of things, and they had offices in Liverpool and then in Mattydale, New York. I worked out of one of the Liverpool offices at one time, at Ron's invitation.

Back to Psychic late 1970's our Syrological Society first Fair for Area. It a very

Fairs: In the acuse Astro-conducted the the Syracuse turned out to be popular event. It was held at Shove Park in Camillus, New York. (I still have friends, to this day, whom I met when they consulted with me on that day.)

In the years that followed, Ron and Maryanne began to promote their own Psychic Fairs. At first, these were done in partnership with a Rochester promoter over 20 years ago.

Ron passed on in 1996, and Maryanne began promoting her own Fairs in 2005. Most of these annual Events were held at what was the Sheraton (now Holiday Inn) in Liverpool, New York.

Maryanne's last Fair was in November of 2010. Her daughter, Anna, had helped out with these events and was basically significantly contributing to their success. Anna will continue this Dunn family tradition as she plans to hold the next Fair in November of this year. It will be the 7th Annual in Liverpool again.

The Dunn's have made major contributions in this entry to the Aquarian Age which we all share. Although Ron and Maryanne's work, has touched lives - helping to expand consciousness, of hundreds of thousands of people - I feel that there has been a much bigger effect. Probably millions of people have benefited due to this psychic pioneer's dedication in service to humanity, as a result of a "multiplier effect" - of lives touching lives.

We salute you, the Dunn Family, and wish you Blessings of Love and Joy as this service continues.

Loving Intentions

In my Near-Death Experience my soul family of light beings and I re-experienced my life in what is commonly called a "Life Review". The unconditional LOVE and the Life Review were the most life altering aspects of my NDE. I now understand how important each life experience is.

As a survivor of life, I cherish the everyday exchanges, especially interactions with other people. They give me the opportunity to practice loving intentions. I'm not always at my best though, so the results are varied. Although I feel I am getting better.

When facing a difficult situation and meeting it with loving intention, I have experienced the perceived difficulty melting away and the situation then flows smoother and with less resistance. On the other hand, I have experienced challenges with simple interactions when I proceed without love in my heart, I find obstacles can pop up from nowhere.

The fastest thing in the universe isn't light. It is Love Consciousness. Love Consciousness can move from place to place instantly and in multiple locations at the same time. Love is the action and motivator that interconnects us, so all of our consciousness can be one.

Even in these times of confusion and unconsciousness, grace awaits when we allow the Love to flow through us freely without any attachments. Grasping and attachments slow our developing love consciousness, restricting the flow of loving intention.

*Imagine a world where everyone
practices living with love in their
heart and developing an
interconnected consciousness.*

We would still have our differences like many flavors of ice cream although we would use loving tolerance and acceptance toward those differences.

I know that sounds Utopian, but as we move ever closer toward a shift in consciousness eventually we will reach the critical mass needed for change. The numbers of people practicing loving intention will finally tip the scale toward a more loving, tolerant and understanding society.

I am encouraged that we are moving in this direction. As we communicate with more and more people globally there is a yearning and searching by many toward a life centered on loving intention and expanding consciousness.



David Bennett
Twitter @DharmaTalks
Facebook DharmaTalks
www.Dharma-Talks.com

• 31st Annual Original Rochester Area •

Psychic Festival

PERSONAL READINGS

Over 25 Readers Tested and Certified

Friday, Saturday & Sunday
March 4th, 5th & 6th, 2011

Fri. & Sat. 11 am - 10 pm, Sun. 11 am - 7 pm

Radisson Hotel - Rochester, NY
120 E. Main St. (formerly the Holiday Inn) - Rochester, NY

Lectures • Books
Tarot - Crystals
Auras

Handmade Jewelry and Gifts

Call for information

585-586-8537

Presented by

Inner Power Awareness Center

Admission \$7

TIPS ON GOOD HEALTH

By Dr. Everybody Isgood (Ray DiPietro)

Work eight hours a day at something you enjoy
Get a good night sleep - eat good meals - don't overeat
Play each day - don't smoke
Create something once in a while - it makes you feel good
Throw your troubles in to the wind - and watch them disappear
Hold on to nothing that is irritating to the Spirit
Always stay calm - you can you know
Never repeat a bad or negative story
Always look for the good in those around you
Never give up - or stop trying
Only you can prevent ulcers by
Not letting things eat at you
Have someone to love - and love you back
Remember a woman is God's emissary - to teach a man to love
Pray to your God each day - and let him know you care
That you will take care of things - down here
As best you can - and let him know - when you can't
Always take his advice and say
THANK YOU LORD
1977



Jessica A. Haynes

Tuesday, March 8
6 to 9:00 p.m.

At the Holiday Inn
441 Electronics Parkway
Liverpool, NY 13088

(For more information visit our website at; UNYI.org)

Enjoy Jessica's life-changing message of hope, passion, and how to face one's challenges...

Understand how a Near-Death Experience can help and inspire other people's lives with her incredibly energetic presence.

Jessica has proven it's possible to overcome challenges & live your dreams.

Jessica will share her Near-Death Experience which continues to inspire audiences. She has been on panel discussions with Dr. Raymond Moody, Dannion Brinkley, Ram Dass, and other experts in the field of death and back.

She is a co-author with Stephen Covey, John Gray, Ken Blanchard, Brian Tracy, and Les Brown.

Sponsored By
Upstate NY IANDS



• 21st Annual Original Syracuse Area •
Psychic Festival
PERSONAL READINGS
Over 25 Readers Tested and Certified

Friday, Saturday & Sunday
February 18-19-20, 2011

Fri. & Sat. 11 am - 10 pm, Sun. 11 am - 7 pm

Holiday Inn - Liverpool, NY
Exit 37, NYS Thruway - Liverpool, NY

Lectures • Books
Tarot - Crystals
Auras

Handmade Jewelry and Gifts

Call for information

585-586-8537

Presented by

Inner Power Awareness Center

Admission \$7

PAST PRESENT FUTURE

www.TedSilverhand.com



Ted Silverhand
Native Seer

(607) 857-6372



Upstate NY's Spiritualist Mecca

By Madis Senner

Many of us living in upstate NY are not aware that we have a grand and historic site that played a key role in the Spiritualist movement. A place where mediums and psychics habited and Spirits frequented. A place where visions were had and sightings and communications to other realms all too common. The place is Spirit House in Georgetown, NY (southern Madison County.)



The Wedding Cake House

It is called the Wedding Cake House for its ornate design and white color. The exterior walls are scalloped that give it a wavy look and the three tiered cornice hanging from the roof look like icicles. It is listed as a Na-

continued on page #20

"Developing Your Psychic-Mediumistic Abilities"

by UK's Professional Mediums, Paul and Deborah Rees

Visiting Mediums/Instructors, Paul and Deborah Rees from the Accolade Academy in the UK, believe each of us has the ability to link to our Higher Self and those in the spiritual realm. This two-day seminar will provide a contemporary and fresh approach into a unique adventure of self awareness, mediumistic and psychic development. You will learn how to make a psychic or mediumistic link to the Higher Self, Guides and loved ones who have passed into Spirit easily and quickly to gain clear and valuable evidential information for messages that validate and comfort. This is a dynamic hands-on seminar with tools, tips and exercises to make, keep and restore connective links to Spirit for self or in a one-on-one, group or distance situation.

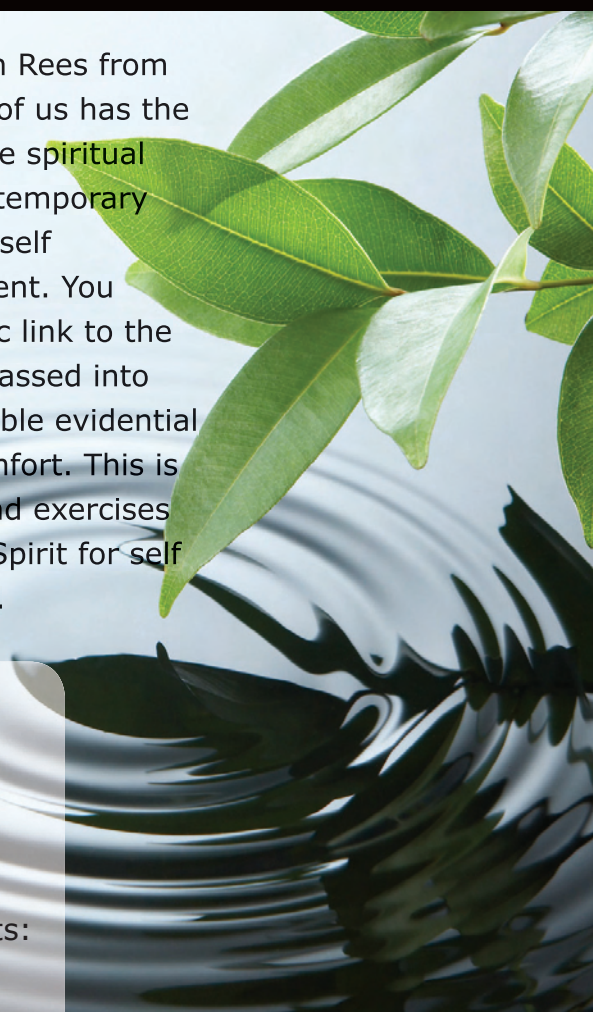
**Two full day seminar in Rochester, NY:
April 9th & 10th, 2011**

\$198 Early Registration; \$215 after March 15th

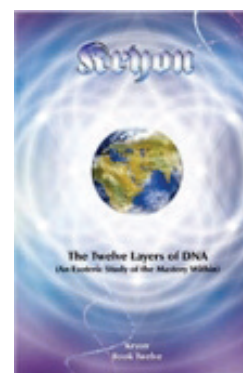
Sponsored by **The Purple Door**

Register on our website, under Classes & Events:

www.PurpleDoorSoulSource.com



The Twelve Layers of DNA



by **LeeCarroll/Kryon**, is a fascinating journey into the world of the mysteries of DNA. None of the information in this esoteric work may ever be "provable," yet the concepts and intuitive vision put forth are well worth reading and attempting to comprehend. It is a well-recommended read for anyone that is curious about the metaphysical makeup of the human body and how it correlates into the very essence of life itself.

Submitted by: Katie Roth
owner of an Adirondack style
grocery store opening April 1st
in Brantingham, NY
(southwestern corner of the
Adirondacks)

SEVEN RAYS

BOOKSTORE

A Place Where
Your Soul Can Shine

Books • Tarot • Jewelry • Incense
Candles • Gems • Mineral • Statues

Massage • Reiki • Energy • Rain Drop Therapy
Astrology • Cheiromany • Tarot • Psychic Mediumship

~ Classes Offered ~



222 WALTON ST., ARMORY SQUARE
SYRACUSE, NY
315-424-9137 • sevenrays.com

writer • lecturer • intuitive counselor



Brenda Silverhand
(607) 857.6372

www.brendasilverhand.com



METAPHYSICS OF LOVE

THE JOURNEY TO MEET SELF

by Dennis Cole

In this 4 CD program Dennis' dialogue with a student reveals the "What, Where, How and Why" of Our Journey through Life. It includes enlightening information which can empower You to consciously create a more fulfilling, Loving, and Enjoyable Life.

AVAILABLE AT

Mystic Side - North Syracuse, NY

Peace Dreamers - Auburn, NY

Seven Rays - Syracuse, NY

Purple Door - Rochester, NY

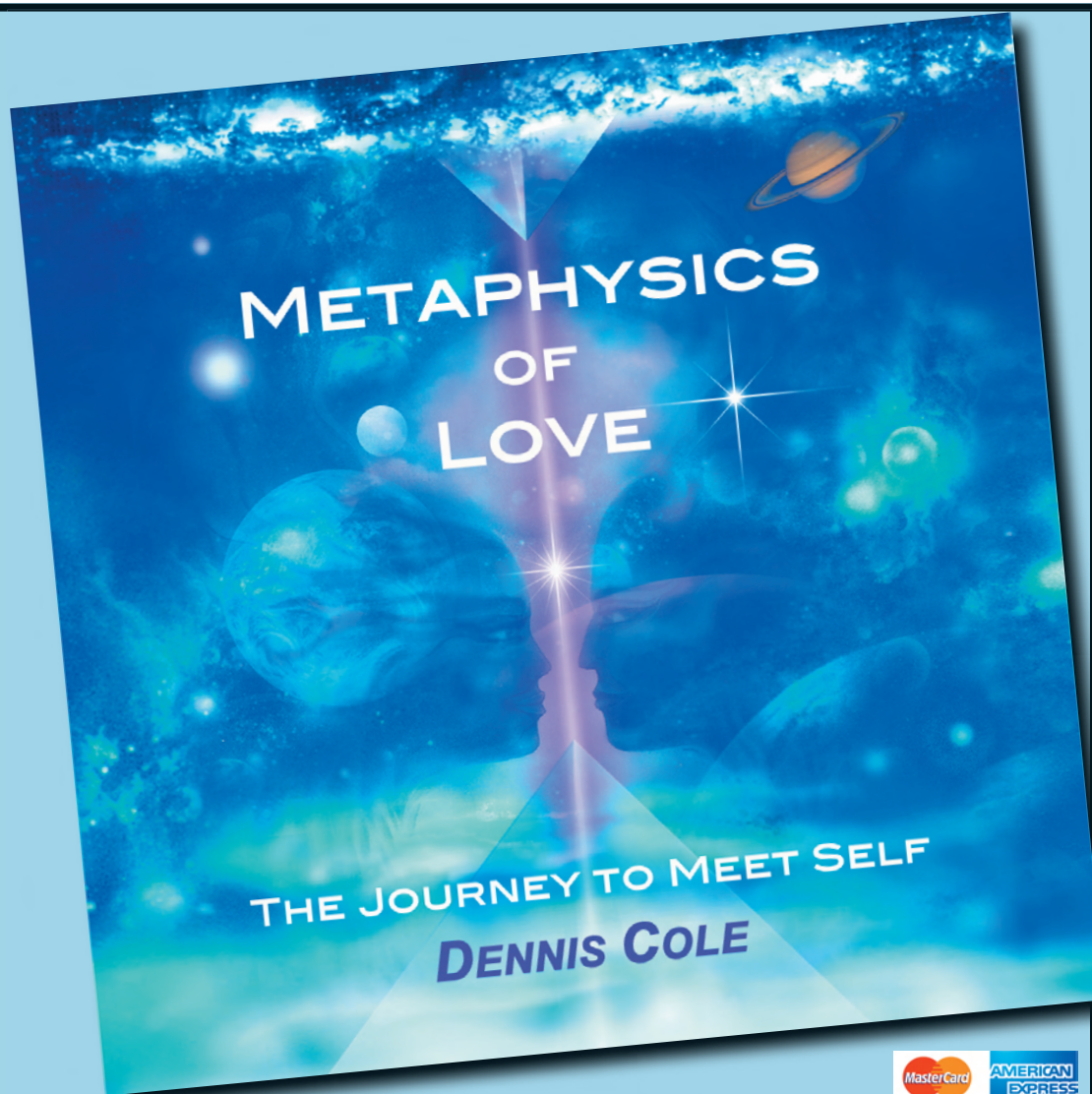
Healing Inspirations - Liverpool, NY

amazon.com

TO ORDER DIRECTLY... \$29⁹⁵ plus s/h & applicable sales Tax

aquariusservices.net metaphysicsoflove.com

315-457-9141 • dennis@metaphysicsoflove.com



4 CD SET- NOW AVAILABLE IN STORES AND ONLINE



INVISIBLE ANIMALS!



By Mark Shaughnessy

Very often, when I speaking at fairs, or answering questions, I will say that we have made the animals invisible. We are no longer societies that live close to the land, immersed in nature. Oh, we have pets and watch programs about the animals. Is that anything like going to sleep knowing that something, another life force, might just make a visit, while we sleep? Unannounced- of course!

Most of the time when people go camping they are filled with excitement to actually see a bear or deer or perhaps something even more unusual. Why is the Wow factor so much less to have a Sparrow land on the porch, than to see some great raptor high in the sky? Is it because we no longer have closeness to the actual life energies of our fellow travelers that we see them as "other"? Is it because one is more common, available, so our need to filter sensory input that is not essential to immediate survival is minimized? The same filtering happens to those who still do live close on the land. It comes with our normal physical brain function. It is awareness that is different

So biologically, we have a shut down switch. Emotionally and mentally, animals become evident when they fill a need or maybe become a nuisance. It is funny how people will camp in the woods and complain about the bugs, or other living things. In that setting we are reentering their world, where it is we who have forgotten some of the rules. The pets who choose to live with us- yes, they choose-can often reflect our own character, emotional needs and faults or shortcomings. I have seen many times where the pet in the house basically speaks the fear of the owner, who never learned to express it in a healthy way. Some are not even aware that they are fearful. Thus, we have passive – aggressive behavior. Other pets reflect the joyous loving nature of the owner/ companion.

One way the animals, as messenger of Spirit, can help us is the very nature of their presence. They are clearly evident to our five senses. When we awaken the sixth- intuition- we can override the rational and receive the gift. As with any spiritual practice, the more we do it, ask for affirmations and trust it, the more experiences we have. And the greater trust yields greater detail in the information given. A phrase I have heard that helps this idea become clearer is that co-opting our body into a spiritually validating position, we can grow much faster. Often our bodies deny what appears to be happening because it cannot sense it in some way. Or after a moment, emotion and intellect combine to explain it away.

This makes a body feel less threatened, yes, but what have we learned? Are we still in fear, only more confused because now part of us says one thing happened, while at the same time other parts are saying something else?

It happens often that people will ask about an animal. I answer the question, and then ask if they would like more information. If yes, then, I give the message. The first part is based on the mind and knowledge, the second is intuition- Spirit.

I recently was working at someone's home. Passing through the kitchen, I glanced at the movement in another room nearby. When I looked, the woman who lived there turned showing that she carried a large bird book. There was a bird in the garden she could not, even with the guide, identify. I saw the book and commented on what a great guide it was, and clear drawings. She said she was

trying to find out what the bird in the garden was. Did I know? I looked and there in late November, unusual, was a Mockingbird. So I mentioned it was a bit late to see this species and that it was certainly putting on a big display for her.

This is what I call a presentation, when the animal acts unusually or simply demands attention by its behavior. So we chatted about Mockingbirds for a moment. The woman continually mentioned the bird as "She". So I asked if she would be interested in the symbolic nature of the bird. "Sure!" I then explained that Mockingbirds were great mimics and singers and that they flash their wings to flush out enemies or food from the foliage of plants. They live in thickets, very thick ones.

I told her that she kept referring to the Bird a "She", so it would imply a female Spirit with whom she was close. She was picking up the female energy from the bird. Then I asked had she recently had someone very close to her pass away.

This person would be skilled in music, singing and languages. A person very close wanting to come back and reassure the woman seeing the bird that the crossed over one was all right and happy. She looked at me in a funny way, I was there to do something else not interpret bird signals, and said that her mother had died six months ago. She said she had been wondering if she was all right. She then told me that her mother had been a music teacher, composer, singer and language coach for various schools and privately for many years.

Well, Mom said "Hello! All is well!" Had she not been watching the Mockingbird, had she not asked, had I not been passing at that moment, had she been unwilling to listen, there would not have been any message transmitted. The lady was paying attention and desiring and trusting enough that she heard the message and was comforted.

All the great Spiritual traditions, from aboriginal beliefs through, the Vedas, Buddha, Lao-Tzu, Christianity, Islam, Native American, to the Twelve Steps and Traditions of modern recovery circles, speak about awareness. Be awake! Pay attention! Am I seeing what I am looking at? The animals are very present because we can sense them. All things Spiritual can be sensed with practice. I have found, for me, that something present in a sensory way helped me trust that the experience was real- more real than my mind was willing to allow.

Certainly more real in relation to the joy and safety I feel when I trust it. Failing to be awake makes things and people invisible. Sometimes the invisible ones can be those closest to us.

*Take a chance, look around
and have fun doing so.
We are here to laugh
and be full of joy!*



Linda Bloser (315) 337-7021

See Your Aura

House Parties or
by Appointment

THE COLORS
OF YOUR LIFE

**AURA
Photography**

The Fey Dragon

Now Located at Paradise Market

3179 Erie Blvd East, Dewitt

(315) 447-9095

Tarot - Books - Jewelry - Incense - Candles

And so much more

Store Hours: Fri 12-8, Sat & Sun 10-6

Bring this ad for a 10% discount

www.feydragon.com



**REIKI,
PSYCHIC
READINGS,
AND MORE...
WITH
BARBARA
BENNETT**

PHONE;

315-633-5546

www.reikireadingsandmore.com

barb@reikireadingsandmore.com

NY LIGHT ANGEL LIGHT SPIRITUAL CENTER OF UTICA, NY

Hi -
My name is Roger and I would love to help you heal
yourself, your life, and ease your grief. I am a Spiritualist,
Psychic Medium, and Reiki Master offering my assistance
in rebuilding your inner
peace, health, and life situation.

We will be working with spirit,
angels, and universal powers
while respecting your beliefs,
desires, and goals in this process.
My door is open to believers in one
God, and those who maybe
of other positive beliefs.

The Angel Light Spiritual Center offers many learning
and healing services on an appointment only basis.

Love and Light,

Reverend Roger Frank



come see me at the Utica Psychic Fair
1777 Burrstone Rd. Utica, NY March 19th & 20th.
for details go to:

WWW.NYLIGHTANGELCENTER.COM

NYLIGHT444@HOTMAIL.COM • 315-941-6240

APPOINTMENTS IN SYRACUSE & UTICA NY

LIGHTWORKERS ASK ABOUT RENTAL SPACE - MONTHLY OR PER DEIM



SERVICES

- Hands-on-healing,
- Chakra balancing
- Cleansing,
- Tuning fork therapy,
- Spirit messages,
- Life path guidance

Call for more information
and appropriate fees.

Center for Integrated Energy Healing



Mary Riposo, PhD

Certified Usui Reiki
Master/Teacher

Intuitive Development
Training

Soul Realignment

Sessions, and

Reiki Classes/Sessions

(315) 449-0040,

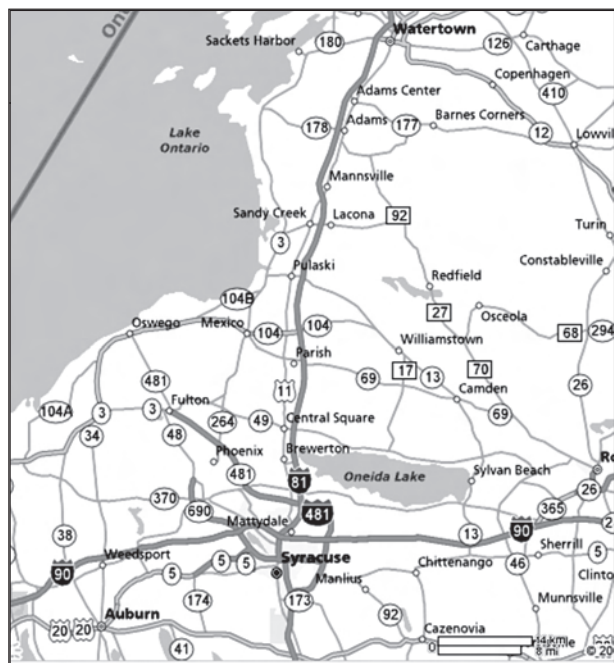
Syracuse, NY

DrMary@twcny.rr.com

IntegratedEnergyHealing.com

We Mean Business In New York!

Some of the Metaphysical businesses that you should get to know in the New York State



- **Cindy Griffith**
Psychic Consultant
315-685-8395 or
toll free 877-511-3510
cindytarot@me.com
www.PsychicSupport.com
- **Dennis Cole**
Astrolger & Metaphysical Consultant
315-457-9141
denniscole@lycos.com
www.aquariusservices.net
- **Sandy**
(315) 437-1414
signsofspirits.com
email signsofspirits
@yahoo.com
- **Two Hawks Gallery**
(607) 749-2889
twohawksgallery@odyssey.net
twohawksgallery.com
- **Mother Earth Health Foods**
733 South Bay Road
North Syracuse, NY 458-2717
- **Mystic Side**
404 North Main St.,
North Syracuse, NY
(315) 214-0200 (800) 750-4113
mysticside2006@yahoo.com
www.mysticsidegiftbookstore.net
- **Seven Rays Bookstore**
222 Walton St., Syracuse
315-424-9137
www.sevenrays.com
- **The Mustard Seed**
969 Arsenal St, Watertown, NY
(315) 788-2463
www.watertownmustardseed.com
- **Virginia R. Waldron**
Consulting Hypnotist
RoseHeart Center
gatkepr@dreamscape.com
www.GateKeeperGuidance.com
- **Dreaming Cougar Woman**
Guidance by Deborah
Healing Inspirations
315-383-9752
- **Cynthia McCafferey, LMT**
5620 Business Ave.
Suite F6
Cicero, NY 13039
(315) 559-7120
- **Golden Trines**
Rev. Aynne McAvoy
toll free 1-866-7AYNNIE
www.GoldenTrines
- **Reverend Corbie Mitleid**
518-275-9575
corbie@firethespirit
www.firethroughspirit.com
- **Mary Riposo**
Certified Usui Reiki
(315) 449-0040
DrMary@twcnny.com
- **Tony Riposo**
Kripalu Yoga
(315) 449-0040
www.yogawithtony.com
- **Kris Faso**
Seer, Psychic, Medium
(315) 483-0074
www.krisfaso.com
- **Orion Book Sales**
315-687-7695
- **Libra Services**
315-720-8752
libraservices.biz
- **Hill Woman Productions**
Wellesley Island NY
800-600-3831
www.hillwoman.com
- **Healthy Vibrations**
315-339-1404
Healthyvibs@gmail.com
- **Speedy Greens**
8123 Brewerton Road
Cicero, NY 13039
315-720-6115
Cathleen Kelly, Proprietor
- **Angelic Inspirations**
Massage Therapy
Darlene Mielcarek, LMT
(315) 895-7677
1-877-869-9749
- **NYLIGHT • Roger**
(315) 941-6240
nylight444@hotmail.com
Utica, NY ~ Syracuse, NY
- **Wil Alaura**
315-696-6497 or
315-481-3273 cell or
walaura@twcnny.net
- **Kripalu Yoga Center**
14029 Route 11,
Adams Center, NY 13606
(315) 583-5500
www.kripaluyogaandwellnesscenter.org
- **Barbara Konish &
New Moon Psychic Fair**
31 Tottenham Road Rochester, NY 14609
(585) 224-8657
newmoonforyou.com
barbarakonish.com
- **Peace Dreamers**
139 State Street, Auburn
(315) 420-7476
www.peacedreamers.com
- **Kimberly Ward**
Reiki Master/Teacher
223 JB Wise Place, Empsall Plaze, Suite 27
Watertown, NY
315-783-6867
- **Sandra L. Smith Reiki Master**
(315) 783-1892
Email: handsofki@yahoo.com
www.handsofki.com
- **Indigo Massage & Gifts**
Courtney Noel Flynn, LMT
3522 James St. Suite #207
(315) 383-2265
www.indigosyracuse.etsy.com
- **Life Center for Well-Being**
Reiki with Don Brennan
302 Parsons Dr., Syracuse, NY
315-468-5060
www.lifecenterforwellbeing.com
- **CHEROKEE LADY**
1808 State Route 31
Lakeport, New York 13057
633-9415
- **Barbara Bennett**
(www.reikireadingsandmore.com
barb@reikireadingsandmore.com
- **Francine Bizzari**
315-252-8589
francinebizzari.com
- **Starlight Enterprises**
Diane LeBeau
Psychic Readings
315-699-5812
- **Healer's Crystal
Healing & Gifts**
315-559-6119
healerscrystal.com
- **Mark Shaughnessy**
315-437-7433
markshaughnessy.com
- **Coleen Shaughnessy**
Spirit Center
3522 James St.
Syracuse, NY 13206
315-437-7433
coleenshaughnessy.com
- **Joanna Lipton**
po box 94 East Syracuse, NY 13057
jlipton444@live.com
315-432-9090
- **The Fey Dragon**
Feydragon.com
315-447-9095
- **The Realmshift Center**
42 James St., Alex Bay, NY 13607
315-482-2294
realmshift.com
- **Kripalu Yoga and Wellness Center**
14029 US RT 11 PO BOX 224, Adams
Center NY 13606
Kripalu YogaandWellnessCenter.org
315-583-5500
- **Liverpool Art Center**
Sandra Fiormonti
(315) 234-9333
www.artsandhealing.com

Morgan

Spiritual Psychic Medium
and Reiki Master

For a Spirit Guided
Reading please call

315-663-5360

Party Bookings and Telephone
consultations also available



Creating with Spirit!
Spirit Painting Readings
with **Sandra**
Intuitive, Artist & Reiki Master

Through "Meditative Painting"
Spirit expresses messages, images
& loving information for enlightenment.

Schedule Your Spirit Painting
Session with Sandra Today!

Includes:
Painted Canvas, Reading
& Reference Guide for colors

www.ArtsandHealing.com
(315) 234-9333

THE MYSTICAL ENERGY
of

DENNIE MSALAK
Intuitive Psychic
Oracle Card Reader

<http://www.themysticalenergy.com>
Email: dennie@themysticalenergy.com

Located in Central New York
Dennie is available for HOME PARTIES (7-9 guests), Private Readings,
Customer Appreciation Events, Fairs, Conventions, and Conferences.
Email Dennie today to book for your event.



DENNIE MASLAK

Usui Reiki Master & Karuna Reiki

Certified by the International Center for Reiki Training

Weekdays by appointment at

Evolve Salon & Spa, 8431 Rt 11, Cicero, NY

(315) 699-5000

Home sessions for you and your pets: 619-737-7791

Website: www.themysticalenergy.com Email: dennie@themysticalenergy.com



Native American &
Metaphysical Gift Shop



**CHEROKEE
LADY**

1808 State Route 31 Lakeport,
New York 13057

633-9415

Thurs-Sun 10-5

dreamwalker@twcnny.rr.com

REIKI by appt. only



Heiromancy

The ancient art of
reading the hand.

Questions or General Reading

Available at most Psychic Fairs in CNY or
contact Libra Services for an appointment
at gc@myjoyfulpath.com - 315-720-8752
Appts. also available at the Mystic Side 214-0200
visit: libraservices.biz
Gift Certificates Available

Mystic Side
Gift & Book Store

A NEW Age,
Metaphysical Store
with Books, Gifts & Supplies

Spring is coming

- Find the perfect gift for Someone special
Holidays, Birthdays, Weddings, Anniversaries
or for your very own Self
- We have Needed Supplies and Books of many sorts

Gift Certificates available in any amount
"The gift that is Always Returned"

404 North Main St., North Syracuse

(Plank Rd. & US Rt. 11 • Between Twin Trees & Nestico's)

315.214.0200 • 800.750.4113

mysticsidegiftbookstore.net

Wednesday – Sunday – Noon to 8pm • Closed Mondays and Tuesdays
We will ship anywhere in the US by USPS, UPS or FedEx





B.J. Mosher

Stone Circle positioned at the Kripalu Yoga and Wellness Center

The construction of a Stone Circle at the Kripalu Yoga and Wellness Center in Adams Center was a lesson involving the science of physics, engineering, and ancient history; as well as a labor of love! A dozen people, with an age range of 15 to 71 years old, worked together as a team under the tutelage of Jim Juczak. The simple tools of a lever, a fulcrum, three metal pipes, and a wooden plank road of 2x6" boards were the components for the gigantic task.

The group assembled on Friday evening for a slide show and an explanation of theories of stone circle building. Saturday the event opened with a dowsing lesson by Elisabeth (Bj) Mosher after which all participants were able to dowse each of the stones placements. Throughout the day, after the team dug a large hole for the fire pit, field stone rocks were arranged outlining the fire circle. Next, seven sitting stones were dowsed and moved into the area around the fire pit. The group then tackled the big four standing stones, with the largest weighing an estimated 1400lbs. The four monoliths were positioned in holes dug deep enough to assure their permanence. Each stone was laid out to the north, south, east and west of the Stone circle. The site was blessed by Steve Williams following the placement of the last stone.

The hand picked stones were donated by Allan Newell of Hammond, and Kim Ward of Mannsville.

Refreshments were donated by the following Adams and Adams Center businesses: Green Thyme Heath Food Store, Rod's Big M, Stewarts, Great American, Bob's Donuts, & Duncan Donuts. Thanks to them and our supportive friends and neighbors!

The Stone Circle is located on the Walking Trail at the Kripalu Yoga and Wellness Center, in Adams Center, NY. Nancy Pfeil, President of the KYWC, commented that "This first phase of the Stone Circle is a welcome addition to the Yoga Center, our labyrinth, and the Wellness Trail". These areas are open during daylight hours, and is free to the public. Donations are welcomed.

For more information call 315-583-5500 or visit our website www.kripaluyogaandwellnesscenter.org.

Continued from page #14

Upstate NY's Spiritualist Mecca

tional Historic Site and when inducted Tony Opalka of the NYS Historic Preservation said that there was nothing else like it in the state.

Every aspect of Spirit House was either meant to foster communication with Spirits or influenced by Spirits. Its builder Timothy Brown who completed Spirit House in 1868 testified that he was led by Spirits in its construction. Brown said that if he tried to drive a nail in the wrong place a Spirit would grab his arm. He said that Spirits recommended the scallops on the outside to help drive away bad spirits.

There was a dark room where the present kitchen is where Spirits could be summoned. Brown built closets to be the exclusive domain of Spirits, where no human could enter, as a place of refuge for them.

Where the Veil is Thin

There is something special about Spirit House that goes well beyond its unique character. It rests on a most precious piece of Mother Earth. It is situated on what I call fields of consciousness, or her soul. I consistently find such fields at places in our area where great people lived and great events happened. The leaders of the Women's movement (Elizabeth Cady Stanton, Susan B. Anthony), the Underground Railroad (Harriet Tubman, Frederick Douglass) and Clara Barton (Red Cross) all lived on, or close to fields.

Spirit House is also a very holy place where as they say, the veil is thin. In other words, communication to other realms beyond the physical world is accessible because the veil separating our world from higher dimensions is thin. This is because of the particular aspects of Mother Earth found at Spirit House and the intentions and efforts of others that have come before. Over time prayer, ceremony and meditation begin to tear at the fabric of the illusion of physical reality, what Hindus call Maya. It is clear that the grounds of Spirit House have a very long history of being a sacred site because the veil is so very thin there. It was probably the intentions and aspirations of others that helped create this divine space that motivated Brown to build Spirit House there.

Help Save This Divine Place

Spirit House has not been lived in for over 20 years. When its last owner past in 2009 it was put up for sale. Several of us are trying to save it and turn it into a spiritual healing and retreat center where everyone can come to for growth and healing. You can help by donating or joining the SpiritHouse Society (\$20 annual dues.) To learn more go to www.spirithousesociety.org <<http://www.spirithousesociety.org>>

Join us in helping rekindle the soul behind Spirit House.

Madis Senner is founder of the www.spirithousesociety.org <<http://www.spirithousesociety.org>> His other web site is www.motherearthprayers.com <<http://www.motherearthprayers.com>> . He is author of *The Way Home-Making Heaven on Earth*. He can be reached at 315-463-5369, motherearthprayers@gmail.com

Cindy Griffith Psychic Consultant

PSYCHIC READINGS • TAROT READINGS • INTUITIVE COUNSELING

A Session with Cindy is positive and empowering. You can ask specific questions about any part of your life such as relationships, career, home, finances, health or spiritual path.

Skaneateles Office • (315) 685-8395

www.psychicupport.com • cindytarot@me.com

Call for prices and to schedule appointments

Gift Certificates Available

PsychicSupport.com

"Life's Support System"



Feeling confused or concerned?

Guidance and healing for whatever you are questioning!

In Person &
Long Distance



315-982-0843
Clinton, NY

Offered by

Patricia Lee Jones

Spiritual Healer & Consultant, Founder of KIA Reiki™
Over 10 years of professional service!

Loosen your moorings, journeyers ~ make room for miracles and expanded realities! Take a quantum leap, beyond the confines of your known reality. You and this reality are entering a total shift of realms.



Wanda Winters

Psychic Intuitive Spiritual Counselor
Integrated Energy Therapy & Reiki Sessions

Psychic Life Readings • Phone Readings
Integrated Energy Therapy Classes • Angel Classes
Spiritual Awareness Classes (Level 1 & 2)

Contact Wanda at (315) 686-2640

E-Mail: wanda_bodyspirit@yahoo.com • Website: www.realmshift.com
Credit Cards Accepted

PSYCHIC PSUNDAY



Anne



Corbie

JOIN TWO OF NEW YORK'S FAVORITE INTUITIVES!

**ANNE DOUGHERTY
& CORBIE MITLEID**
IN AN AFTERNOON GALLERY

FEATURING
Past Lives • Spirit Guides
Messages from the Other Side

PLUS DOOR PRIZES!

Holiday Inn • Exit 37 on the NY Thruway
(7th Street North) • Liverpool NY
Sunday, April 10, 2010 • 1-4pm
\$35 in advance, \$40 at the door
For tickets, call Anne at 315-247-0081
Or Corbie at 518-275-9575

Visit Anne at www.visitswiththedeath.com
& Corbie at www.firethroughspirit.com



Corbie's Appearances

January 21-23
Main Street
Armory,
Rochester NY

January 28-30
Hearthstone
Manor,
Depew NY

February 12-13
Holiday Inn,
Oneonta NY

February 26-27
Hearthstone
Manor,
Depew NY

March 12-13
Michaels
Banquet Hall,
Hamburg NY

March 19-20
Holiday Inn,
New Hartford NY

March 26-27
Hearthstone
Manor,
Depew NY

April 9
Fall Creek
Healing Center,
Groton NY

April 10
Holiday Inn,
Liverpool NY

FIRE THROUGH SPIRIT

Rev. Corbie Mitleid
Psychic, Medium, Minister
Inspirational Speaker

Intuitive Counseling, Tarot, Mediumship,
Spirit Guide Conferences, Past Life Retrieval,
Lectures, Seminars and Workshops

877-321-CORBIE • 518-275-9575
corbie@firethroughspirit.com

Featured channel in the international best-seller,
YOUR SOUL'S PLAN, by Robert Schwartz



"Cross the bridge from
fear to fearlessness
and FLY!"

Visit www.firethroughspirit.com for spiritual
resources, articles, events, calendars, personal
appearances by Corbie and more!

You Tube
facebook

A Call To All Nations 24 Hour Drumming Event For The Preservation of Unity and Peace.

The Circle of Life's Celebration Drummers Invite you to a Summer Solstice Gathering

Where our circle of drums will hold a voice for a 24 hour celebration, in Gratitude and Intent, for Unity and Peace amongst all nations.

Come drum, come dance. Bring a voice.
Healers ~ Speakers ~ Storytellers

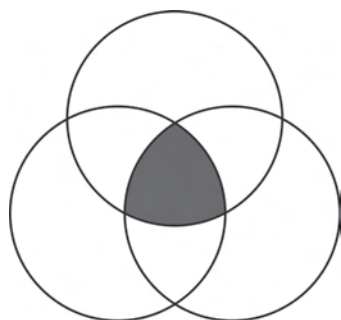
June 17, 18, 2011

For information or learn how you
can participate in this event, go Online-

www.krisfaso.com

click on Summer solstice 2011

Call 315-483-0074



HEALTHY VIBES

Marianne Crouse

registered nurse with extensive experience in critical care nursing, adult education as well as alternative healing

Offering Complementary Health Methods

Private Healing Sessions

integrating Multidimensional Cellular Healing, Ama Deus, Reiki, Color & Sound and the latest tools in vibrational technology. Appointments in New Hartford and now coming to Syracuse!

Lecture on "The Mayan Calendar: Dawn of the Unity Wave"

March 6th, Sunday from 2 to 4 p.m. Fee \$25

at First Unitarian Universalist Society, 109 Waring Rd. in Syracuse

Journey Through the Nine Dimensions of Consciousness A Pleiadian Agenda Activation

based on Barbara Hand Clow's Research and Teachings

This activation brings in an understanding of what is needed for Unity Consciousness and for opening the portals to our multidimensional self

March 12th and 13th, Saturday and Sunday

Location: Peace Dreamers, 139 State St., Auburn

April 1st and 2nd, Friday evening and Saturday

Location: Gossamer Wood Healing Center, Canandaigua, NY
The Nine Dimensions WS and Ama Deus Healing Certification Program are available for off-site scheduling by contacting Marianne Crouse.

To register or for more information call Marianne at 315-339-1404

(315) 339-1404 • Healthyvibs@gmail.com

www.healthyvibescny.com

May I Stand For You

When you are lonely and afraid of the night
Too far down to see the Light
And way too weak to continue the fight
May I stand for you?

When you are ill, you're sick and you're tired
Lost without purpose, direction or pride
Empty promises, stories and lies
May I stand for you?

When your heart has crumbled and broken
Troublesome words have just been spoken
Fear and disaster has just been flown in
May I stand for you?

When your dreams have just been lost
The river is wide and too deep to cross
-2-

Your soul is in voluntary confinement
And your mind is out of alignment
May I stand for you?

When the last one that you trusted
Leaves you broken, cold and busted
And you lie in your bed of fear
Paralyzed by what is near
May I stand for you?

When my legs are tired and my walk is slow
When it's time for me to let you go
Move on to other world's unknown
Will you stand for me?

I will stand for you
You will stand for me
I will stand for you, will you stand for me?

Brenda Silverhand Garriss
12.26.2010

Coleen M. Shaughnessy Spiritual Intuitive



*Offered at the
~ Spirit Center ~
Spiritual Readings
Meditation Classes
Reiki Classes
Angel & Fairy Classes
as well as
Artwork & Photography*

315-437-7433

Syracuse, New York

www.coleenshaughnessy.com

Eighth in a continuing series by Bob Canino

Every Picture Tells a Story

By Bob Canino

Owner, Orion Book Sales

A native of upstate New York, Bob Canino is a writer/researcher who lives in the Syracuse area.

He is the State Section Director for the Mutual UFO Network (MUFON). He can be reached at BobC1807@gmail.com

Case #1

WHEN: August 3, 1965

WHERE: Near Santa Ana, California

Rex Heflin, a highway inspector for Orange County, Ca. was driving in a county vehicle around 12:30 PM when he saw a hat-shaped object hovering over the road. Grabbing his Polaroid camera (which he carried with him for his work to photograph highway obstructions.) he managed to take three photographs of a metallic-appearing object and a fourth of a "smoke ring" that the object left behind when it departed at high speed. Heflin tried to radio his office during the sighting, but his radio wouldn't work. It returned to normal after the object sped off.

The photographs and negatives were examined by the Jet Propulsion Laboratory in Pasadena, CA, with no overt evidence of a hoax being found. The Lab's investigation supported Heflin's testimony in several ways, but the Air Force declared the whole event a hoax. Although several parties, over the years, have tried to manipulate the data in different ways, none has been able to even come close to proving that the photos were a hoax. An independent investigation conducted in 1993 by the Mutual UFO Network's (MUFON) photo analyst, Jeff Sainio, again reconfirmed the veracity of the photographs.



Tiopati Lake, New York, 12-18-1966

Case #2

WHEN: December 18, 1966

WHERE: Tiopati Lake, New York

Late in the afternoon of December 18, Vincent Perna was out near Tiopati Lake near Bear Mountain, New York. "Suddenly a rare object of bronze color appeared, making no noise," he stated. "Its size was approximately 6 meters in diameter." He was able to get four photos before the object disappeared.

BEING A LIGHT COMPANION ON A DARK ROAD

By Corbie Mitleid



I want to use this space to talk to those of you who will be asked to companion someone on a similar dark road - to help you help others when they are given news of a challenging and possibly frightening nature. While I'll speak from the point of view of someone dealing with a serious health diagnosis, these words will also hold true for those faced with a mental collapse, a family crisis such as divorce or death - any situation where one's world comes crashing down without warning.

There are things - simple things -- you can do with and for your friend or loved one that will make all the difference in the world. I know this: without my beloved husband, my close friends, and that army of fellow intuitives, healers, and clients worldwide sending out prayers and affirmations, my cancer story would have been a far more troubling tale, with more "downs" and difficulties than "ups" and triumphs.

What To Say

It's understandable that when someone - friend or family or acquaintance - tells you "I [have cancer/diabetes/etc.] [am getting divorced] [have a crisis with my child] you want to say SOMETHING. But what often blurts out of the mouth is worse than saying nothing at all.

DON'T say:

"Oh my God, that's horrible!" (They may be trying to deal with not thinking of it as horrible, but as a challenge; that reinforces the negative thoughts.)

"How unfair!" or "Aren't you angry?" (Same as above.)

"You'll be all right." (No one has any way of knowing that yet, and it's an empty platitude)

"You know, I knew this friend/girl/guy etc. who had your problem, and. . ." (The person handling the diagnosis/situation is not really concerned with how other people handled it, their horrors and war stories, etc. It's information that is unhelpful and might turn their thoughts to fears they did not have prior to talking with you.)

DO say:

"I am sorry you have to go through this." (If you are.)

"I will pray for you," or "I will put you on my church's prayer list." (Please do, as long as the patient has no objections AND YOU REALLY WILL do it.)

"What can I do to help?"

This last phrase - "what can I do to help?" -- is like gold. Your friend or loved one will need help. Their family will need help. But please, don't offer if it's just because you don't know what else to say. This is one of the times in life that if someone offers aid, the person in trouble will take it

- and count on it. Saying you will do something and then not coming through is not only unfair, but cruel if the person who needs you counts on you to fill a gap for them in any fashion.

What To Do

Make a concrete offer of assistance.

Please - don't say "Just call me if you need anything." I know from experience that the challenged person's mind is filled with so much that even the simple task of making a phone call can be too much. Additionally, a common reaction when one is faced with a devastating illness or crisis is to curl up and hide, no matter how gregarious and outgoing one is normally. (I am a perfect example - no one could ever accuse me of being an introvert, but some of my friends had to literally knock on the door to check on me because returning calls or emails was just too much.)

If you can offer something concrete, with a concrete day and time, you become an instant hero/ine. Some examples:

"I'll take your kids on Saturday and they can stay overnight at my place so you can get some rest."

"I'll arrange for my daughter to come walk Buddy for you after school until you're back on your feet."

"I know you go grocery shopping on Wednesdays. Why don't I pick you up for the next couple of weeks and we'll go together?"

"Let me set up a schedule of people to take you to your chemotherapy appointments."

"My vacuum cleaner and I will be over tomorrow to straighten up for you."

Gestures like this are more cherished than you can possibly know. Most people would never ask their friends to clean their house for them, no matter how bad it got or how little strength they had. When one has been independent for years, the notion of needing help to go grocery shopping can be embarrassing and intimidating. Don't make your friend ask; think ahead, and say it first.

Find words to inspire.

Some of the best gifts I received were books that were uplifting - not necessarily about cancer (believe me, you can get overwhelmed by all the information out there on your particular challenge), but general books that give hope, understanding and compassion. Some of my favorites are:

EMMANUEL'S BOOK (Volumes I-III)
by Pat Rodegast and Judith Stanton

HAPPINESS IS A CHOICE
by Barry Kaufman

HEALING WORDS FOR THE BODY, MIND
AND SPIRIT
by Caren Goldman

NO DEATH, NO FEAR:
Comforting Wisdom for Life,
by Thich Nhat Han

PRAYERS FOR HEALING: 365 Blessings,
Poems and Meditations from Around the World,
edited by Maggie Oman

STILL HERE
by Ram Dass

WHEN THINGS FALL APART:
Heart Advice for Difficult Times
by Pema Chodron
WHERE THERE IS LIGHT
by Paramahansa Yogananda

While it's true that sometimes the mind just wants to 'turn off' and there's nothing better than a good fat bad novel to distract you, these are books that one can pick up, read for a few pages, and put down refreshed. Nor are these books specifically for illness - any time one is challenged, buffeted by life, or feeling overwhelmed, the thoughts on these pages can help.

Don't second-guess.

There are some things your friend or loved one will need - and some they definitely won't. It is so terribly important that the person in crisis is listened to when they say they need something (or don't want something else). You may think that a huge bouquet of flowers or basket of get-well items is just what the doctor ordered, while they may feel a great need for a particular brand of tomato soup from the store, or a pink plush pig, or yarn that comes in a particular weight and style - or someone to sit and tell them dirty jokes until they hiccup with laughter. It doesn't have to make sense to you - what they are asking for has meaning for them, and has some particular magic for them to hold on to now. Please, get them what they want - not what you might want if you were in the same situation.

Listen and don't try to fix.

This one can be SO hard, especially for the husbands and boyfriends out there! Often, when someone is going through dark places in the mind and heart, it helps to be able to verbalize what is felt. Or they may be feeling so completely alone in the pain and fear, that they just want to hear another's voice, and know that someone is listening to theirs.

And sometimes they just need to cry their eyes out. They may not even be able to tell you why.

If your friend or family member needs you - please, make time to listen. Don't do something else while listening (this is someplace multitasking isn't appropriate), don't just mumble something noncommittal if you sense a break in the conversation. Really listen, even if what they are saying does not make sense to you. Make eye contact if they need it.

The other thing is: don't automatically try to fix what your dear one perceives is 'wrong.' Trying to fix something that seems overwhelming is like saying "You'll be all right" when no one is sure that's the case. If you want, you can ask, "Is this something I can help with, or do you just want me to listen?" Believe me, you'll know. And that one kind sentence of understanding can do worlds to calm troubled waters of the soul.

continued from page #3

ASTROLOGY & RELATIONSHIPS

ask them to shuffle a deck of regular cards – or to do a “mind draw of cards.”

Long ago I “programmed” into the “Collective Mind” an Astrological symbol for each of the 53 cards in a regular deck. As with the “I Ching,” the cards which “happen” to come up will address the parallel deep need for symbolical response from the Universe. The person’s natal chart and/or transiting planets are reflected in the cards. This occult-Astrological approach tends to get right to the heart of a situation. These oracular techniques work under Universal reflex action, known as “like attract like”; it’s the “Law

of Attraction”!

For those who are drawn to it, Astrology can be very helpful in understanding compatibility potentials. It is also helpful to know that rarely will two Souls come together if **all** of their planets are perfectly matched. Why? Because we’re here to grow – to wake up to our Oneness, which can help us to come to a state of Unconditional Love for All-That-Is. It is through our differences that we can become more conscious and aware of the significance of “others” – our “siblings in Spirit.” Each of us in our diversity are, indeed, unique “Perspectives” of Our One Source Energy. Please know that there are

no “failed relationships. There are no “victims.” You have never made a “mistake.” But, if you feel you’re really, really, ready to “skip” over some of the repeat-pattern, trying, experiences in relationships, we’ll suggest a formula: “Dwell on what you want – NOT on what you don’t want”! Our Joy depends upon where we choose to focus our Attention (Consciousness or Source Energy). When we **choose** to seek Joy, our relationships will soon mirror that choice.

May We all find
Joy in this
“Ongoing Adventure.”
In Oneness
Dennis

Continued from page #3

BE THE PACK LEADER

ic and reason. We receive and communicate via, TV, Internet, Phones, Books, a continuous education. He thinks we are so dependent on our intelligence that we forget that there is more to the world. On the emotional side he feels that we need to realize the importance of accepting others feelings, accept that all men, women, and children all have emotions and that we are allowed to share and express them. Spiritually, whether we go to church, temple, meditation groups, rituals, or any other forms of reverence, we all have a need to be a part of or belong to something bigger than ourselves. and finally for his example on instinct. Ceasar states that to be instinctual you need to be clearheaded, and aware of the signals you are receiving from the others around you, be it animals, people, the environment. This is understanding the connection to our natural selves and the world around us. Here is the big punch line, the gut rencher that made me

realize that I was not reading a step training book for dogs, but a book about how to get in touch with ourselves, get in balance and get to the root of what was out of whack. Here is what Ceasar hit me with, “Our dogs are our mirrors---but do we dare look into their eyes and truly see our reflections?” Ouch, that means that my dog emulates some of my behavior, that when he is laying upside down on his back looking loving into my eyes wanting and desiring affection, is that truly what I want? Hmmm!!! When he is crazily barking at the neighbors walking by, body slamming the window, letting them know he is there, is that me trying to connect with others on the outside? Hmmm!! And when he curls up at the end of my bed and sleeps so soundly, he is being my foot warmer? Hmmm!!! Has Ceasar opened up a new way of rediscovering my instinct, has my best friend and companion become my guide to reawakening something that has been lying dormant in me. Can I

find balance in all four of my elements, spiritual, emotional, intellectual and instinctual through my dog, Baker? I am going to put alot of Ceasar’s training into my own life and certainly get balanced so that Baker will respect me and follow me instead of try to figure out who is who around here. Baker I know yearns for the alpha mamma (he misses his Alpha Dad).

This book not only shares stories of others who have had situations with their dogs and how they had to go through alot of self training in order to get cooperation from their best friend, it also takes you on a soul journey to help you become a more balanced, more intuned, more aware, and more conscientious human. You know how they say don’t judge a book by its cover, well this is one of those, this is definitely a book for all of us to read and learn from.

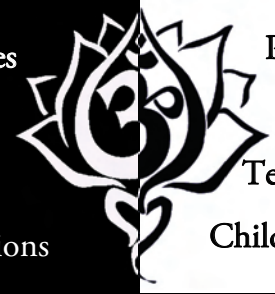
Infinite Light Yoga

Ongoing Classes

All Levels

Start Anytime

Multiple Locations



Plus Size Classes

Workshops

Teacher Training

Children’s Programs

InfiniteLightYoga.com 315-480-1996

Cynthia McCaffrey, LMT

NYS Licensed
Massage Therapist/Reiki Master
Offering REISSAGE



5620 Business Ave.
Suite F6
Cicero NY 13039

by appointment only
(315) 559-7120
csmmccaffrey@verizon.net

Reverend Loraine Molin Wise Faerie



Psychic / Trance Medium, Clairvoyant
Palm Reading, Psychometry
parties & House Calls
Ceremony’s & Weddings
Pet Communicator, Psychic Detective

315-727-0824
revloraine@twcnny.rr.com

Psychic / Medium

[Http://www.revlorainemolina.com](http://www.revlorainemolina.com)

The energies of the Universe

Speak to me most clearly through nature spirits.
The strength and clarity of the connection between myself and Spirit became magnified as I practiced and progressed with Reiki. I do many types of spiritual readings, specializing in spirit animal and animal totem messages. The information received during a reading is simple, positive, full of joy and healing.

To schedule an appointment,
ask questions, check event schedule
or register for a class, please...

Call: 315-437-7433 or E-mail:
MarkSpiritReader@yahoo.com



**MARK
SHAUGHNESSY**

WWW.MARKSHAUGHNESSY.COM

Healer's Crystal



Metaphysical Healing and Gifts,
for the MIND, BODY and SPIRIT!

STARLET M. HOLMES • Owner

We are looking for Motivational
items and gifts for consignment

Reiki Master,
Certified Hypnosis Practitioner,
Life Coach, Massage

6136 S. Salina Street – Syracuse, NY 13205

Phone (315) 559-6119

e-mail: Starlet@HealersCrystal.com

www.HealersCrystal.com

ANGEL PATH LIGHTWORK SPIRITUAL GUIDANCE AND HEALING

phone, office, home readings and reiki

JOANNA LIPTON
ANGEL THERAPIST® /REIKI
THERAPIST/INTUITIVE GUIDANCE
PAST LIFE REGRESSIONS
po box 94 East Syracuse, NY 13057
jlipton444@live.com
(315) 432-9090



Past Live Recall

Not a reading you experience it
\$70.00 per Session

By appointment only

Robert Steingraber
315-476-8823

wiccantank@netscape.com

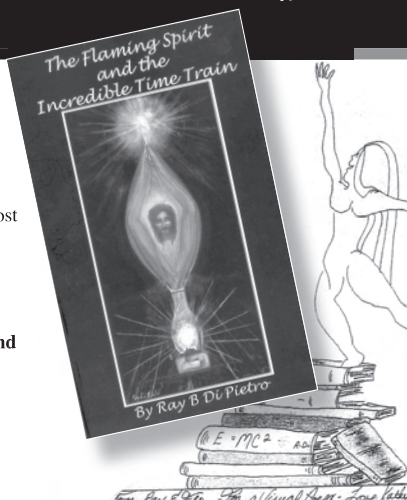


The Flaming Spirit and the Incredible Time Train By Ray B. Di Pietro

Two stories by Ray B. Di Pietro,
well known CNY author, about
getting in touch with spirit and
letting go of what is holding us back.
Then we may be guided by spirit into
the unknown where we will have the most
incredible experiences of our lives.

The stories are about the
evolution of soul through time...

Available at Seven Rays Bookstore and
The Mystic Side Gifts And Books
and other fine bookstores in the area
or by calling 1 888 280 7715
indicate book # 1141
www.Authorhouse.com/Bookstore
GOOGLE us for more information



Hathaway's Elemental Light

Hand Made Healing Oils & Gifts
"Custom wire wrapped jewelry" & other little goodies

Barbarah@twcny.rr.com

(315) 593-2033 • cell (315) 529-5152



Francine Bizzari

Clairvoyant • Psychic Medium • Clairaudient

Francine has worked successfully with police to
solve local crimes and throughout the U.S.

She was instrumental in the resolutions of the
Atlanta Children Murders in Georgia.

Francine has been part of national and local broadcast
and print media. She was called for Court T.V.,
Psychic Detectives and A&E Psychic Investigators.
She had her own call-in radio show and was a regular
columnist in the "Psychic Observer."



Francine's story is featured in the book:
Lives of The Psychics, The Shared Worlds of Science and Mysticism,
by Fred M. Frohock

Francine reads for Celebrities and people of all walks of life

Contact Francine for information
on her variety of services including:
Investigations • Healings
Group Gatherings for Spirit Messages
House Parties • Pet Readings

Visit Francine for Psychic Readings

February 26 & 27
(Psychic Fair)
333 Dick Road
Hearthstone Manor,
Depew, NY

March 12 & 13
(Psychic Fair)
Holiday Inn
Jefferson Road
Rochester, NY

March 26 & 27
(Psychic Fair)
333 Dick Road
Hearthstone Manor,
Depew, NY

315-252-8589 • francinebizzari.com
francinebizzari@hotmail.com

The Grace of Reiki

By Don Brennan

I've been to many Reiki retreats, and the energy of these events is always incredible. Sharing food at dinner, with so many old and new friends, is just another wonderful part of the experience. It's quite common to see people holding their hands above their food to fill it with Reiki before they eat. Most people seem to have the right attitude that this is a blessing and an enhancement of the food. But it's clear that some seem to be doing this out of fear based thinking, worrying that there might be negative energy in the food.

It's true that feelings held by the people in the kitchen can change the quality of the energy that they pass on to the food they are preparing. But this is no reason to have fearful thoughts. As long as we are centered in Divine Love and Harmony, we are not a vibrational match for receiving unwanted energy. This is true wherever we go, whatever we do. We can be like the experienced master of martial arts who deflects the energy of an opponent through subtle movements, by always being centered.

So instead of having fearful thoughts about our food, we should think of charging our food with Reiki, not only as a blessing of grace and gratitude, but also as an act of spiritual communion. We enhance the vitality, the life force of the food by raising the vibration with love and appreciation, because it can always be so much closer to divine perfection. And we can be so much closer to divine perfection. This is the way we truly bless our food. The purpose of grace is to be grateful, by turning our focus to positive blessings, by turning our attention to the essential nature of existence, by becoming one with God. To be in a state of grace.

In The Celestine Prophecy, it is explained that,

"It is not just about being thankful, it is to make eating a holy experience, so the energy of the food can enter into your body."

Reiki is the vibration of Divine Love and we should bless our food with love and appreciation, as an act of spiritual communion. It's like filling seeds with Reiki before planting them. We always want to plant the right thought forms and have the best mindset, in whatever we do. We want to celebrate our oneness in holy communion. And Reiki can help us deeply experience that holy unity.

As we go through this new year, let's try to have a better energetic relationship with our food, with our planet, with each other, with our creator and with ourselves. Let us be in a state of grace.



Reiki with Don Brennan

17 Years of Active Experience with Reiki

Usui Reiki Karuna Reiki® Japanese Reiki

Reiki Treatments: Powerful, yet reasonably priced!

Reiki Classes: Quality Training, Thorough Practice

We love Reiki...and we love to share it!

Life Center for Well-Being

302 Parsons Drive, Syracuse NY 13219

315-468-5060 www.lifecenterforwellbeing.com

All Creations and cycles of life are intertwined in an eternal cosmic dance. The doors to all mysteries lie within me. Grant me the wisdom to open them at the proper time.

Rev. Barbara Konish

Psychic Medium & Spiritual Counselor

3rd Degree Reiki Master-Teacher



Your reading will help you discover your path to enlightenment and personal growth through Barbara's unique brand of psychic ministry.

Contact Barbara for: Private Readings • Telephone Readings • Corporate Events
Stress Management • Parties • Home Shows • Classes • Meditation
Business Consultations • Couples – Marriage – Prenuptial

(585) 224-8657



www.newmoonforyou.com
www.barbarakonish.com



Namasté



For anyone wishing to be considered being part of
The New Moon Holistic Healing Expo and Psychic Festival
at the Dome Arena, Henrietta (Rochester), NY
October 22nd and 23rd, 2011

you may call (585) 224-8657

Wil Alaura & Energy-Wellness

Call 315 - 373-0683
for information & appointments



The Atlantean Cross... \$36

strong protective symbol. Clear and neutralize all non-beneficial energies. Due to its vibrations, the Atlantis Cross strengthens the body of the wearer, therefore creating a renewal and regenerative effect, thus speeding healing.



Ring of Atlantis... \$40

Protection: Howard Carter when he opened the Tomb of King Tut wore this symbol, and he was the only one who was not stricken with a premature or sudden death. It is believed that this is due to the protective shield this symbol provides to the wearer.



Decorated Eye of Horus... \$28

One of the most effective protective symbols used in the temples of ancient Egypt for healing and energetic protection. Also, protects against the "evil eye". Attachments:



Solomon Seal...\$68

Symbolizing a harmony of opposites, it emphasizes the heavenly and earthly domains and is used to assist people in their personal lives. Gives solidarity and strength to the wearer.



Shield of Genesis... \$158

Creates a bubble of protection around the wearer from negativity and disease. Acts as your "bodyguard".



Pendant of Eternal Light\$295

We are all creators. This pendant boosts one's own signal and the desires are met with greater fulfillment.

DNA Spiral... \$75

Increases conduction and emission of energy (about 16m/50 ft. diameter) by creating a kind of "energetic vortex". Can be used in healing treatments, hung in house or rooms, and it activates one's own DNA strand. Great for following Reiki sessions.



WIL ALAURA

NORTH SYRACUSE, NEW YORK

Wil Alaura is a medical intuitive and bioenergetic healer. Working with many diverse systems and methods, blending technical and ancient theories and therapies, he feels the body can be slowly brought back to a state of homeostasis and wellbeing. Wil works with clients nationally and internationally from his offices in Syracuse and Rochester, New York. Being President of the American Society of Dowers Finger Lakes Chapter and a Wonderful Healing and Educational Center, ENERGY-WELLNESS, in Upstate New York, keeps him busy constantly. Wil, also, travels and lectures on Healing, Crystal Skulls, Pendulums, and other various energetic topics.

Basically, there are 3 types of appts....

Remedies and herbal supplements with individual bioenergetic signatures

Guided Meditations

Energy appts

- a) BioGenesis
- b) Slim Spurling Tools
- c) crystals
- d) crystal skulls
- e) pendulums

Call 315 - 373-0683 for information or appointments

Salina Meadows Office Park

301 Plainfield Rd • Ste 195 • North Syracuse NY 13212

energy-wellness.com email walaura@twcnny.rr.com