

Atlantis Rising

Sept 2023

Newsletter



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Samhain
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Finance
Astrology
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Recipe
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Witch Bells



Metaphysical News

Unveiling the Secrets, Empowering the Soul: Embrace the Magick Within!



Happy Samhain

By Angela Morris

Samhain, a celebrated festival with deep roots in Celtic traditions, marks the beginning of the dark half of the year and holds a significant place in the history and folklore of Ireland, Scotland, and other Celtic regions. As the veil between the worlds of the living and the dead thins, Samhain provides a time for reflection, commemoration, and celebration.



Historical Background

The origins of Samhain can be traced back to the ancient Celts, who inhabited parts of Europe more than 2,000 years ago. The Celts divided the year into two halves, the light half and the dark half, with Samhain representing the transition between the two. It was considered one of the four major festivals of the Celtic calendar, alongside Imbolc, Beltane, and Lughnasadh.



Agricultural Significance

Samhain was primarily an agricultural festival, marking the end of the harvest season and the beginning of winter. It was a time when the Celts prepared for the colder months ahead, bringing their livestock back from the summer pastures and storing provisions for the winter. The festival served as a time of thanksgiving for the bountiful harvest and a chance to honor the deities associated with fertility and the harvest, such as the Irish goddess Mór Ríoghain and the Welsh god Gwyn ap Nudd.



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Spiritual Beliefs

Beyond its agricultural significance, Samhain held a strong spiritual and supernatural aspect for the Celts. They believed that during this time, the boundary between the world of the living and the realm of the spirits was blurred, allowing spirits, fairies, and otherworldly creatures to freely move among humans. It was a time when ancestral spirits were thought to revisit their former homes, and the Celts sought to appease and honor them through various rituals.

Rituals and Traditions

Samhain was marked by a range of customs and rituals, many of which have persisted in different forms throughout the centuries. The Celts lit bonfires on hilltops, believing that the flames would guide the spirits and provide protection against malevolent entities. People would also wear costumes and masks to ward off evil spirits or disguise themselves from the wandering souls. These traditions bear a resemblance to modern-day Halloween practices.

Rituals cont...

In addition, the Celts engaged in divination practices during Samhain. They believed that during this liminal period, they could gain insights into the future. Fortune-telling methods such as apple bobbing, mirror scrying, and hazelnut tossing were practiced as a means to glimpse what lay ahead.

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Dedicated to providing information for Living a Magical Life Naturally

Author: Alexander Nemo

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A tarot reading is not only about seeing into the future. My job as a spiritual person with some psychic talent is to help people get out of their own way. Using tarot as a tool to help a person gain perspective on their situations, emotional makeup, and to help them see how their own choices and actions are creating their life situations are the most important goals. I have over thirty years of experience in guiding people through situations and relationships.

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The Enchanting Chimes: Unveiling the Mystique of Witches' Bells

By Angela Morris

In the realm of magic and enchantment, witches have long held a place of fascination. Often associated with broomsticks, cauldrons, and spells, their arcane practices have captivated imaginations for centuries. Among the many tools and trinkets utilized by witches, one object stands out for its mystical allure: the witches' bell. These delicate yet powerful instruments possess a rich history and hold a significant place in the magical arts. Join us as we unveil the secrets and significance of witches' bells, exploring their enchanting melodies and their ties to the world of witchcraft.

The Origin of Witches' Bells

Witches' bells have their roots deeply embedded in folklore and magical traditions. Ancient civilizations believed in the power of sound as a means to ward off evil spirits and negative energies. Bells were seen as conduits of harmony and protection, capable of repelling malevolent forces. Over time, witches incorporated these beliefs into their practice, recognizing the potential of bells to amplify their spells and safeguard their sacred spaces.



Symbolism and Purpose

Witches' bells are not mere decorative trinkets; they carry symbolism and serve specific purposes within witchcraft rituals. These small bells are commonly attached to broomsticks, wands, athames (ritual daggers), or worn as jewelry. Each bell is believed to possess a unique resonance that can ward off negative energies, signal the presence of spirits, or invoke specific energies during magical workings.



Protection and Clearing

One of the primary functions of witches' bells is protection. The soft, tinkling sound is said to create a vibrational shield, disrupting negative energy and preventing it from entering a witch's space. Many witches hang bells

near doorways or windows to act as a deterrent against unwanted spiritual entities. The gentle chimes serve as a reassuring melody, bringing peace and harmony to the environment.

Enhancing Rituals and Spells

Witches' bells also play a crucial role in enhancing magical rituals and spells. The sound produced by the bells is believed to amplify the power of incantations and invocations, creating a resonance that resonates with the intent of the witch. The rhythm and vibrations of the bell's chimes help witches focus their energy and establish a stronger connection with the spiritual realm.



Lia Alvarez, a quirky high school junior in St. Augustine, accidentally awakens the power of a magical tarot card that had been passed down through generations of her family and must protect herself and those she loves from a sinister force that seeks to control her and her newfound power.

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PARANORMAL, HORROR, AND FANTASY AUTHOR JB CAINE



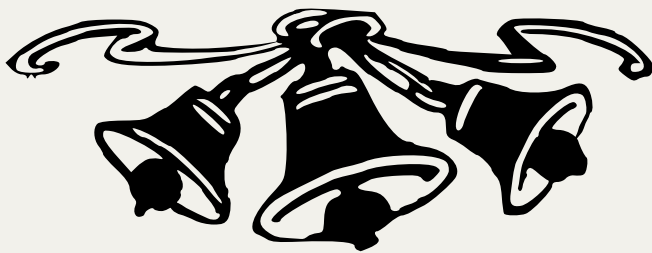
Divination and Spirit Communication

Beyond protection and amplification, witches' bells are often used in divination and spirit communication. The subtle sounds emitted by the bells can serve as signals from the spirit realm, indicating the presence of otherworldly entities or confirming the success of a magical working. In some traditions, witches' bells are employed during rituals aimed at contacting and communing with ancestors or spirit guides.



Choosing and Caring for Witches' Bells

The selection of a witches' bell is a personal and intuitive process. Many witches prefer bells made from materials associated with magic, such as silver, copper, or brass. Some bells may also incorporate symbols or inscriptions, further infusing them with meaning. It is essential to cleanse and consecrate a witches' bell before use, charging it with personal intent and energy.



Witches' bells possess a captivating allure, carrying with them a legacy of protection, power, and spiritual connection. These enchanting instruments have found their place in the tapestry of witchcraft, contributing to the rituals, spells, and traditions practiced by witches throughout history. As we embrace the mystique of the witches' bell, let us acknowledge the delicate harmony they bring to the magical arts, their chimes resonating with the eternal spirit of enchantment.



—Magickal Herbs—

for Sleep and Relaxation

By Alexander Nemo



Hello everyone and welcome. Let's talk about three common herbs, well, really two herbs and a nut, that will help to reduce stress and help you get a better night's sleep. We will be talking about lavender, chamomile and almonds. Not only is there a great deal of anecdotal evidence about these herbs working, but there is also scientific research that substantiates the word-of-mouth claims. As a matter of fact, you can read an article on these very herbs in the November 2019 issue of Men's Journal, pages 104-105. Of course, Men's Journal didn't cover some of the magickal or aromatherapy applications of those herbs, but that is our job here. Let's look at lavender first.

It is a very pretty flower, as you can see, and I have experienced large meadows covered with it; the scent was heavenly, and the beauty was breathtaking. Lavender (*Lavandula vera* or *L. officinalis*), according to the aromatherapy people, is commonly used to remove stress and disruptive energy from a room or house. This is done by using essential oil in a diffuser of some type or by placing bunches of whole flowers, or flowers on stalks, in each room. There are water distillations available (lavender water) that you can use in an atomizer and spray it in the air. I have even used the spray on my sheets right when they were put on the bed. You can even wet a rag with lavender water and put it in the dryer with your bed clothes as they are drying.

If you do this, do not use any of those foul-smelling dryer sheets; that artificial scent will overpower the natural floral scent. Even just using the flower blossoms in a bowl will work. Not only do you get the scent of the flower, but the visual effect of the purple is also a calming influence. Lavender can also be taken as a tea for stomach problems and as a sleep aid. A study done by Nursing in Critical Care revealed that when people smelled real lavender as opposed to a placebo scent over a two-week period, they experienced fewer feelings of anxiety and slept better.



On the magickal side of things; lavender is related to the element of air and can be used to help clear out unwanted thoughts and inspire positive thoughts. On the planetary side of things it's related to the planet Mercury and can be used for concentrating that planetary force or influence; it can even be used to anoint Mercurial charms for that reason.

Now let's take a look at almonds. (Mmmmm, Almond paste on croissants) According to, *The Herb Book* by John Lust, almond butter is an extremely good source of protein and is well tolerated by diabetics. The article in *Men's Journal* also cites the fact that almonds are high in magnesium and enhance the function of the neurotransmitter known as GABA; this chemical slows brain function



in preparation for going to sleep. For me personally, for a relaxing evening I would be happy with a bunch of almonds, a chunk of high-quality dark chocolate and a good glass of a red wine. Now, if you throw in a fine female romantic interest into the mix, I am sure I could get relaxed... very relaxed. This leads us to almond oil; almond oil has a reputation of being a great skin softener (emollient). It is also a great base for massage oil.



The last herb that was mentioned in the article was the famous chamomile flower (*anthemis nobilis*). This sweet smelling flower has been used to make a tea for use as a calmative throughout history. You can find it all over the supermarket shelves in the herbal tea aisles and it is usually marked as a calming tea. One study that was done by the Memorial Sloan Kettering Cancer Center, cited that; chamomile tea was significantly more effective at reducing the effects of stress than a placebo tea that was offered. There is a great deal of

anecdotal evidence that suggests that chamomile tea is also beneficial for kidney ailments and urinary problems. In *The Herb Book*, by John Lust, it is also listed as a good tea to calm down children. If you use it for the calmative effect, I would probably leave out the sugar for sweetening; instead of sugar I would use the herb, stevia for the sweetener.

I find great pleasure in the fact that "modern society" is slowly but surely catching back up to the value of natural healing techniques. What all the pagans, yoga people, wiccans, Buddhists etc. have never lost is now coming back into the mainstream. Using healing techniques that help to re-establish the natural cycles of healing and life is not only beneficial to each person but also to the world community in general. Healing, no matter on what level you are working on, starts by developing a personal level of awareness.

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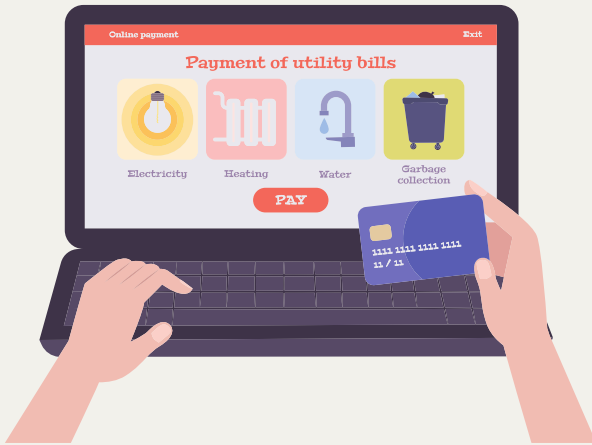
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Credit Card Basics

by Jessica Oppy



Everyone knows how to use a credit card, right? Apply, receive, use, pay, and repeat – well, at least the last two steps anyway. Though this is not technically incorrect, it is missing so many features and details that can either enhance your life or make it a living hell of collection calls.

Let's start with some basic and very common misunderstandings.

Minimum Payments recommended at least double.

Technically, yes. Paying the minimum payment will ensure you are always counted as current on your credit report. It will also ensure that you are ALWAYS paying on that card. Don't get me wrong, it's handy on months when unforeseen bills come your way, but it should never become a habit.

Always pay in full whenever possible. This will ensure that fees and finance charges are not assessed.

All statements will provide a payoff box indicating how long it will take you to pay off the current balance if only paying the minimum amount. That number can be as long as 3 years on a balance of about \$3,000. Imagine what it would be on larger balances!

Cash Advances are a quick source of income.

Cash advances should be used as an emergency resource only.

This bears repeating: Cash advances should not be considered a source of income. Annual Percentage Rates (APR) are typically higher than purchase APRs, and finance charge fees begin accruing the same day the advance is withdrawn. There is no grace period.



Credit Card Basics



Credit Terms - all are pretty much the same.

Though credit terms work the same across all consumer credit card products, they are definitely not all built the same. Make sure you read the small print as this is where the differences become apparent. Is the card a variable, introductory, or penalty-related APR? What fees are applied? Is there an annual fee assessed? These are a few items to consider when reviewing the disclosures. Compare with other card programs. There are many safe and user-friendly tools online to help you decide.

These are just a few of the finer points to consider when choosing a credit card product. Don't stop here! Remember, a credit card can be a very useful tool to help you manage your money and expenses, but you should never put yourself in the position of the card controlling you.

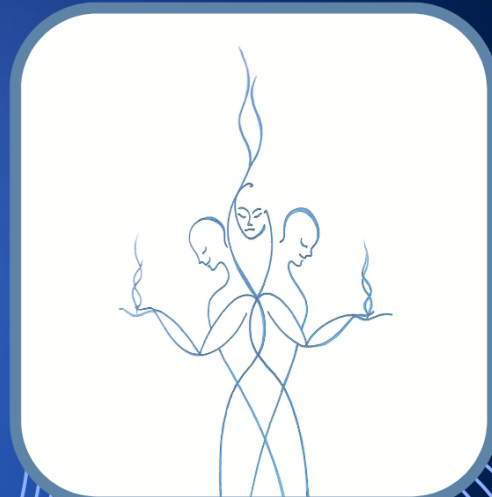
Happy Hunting!



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Facing Your Ghosts

By Angela Morris



In May 2022, I was traveling from Tallahassee back to Panama City, Florida. The drive was down a very remote road, and it was a dark and incredibly stormy night. The sky was constantly being lit up by lightning. I mention energy because it is an essential factor. It is widely believed that storms amplify spiritual energy. With the chaos of the storm and the rush of my anxiety, I unknowingly create what I am about to experience.

After two hours of driving in strong winds and steady rainfall, we finally get back to our hotel room for the night and settled in for bed. At about 2:45 in the morning, I woke up and looked towards the hotel room entryway, only to see a shadow figure with feminine-like qualities and what I call "headlight eyes," standing in front of the full-length wide mirror.

My first response was one of absolute horrifying fear. I immediately said to myself, "Nope, not doing this," and pulled the blankets over my head.

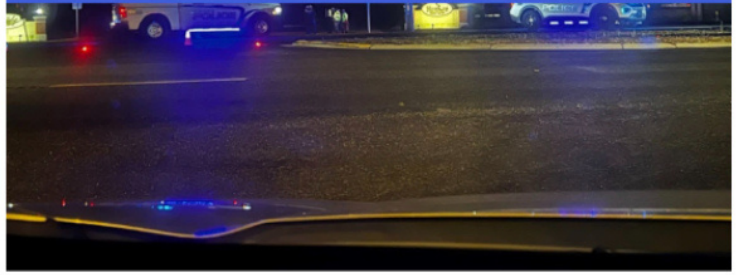
Don't you love how we think a piece of fabric is going to protect us from the spirits?

Just as quickly, I heard my mentor Andreas' voice in my mind, urging me to shift the experience from the lens of fear to one where I am sovereign. I pulled the blanket back down and nervously faced my fear. Not only was she still there, but she had moved closer. I was determined to stand my ground and stared at her until she slowly faded away. I do not mind telling you every cell of my being was trembling. Then suddenly, in my mind's eye, I saw a woman in a hospital gown. She went from a scary shadow figure with headlight eyes to a woman who faced some kind of tragedy.

Later that day, I decided to look into deaths in the area we traveled through. Turns out a woman was tragically hit by a car while riding her bike around the late hour of 2:55 AM just a few months prior. She died at the hospital. (See Article from mypanhandle.com) Certain details have been blocked out to protect all parties' privacy.

Just a few weeks later, I was back in the panhandle of Florida for the A Time To Rise Destin Retreat. We arrived a few days early so we could enjoy some free time and explore the local sites. We stopped at a Target in a small town called Mary Esther for some supplies. As we were exiting the store parking lot, at the light, I heard "look up." So I did and saw what I initially thought was a park. Then I read the sign. It was a cemetery.

As we drove by it, we both experienced a presence trying to get our attention. That is when my friend yelled out, "You're uninvited." Needless to say, he hitched a ride anyway. Later that evening, things started happening around the room, and we knew we weren't alone. Just to give an example; my friend's necklace was unlatched and fell to the ground. It is then that I decided I was going to try communication and ask if "They" needed help. We used the dowsing rods and oracle cards to communicate. With some research, we found out who he was, his story, and much more. He did want assistance in connecting with his deceased wife so they could reconnect and move on. I facilitated a soul reconnection for him and his wife, and they moved on into a beautiful bright white light.



UPDATE (7:26 CST 2/23/22) — A Panama City Beach woman was killed in a crash early Wednesday morning, according to the Panama City Beach Police Department.

Investigators said a [REDACTED] being driven [REDACTED] [REDACTED] of Irvington, Alabama, was traveling in the eastbound lane of Panama City Beach Parkway near North Glades Trail.

Meanwhile, a bicycle being ridden by [REDACTED] [REDACTED] Panama City Beach, Florida, was traveling west in the eastbound bicycle lane.

"At some point, [REDACTED] entered the eastbound lanes of travel and was struck by the Nissan," officers wrote. [REDACTED] sustained life-threatening injuries as a result."

She was rushed to a hospital but later died from her injuries.

What a huge difference between experiences. Fear creates an energy that facilitates lower vibrational experiences. The Non-Physical Being I came in contact with used what I knew to get their message across. "Headlight eyes" used a movie reference and presented something scary in the language I understood at the time. As I shifted through the experience, so did how she presented herself to me. With the next experience, I stepped forward in confidence, and fear had no place in the process, making communication and reconnection a smooth process for all involved. The lesson is to never allow fear to dictate your paranormal experiences.

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The Cigar Corner

Cigars, Magick and Muggles



Alexander Nemo

A good cigar is a magical thing. Granted that there are people who think cigar smoking is a terrible habit because it will kill you; I have a news flash for you. Breathing, yes breathing, will kill you. I can guarantee that if you are breathing now, at some point in the future you won't be.

Anyway, back to the spiritual aspects of a cigar. First, tobacco has been used in spiritual ceremonies for centuries. This plant, In its natural state, tobacco has been use as an offering to the gods, and the smoke has been used as a cleansing smudge to clear negative energy or evil spirits and to prepare and cleanse ritual space.



The Cigar Corner

It has been used to focus the user's concentration, thereby reinforcing a state of mind that allows the user to see prophetic visions or connect to the spirits of the ancestors or the realms of the spirit. It has also been used as an offering to benevolent beings when asking for guidance, help, or protection. The use of tobacco, or in my case, the use of a cigar, is a bridge between the mundane world and the world of the spirits. How does this come about, you may ask? Let's just say that the intent a person applies to any action that they do has an enormous influence on the energy, effect, and outcome of what they are doing. This is a very important magickal concept to grasp. The people who are into meditation and esoteric practices will appreciate this information.

Regarding cigars though, many people are used to smelling cigars that are considered the lower end of the spectrum by real cigar smokers. These cigars tend to smell bitter, taste bitter, and leave a bad taste in the smoker's mouth. Compared to better cigars, the low end of cigars is made of cut filler instead of long filler. This means that the tobacco that is encased in the wrapper, the outer layer of tobacco, is cut into small pieces. These small pieces burn fast and hot. Cut filler may also contain stems and thicker parts of the leaf that are normally discarded by the upper-tier cigar manufacturers.



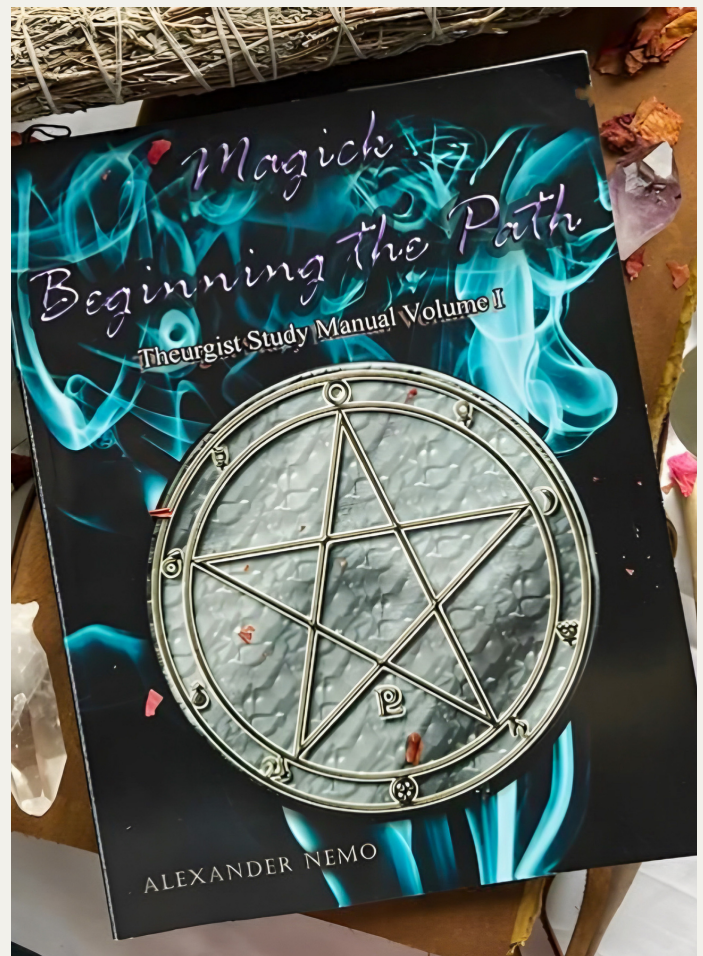
This tends to give you a hot, sour-tasting smoking experience.

Why is cut filler even used? Because if you are a cigar producer and have lots of damaged leaves that you can't use as long filler, you take those leaves and cut them up into small pieces.

This cuts down on waste. The better the cigar, the better the tobacco, which, in turn, gives you a much nicer smoking experience. By the way, good cigars are available for reasonable prices. Some of my favorite cigars are in the \$5 to \$7 range. Typically, these cigars take me about an hour to smoke, which means I get a full hour of meditation, contemplation, and communion with myself (or other realms) for a small monetary investment.

MAGICK BEGINNING THE PATH

Magick Beginning the Path is without a doubt the best investment you'll ever make for your magickal practice. Step-by-step instructions offer the opportunity to get results quickly. Over 1,000 copies have already been sold. Written by Alexander Nemo in order to help people overcome the frustration that is normally felt by practitioners. The practices and perspectives offered here will help you release personal self-judgment and the most crippling concept of all, the concept of failure. Nemo's program provides a great foundation for anyone who is either beginning their path or wants to seek new depth and understanding about esoteric study. Expand your psychic and spiritual horizons.



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How do I know that I'm on the right path?

By The PsyChicks

Throughout my life, there has been multiple instances that can be deemed supernatural, existential, and celestial. The power of thought and people, places, and things manifesting, shortly thereafter, is a miracle in itself. We, The PsyChicks, practice the frequency of the heart, and so can you. Detangling your spiritual anchors which pull you down from your true path is another jagged edge to overcome. It's like a CrossFit session with a very strict trainer.

There has to be a consistency, guided by the discipline, to allow results to come into fruition. More than anything, commitment, has to have the strongest voice above everything else in your life. Be true to who you are, listen to your heart, and developing more positive results will start to become visible.

From omens to physical things appearing suddenly, there is no measure to the supernatural world. In order to reach exalted heights of awareness, people use daily rituals of routines. These can be as simple as changing your breathing from shallow to deep. Followed by deeply felt affirmations or statements of positivity while maintaining a total physical state of calm. These techniques are often applied to gain a Zen state. A state of calmness beyond understanding.

There are many possible paths for many people. The hard part is the knowing of your *Right Path*. When you're not on the right path, you might experience a lack of purpose, inner conflict, or a sense of being stuck or unfulfilled. Pitfalls can include self-doubt, anxiety, or feelings of disconnection. To get back on track after falling off the path, focus on self-awareness and self-compassion. Reflect on what truly resonates with you and take small steps towards that direction. Surround yourself with positive influences. Practice mindfulness, and seek support from loved ones or professionals if needed.

How do I know that I'm on the right path? *(continued)*

Dealing with toxic individuals requires setting healthy boundaries and prioritizing your well-being. Become aware of being exposed to negativity and take proper steps to seal yourself off from it or avoid it. Focus on personal growth. Cultivate a support network of like-minded positive people. Remember, maintaining a higher frequency often involves choosing environments and relationships that uplift and inspire you.

Navigating Your Spiritual Path is a journey towards Higher Frequency Living.

The quest for a fulfilled, purpose-driven life, the concept of being on the right path, holds a metaphysical significance. It's a journey that involves making choices in the physical world, that reflect the inner state you are striving for. Let's delve into how you can identify if you're on the right path, the changes that occur, and how to navigate challenges while maintaining a positive frequency.





How do I know that I'm on the right path? *(continued)*

Signs of Alignment with Your Path:

- Inner Peace and Contentment: When you're on the right path, you experience a sense of inner peace and contentment. There's a feeling of you being where you're supposed to be. It radiates outward. It affects your interactions with the world and how you react to the world.
- Heightened Intuition: An increased sense of intuition often accompanies being on the right path. You find yourself making decisions that feel right. These intuitive choices tend to lead to positive outcomes.
- Synchronicities Abound: Synchronicities, meaningful coincidences, become more frequent. You notice events and connections aligning perfectly, almost as if the universe is validating your journey.

When You're Off the Path:

- Lack of Purpose: Straying from your path can lead to a sense of lack of purpose. Feeling like something is missing or that there is a void.
- Inner Conflict: A struggle between your actions versus what resonates with your core values. This conflict can manifest as stress, anxiety, or depression.

An advertisement for 'THE PSYCHICKS' featuring a dog and two cats. The background is pink. The text includes: 'THE PSYCHICKS', 'Where Are You In Your Ascension? We can Help you figure it out!', '2 Psychics for the price of one!', 'Se Habla Español', 'Verohnika 813-389-9208', 'Patricia 407-433-3246', 'fb.me/tranzend11', 'YouTube: @thepsychicks', 'angelmystic@yahoo.com', '5D Feeling Great!', 'Thanks PsyChicks!!', '4D LOTS of questions! ??????????????', '3D In Denial', 'Just woke up... What's Going On????', and '3D In Denial'.

How do I know that I'm on the right path? *(continued)*

So now that we have identified what the right path consists of, let's break it down on how to create it.

Moving Up in Frequency and Reaching 5D:

- Elevating Your Energy: Frequencies are vibrational energies that permeate all aspects of existence. To move up in frequency, engage in practices that raise your vibrational state. Meditation, mindfulness, and spending time in nature are good starts.
- Release Lower Vibrations: Let go of negative emotions, thoughts, and attachments. These keep you anchored in lower frequencies. Forgiveness, gratitude, and self-love are powerful tools in this process.
- Embrace Love and Compassion: Higher frequencies are characterized by love, compassion, and unity. Cultivate these qualities in your interactions with others and within yourself.

Defining Your Path:

- Soul Searching: Spend time reflecting on your passions, values, and aspirations. What activities make you lose track of time? What feels fulfilling to you?
- Intuitive Nudges: Listen to your intuition. Pay attention to the activities, ideas, or dreams that consistently spark excitement and curiosity.
- Creating a List: A list of interests, skills, and goals can help clarify your direction.

Crafting Your Path:

- Small Steps: Start with small, manageable steps towards your desired direction. Each small success builds confidence and momentum.
- Setting Goals: Set clear, achievable goals that align with your path. These goals act as markers along the journey, providing direction and motivation.
- Learning and Growth: Embrace continuous learning. Seek out knowledge and experiences that contribute to your development on all levels.

How do I know that I'm on the right path? *(continued)*

Crafting Your Path continued:

- Managing situations of Being Overwhelmed
- Prioritization: Focus on a few key goals at a time. Trying to do too much can lead to burnout and lack of progress.
- Time Management: Break down your goals into smaller tasks. Allocate specific time for them. This prevents feeling overwhelmed by a seemingly monumental task.
- Self-Care: Regularly engage in self-care practices that rejuvenate your mind, body, and spirit. This helps maintain your energy and resilience.

As you embark on your journey towards higher frequency living and alignment with your path, remember that it's not about perfection, it is about progress. The path isn't always linear. Setbacks can happen. What's important is your commitment to growth, your willingness to listen to your inner guidance, and your capacity to rise above challenges. By integrating these principles into your life, you can navigate the journey with grace and purpose, ultimately reaching a state of higher consciousness and fulfillment.

So for now, be you - not just whom you may appear to be.

If you still feel you need more direction in finding that path. Let us fill in the blanks and help you on your journey. Call us for a reading!!

Love and Blessings from The PsyChicks

FB: Tranzend11

YouTube: [@thepsychicks11](https://www.youtube.com/@thepsychicks11)

Verohnika & Patricia- 813-389-3246



Verohnika



Patricia

Cooking with Aurora Moon



Aurora Moon

Aurora Moon, an 11-year-old eco-conscious individual, has dedicated her life to a holistic and spiritual lifestyle. Her interests include upcycling, organic and plant-based foods, art, music, yoga, aerial arts, and the path of a medicine woman. Gifted with psychic and healing abilities, she serves as a Reiki Master, Meditation guide, yoga practitioner, and Divine Channel, sharing her knowledge at events and online. Adhering to the Ahimsa doctrine, she practices non-violence and love for all living beings, believing in love as the savior of the world. Additionally, Aurora is a talented model and actress, excelling in Aerial Silk and Lyra performances. As an animal activist, she co-organizes the "Conscious Kids Camp" and conducts workshops at the Zen Awakening festival. Contact her by [clicking here](#) for recipes and event updates.

BREADED EGGPLANT OVER ANGEL HAIR PASTA WITH BROCCOLI RABE & TOMATO

1 cup flour
3/4 cup water
1/4 tsp pepper
2 cup panko breadcrumbs
avocado oil spray
1 bunch broccoli rabe
1 cup chopped tomatoes
half a lemon
1 Tbsp vegan butter
salt, pepper, oregano to taste
Preheat oven to 400°

- Mix flour, salt & pepper with water to form a batter
- Dip eggplant in batter and coat with panko
- spray sheet pan with oil and place eggplant in a single layer
- Spray top of eggplant with oil and bake 20 minutes until golden brown
- Blanch broccoli rabe for 3 minutes & than Saute garlic in butter and add broccoli rabe and tomato
- Season with salt, pepper, and oregano
- Cook angel hair pasta
- Plate and Serve with Love!



The Yew Tree

BY MARY-ANN SAUAVGE | PAMPERED DANDELION

ORIGIN: Indigenous to Europe

PLANET: Jupiter, Mars, Saturn

ELEMENT: Air, Fire, Water

DEITIES: Banba, Hecate, Holle, Lugh, Hermes

MAGICKAL USES: Although poisonous it has a rich magical history. It signifies rebirth and can be used when starting over. Death, Rebirth, Immortality, Reincarnation



HEALING PROPERTIES: Historically, Native Americans used Yew to treat ailments like rheumatism, fever, and even arthritis. The Japanese used Yew leaves for things like diabetes and to induce abortions. Paclitaxel and docetaxel are drugs derived from the Pacific and the English Yew, and they are very effective against many types of cancer.

WITCH FACTS: When a tree dies it sprouts new growth and trees from the parts of the tree touching the ground.

WARNING: No plant or herb should be ingested unless under the care of a licensed practitioner

CHRISTOPHER TIMS

Christopher has shared the Eternal Teachings since 1988, promoting transcending limitations through a natural lifestyle. With vast knowledge in various fields, including Ancient Civilizations, Yoga, and Sound, he guides seekers towards breakthroughs. His innate clairvoyance stems from conscious union with the One Source. Christopher invites those seeking spiritual growth to embark on a simple, revealed path, urging curiosity and courage for the profound journey ahead.



**Click Image Below for Event Details
and to Register**

A promotional poster for the Blue Star Mystery School event. On the left is a portrait of Christopher Tims, a man with short grey hair and blue eyes, wearing a teal checkered shirt. The background is dark blue with white starburst graphics. Text on the right includes: "DECEMBER 1ST - 3RD" in a white rounded rectangle; "BLUE STAR" in large, bold, light blue capital letters; "mystery school" in a white cursive font; "Three Day Event" in white; "WITH CHRISTOPHER TIMS" in white; and "REGISTRATION: \$300 AIRPORT HILTON, MELBOURNE FLORIDA" in light blue capital letters.

Astrology with Maribel



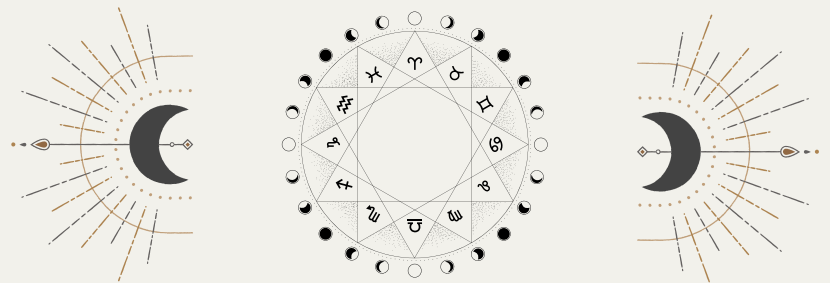
All this information is in the palm of our hands, bestowing us with the blessing of unconditional love and guidance.

Astrological readings often feel incredible as they seem to reveal our life story through cards, birth charts, or palm readings, evoking the question, "How do they know?"

The mysticism involved can make it feel like uncovering insider secrets. However, it is essential to dispel the misconception that spiritual insight exempts us from human difficulties or the effects of astrological transits. Astrology comes with responsibility; we must manage the received information, make rational decisions, and live with integrity towards ourselves and others.

Astrology has undergone a surprising boom, captivating even high-end brands and celebrities who now openly admit to consulting astrologers and engaging in public astrology readings. Morning talk shows also invite astrologers to discuss the influence of planets on our lives, making it a magical time for the practice. While it's exciting to see astrology being normalized, it's crucial to learn how to use the information it provides effectively.

Astrology is a beautiful tool to learn about yourself, your loved ones, and your past. Through our Sun, Moon, Mercury, and Rising signs, we can learn about our basic personality profiles, through our Mars/Venus signs about relationships, lifestyle, sex, and the nature of what drives us and how those drives manifest in us, the outer planets like Jupiter, Saturn, Neptune, Uranus, and Pluto remind us of our collective nature and the themes that influence us while we are alive together.



Astrology teaches us how the universe supports our success as we grow and face various transits that help us understand the themes and lessons we encounter during different stages of development. Nevertheless, astrology should not be used as an excuse to avoid inner work or escape life's challenges.

Let's now address the concept of bypassing, a term frequently used in spiritual contexts. Bypassing refers to sidestepping experiences or processes through spiritual practices. When we use astrology or any other spiritual tool for justifying decisions without reflection, evading our emotions, or manipulating others, we do a disservice to our growth and the growth of others.



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Astrologers emphasize self-acceptance, seeing both the shadow and light in a person's birth chart. No chart is exempt from transits of hardship or change since human nature involves constant evolution and growth, often accompanied by growing pains. Bypassing through astrology denies us the valuable insights and guidance that experiences and the divine have to offer.

Resisting uncomfortable information received through astrology is natural, but we must remain conscious of this resistance. Instead of stopping at the discomfort, we should embrace it as a teacher

and an opportunity for growth. Our highest good involves understanding and integrating both our shadow and light aspects

Ultimately, bypassing may offer short-term relief but leads to long-term harm. However, astrology teaches us that change is constant, encouraging us to stay grounded while absorbing cosmic knowledge. It's a privilege and a gift to possess this wisdom, and using it wisely allows us to find grace even in the most challenging times. Embrace the continuous growth astrology offers, and you will navigate life's journey with newfound strength and resilience. You can do this!

The Healing Power of Sound in the Age of Aquarius



Christopher Tims

At our essence, we are all energy. The fundamental form of this energy can be expressed through sound and vibration. We are all stabilized waveforms dancing around, being sustained on the Earth's grids. While there are many modalities available to heal with sound, the common denominator among them all is the use of sound frequencies to initiate change in a person, subject, or environment. In my work, I utilize a variety of sound instruments or tools, such as quartz crystal bowls, Tibetan bowls, bells, gongs, the human voice, music, and drums. Of course, what I'm most known for are my treatments with tuning forks, as well as the development and construction of advanced sound table technologies.

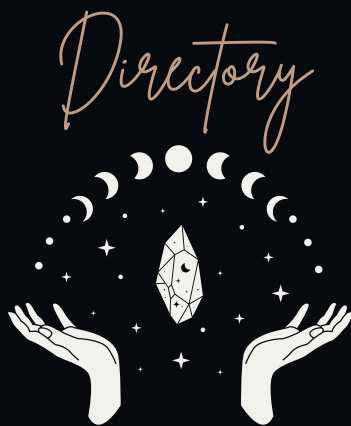


The ability of sound to initiate healing and spontaneous shifts of consciousness has been part of the human experience since the beginning of time. If we begin to look at ourselves as vibrational beings, much like musical instruments that can be tuned, and less as packages of symptoms to be fixed, then we could take great steps in accelerating our own ascension. There are two approaches to sound therapy: symptomatic and non-symptomatic. My approach has always been non-symptomatic and nurtures what is inherently sacred and divine in each of us. I see each of us as musical instruments that are just slightly out of tune, not broken in any way. This approach to sound is different from most other sound therapies because I chose, 35 years ago, to nurture what is inherently whole within each of us rather than diagnosing and treating symptoms. This approach led me to the discovery of what I call the divine template, which every person has, as do every animal, plant, and molecule. I found that by strengthening the divine template with sound, rather than treating imbalances within the individual, the undesired symptoms would diminish. That is what is called shaping the waveform in sound engineering. The result is personal transformation. I have seen amazing changes in people's lives at all levels, all over the world.

The difference between this work and symptomatic sound work is that while we can isolate specific symptoms and treat them with particular frequencies, we are not re-establishing and strengthening the inherent balance, or what I call the divine template, within the subject. This approach to healing is much like cleaning a violin or guitar without properly tuning the strings. Symptoms at all levels in our lives are always the effects of the instrument (our body) being out of tune. Clearing out the symptoms, while pleasant in many ways and effective in the short term, does nothing to retune the subject to their natural state of balance. Therefore, symptoms resurface in many different ways and forms with no end to the cycle...

In future articles, we will develop the ideas of musical scales (collections of notes) and how specific frequencies affect the body as they alter our consciousness. Until then, take a moment each day to listen to the sound of the wind blowing through the trees, the birds singing in the morning, the rain falling, water rushing through streams, and waves crashing on the beach. These natural sounds nourish us, strengthen us, and promote healing.





Social Media

Alexander Nemo has some cool magickal videos and shorts.

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Sound Healing and mystical advice from Christopher Tims. 30 plus years experience in the sound healing field. Please visit and subscribe to my Youtube channel on [YouTube](#).

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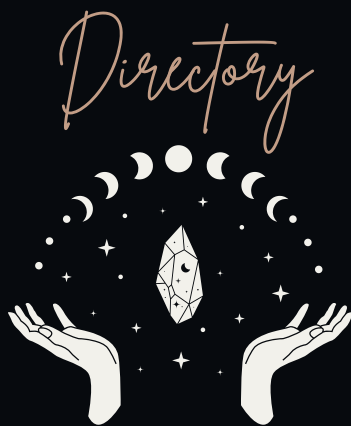


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Astrology

La Gitana Moon readings - New York, NY Maribel "La Gitana" is a New York based Astrologer offering Astrology & Tarot readings focused on mental health, healing, & mindfulness. You can follow her on Instagram @Lagitana_moon or book a reading with her via

LaGitanaMoonReadings.com

Classes/Workshops

Read full descriptions at: Virtual Classes by Alexander Nemo. Foundations of Magick and Foundations of Tarot AlexanderNemo.com.



Healing Modalities

Christopher Tims - Creator of the Magick Carpet Sound Healing Tables. A uniquely designed and hand crafted healing table which incorporates subwoofers and high definition speakers to assure faithful sound reproduction. I also offer classes and sound healing accessories. Visit:

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Atlantis Rising

Dear Readers,

Thank you for being a part of this brand-new adventure in publishing. The purpose of this newsletter is to provide information about some of our own personal practices and experiences on various magical paths. From a legal standpoint, we want to clarify that everything in this publication is presented for entertainment purposes. The information provided is not intended for practical use or consumption. But for legal reasons, let's stick with that disclaimer. The content we share is based on our understanding, research, and experiences up until this point in time. Please note that everything could change in the next moment. It's important to acknowledge that knowledge and perspectives can evolve over time and with experience.

We encourage you to use the information we provide as a starting point for your own exploration and research. Engaging in critical thinking and consulting multiple sources are essential to forming well-informed opinions. Above all, any work on a magical path requires that you, as the expert student, rely on your own experiences and efforts.

Our intention is to nurture a community of learning, sharing, and personal growth that guides individuals toward an expansion of consciousness and awareness. We want to make it clear that we are not responsible for any unexpected outcomes that may arise from the information presented here; it's all in the name of entertainment and general anecdotal information. The Atlantis Rising Newsletter is brought to you by a fantastic team of leaders and minions. We're still working on identifying who's who, but we're giving it our best shot. On behalf of the team, we extend heartfelt gratitude to the authors, advertisers, editors, general minions, and, of course, you—our readers. Thank you for being a part of our community.

If you enjoy our work and please share it with your friends by using this link, [Atlantis Rising Media](#). This allows people to access and download the PDF. This is the most efficient way to share, as the file is too large to be emailed. On the following page, you'll find photos of the individuals and pets who brought this project to life. Names may have been altered to protect the innocent. 😊 Once again, thank you for contributing to the growth of this project and for being an integral part of our community.

[Atlantis Rising Media .com](#)

September 2023

Meet The Team



Alexander Nemo - CEO & Founder of Atlantis Rising Media.

Angela Morris - CCO & Social Media Management



Jessic Oppy -CFO, Writer and Co-Editor

Mary-Ann Sauvage - Co-Editor and Wellness Practioner.



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Seasonal Herbs

& much more!

