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**Richard: Is Our World  
Reality or Illusion? Page 4**

**Frances: Ascension Codes  
For the Age of Aquarius Page 8**

Winter 2024 Issue

## Fran's Classes Are Now Online!

Frances will be teaching a series of online classes on **Preparing For Ascension**. These classes will run for 8 Fridays from Feb. 9<sup>th</sup> to March 29<sup>th</sup> from 4 – 5:30. To learn more about these classes and register, please go to: [www.meetthelight.as.me/Ascension](http://www.meetthelight.as.me/Ascension) to sign up. Fee for these classes is \$36 per class. Learn about the Ascension process from the comfort of your own home!

Discover the Fundamentals To Happiness in the 106<sup>th</sup> presentation of the **Meditation and Metaphysics** course, now in its 37<sup>th</sup> year. You will receive the tools needed to deal with any problem you have in life while nurturing your own loving self. This course will enhance the quality of your life. See page 7.

We want to remind you of Richard's book, "**The Power Of Self-Awareness and Self-Acceptance: A Guide To Finding Happiness Within**". This book is a compilation of Richard's teachings over the past 30+ years. 5 Star Reviews!!!



This book is a reference source and a navigational tool for finding happiness within.

It will awaken you to the mind/self dichotomy and provide guidance as to how to find your path in life. It will also teach you how to work with a chattering mind.

In addition, there are procedures on manifestation and belief change, which are important in understanding your creative abilities.

It is now available on Amazon in both paperback and Kindle formats.

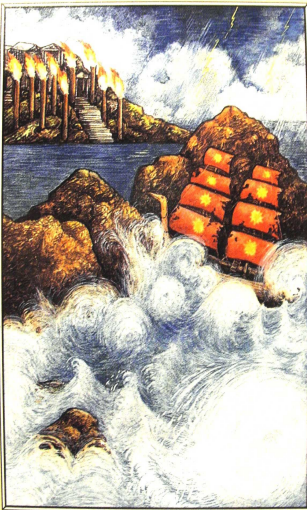
# Ancient Greek Tarot Reading

With Richard

## Mapping Out Your Next Six Months Receiving Advice On Your Best Path Revealing The Unexpected

Call 716-691-9502 to schedule your appointment.

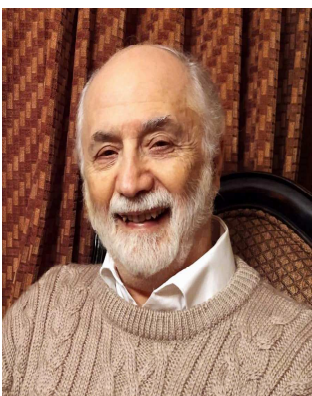
NINE OF WANDS



In the Nine of Wands we see Jason and his exhausted Argonauts facing the Clashing Rocks, which threaten to destroy him and his ship. Yet you can see that he is close to his goal of returning home to claim his kingship.

This card is a reminder that although the struggle has been long and difficult, the end is closer than imagined. Success is right around the corner but it requires the strength to hold on for a while longer.

This situation usually comes up when the client is ready to quit the challenge because the energy is all but gone, the money is exhausted, and the will is weakening. Oftentimes at this nadir, a swell of unexpected energy can emerge to put us over the top.



**Richard D'Angelo** has been an inspiring, passionate, and successful teacher of meditation for over 30 years. He is best known for his talks on your agenda vs. your mind's agenda in everyday life. His many workshops in Community Ed. help people to empower themselves and to recognize and overcome their own inner blocks in order to living a rewarding and fulfilling life. His Tarot readings are often deep and revealing, providing his clients with a new and profound understanding of what lies before them as well as how to deal with their current challenges.

He has just published a book: **THE POWER OF SELF-AWARENESS AND SELF-ACCEPTANCE: A Guide For Finding Happiness Within.** It is a compilation of his teachings over the past 35+ years.

He has also been a channel for spiritual beings since 1993, including his favorite, **Emmanuel.** He has studied both Transcendental and Vipassana meditation, is a certified Neuro-Linguistic Programming practitioner, a graduate of the Silva Method, the Advanced Silva Method, Lifestream, and holds Bachelor degrees in philosophy and computer science along with a Masters degree in physiology.

Now you  
can use  
Facetime!

# *Spiritual Readings*

*With Frances*

I feel very grateful that in my life I have been able to work so closely with spirit. I am clairvoyant, clairaudient, and clairsentient; therefore I have the ability to connect with the Angelic Realm, the Archangels, the fairies, the extraterrestrials, your soul, your Inner Child, and more.

I have developed a deep appreciation and understanding of the struggles people go through. I can help you connect your heart and mind and learn to speak the language of love to yourself and others. Spirit does not hear words, they hear your feelings and responds with like feelings. Your feelings are the key to your life; they are your navigation tools. Every intention you make will have the power to come true if your feelings and intentions are in alignment. You have to believe what you intent and see it inside your imagination. Life can be a happier experience if you stop all the drama and really get to know yourself. Don't be afraid to face yourself for you are always beautiful in the eyes of spirit.

At our core we are a gentle child of love and peace. The Inner Child is Source and with Source we have the power to heal our feelings and change. We have the tools within us to create a fulfilling life experience. I would like to utilize my 28 years of experience to help you to awaken in awareness to all that you can be.

**In my readings I can provide a multitude of services that will help you to understand what blocks you have created for yourself and how you can transform them.** I am able to gain insights from your angels, your Inner Child, your inter dimensional and extraterrestrial guides and more, which can provide guidance in your life. I am also a medical intuitive and can scan your physical body and your etheric body for illnesses and blocks. I can teach you simple techniques to help you feel better in your body. I can see into the future you are creating and help you change it to a future you would like. In addition, I can obtain information about other people that are relevant to your life by viewing their photographs. I can teach you ascension techniques, like what it means to be a starseed, how to shield your bodies with light energies, how to activate your double diamond merkaba light body, how to harness the power of your dragon to activate your higher heart and so much more.

I invite you to have a personal reading with me and allow your life to be a life you love.

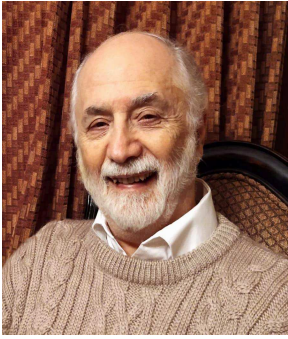
**Text 716-545-4076 to schedule your appointment.**



**Frances D'Angelo** is a clairvoyant, clairaudient, and clairsentient intuitive who has had these abilities since childhood. She can communicate with any or all multi-dimensional beings of light and love. She facilitates the reclaiming and healing of your Inner Child and is also a medical intuitive.

She is currently involved in facilitating classes that help awaken students to who they truly are – creative masters of their lives! These classes include meditation, breath work, ascension techniques, and other forms of energetic healing.

She conducts her classes and readings in both the U.S. and Canada.



# **Ask Richard:**

## **Is our world reality or illusion?**

For many of you this might seem like a ridiculous question. But for others who have taken more advanced classes in metaphysics it may sound very familiar.

This subject was taken up by the Ascended Master Emmanuel in my last channeling session. At that time Emmanuel explained this concept in a logical way, which the mind can comprehend. In my experience, this is the first time he has ever taken the trouble to concern himself with the mind's understanding. As with most metaphysical topics, the mind is not equipped to grasp such concepts. So I will take up this space to explain – perhaps in more detail – what Emmanuel has to say on this subject. If you did not attend the channeling session, this will be new information for you to process. Recordings of this channeling are available. If you were there, this will be a good review.

The position that Emmanuel, Neale Donald Walsch, and many other Masters and metaphysicians take is that our reality does NOT truly exist but is in fact, our own creation. How is this possible?

We exist in space and time. I think we can all agree on this. We are aware of the space around us, and movement in that space is measured by time. The fact is that space and time are inseparable. You can't have time without movement or a change of some sort, since that is what time measures. But how can you have movement or change without space within which it occurs? You cannot. Therefore space and time are aspects of each other – a fact that Einstein discussed in great detail in his theory of relativity.

So let us look at time more closely. If you notice, time only exists when it is measured. We discuss what happened yesterday, which is measured in x number of hours. We talk about next Thursday with the measurement that next Thursday is x number of days from now. We can only understand time when it is measured. In fact, does not have meaning unless it is measured.

So here's the question:

If time and space are real, what time do you exist in?

Your answer would probably be, “Now”. Then I would ask, “But what time is that?”

If you say “A nanosecond.” I would ask, “So you existed a nanosecond ago and not now?”

You see, any determination of time requires a beginning and an end. But you don't exist for a duration of time which puts you in the past, but continuously. So in fact, you cannot say you exist in time since time by definition must have a beginning and an end. And without time, there is no space either.

What we are discussing here is a point...a point of continuous creation. A point has no space and therefore no time. It is this point of creation from which you experience your existence. Astrophysicists have a word for this. This called a singularity.

Our universe was created with the Big Bang, from which all matter and energy was emitted 26 billion years ago according to the latest theories. But where did everything come from if there was no space or time? It came from a singularity. And from that singularity all energy, space, matter, and time was created – and is still being created into infinity.

So the world that you are experiencing is one of your own creation – whether your mind wants to accept that or not. And since the mind operates solely within that illusion, it will not reject the foundation for its very existence...i.e. keeping you safe within that self-created reality. So don't expect your mind to be OK with this.

Emmanuel then goes one step further...he advises us to ignore this question altogether!

The reason is that your soul placed you on this perceived space/time continuum for a reason – to experience the lack of love so that you have the space to expand your own love to fill that vacuum. Since that is the purpose of this creation, it would be a disservice to your perceived existence to ignore this reality or to diminish its importance.

Therefore, keep on truckin'!

# Preparing For Ascension Return To Light

Are you ready to awaken to who you really are?

Would you like more personal awareness for your everyday life?

These two important themes are just some of the questions that will be answered in this course. Together as a class you will learn:

- Learning and reviewing various protection shields
- How to heal and love your Inner Child
- Opening and healing your heart and higher heart
- How to meet your angels, guides and Higher Self
- Understanding your Light Body (the Merkaba)
- Understanding, accepting and releasing negative triggers

The preparation for Ascension begins this year, 2024 with special codes.

Prerequisite: Knowing how to meditate

**Dates:** 8 Tuesdays, February 13<sup>th</sup> – April 2<sup>nd</sup>

**Hours:** 6:30 pm – 9:30 pm

**Location:** 221 S. Ellicott Creek Road, W. Amherst 14228

## **Two Payment Options:**

- **Full Payment:** \$240 deposit, \$240 due the first class (\$480 Total)
- **Three Payments:** \$240 deposit, \$120 due on Week 4, \$120 due on Week 7
- **Weekly Payments:** \$120 for Week 1; \$60 per class up to Week 7

Deposits are not refundable two weeks before class begins.

**To register or if you have any questions,  
Call 716-691-9502, text 716-545-4076, or email us at  
LESEMINARS@MSN.COM**

# Meditation and Metaphysics

**This course will teach you The Fundamentals Of Happiness.**

**You will have the tools to deal with any problem you may have in life.**

9 Fridays . 3 hour classes . 10 Student max . Everyone is Welcome

## Personalized Instruction, Help, and Guidance

Some of the topics covered each week:

Week 1 – Introduction

Week 2 – Meditations: Peaceful Place & Heart; Chakras and Auras

Week 3 - Meditation: Healing; Crystals

Week 4 – Meditation: Your Personal Workshop; Your Manifestation Project

Week 5 – Meditation: Discovering Your Path in Life; Personal Written Evaluation

Week 6 – Meditations: Healing Your Past & Experiencing A Past Life

Week 7 – Meditation: Meeting Your Male/Female Aspects; Feeling The Power of Mantras

Week 8 – Meditations: Eastern (Vipassana) & Forgiveness; Tai Chi; The Tao

Week 9 – Meditations: Meeting Your Inner Child & Connecting with your Angel

The course will begin on Friday, March 15<sup>th</sup> and ends on May 10<sup>th</sup>.

**Hours:** 7:30 pm – 10:30 pm

**Location:** 221 S. Ellicott Creek Road, W. Amherst 14228

### Three Payment Options:

- **Full Payment:** \$200 deposit, \$200 due the first class (\$400 Total)
- **Trial Option:** \$200 deposit, \$250 due on Week 4 if you decide to continue (\$450 Total)
- **Three Payments:** \$300 deposit, \$100 due on Week 4, \$100 due on Week 7 (\$500 Total)

Deposits are not refundable two weeks before class begins.

Repeat students receive a \$50 discount.

**To register or if you have any questions  
Call 716-691-9502 or email us at [LESEMINARS@MSN.COM](mailto:LESEMINARS@MSN.COM)**



# Frances

## Ascension Codes for the Age Of Aquarius

The much talked about ascension of humanity and the Earth actually begins in this year, 2024. On January 20-21, 2024, the Sun and Pluto move into the zodiac sign of Aquarius and we will begin the journey of Ascension or the Age of Aquarius. We can ascend to living in a higher dimension if we are ready. However, you must be prepared for this journey. On the Earth today the energies of everyone's spirit guides and angels are giving each person a special coding. This coding will enhance your ability to hold loving kindness in your heart. It will help you use forgiveness and surrender as tools in your mental/emotional body to move into an awareness of love and kindness for yourself and others.

So what does this mean for us? The best way to begin to use this energy is to become aware of what your triggers are. Your triggers are moments in time when some event, however minor, changes your energy level, such as suddenly feeling angry for no apparent reason. What triggered you into feeling angry? At this moment stop and say, "I surrender in service to the spirit that I am." then take three deep breaths. Then pause and ask your self what made you angry and feel for details. In this surrender awareness you will understand what really made you angry and you can choose to let it go and forgive yourself.

For many people forgiveness is a very tricky energy. You can never really forgive anyone outside of yourself. Many people would dispute me on this statement but I have lived this. It comes from the idea that we all create our own reality in every moment. No one is a victim; no one can harm you without your consent. However, this is difficult to accept, especially when it appears that children are victimized. One might say, "How can a child be responsible?" I would say that it is the soul, the Inner Child and the Monad of the child that makes this decision. That is why it is so important to teach children and adults how to have moment-to-moment awareness of their energies in life. Your emotional awareness is your energy navigation tool. Your emotional body tells you what your energy is creating. How are you feeling in your body? The answer to this question is the beginning of having awareness of what you are creating in your life. (P.S. "Good" is not an answer to this question.)

Meditation and quieting the busy mind is a great tool to use to look for areas of your life that may need some forgiveness or surrender. When you forgive yourself and surrender it actually makes a boundary between you and your energy. When you give yourself more boundaries you will feel stronger and safer inside your body. With greater self-awareness, inner strength and security, you can let go even more. As you let go of all your negative triggers, your life will change into the positive experience of self-love. Let's all ascend together and create a beautiful Planet Earth filled with loving kindness.



# Community Education Classes

	<b>Date</b>	<b>Time</b>	<b>Class</b>	<b>Phone</b>
West Seneca	2/5	7:00 – 9:30	Introduction To Meditation	677-3107
Williamsville	2/6	6:30 – 9:30	Angels, Spirit Guides, and You!	626-8080
Niag-Wheatfield	2/7	7:00 – 9:30	Introduction To Meditation	See Below**
Hamburg	2/8	6:30 – 9:30	Angels, Spirit Guides, and You!	See Below***
Williamsville	2/13	7:00 – 9:30	Introduction To Meditation	626-8080
Lewiston-Porter	2/26	6:30 – 9:00	Introduction To Meditation	See Below*
Williamsville	2/27	6:30 – 9:30	Chg Your Mind, Improve Your Life	626-8080
Orchard Park	2/28	7:00 – 10:00	Angels, Spirit Guides, and You!	209-6295
Hamburg	2/29	6:30 – 9:30	Chg Your Mind, Improve Your Life	See Below***
Lewiston-Porter	3/4	6:00 – 9:00	Angels, Spirit Guides, and You!	See Below*
Williamsville	3/5	7:00 – 9:00	Exploring Past Lives	626-8080
Orchard Park	3/6	7:00 – 9:30	Introduction To Meditation	209-6295
Niag-Wheatfield	3/7	7:00 – 10:00	Angels, Spirit Guides, and You!	See Below**
Niag-Wheatfield	3/12	7:00 – 10:00	Chg Your Mind, Improve Your Life	See Below**
West Seneca	3/13	6:30 – 9:30	Chg Your Mind, Improve Your Life	677-3107
Orchard Park	3/19	7:00 – 10:00	Chg Your Mind, Improve Your Life	209-6295
Niag-Wheatfield	3/20	7:00 – 9:00	Exploring Past Lives	See Below**
Orchard Park	3/27	7:00 – 9:30	Exploring Past Lives	209-6295
Lewiston-Porter	4/9	6:00 – 9:00	Chg Your Mind, Improve Your Life	See Below*
Lewiston-Porter	4/24	6:30 – 9:00	Exploring Past Lives	See Below*

\* **Lewiston-Porter** mail or online reservations at [lew-port.coursestorm.com](http://lew-port.coursestorm.com) (no www.)

\*\* **Niagara Wheatfield** phone or online reservations at [nwcsd.coursestorm.com](http://nwcsd.coursestorm.com) (no www.)

\*\*\* **Hamburg Schools** go to [Hamburgschools.org](http://Hamburgschools.org) → Community → Continuing Education

## **Special Rate For A Dual Reading**

**When you come for a reading with both Fran (1hr.) and Richard in the same day, you are eligible for a \$20 discount off the total cost.**

**Instead of \$195, you pay only \$175**