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**Richard: Managing  
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Fall 2025 Issue

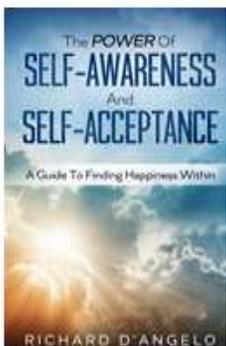
## Monthly Channelings

Fran will be presenting two channelings a month, one from the angels and one from the Extra-Terrestrials. Richard will be channeling the Ascended Master Emmanuel in December.

In each of these sessions will be in a Q&A format, so please bring questions with you. Notifications for these sessions will be announced by email – so be sure to look out for them!

Private Tarot Tutoring now available. Richard is introducing private tutoring sessions in the privacy of your own home to teach you how to read the Tarot Cards. Further information is on page 4.

Richard's **Meditation & Metaphysics** course has new hours! Details are on page 5.



Richard's book is now offered in both written and recorded form on both Amazon and Audible.com. This book is a compilation of Richard's teachings over the past 35+ years, helping you to find happiness within.

This book has received **5 Star Reviews**.

Now you  
can use  
Facetime!

# *Spiritual Readings*

*With Frances*

I provide the following services:

- ★ Ability to communicate with your:
  - Angels
  - Guides
  - Soul
  - Inner Child
  - Deceased friends and relatives
  - Extraterrestrial Guides
  - Your Personal Dragons
- ★ Assist you in increasing your clarity and awareness
- ★ Guide you in overcoming your fears and other internal blocks
- ★ Provide direction for your life's path
- ★ Medical intuition to provide insights for your health
- ★ Reveal how you have created and can resolve your problems
- ★ Can provide personal information about others in your life

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.

# Greek Mythic Tarot Reading

With Richard

**Your reading will be divided into five categories:**

- ★ Your current situation
- ★ Your present desires
- ★ The unexpected
- ★ Probable events 1-3 months from now
- ★ Probable events 4-6 months from now

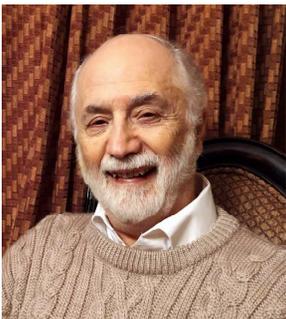


In the Three of Cups we see the marriage of Eros and Psyche in the presence of the Nereids, holding up cups in celebration.

It is important to notice that the ceremony takes place at night and that Eros is standing behind Psyche so that she cannot see him. Clearly secrets are being kept and all is not as it seems.

In a reading this card celebrates a major event, usually in the spirit of love. A wedding, an engagement, the birth of a child or some other event which a special event.

However all is not as it seems. The participants may be happy and excited about this event, yet there are hidden issues that need to be aired if true happiness is to be found. Hopefully one or both of the participants will recognize this and come clean.



**Richard D'Angelo** has been an inspiring, passionate, and successful teacher of meditation for over 35 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. He has taught in both the U.S. and Canada. 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 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. It is available in paperback and as an audiobook.

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 Mind Control Method, the Advanced Silva Method, Lifestream, and holds Bachelor degrees in philosophy and computer science along with a Masters degree in physiology.

He is available for speaking engagements and workshops.

# Private Tarot Instruction

## Tarot Lessons given in the comfort of your own home!

- **Classes are taught at your convenience**
- **You must have the Greek Mythic Deck**

The Greek Mythic Deck by Juliet Sharman-Burke is the easiest to learn. You can get a newer version of this deck online or the older version may be available via sites like ebay. The older version is preferred.

- **The Minor Arcana is taught first**

Tarot is divided into two Arcanas – Major (22 cards) and Minor (56 cards) The Minor Arcana involves four sessions plus an optional reading session. Each suit tells a story. Learn the story and know the cards. Each Royal card (Page, Knight, Queen, and King) also have their own stories.

After knowing the Minor Arcana you will be able to do a reading.

- **The Major Arcana is next**

The Major Arcana represents the journey of life. The Fool explores life's rites of passage as he moves through the archetypal experiences in each card.

These cards can be taught in approximately 3 sessions plus a session for practicing readings.

We arrange a date and time for each lesson. Flexibility is very helpful.

**Fee: \$25 for each half-hour**

**Call or text Richard at 716-545-5589 to make an appointment**

# Meditation and Metaphysics

Join our 108<sup>th</sup> class! . No experience needed . Everyone is Welcome!

## Personalized Instruction, Help, and Guidance

Just some of what you will have the opportunity to experience:

- ★ Having the tools to cope any problem you may have in your life
- ★ Connecting with your angels
- ★ Healing painful events from your past
- ★ Meeting your Divine Inner Child
- ★ Manifesting your desires
- ★ Exploring a Past Life

**Dates:** 9 Fridays, October 24<sup>th</sup> to December 19<sup>th</sup> (Oct. 31 is moved to Nov. 1)

**Time:** 7:00 pm – 10:00 pm – New!

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

**Two Payment Choices:** Full Payment: \$450 Trial Payment: \$500

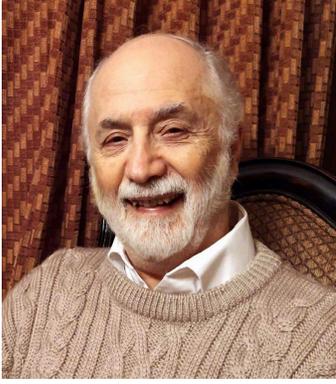
- FULL PAYMENT: \$200 deposit and then \$250 due the first class
- TRIAL OPTION: \$200 deposit and then \$300 due on Week 4 if you decide to continue

Payments accepted: Cash, Check, or Venmo ( @RichardDA )

Repeat students receive a \$100 discount for each time they have taken the course.

Deposits are not refundable two weeks before class begins.

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



# Managing Your Fear

If there is one thing we are all aware of in our lives, it's fear. It seems that we know this emotion better than any other – including love. It could be because fear is in our lives more often than feelings of love...which is unfortunate, but true.

But if there is one thing I have always taught – and if you were a former student I would hope that you would know this - it is that love and fear are opposites.

So then, why is fear often a more predominant emotion in our lives – a feeling we definitely do not want, and how can we manage it?

To begin with, we are born with fear. Babies are instinctively fearful of loud noises, and falling. (Some adults are too!) This is an instinct brought down through years of evolution. In early Man survival was paramount and unexpected noises or being out of control is a direct threat to that survival.

Of course love is there as well, because we are all beings of love. But it gets overridden when fear arrives on the scene. And as we grow and take on greater responsibilities and more independence, that fear grows exponentially.

So how to manage it?

**Step One:** Remember that fear does not come from you, it comes from your mind. Now if this is a new concept to you, begin to understand that while the mind is a part of you, it is not You!

Want proof? If the mind was you, you would be doing whatever the mind demanded without hesitation. If the mind told you to wash those dirty dishes in the sink, you would be doing so before you realized it. But the truth is, you can decide not to wash the dishes right now – especially if your favorite TV show is on.

That can't be possible if you and your mind are one and the same.

**Step Two:** Understand that your thoughts are an important part of your life – critical, in fact. Your thoughts can control you - if you believe them. If so, they can control your emotions as well. Think about it...negative thoughts bring you down with fear while positive thoughts lift you up emotionally.

**Step Three:** Know that your mind is a creative force. The emotions stemming from your thoughts create your Aura, which is the energy field that surrounds your body. Energy is subject to laws and the one that is most important is Like Attracts Like. So whatever energy you send out attracts similar energies to you.

Have you ever heard of a club where its members have nothing in common? Of course not. Like Attracts Like. So too negative/positive people attract other negative /positive people and their concomitant situations.

In fact, your mind is the progenitor of most of the events in your life. Whenever you have created something or acted on an intention, it began with a positive thought. And I don't have to tell you what happens when those thoughts are immersed in negativity. Thus all creation in your life begins with thoughts.

**Step Four:** Understand that when you are dealing with your mind, you are dealing with a four-year old child...not chronologically of course, but emotionally. Your mind is a baby – seeing Boogie Men behind every bush. Ever have an attack of the “What If's”? That's your mind being a baby.

You are the adult. Do not let a child run your life. When your child starts acting up, separate yourself from the thought. Sit down, take some diaphragmatic breaths, come into the moment, and then move into your heart and listen to the mind (children love to be heard) but do not agree. Analyze it...is this a thought that is helpful or useful in a positive way? If not, thank the child and ignore the message. If it comes back with the same thought again, tell it that you have already decided on that so the subject is closed. Bring your attention elsewhere.

**Step Five:** Be patient with your mind and with yourself, but also be vigilant. You have allowed your four-year old to run the show for decades. It's going to throw a hissy-fit once it sees that you are no longer on its leash.

Remember that the child is always afraid and is just trying to warn you of every negative possibility. It thinks it's helping you by preparing you for the worst, so be kind...but stern. Choose which thoughts you want to believe. Tell your mind that there is a new sheriff in town, and I think you're going to love her!



# **Frances on: Angels and Extra-Terrestrials**

Both Angels and Extra-Terrestrials (ETs) have a role to play in your life. While everyone is familiar with Angels, few know about the ET connection that we all have. People's views are that the two are quite different. But in terms of assistance they can provide, they have more in common than not.

Both respect your free will and both need permission from your soul and Inner Self to assist you. Each sees the bigger picture of your life and the choices before you.

However they differ slightly in the type of help they provide.

An Angel will answer your questions like a loving parent gently guiding a child through some difficulty. They look at your Soul Map to determine what direction you should take.

When an ET answers your question, it is similar to advice given from a playful sibling. They look at the choices you have before you.

ETs see timelines...the ones that you chose and the ones that you need to move into so as to move forward in the best way. Together with your Soul Team they can determine what is the best answer in the moment that you ask. Thus they can help you make decisions with more confidence because they can see the outcome.

For example, if you were to ask an Angel: "How can I attract financial abundance into my life?" they would answer: "Create or do what you love and your life will expand and your money flow will increase."

If you were to ask an ET the same question, they may answer: “Open your heart, align with the love inside and feel what it is like in that moment.”

So you can see that the actual answers are not that different.

Here are some other examples:

“Should I learn to meditate?”

**Angels:** Yes, it will help you to relax and feel your feelings so that you can more easily be in touch with your Inner Child and intuition.

**ETs:** Yes, it will allow you to have more clarity when you have to make choices.

“How do I bring more love into my life, like a life-long partner?”

**Angels:** First make sure that you love yourself. Put yourself first in all situations. Feel your feelings. Allow yourself to be more playful.

**ETs:** Put the idea of sharing with others into your daily life. When you share with someone, pay attention to how you are feeling. If the feelings are negative, do some inner healing first. You have to love yourself in order to attract a loving partner. Move from your brain to your imagination to your feelings.

Here are some common questions you can ask your Angel or Extra-Terrestrial:

- “What is my next best step in my career?”
- “What is holding me back from feeling more confident in my life?”
- “How can I feel more loving to myself?”
- “How can I help others from hurt and anger?”

I hope that this explanation will clarify some of the confusion people have about these beings.

I will be giving both Angel and Extra-Terrestrial channelings every month this semester. I will be sending out emails to announce them.

# Community Education Classes

	<b>Date</b>	<b>Time</b>	<b>Class</b>	<b>Phone</b>
Lewiston-Porter	9/25	6:30 – 9:00	Introduction to Meditation	See Below
Orchard Park	9/29	7:00 – 9:30	Is Meditation Right for You?	209-6295
Williamsville	10/1	6:30 – 9:30	The Power of Your Aura	626-8080
Orchard Park	10/2	7:00 – 10:00	How To Communicate With Angels	209-6295
Hamburg	10/6	6:00 – 9:00	The Power of Your Aura	See Below
Williamsville	10/7	6:30 – 9:30	How To Communicate With Angels	626-8080
Orchard Park	10/8	7:00 – 10:00	The Power of Your Aura	209-6295
Lewiston-Porter	10/9	6:00 – 9:00	How To Communicate With Angels	See Below
Hamburg	10/14	6:00 – 9:00	How To Communicate With Angels	See Below
Lewiston-Porter	10/15	6:00 – 9:00	The Power of Your Aura	See Below
Williamsville	10/16	7:00 – 9:30	Introduction to Meditation	626-8080
Niag-Wheatfield	10/20	7:00 – 10:00	How To Communicate With Angels	215-3034*
West Seneca	10/21	5:30 – 8:30	The Power of Your Aura	677-3107
Niag-Wheatfield	10/23	7:00 – 10:00	The Power of Your Aura	215-3034*
Williamsville	10/27	7:00 – 9:00	Exploring Past Lives	626-8080
Orchard Park	10/28	7:00 – 9:00	Exploring Past Lives	209-6295
Hamburg	10/29	6:30 – 8:30	Exploring Past Lives	See Below
Lewiston-Porter	10/30	7:00 – 9:00	Exploring Past Lives	See Below

Registration is by phone with these exceptions:

\* **Niagara Wheatfield:** also takes online reservations at [nwsed.coursestorm.com](http://nwsed.coursestorm.com) (no www.)

**Lewiston-Porter:** mail or online reservations at [lew-port.coursestorm.com](http://lew-port.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**