LIFE ENRICHMENT SEMINARS
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Fall 2026 Issue

M&M Begins its 109th Session

Meditation & Metaphysics is a course I created in 1988 in an effort to help mankind drop fear and accept the love that they truly are inside. I didn't know if it would be effective, but I felt that I had to try.

I was being paid $35 a week for six weeks by the Ken-Ton School District. That was my income. My mind screamed at me to find a "real job" but I was wise enough to go to my heart, which said, "Keep doing what you're doing."

Today Meditation and Metaphysics has reached over 800 people and has changed hundreds of lives. My next session begins October 23rd. Details are on page 5. I invite you to join us.

Fran is available for personal readings. She is a clairaudient, clairsentient, and clairvoyant channel for spirit plus a medical intuitive. Come with your questions and she will provide the answers. See page 2.



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 40 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

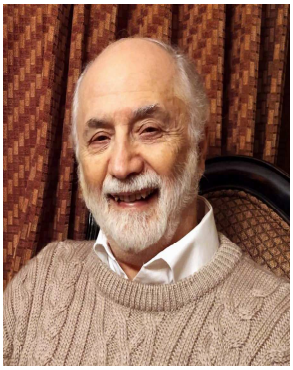
Your reading will be divided into five categories:

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



This is a card of nostalgia. Psyche has lost her husband by disobeying his one rule and now sits alone in contemplation. She reflects upon what has happened and where her feelings truly lie. Does she really want him back? Was she totally at fault or was the agreement tainted?

In this card the client is forced to reevaluate past or current relationships and decide whether they should be retained or abandoned. Sometimes this is forced on the client if a past love re-enters his or her life. The euphoria of being "in love" is gone and is now replaced with a more practical evaluation of what the relationship offers and what it does not offer. From this reflection the client needs to make a firm decision to pursue or not pursue.

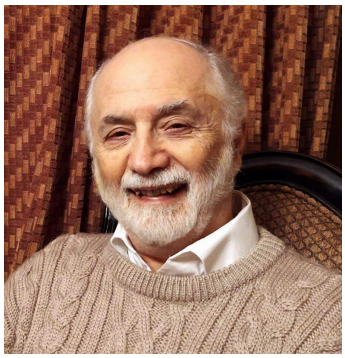


Richard D'Angelo has been an inspiring, passionate, and successful teacher of meditation for over 35 years. He is best known for his talks on your agenda vs. your mind's agenda in everyday life. His many workshops in Community Ed. help people to empower themselves and to recognize and overcome their 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.



On The Anthropomorphization Of Spirit

Because of the positive reception this article received in our last newsletter; comments like: "Everyone should read this", "It's about time someone discovered the truth", and "A victory for common sense!" I have decided to expand my initial thesis in greater detail. I hope you find it as informative as my earlier readers did.

"Anthropomorphism"…a very large word with a very simple meaning. It is the ascribing of human traits onto non-human beings. It's a natural thing to do but is often fraught with difficulties, especially when it comes to spiritual beliefs.

How did all this begin? To determine the origin of our spiritual concepts, we need to go back in time…*way* back.

When mankind slowly evolved into an aware species, they quickly realized that they weren't the quickest or the strongest competitors for food. It soon became apparent that they had to rely upon their minds to survive. Food, water, and shelter all had to be procured. In order to do these things they needed their minds to understand their own abilities and limitations in order to plan for future events. And so with the use of logic, they attempted to predict the future. It was obvious that in order to survive they needed to rely on these predictions. The first priority was food, so where do the animals that we can eat congregate? When are they there? How can we kill them? Using logic, they figured out how to hunt effectively, grow crops, create suitable clothing, build shelters, etc. All of these things the mind could understand and cope with. Predictability was an absolute essential for survival. Their lives depended on it.

However, there were phenomena which were unpredictable and for which the mind had no answer. The mind could not make adequate predictions to questions like "When will it rain?" "Why did clouds sometimes bring storms and at other times did not?" "Why did the sun move in the sky and where did it go at night?" "Where does the wind come from?" "What is that white ball in the sky at night and why does it change shape?" The mind could understand day-to-day living, but was at a loss when attempting to understand or predict these kind of events.

But the mind insisted upon an answer…it needed to understand because some of these phenomena could be dangerous and interfered with their attempts to stay safe. It is always the mind's primary mission to preserve it's own life, so it was imperative that it understood everything it could in order to keep the person (and therefore itself) as safe as possible. Again, predictability was essential to have that safety.

(Continued on Page 6)

Meditation and Metaphysics

"It's more than just a course – it's a life-changing Experience!"

...Former Student

Personalized Instruction, Help, and Guidance

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

- ★ The tools to cope any problem you may have in your life
- ★ Connecting with your angels and your Inner Child
- ★ Healing painful events from your past
- ★ Eastern meditation, stopping the mind, plus much, much more!
- ★ You will receive all the meditations, handouts, and bibliographies

Dates: 9 Fridays, October 23rd - December 18th

Time: 7:00 pm – 10:00 pm

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

Two Payment Options: Full Payment: $399 or Trial Option: $450

- FULL PAYMENT: $200 deposit and then $199 due the first class
- TRIAL OPTION: $200 deposit and then $250 due on Week 4 if you decide to continue

Payments accepted: Cash, Check, or Venmo - @RichardDA

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

But how could it understand phenomena that had no rational pattern? All the mind knew was human behavior. It had no examples outside of that, so it had to resort to human attitudes, emotions, and personalities for answers to the things it could not explain.

Because these phenomena did not follow any pattern or consistency, it became obvious that these phenomena could not have been created or controlled by mankind. However it was important that the mind needed to find some kind of sensible, logical answer as to why these forces appeared. It was apparent that whatever controlled these forces was much more powerful and influential than mankind could be…therefore the concept of a "god" was created…a being that was powerful enough to create these phenomena.

Before long the mind was able to suspect an intent behind these phenomena. Why did Urok get killed by lightning when Zardoz did not? Using the mind's logic, there must be a reason for this too…the gods must have a purpose in their actions, which in turn, had to be a product of their motives and emotions.

So it gave the gods personalities that fit the phenomena. E.g. lightning was sudden, and destructive. Therefore that god must be an angry one and if it killed someone there had to be a reason why that particular person died. The rain god was a bit softer because rain helped the crops grow but could also cause floods. The wind god was mercurial, sometimes violent, sometimes calm…etc.

Over time more and more gods were added to the pantheon. Powerful human rulers and kings demanded certain things, so the immensely powerful gods would most likely demand even more. If they were placated, they would feel more merciful to mankind. What would the gods demand? Well, what would human kings demand? They would want fealty, loyalty, devotion, and sacrifice. They would also met out punishment for those who upset them, so too must the gods – only in that case the punishment would be much harsher because of the god's power.

Human civilizations had rulers, so it was sensible that the gods must also have rulers. Thus they created special gods like Zeus, Brahman, Ra, Odin, etc. to rule over the other gods. Human kings demanded devotion and respect. So it logically followed that the gods would also want the same. The special gods aren't physical therefore they didn't need money, so perhaps they required a different sacrifice to appease them. They ruled over human life or so it was thought, so perhaps sacrificing human or animal life would be meaningful homage. Of course glorification would be required, similar to human kings.

Over time a major change began to be felt in man's conception of spirit. In the beginning, the gods were considered to be invisible beings in the sky or deep within the Earth. But with man's thirst for power, this concept slowly evolved from being invisible to having a physical manifestation of a god's existence in human form. This began when sages would declare themselves as agents of a certain god. The Greeks had the Oracle at Delphi. The ancient Persians had Zoroaster. The Jews had Moses. The Christians had Jesus. Many others had high priests who believed that they spoke for the gods. In time this idea was expanded into having people go from being agents of the gods to actual gods themselves! In our history we see evidence of this in people such as the Pharaohs, and Mithras. Even some Roman Emperors declared themselves to be living gods in human form. Keep in mind that the mind looked at this as a good trade-off: a logical absurdity in exchange for a physical god that is predictable.

This incarnation of the gods became popular because of the mind's constant search for predictability. A god in human form would be more predictable than an invisible one. That idea was more acceptable to people's minds because human behavior was familiar and could usually be predetermined and understood.

These days we consider our modern religions to be more sophisticated and acceptable. The most popular religions have only one god, not several. We understand the role of science in explaining phenomena and can separate that from spirituality. Many people believe that we have it all sorted out.

But is that true? Perhaps not.

Let's take Christianity as an example. Rather than have many gods, it has only one. This being has no equals and is the creator of everything. It is omniscient as well as omnipotent.

This being is considered to be a loving god but it also has been given other human traits like vengeance, anger, and impatience. This behavior is demonstrated many times in the Bible, which is purportedly god's word.

But it's time to put aside these bromides and face facts.

The bare truth is that we cannot hope to know any being whose consciousness and existence is beyond our comprehension anymore than a mouse can know our level of awareness or the meaning of our actions as it pertains to the mouse's life. If a mouse had a greater sense of awareness, it would probably describe us as evil gods focused on killing them. They have no other means to describe us along with no other motivations other than what they observe.

We do this all the time with animals below us on the phylogenetic scale. We often ascribe human emotions to dogs, cats, and other intelligent species. And because these animals are three dimensional like ourselves, we are (I believe) often times correct. But even then we really don't know everything a dog or cat thinks or feels.

However, when it comes to beings beyond our human comprehension, we are totally lost. How can a three dimensional mind understand a multidimensional being? That is literally impossible. It would be the equivalent of our minds looking at a table and imagining the table extending into a new dimension that was something other than height, width, and depth.

Also consider: would a supreme god even be a 'he'? Would a supreme god have a gender at all? Would a supreme god create a list of commandments for us to follow? Would it be so upset with us that he or she would condemn us to an eternity in hell? Would a supreme being need to rest after creating the universe? Or even need to rest at all? Would a supreme being demand to be worshipped? Would a supreme being cause a man to suffer just to prove that it was more loved than another spiritual being, as in the case of Job? If god were truly loving and all-powerful, why would we need to be tested? What would be the point?

Now I ask you: Is this pure anthropomorphism at work or not? What do you think? Only you can make that decision for yourself.

So here is my truth: I believe such beings exist because I have been in contact with them. However we have no idea whatsoever what a higher dimensional being is like. And we also have no idea of how or why they behave as they do. It would be foolish to believe that they act like us and are motivated by the same concerns and needs that we have. In fact, it would be more sensible to completely remove all human motivations and reactions from consideration.

So where does that leave us?

All we can truly know is that in essence, we humans are beings of love. We ultimately all seek happiness and that means we are seeking love, for it is love which brings true happiness. The negative emotions we experience are derived from mind-based fears and are learned. Given that these spiritual entities are here, they must support our truth…that love is all that matters. There is no need for fealty, sacrifice, or devotion. Love only demands expansion and expression. Our purpose then is obvious: to be dedicated to expanding our love in as many ways as we possibly can. Your mind may object to this, but your heart knows its truth.

And that is all we can say with any degree of certainty.

Community Education Classes

	Date	Time	Class	Phone
Niag-Wheatfield	9/28	7:30 – 10:00	Introduction to Meditation	215-3034
Lewiston-Porter	9/29	6:00 – 9:00	Angels – What You Need To Know	See Below
Williamsville	9/30	6:30 – 9:00	Introduction to Meditation	626-8080
Orchard Park	10/1	7:00 – 10:00	Auras – What You Need To Know	209-6295
Williamsville	10/5	6:00 – 9:00	Angels – What You Need To Know	626-8080
Orchard Park	10/6	7:00 – 10:00	Introduction to Meditation	209-6295
Niag-Wheatfield	10/7	7:00 – 10:00	Auras – What You Need To Know	215-3034
Lewiston-Porter	10/8	6:30 – 9:00	Introduction to Meditation	See Below
West Seneca	10/13	6:30 – 9:00	Introduction to Meditation	677-3107
Orchard Park	10/14	7:00 – 10:00	Angels – What You Need To Know	209-6295
Williamsville	10/15	6:00 – 9:00	Auras – What You Need To Know	626-8080
Niag-Wheatfield	10/19	7:00 – 10:00	Angels – What You Need To Know	215-3034
Hamburg	10/20	6:00 – 9:00	Angels – What You Need To Know	See Below
Lewiston-Porter	10/21	6:00 – 9:00	Auras – What You Need To Know	See Below
Orchard Park	10/22	7:00 – 9:00	Exploring Past Lives	209-6295
Williamsville	11/2	7:00 – 9:00	Exploring Past Lives	626-8080
Lewiston-Porter	11/9	7:00 – 9:00	Exploring Past Lives	See Below

Lewiston-Porter: mail or online reservations at lew-port.coursestorm.com (no www.)
Hamburg Schools: go to 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