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Winter 2026 Issue

## Angelic Channelings

Fran will again be presenting her Angelic Channelings beginning this month. The first will be on Monday, January 19<sup>th</sup>, 7 – 9 pm.

In each of these sessions will be in a Q&A format, so please bring questions with you. Notifications for further sessions will be announced by email – so be sure to look out for them! There will be one per month. Text her at 716-545-7046 to register. Seating is limited.

Richard's **Meditation & Metaphysics** course will begin its 110<sup>th</sup> session on Friday, March 20<sup>th</sup>. This course has changed hundreds of lives over the past 38 years. Are you ready to improve the quality of your life?

If you are, see Page 5 for further details.



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.

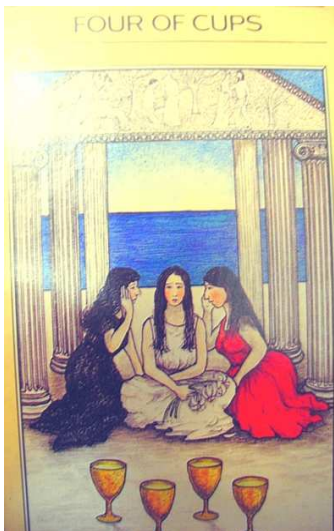
She conducts her classes and readings in both the U.S. and Canada.

# Greek Mythic Tarot Reading

With Richard

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

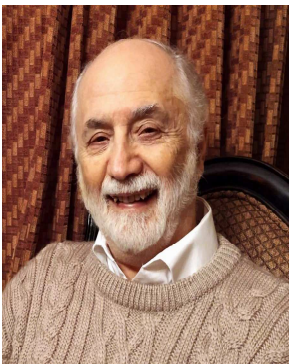
- ★ Your current situation
- ★ Your present desires
- ★ The unexpected
- ★ Probable events 1-3 months from now
- ★ Probable events 4-6 months from now



In the Four of Cups we see the two sisters of Psyche whispering in her ear as they sit in her palace. The fours in Tarot often indicate discontent and so it is here.

The sisters have learned of Eros' bizarre behavior of not letting his wife look at him. They have also seen the luxury that surrounds Psyche, as they are married to kings but do not enjoy the beauty and quality of Psyche's home. Thus they are jealous and so use that emotion to put doubt into Psyche's mind as to who or what her husband truly is. What must he look like if she can't see him?

In a reading this card indicates the client is receiving conflicting opinions or has personal suspicions over an important issue. The client needs to examine the source of these suspicions, for it is likely that they may be false. An objective assessment is needed.

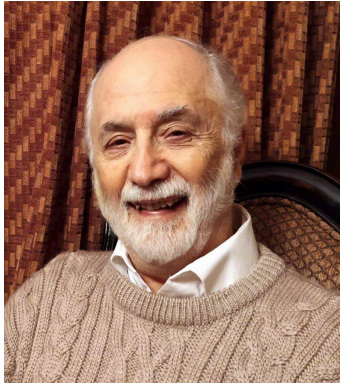


**Richard D'Angelo** has been an inspiring, passionate, and successful teacher of meditation for over 35 years. He is best known for his talks on your agenda vs. your mind's agenda in everyday life. His many workshops in Community Ed. help people to empower themselves and to recognize and overcome their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



# Finding Your Purpose In Life

The two eternal questions, which have plagued mankind for eons are simple ones: “Why am I here?” and “What is the purpose of my life?”

Yet such seemingly simple questions seem to be extraordinarily difficult to answer. And yet, there have been hundreds of attempts to do so.

That is because one’s answer to those questions rests upon the values that the individual person holds. A person who sees life as a contest to see who can get ahead materially will say, “The purpose of life is to become wealthy in order to secure safety, happiness, and survival.” Those types of answers are founded on a belief system of fear...fear that you won’t have control of your life...fear that your survival is at risk...fear that others will take it all and leave you with nothing. These Earth-bound answers convey a core belief that what you see is all there is and so you need to take as much as you can. There is no purpose other than to obtain a happy existence that prolongs life as long as possible. The End.

On the other hand, a religious person will declare that the purpose of life is to serve God...to follow His laws and commandments...to resist straying from His Path and therefore incur His wrath and punishment. That is the sole reason for existence. To these people life is an enormous challenge to see if they are worthy of just one thing: God’s love. The rigors of daily existence take a back seat to that.

I disagree with both of those views. Here is why:

The idea that our lives are nothing but a contest to see who gets the most toys is absurd on its face. Why are we specific individuals with specific personalities when there is no real point to living? After all like they say, “You can’t take it with you.” And to fight for wealth only for it to ultimately mean nothing is equally absurd. Why would we even be the individuals that we are if there was no future purpose or meaning for any of it?

(Continued on Page 6)

# Meditation and Metaphysics

“It’s more than just a course – it’s an Experience!”

...Former Student

## 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 - plus much more

**Dates:** 9 Fridays, March 20<sup>th</sup> to May 15<sup>th</sup>

**Time:** 7:00 pm – 10:00 pm

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

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

- FULL PAYMENT: \$150 deposit and then \$300 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 )

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**

The religious perspective also makes no sense. If God were all-powerful, why would he, she, or it want to test us? Living life is difficult enough without having to worry about how we will spend eternity. Another thing...is an omnipotent God that self-centered, manipulative and cruel to create mankind with internal flaws so that many will fail his Ultimate Test anyway? And if God is omniscient, he, she, or it will know who will and who will not fail the test before it even begins. So why create eternal suffering at all? Again, what is the point?

Instead I propose a simpler, more reasonable answer that is predicated on the fact that we are beings of love. Everyone seeks one thing – happiness. To me, that is a big clue in answering those two questions. And what brings us happiness? Love. I believe that love is at the root of who we are. Yes, it can be forced out of us if the mind totally controls our lives, but we all begin life as beautiful loving beings. Love is ubiquitous, which to me means that it has to represent a fundamental reason for our existence. We all have a natural disposition to seek it and revel in it. Therefore I believe that it represents the true purpose of our existence: to discover, explore, and expand the power of love.

Think about it...everyone wants to be happy and we each pursue that happiness in different ways. The mind believes that things can make you happy...a new car...a new house, a new wardrobe, etc. But the truth is that our hearts are the only true source of love and they look for something more sustainable, not just the fleeting, temporary pleasures of the mind.

The problem is that serving love is seemingly incompatible with survival. The mind wants us to survive (as do we), and too often the pressure to survive dominates the need for love. Thus we end up working sad, dead-end jobs just to put food on the table. Many thus fall into the trap of being so consumed with survival that it becomes the sole purpose for living. Yet what is the point of living a long life if you are not happy? That's a sentence, not a life.

To follow the path of love you must first go to its source – your heart. The fundamental thing about love is that it demands expression. No one feels love without also feeling a desire to express it in some way. Interestingly, our individual natures create individual paths to express our love and that path is your life's purpose! So how do we find out what that path is?

What should one do...what guidelines should one follow to have happiness be a part of life every day (or at least the vast majority of them)?

The answer lies in meditation. In order to discover the path our love should take, we have to first move the mind out of the way. Remember, the mind is only concerned with survival and will do everything in its power to force you into following its fear-based behaviors. Meditation doesn't remove the mind, but instead it puts it to the side so that it doesn't interfere with our purpose...in this case discovering and examining the love that we are.

So what do we do once we have quieted the mind and have moved into the heart?

We feel. We feel the love that we have for anything and everything it applies to. We love many things in life, so explore what some of the more intense emotions of love are attached to. It could be your children or your pets or a special place.

Now that you are connected to that love, probe it with questions to see how your love wants to be expressed. Do not think, but feel the answer to questions like:

“If I could do anything and not fail, what would it be?”

“What activity or situation makes me feel so totally alive that I lose track of time?”

“If I were a millionaire, what would I be doing each day for personal fulfillment?”

You need to take your time with these questions...the answers are usually not immediately known. But if you persist daily and probe deep enough, you will discover how your love wants to be expressed. And then you will need courage – lots of it, because your mind will try and dissuade you from following the heart. And the mind is very powerful, so it will take a LOT of courage. I know - I have done it. But then when you succeed, you will never work again! Doing what you love is a pleasure, not a task. Plus you will be very good at what you do.

But eventually your body dies...what happens then? Well, I believe that love never dies. Your body won't be around but the love that you create in this life is eternal – as you are. The soul is love and you have volunteered to be on this non-loving planet to challenge and overcome the fear that surrounds you. Resistance to love is a challenge. If you can raise your love high enough to overcome that resistance, your love is magnified a thousand times! This process is eternal. You never stop growing and expanding the love that you are. Magnifying your love dissolves the differences between us to become One - even into other dimensions of existence.

So in a nutshell, that is the purpose of life – to express the love that you are.

I have more to tell you, but I'm out of space. Further information can be found in my book, “The Power of Self-Awareness and Self-Acceptance” in Chapter 17.

# Community Education Classes

	Date	Time	Class	Phone
Williamsville	2/23	6:30 – 9:30	How To Communicate With Angels	626-8080
Niag-Wheatfield	2/24	7:00 – 10:00	The Power of Your Aura	215-3034*
Hamburg	2/25	6:00 – 9:00	How To Communicate With Angels	See Below
Orchard Park	2/26	7:00 – 10:00	The Power of Your Aura	209-6295
Lewiston-Porter	3/2	6:00 – 9:00	How To Communicate With Angels	See Below
Williamsville	3/3	6:30 – 9:30	The Power of Your Aura	626-8080
Orchard Park	3/4	7:00 – 10:00	How To Communicate With Angels	209-6295
Hamburg	3/5	6:00 – 9:00	The Power of Your Aura	See Below
Williamsville	3/9	7:00 – 9:30	Introduction to Meditation	626-8080
Lewiston-Porter	3/10	6:00 – 9:00	The Power of Your Aura	See Below
Orchard Park	3/11	7:00 – 9:30	Introduction to Meditation	209-6295
Niag-Wheatfield	3/12	7:00 – 10:00	How To Communicate With Angels	215-3034*
Lewiston-Porter	3/16	6:30 – 9:00	Introduction to Meditation	See Below
Orchard Park	3/17	7:00 – 9:00	Exploring Past Lives	209-6295
Niag-Wheatfield	3/18	7:00 – 9:30	Introduction to Meditation	215-3034*
Williamsville	3/19	7:00 – 9:00	Exploring Past Lives	626-8080
Lewiston-Porter	3/23	7:00 – 9:00	Exploring Past Lives	See Below
Niag-Wheatfield	3/24	7:00 – 9:00	Exploring Past Lives	215-3034*

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**