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**Frances: Preparing to
be 5th Dimensional
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Winter 2025 Issue

New Course on 5D Awareness

Fran is introducing a new 8-week course designed to bring you into the 5th dimension and assist you in letting go of the 3rd and 4th. New tools and techniques to raise your frequency will be offered. Further details are on page 6.

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 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**.

You will feel like you are back in Richard's classes again!

Richard's **Meditation & Metaphysics** course is beginning its 108th session. Details are on page 5.

Community Education classes are on the back page.

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

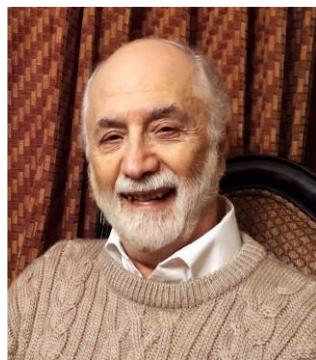
Your reading will be divided into five categories:

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



Here we see Eros, son of Aphrodite, coming upon the beautiful maiden, Psyche. His mission is to shoot Psyche with the arrow of love so that she will fall in love with a sea monster. Her father, under threat from Aphrodite, sentenced her to this fate since Psyche was the most beautiful woman in the world and people were beginning to worship her instead of Aphrodite. Evidently women (and especially gods) can get pretty jealous at times. Unfortunately for Aphrodite, Eros accidentally pricks himself with the arrow and falls in love with Psyche.

In a reading this card signals the beginning of a relationship or reconciliation. One's love (or passion) is being focused on another or on another situation in their lives.



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. 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.

New!

Private Tarot Instruction

Learn how to read Tarot Cards 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 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 108th class! . No experience needed . Everyone is Welcome!

Personalized Instruction, Help, and Guidance

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

- ★ Manifesting your desires
- ★ Connecting with your angels
- ★ Having the tools to cope any problem you have in life
- ★ Forgiving the unforgivable
- ★ Meeting your Divine Inner Child
- ★ Exploring a Past Life
- ★ Healing painful events from your past
- ★ Weekly handouts of bibliographies and pertinent information

Dates: 9 Fridays, March 21st to May 16th 7:30 pm – 10:30 pm

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

Two Payment Choices:

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

Deposits are not refundable two weeks before class begins.

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

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

New!

Aligning and Growing Into 5th Dimensional Frequencies

Come and join me for this new and wonderful adventure of growing and aligning into the frequencies of the 5th dimension.

- Learn evolutionary tools and techniques
- Expand your third eye (6th Chakra)
- Increased clarity
- Unify yourself into oneness
- ...and much more!

2025 is an exciting year of growth, integration, and alignment. The time for you to join us is NOW!

Note: You need to know how to meditate and feel energy. If not, I recommend that you take Richard's excellent Meditation and Metaphysics course.

Dates: 8 Tuesdays, February 25th – April 15th, 6:30 – 9:30 pm

Two Payment Choices:

- FULL PAYMENT: \$240 deposit and then \$240 due the first class (\$480 total)
- WEEKLY OPTION: \$70 per class (\$560 total)

Call or text Fran at 716-545-4076 to register



Frances

Preparing to be 5th Dimensional

There is an ascension taking place into the 5th dimension both for the planet Earth and for all of humanity.

What is ascension? What is the 5th dimension?

To put it simply, ascension is the raising of the frequency of your life, including your physical body. The 5th dimension is the next step in ascension evolution.

On December 12, 2024 Earth ascended into 5th dimensional frequencies, releasing the planet from the grip of 3rd and 4th dimensional energies.

The planet has released herself from duality and chaos. She now carries the frequencies of moment-to-moment awareness, unity, and oneness. It is time for all of us to embrace the same frequencies of the 5th dimension. You may wonder, “Is there a way for us to really become 5th dimensional in all the chaos around us?” And I say, “YES! There is a definite formula”.

The 3rd dimension is all about duality and separation...light and dark...good and evil...hot and cold.

The 4th dimension is about chaos and confusion. It brings feelings of isolation and being lost in external stimuli.

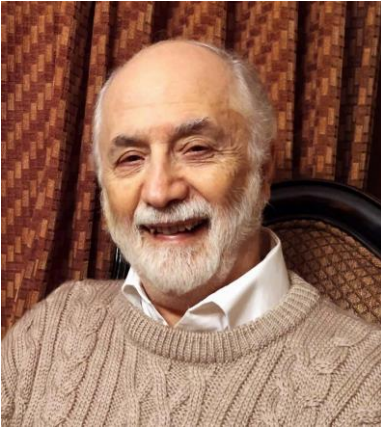
The 5th dimension is about slowing down internally. To slow down internally, you must let go of external stimuli and go within. You stop all the internal chatter so you can feel into the moment. You learn how to live moment-to-moment as you let go of time. You will be able understand what situational awareness of the moment is.

As your awareness of who you are grows, instant manifestation of what you want in life comes online. You let go of the victim/victor/blame game frequencies, the isolation frequencies, and mind control programs from childhood. You release chaos as you begin to integrate all that you are as source. You become aware that you are much more than you ever realized. You begin to feel a oneness and unity in your heart. You love and are very grateful for everything. You welcome every person you meet and every experience you have.

It is time for us to prepare for this powerful shift that has come to our planet Earth. We can teach ourselves how to quiet the mind, breathe, and ground into Mother Earth to bring 5D frequencies into our body and mind through our grounding cords. We can heal from the mental, emotional, and physical pain body and the collective pain body of humanity. We can clear and reset our umbilicus and silver life cords to clear all generations of miasmatic imprinting we are born with.

As 5th dimensional beings we no longer have to carry past incarnation burdens of the collective, which created the pain body. The 5th dimension has more freedom and sovereignty for each of us. As we grow in our 5th dimensional frequency, our pineal gland/6th chakra/third eye grows in size and strength. We then understand what is truth for ourselves and what is a hologram or AI generated narrative. We can feel mind control and raise our frequency above it.

I am very excited about this shift into 5D for humanity. Whether it comes in slowly or in a flash, let's all move into this wonderful frequency as we become one with our beautiful planet Earth. Let's all realize that it is time to stop the separation and come home to yourself.



A Reflection on 80 Years of Life

This coming March will mark my entrance into the eighth decade of life on this planet.

Age is a funny thing...I can remember past events but at the same time I have some difficulty in believing that those events actually happened.

Sounds strange, eh?

Perhaps that's because there is no current evidence of those events and so I only have my memory, which is as faulty as our senses are to us every day. Thus there is a sense of "unreality" attached to it.

At any rate, looking back on my life, from my birthplace of London England to my residence today in Amherst New York, I can see a clear pattern of growth and change.

My memories go far back...to the time when I was just three years old in England...I even remember being on the boat, traveling to the States. And then to schools, home life, and friends I made while growing up.

When I look at my life as a whole, there was a romantic evolution, as there is with most everyone. I can say that I saw progress there from wanting a girlfriend to be in my life to learning how to love without possession...and finally after 49 years finally finding the woman I knew I was supposed to marry.

But it is the vocational change that is the most outstanding.

I grew up loving science and was heavily engaged in it, even memorizing the Periodic Table at the age of 9. As a kid I had three chemistry sets and was continually attempting to build rockets (which mostly exploded) and even tried creating compounds like nitroglycerin, which didn't explode - fortunately.

I believed for many years that every mystery in life would eventually be revealed by rational thought and empirical experimentation. The mind was king!

That belief stayed with me through my time of performing research at Roswell Park and later on as a database administrator for Erie County, a national database consultant for a firm in NYC, and finally for Empire Bank in Buffalo.

But slowly behind the scenes, unknown metaphysical forces were at work, which were set to completely reorient my life's focus.

In 1983, my penchant for reading strange books led me to "The Silva Mind Control Method". This one book (which at the time I refused to believe was true) opened the door. It happened suddenly, one Tuesday afternoon. I had just returned from work in Philadelphia when I was suddenly hit with this feeling that I had to open the newspaper. This thought wouldn't leave me alone until finally I relented, grabbed the paper and opened it up to any random page. In front of me was an ad for the Silva Mind Control Course, which was starting in one hour!

Taking that course, learning how to meditate and later how to communicate with Spirit, changed everything.

So much so, that when my computer career was at an end and I needed a new focus in life, all I had to do was to ask the Angels. They told me to do what I loved. After searching my heart, I knew that helping people overcome the mind's oppression on their lives would be my life's work because I knew the mind was the only obstacle to love. And I believed that love was our natural state of being.

That led me to creating the *Meditation and Metaphysics* course, which has been helping people to become who they truly are – beings of love – for over 35 years.

And that's where I still am today. Over 800 students have taken this course and I have connected with over 2,000 students in my one-night classes in Community Education. I have even been able to write a book to be my legacy when I am gone.

I have found the true purpose of my life and my heart is filled with gratitude for every one of those 80 years. I would choose to live this life again in a heartbeat!

Community Education Classes

	Date	Time	Class	Phone
West Seneca	2/10	5:30 – 8:30	The Power of Your Aura	677-3107
Alden	2/11	7:00 – 10:00	The Power of Your Aura	See Below
Lewiston-Porter	2/12	6:00 – 9:00	All About Angels and Spirit Guides	See Below
Hamburg	2/13	6:30 – 9:00	Introduction To Meditation	See Below
Lewiston-Porter	2/24	6:00 – 9:00	The Power of Your Aura	See Below
Orchard Park	2/25	7:00 – 9:30	Is Meditation Right for You?	209-6295
Hamburg	2/26	6:00 – 9:00	The Power of Your Aura	See Below
Williamsville	2/27	6:30 – 9:00	Is Meditation Right for You?	626-8080
Williamsville	3/3	6:30 – 9:30	How To Communicate With Angels	626-8080
Hamburg	3/4	6:00 – 9:00	The Power of Your Aura	See Below
Niag-Wheatfield	3/5	7:00 – 10:00	How To Communicate With Angels	See Below
Orchard Park	3/6	7:00 – 10:00	How To Communicate With Angels	209-6295
Orchard Park	3/11	7:00 – 10:00	The Power of Your Aura	209-6295
Lewiston-Porter	3/12	6:30 – 9:00	Is Meditation Right for You?	See Below
Niag-Wheatfield	3/13	7:00 – 10:00	The Power of Your Aura	See Below
Hamburg	3/17	6:00 – 9:00	How To Communicate With Angels	See Below
Lewiston-Porter	3/18	6:30 – 8:30	Did You Have A Past Life?	See Below
Williamsville	3/19	6:30 – 9:30	The Power of Your Aura	626-8080
Niag-Wheatfield	3/20	7:00 – 9:30	Is Meditation Right for You?	See Below
Orchard Park	3/24	7:00 – 9:00	Did You Have A Past Life?	209-6295
Williamsville	3/25	6:30 – 8:30	Exploring Past Lives	626-8080

Registration is by phone with these exceptions:

Alden Schools only receives registration by mail at www.aldenschools.org

Niagara Wheatfield receives online reservations at nwsed.coursestorm.com (no www.)

Lewiston-Porter mail or online reservations at lew-port.coursestorm.com (no www.)

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