**March 27th, 2024 Issue #218** **The Iris The Bodhi Glyphix Studio**

**Greetings!**

**Are you feeling a bit heavy~ Body, Mind & Soul? The long hard winter and lack of sunshine can cause lethargy and depression. Our Root Chakra misses being connected to the earth~ as for most of us have been experienced heaviness or even depression. Or perhaps you are a bit anxious from the solar flares ups, mercury being retrograde and the energy of the spring equinox. With the transition of Spring and reconnecting to the revitalization of our energy through the flow of Shatki (from the composting of winter in the new cycle), that dormant energy that sits at the base of our spines (kundalini) rises. Practicing Yoga awakens this sleepiness in our body, mind & souls. Our Yoga Class schedule is at the bottom of the newsletter. Check it out and please try a class, or two or three. Perhaps you would like to try a class in the comfort of your home? I have a YouTube Channel, pay $15 and save gas and your time traveling here! Go to www.youtube@roseczyrny**

**We hope you enjoy our newsletters! Should you wish not to receive these electronic newsletters- you always have an opt out option by clicking the link at the bottom of this newsletter…
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Your Sun is about to disappear**

Get ready, on April 8, in the middle of your Spring afternoon, the Sun will disappear. Totality begins at approximately 3:15pm and lasts about 3 minutes 45 seconds for viewers on the centerline. The farther you are from the centerline, the shorter totality will last.
If you are on the shore of Lake Erie, you'll get about 3-1/2 minutes of totality.
Centre of totality is smack in the middle of Buffalo, N.Y., where our American neighbors will get around 3-minutes 46-seconds.
You'll see stars.
You'll see planets.
The temperature will plunge.
Birds will make roosting calls.

You will have a red sunset for 360-degrees around you.
You will get two solar "diamond rings".
You'll be able to see the threadlike filaments of the solar corona.
and lots and lots more..... !
You can get solar safe eclipse glasses from The East Aurora Library for free.
You must have solar-safe eclipse glasses to safely look at the Sun, unless it is in total eclipse. (Or other suitable solar filter.)Please do not look at the sun with out protection, I personally had glimpsed at the sun during our last eclipse and my vision has been compromised since.
The eclipse builds for an hour or so, before totality *(you need the eclipse glasses here)* and then it recedes for an equal amount of time after totality *(and you need eclipse glasses here, too).*Solar safety first!!!

 **What spirit message does the eclipse bring?**

The solar eclipse **has always been seen as a spiritual event**. Some view the cosmic event as an opportunity for new beginnings, a reset or renewal.
The momentary darkening of the sky can be interpreted to signify the completion of old patterns, paving way for new and exciting opportunities.

As such, many **see it as a time to set goals,** intentions and allow energy to flow anew.

Moreover, some believe the celestial alignment brings heightened intuition and offers protection from external forces or negative energy.

Ancient cultures viewed eclipses as a spiritual portal for greater awareness, insight and**understanding of their connection to the cosmos.**

A moment for spiritual renewal.

Heightened intuition.

Protection from negative energy.

Spiritual portal for cosmic understanding.

1) **Start Of A New Cycle Of Life**

A solar eclipse marks the start of a new cycle of life.

Its symbolism speaks to an energy shift that has the potential to lead to powerful spiritual and emotional transformations.

2) **Period Of Spiritual Reflection And Renewal**

Solar eclipses are considered a special event by many cultures and religious groups**, often viewed as an opportunity for spiritual reflection and renewal.**

3) **Reminder Of The Power Of Transformation And Rebirth**

A solar eclipse is a powerful reminder that **change is inevitable.**

4) **Time Of Great Spiritual Significance And A Sign Of Divine Grace**

A Solar Eclipse is a Time of great spiritual significance, **and it is seen as a sign of divine grace.**

From its connection to mythology to its influence on religious practice, the eclipse carries deep symbolic importance across many faiths.

5) **Opportunity To Turn Inward And Explore The Inner Depths Of The Soul**

A solar eclipse is an opportune moment to turn inward and **explore the inner depths of the soul.**

Through contemplation and reflection, a solar eclipse **allows us to become closer to our higher self.**

6) **Moment To Connect With The Divine**

A solar eclipse is an extraordinary celestial event that carries many spiritual meanings.

It offers a unique **opportunity to look beyond our physical reality** and connect with the divine.

7) **Let Go Of The Past And Look To The Future**

Solar eclipses have a spiritual meaning that many people take as a **reminder to move on from the past and embrace a new beginning.**

8) **Reminder Of The Interconnectedness Of All Things**

A solar eclipse serves as a powerful **reminder that all things in the universe are interconnected**.

9**) Encourages Us To Take A Step Back**

A solar eclipse is a reminder to take time to admire and **appreciate the beauty of the natural world.**

From the shifting colors of an autumn sky to the vastness of a starry night, these wonders bring us awe-inspiring experiences.

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**We Carry a Line of CBD Oil & Products**After many years of researching and spending over thousands of dollars trying and testing different brands, we are proud to announce that we carry a top quality of CBD Oils and products at our Studio. CBD derived from the whole hemp plant. **Read more on why I am so excited about this product. In just 2 weeks, all of my inflammation is gone, the neuropathy (from my parasite in 2008) in my feet is gone, anxiety is gone and I am sleeping better! I didn’t realize I had inflammation or sleep issues, until I began Hempworx CBD Oil 4 years ago. I have been dealing with stress, for a VERY long time, but I honestly say I feel at peace with it all. Something I could never say before! Thie bath bombs are the bomb! Their products are amazing!**

**Why CBD is Essential for Health**

Did you know we have an endocannabinoid system (ECS)? It’s life changing news and we can now understand why CBD Oil is so essential, effective and a necessary choice for improved health…
In school, we are taught that there are 11 major organ systems in the human body. They include the circulatory, respiratory, urinary, reproductive, integumentary, skeletal, muscular, nervous, endocrine, lymphatic, and digestive systems. All these systems make up the human body.

The cannabinoid system is named for the plant that led to its discovery. *It is one of the most important physiologic systems involved in establishing and maintaining human health.*

Humans, reptiles, birds, and fish all synthesize endocannabinoids naturally. The prefix “endo,” literally means “made in the body.” The most primitive animal found to express cannabinoid receptors evolved over 600 million years ago.

All mammals produce endocannabinoids that bind to endocannabinoid receptors.

The ECS and its receptors are of great importance during prenatal development, but they are also relevant after childbirth. Not everybody is aware that there are already natural cannabinoids in breast milk and the essential role they play in the development of a human.

ECS and their receptors are found throughout the body: in the brain, organs, connective tissues, glands, and immune cells. There are more cannabinoid receptors in the brain than there are for all of the neurotransmitters put together.

Researchers understand that the body maintains homeostasis, (a state of balance) meaning that it controls and regulates pain, appetite, sleep, inflammation, and cell metabolism (including the lifecycle of cells).
A lack of cannabinoids can cause disruption to multiple systems in the body.

This disruption, or lack of homeostasis, then leads to more significant and life-threatening problems.

Based on scientific studies migraine, fibromyalgia, IBS and *numerous* other related conditions display common clinical, biochemical and pathophysiological patterns that show an underlying clinical ECS deficiency that may be suitably treated with CBD oil.

Some experts go even further- Dr. Robert Melamede, former Chairman of the Biology Department at the University of Colorado, believes cannabinoids may even slow the aging process.

Dr. Ethan Russo, neurologist and medical scientist…

“CBD is an excellent anti-inflammatory without the liabilities that we get from non-steroidal anti-inflammatory drugs with their tendencies to produce serious side effects like ulcers, heart attacks, and strokes, these just aren’t a liability with cannabidiol, as it’s a homeostatic regulator. To explain that: homeostasis is a state of balance. Many diseases interfere with a balance in a given system and if we can bring that balance back to where it should be there’ll be improvement in the overall condition.”

Research demonstrates that endocannabinoids are produced upon activation of immune cells and may help regulate the immune response by acting as anti-inflammatory agents. This acts as a protection to limit the inflammatory response so it isn’t excessive and helps stop the immune system from attacking body systems, known as various auto-immune diseases.

Dr. Russo believes that cannabinoids may go beyond helping patients with MS or cancer, because they play such a significant role in preventing and regulating all age-related illnesses.

**Let's get educated...**

Many have questions and others might be afraid to ask about this amazing oil that I promote. Let me break down / answer the top questions for all of you.

🌱 1 - Is HempWorx CBD marijuana?
NO! Although Cannabidoil comes from the same plant and HempWorx is full spectrum (meaning we use the whole plant), it is NOT marijuana. You will not get HIGH, you will get HEALTHY.

🌱 2 - Does HempWorx contain THC?
HempWorx CBD Oil contains less than 0.03% THC and is considered food grade.

🌱 3 - Is it legal?
YES! Some states have laws governing stores stocking, shelving and selling CBD oil. The use of CBD oil for personal consumption is 100% LEGAL and our business is based out of Nevada where it's fully legal. Just like Amazon, perfectly legal to order online and consume CBD oil - again, it's considered a food.

🌱 4 - How big is the bottle?
Each bottle is 1 ounce and contains around 1,000 drops. Each bottle will last 1-3 months depending on how you are using it.

🌱 5 - What strength do I buy?
Most people (children included) do fine with the 750 mg. For those with chronic pain or multiple health issues, I would suggest the 1500 mg.

🌱 6 - Are there samples?
The company does not offer samples, they do offer a full money back guarantee (which you won't need) 😉

🌱 7 - How do I use it?
Best delivery method is under the tongue. That way it gets into your bloodstream more quickly. You want to start slowly with 5 drops twice a day for the first week. After that you can increase to 7-10 drops twice a day. For most people the 7 drops is perfect but some need to take 10 twice a day, it's up to you and the relief you get at each of those servings.
USE A MIRROR TO COUNT THE DROPS AS YOU PLACE UNDER YOUR TONGUE OR USE A SPOON TO COUNT AND TAKE ORALLY

🌱 8 - Can I apply topically?
Yes - many people do both oral and topical applications for conditions like Psoriasis, Eczema, Cystic Acne, etc.

🌱 9 - How long does it take to receive?
With our new warehouse / office open in Las Vegas, orders are arriving in 3-4 days!

🌱 10 - I found CBD oil cheaper somewhere else, what's the difference?
HempWorx has the purest form of CBD oil with only 1 ingredient - CBD Oil! Check the label of anything else and you will tons of added ingredients which actually weaken the CBD which means you have to use more.

🌱 11 - Where can I order?
Message me! Or go to [www.hempbodhi.com](http://www.hempbodhi.com)

12- Will it show up positive on a blood test?
CBD is considered to be undetectable in saliva or urine tests, though there remains a rare instance that the small trace amounts of THC may be detected. All of our products comply with all regulations regarding minimal THC content, and our full-spectrum hemp oil contains less than 0.3% of THC by volume, as required by law. However, we recommend you check with your doctor.
**🌱13. Will it make me high?** Absolutely not~ there's not enough THC in it for that to happen. I can make you very relaxed however!!
I am here to help you with dosing, any ??’s etc. Please message me with your questions.

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THE PINEAL GLANDULA.. Our Third Eye-Ajna.

The Pineal Gland is one of the greatest secrets hidden from us. The secret is not that the gland exists, the secret is its function.

Medical students are told it's a crooked organ,

but it's not....

The Pineal Gland is our third eye, it is the organ through which we dream and imagine and once it is activated it is also the organ that connects us to other dimensions of reality, that is:

It allows us to see beings of other dimensions besides allow us to make astral journeys (leave our physical body to travel with our ethereal body), develop psychic skills such as clairvoyance or telepathy and even the possibility of time travel...

It's not hard to know why it's a secret, the answer is in Church. How has the church subsisted?

being the monopoly of religion: going to mass is the only way we've been shown to connect with the Divine plane but actually the Temple to reach Divine connection is within each of us...

Pineapple or pineal gland has several meanings. For the Catholic religion, it means the Power of God; for Freemasonry, the vision of the Cyclops; within the Egyptian tradition it is known as the eye of Horus, also in sacred geometry we can see that the eye of Horu s' accurately corresponds with all the structures of the brain and in the Asian world as the third eye or center of clairvoyance and intuition...

In initial terminology it is known as ′′

The Door of Paradise ′′ and even the French philosopher, Descartes, proposed that the pineal gland was what connects the body to the soul, or contained it. defined it as ′′

The Seat of the Soul ".

His proposal arises because the pineal gland is not bilaterally duplicated in the body, and also believed (erroneously) that it was exclusive to humans...

Melatonin hormone produced by Pineal whose deficiency is caused by insomnia and depression is present in some foods such as oats, corn, tomatoes, potatoes, nuts, rice and cherries. In the ancient temples of Sumerians and Babylonians we had worship of the pineal and even in the vatican we can see a monument that they have in the form of pineapple or pineal, also ported by the potatoes, and on the walls of the pyramids are the hieroglyphics.

The secret pineal a substance called DMT (dimethyltriptamine) also known as the spiritual molecule that curiously releases into the fast eye motion phase that is when we are dreaming, is responsible for visualizing images in dreams.

When there is no light, the pineal gland produces melatonin from serotonin.

It is related to regulating vigil and sleep cycles and serves to counteract the effects of time zone difference syndrome (jet lag)...

The DMT is so powerful that it can carry man's consciousness through time travel and dimensions. In the immediate state before death, a lot of DMT is produced, so you are credited with the ability to enter consciousness into higher dimensions ' Achieves mystical or interdimensional states, is the most powerful hallucinogenic or entheogenic found in the wild , in all plants and animals (in greater or lesser concentration), it has profound effects on consciousness).

Meditation offers the portal to practice and grow your connection conciousness and abilities in higher dimensions of being, what we would call super natural these days.

What we will soon re-member.

Work on Mastering your Mind Body Spirit temple

of the divinity within you.

Divine Love Gratitude Oneness.

May We RiSe

As One

In The Light Of Love.

Creator and Author.

Mike Harrigan.

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**Dogs ...**

**"IF YOU HAVE A DOG, READ THIS YOU WILL LOVE IT.**

Did you know that your dog has come with a spiritual mission to support you in the most difficult moments of your life?

Dogs are emotional therapists, they would never hesitate to approach you, lick you and accompany you if you feel bad. Your mission may be dedicated to a single person or to an entire group. Many do impressive work with one person or can impact an entire group of people such as a family.

♥ They are energy protectors

♥ They are protective angels that absorb vibrations of imbalance from both you and the places you live in. ♥ They are then purged with water, plants and other elements. They sacrifice themselves for you when there are bad energies that can affect you.

♥ They know what their mission is and do not hesitate to protect you from anything. Some sudden deaths or illnesses are due to those strong energies they absorb.

♥ A good way to purge that bad energy is by giving them a lot of love.

♥ They choose you. Even when you have the opportunity to “choose” among many puppies, he will approach you and gain your trust and affection so that you select him. And you will know that you have chosen well, but it was not you who chose.

♥They are sensitive to vibrations of all kinds

♥ They are connected to very high vibrations and are incredibly sensitive. They are capable of perceiving everything, they are energy radars, they are always alert even when you see them resting. They have impressive hearing sensitivity, as well as their sense of smell and vision. They can see through dimensions and planes that people cannot perceive.

♥ They are the perfect emotional therapists

♥ They will always be attentive, they ensure that everything is always in harmony. When they feel sadness, depression, heartbreak or any negative feeling, they look for a way to improve their mood. The movement of its tail emits vibrational waves that harmonize the environment. They are signs of love.

♥ Dogs are the best friends, the best life companions; They are playful and innocent, they are simply angels that go on all fours, brightening your life.

 **Yoga Nidra Meditation
SOLD OUT!!!!!**

# Please join me for a very special yoga meditation class called Yoga Nidra. This is not your typical mediation~ YN opens up doorways, releases blockages, it heals every organ, bone, muscle etc, it goes DEEP in to ALL levels of consciousness, releasing scars from traumas & abuses we have suffered from in this lifetime and more.  Your YN takes you through the veils of life, afterlife, and previous lifetimes.  We experience time travel, astro projection and it's also trippy! YN has an emphasis on health and healing where habitual thinking and thought patterns are reduced or eliminated. It also helps with insomnia and stress reduction and brings an incredible calmness, quietness, clarity and is one of the deepest of all meditations.Yoga Nidra means Yogic Sleep and is a state of conscious Deep Sleep. In this Meditation, you remain in the Waking state of consciousness, and gently focus the mind, while allowing thought patterns, emotions, sensations, and images to arise and go on. However, in this meditation, you leave the Waking state, go past the Dreaming state, and go to Deep Sleep, yet remain awake. While Yoga Nidra is a state that is very relaxing, it is also used by Yogis to purify the Samskaras (negative energy & thought patterns).  It’s also great for insomniacs and those who suffer with PTSD, as well as a powerful tool for manifesting. You will have the best sleep Wednesday night!!

The class is being held Monday, April 1st at 7:00 PM~ we hold our Yoga Nidra Meditation the first Monday of the month. The fee is $13, pre-registration is a must. To pre-pay & register safely <http://www.bodyglyphix.com/upcomingclassesevents.html~> paying on line is $15 to cover our processing costs.

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**SPRING YOGA SCHEDULE**

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| --- | --- | --- | --- | --- | --- |
| **Times** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** |
| **9:30 am** | **Mystical VinyasaFlow** |  | **GentleHealingYoga**  |  | **Mystical VinyasaFlow** |
| **6:10 pm** |  | **Mystical Vinyasa Flow** |  | **Mystical Vinyasa Flow** |  |

**Mystical Vinyasa Flow**  A nice blend of Hatha & Integrative Yoga, Pilates, Somatics, fused with Reiki, blended with the wisdom of the cosmos & mysticism of Gaia ~ geared to participants needs.

**Gentle Healing Yoga** Gentle, healing Yoga- Yoga Therapy, Somatics and Energy Medicine Yoga fused with Reiki, blended with blended with the wisdom of the cosmos & mysticism of Gaia ~ geared to participants needs.

**Yoga Nidra** The deepest- most healing meditation on the planet- the 1st Monday of the month at 7:30 PM

**Life Goes Om** Free Yoga Classes to anyone with Cancer or a life threatening disease **Class Prices** $15 drop in fee or punch card fees- 8 classes $95 **or** 16 classes for $165
**Yoga for Sports** Yoga for Golfers, Runners or Snow- Sports $85 per hour
**Yoga Therapy, Chakra Toning or Private Yoga** by appointment$85 per hour (click [*here*](http://www.bodyglyphix.com/directions.html) for directions)

**"Wishing you Heaven in your heart, starlight in your soul and miracles in your life in these changing times" The vibrational rate of our planet is quickening- the vibrations have a dominant masculine force.**

 **Yoga and meditation are very helpful with this transition….**

The Bodhi Glyphix Studio

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