

## Becoming Your True Self

We all have so many responsibilities that it hard to find our true self, never mind be our true self. Many of my clients are going through a transition at this time, trying to find themselves, trying to find a career that they love and trying to remove the negativity out of their lives.

I have been working on this for years and as of 2018, I began working at The Mindz Eye full time. It was very exciting and a little scarey at the same time.

Every time I question my decision, Spirit put something in front of me to let me know that I am on my path and it is my time. Listen to Spirit and begin to make your own plans. When things begin to fall into place, you know that you are on the right path. If things are difficult, listen to your own intuition.

I have medical, legal, secretarial and blue collar workers all saying that they need to find a profession that they are passionate about. We work so many years, wouldn't it be great to go to work excited. Meditate and ask Spirit to let you know what the first few steps are to put your life in the right direction. Once you put the intention out there, it is amazing how things begin to line up.

I do like to caution people, not to jump forward and think that Spirit will take care of you. The work and the steps are part of your lessons in this life. If you do have to stay in a negative situation while working your game plan out, make sure that you clean your chakras and cut any cords attached. I do this at least once a week and occasionally I ask my Angels to clear them. The regulars at The Mindz Eye know that I stress this at most of the classes that I teach. A friend of mine needs to stay at a job with some negative people and she meditates during the snooze alarm in the morning picturing mirrors facing outward and protecting her from the negativity.

A script that I channeled called Dream Your Reality has helped me and I have used with clients during Hypnosis sessions. Hypnosis and Meditation (a form of hypnosis) can help you if you are having trouble manifesting things yourself. I wish you all to find your passion and bring it yourself. Anything that I can do, or The Mindz Eye, let me know.

> Love and Light Patti

Meet the Practitioners:

Patti McGarrahan ~ Owner of The Mindz Eye. Psychic Medium. Instructor -Hypnosis, Reiki, Karuna, Tarot, Psychic Development/ Mediumship Miss Daisy ~ Psychic Medium and Tarot Master. Miss Daisy is a natural born psychic medium who has been immersed in metaphysical studies for over 25 years.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 6:30 Meditation Night	2:00 Messages from Heaven at Saltitudes
8	9 6:30 Soundbath	10	11	12	13	14
15	16	17 D	18 6:30 Development circle	19 e	20	21
22 10:00 Am-3:30 Karuna Reiki II		24 6:30 Trance Class	25	26	27	28 10am-4 Healing Reteat
29	30					

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 6:30 Meditation night	5
6	7 6:30 Soundbath	8	9	10	6:30 Mardars & palmistry	12
13	6:30 Psychic Dinner Chelos	15	16 6:30 Development circle	17	18	19
20	21	6:30 Psychic Detective	23	24	25	26 10 am-3 Karuna Reiki I
27 10 am-3 Karuna Reiki II	28	29	30	31		