

Insights for Life

Summer 2018

PSYCHIC SOURCE®
Life's possibilities. Revealed.

Awaken Your Inner Yogi

The 3 M's to Your Best Self: Meditation, Mantras, and Manifestation

We hear these buzzwords often when it comes to yoga or any spiritual practice and there is good reason for that. Ever wonder why truly free spiritual people appear so happy and peaceful? How is it that just getting their spiritual ducks in a row has made everything else seem to fall into place? When applied in conjunction, practiced daily, and truly believed, the three M's are guiding principles to live by. Here's why:

Imagine if someone told you they had the secret to getting anything you want in life.

- More money
- A loving, supportive partner
- Mended broken relationships with family or friends
- A healthier lifestyle
- True inner peace

Guess what? IT'S TRUE! The exciting part is that there is a secret recipe to manifesting whatever you want in life. We're not saying you can snap your fingers and all your dreams and desires will come true immediately... it takes work, time, and most importantly trust! The potential and possibilities lie within your reach, but many of us are lacking the knowledge and guidance needed to begin.

Using the three M's, meditation, mantras, and manifestation, we've put together a guide that we're confident will work for anyone seeking anything in life, given they are ready to put in the work, time, and trust to reach that goal. We also have Advisors on stand-by to hold your hand through the process. Contact a psychic for a guided meditation, suggestions for mantras, or instruction on manifesting your intentions.

Our guiding principles and psychic assistance should set you on the right path. Now it's up to YOU to make your dreams, wishes, and desires a reality. Let's get started ■



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Manifesting Whatever You Want

Letting Go of the When and How

By Psychic Paige
x7868



Are you manifesting daily what it is you would like in your life? Have you used the Law of Attraction and vision boards to ask for what you want and are still not getting any results? There are tools you can use, but it all starts with you and the idea that you are naturally a creator. I know it is very popular to say, "Just tell the Universe what you want." I have learned that the Universe doesn't have ears! The Universe is forward moving and will reflect to you what you put out in thought and feeling.

First, you must raise your vibration/frequency.

Allow yourself to sync up to the feeling of already receiving, with gratitude, what you desire. Here is an exercise I found in *Manifesting Miracles and Money: How to Achieve Peace, Purpose, and Plenty Without Getting in Your Own Way* by Michelle Paisley Reed. You can do this first thing in the morning and throughout the day to raise your vibration:

"Simply use the word Rise each day as you awake and begin your day. The word is a concrete manifestation of energy into form, and so if possible, if you will not wake anyone sleeping next to you, say it out loud with enthusiasm and vigor! Say it 10 times or more, then AMPLIFY, like fireworks. Observe what happens to your level of energy, and note what changes occur though out your day."

If you have ever won anything, for example, a "scratch-off" lottery ticket, you were excited, you won. What would you do if you won the lottery? Jump up and down and say, "Yes, yes, yes!! I won! I'm a winner! I can do anything I want." It might feel silly, but try this now if you can. The energy and feeling behind those words automatically raises your vibration/frequency, but more importantly it captures the "feeling."

Meditation is a great starting point.

Meditation helps you can clear the clutter from your mind so you can visualize what you want and "feel" what it's like to already have it! You can meditate for five or ten minutes of breathing in peace, calm, and love—releasing, anxiety, fear, tension. Keep breathing in peace, calm, and love, and you will notice a sense of calm enveloping you.

It is important to be specific about what you'd like to manifest in your life.

For example, I wanted to sell my house by a certain date for a certain price. At the time, the housing market wasn't good for sellers, but I didn't let that stop me. I wrote the date and price on a piece of paper, drew a "For Sale" sign, crossed it out and put "SOLD." I took the piece of paper, put it away, and just sat with the feeling of it being sold. I then bought some packing boxes and started to look at areas I would like to live.

Now, this is important: you need to let go of the "how" it is going to happen.

I didn't sit there stewing about not having anyone coming through my house. I just kept "knowing" and "feeling" that it was already done, giving thanks and gratitude.

Soon enough, I received two offers and sold my house in nine days! I never even had an open house or one person walk through. The person who bought my house never set foot inside until inspection. He was driving down the street in the pouring rain, saw it, and wanted the house.

It gets better... After we met he offered to rent it back to me. I ended up being able to stay in the same house without moving. I was specific in what I wanted and I didn't allow myself to get involved in how it was going to happen. I got out of the way once I visualized and felt what I wanted.

What happens to all of us at times when we want to manifest something in our lives is that we keep asking and demanding, "Where is it? It's not here yet! When is it coming?" Doing that pushes away the manifestation. When you continue to focus on the when and the how, you are limiting your experience.

If you practice daily meditation and keep raising your vibration/frequency, after a while it will become a natural event for you to manifest daily. Don't forget to express your gratitude for already receiving and give back to others often. ■



5th Annual Day of Light Celebration

Thursday June 21st, 2018

Participate in our worldwide guided meditation to spread and receive love and light.

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Is Manifesting Your Intentions Easier Said
Than Done? Ask an Expert to Help

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The Life-Changing Benefits of Tapping into Your Third Eye

What is Your Third Eye?

The pineal gland, also known as your third eye, is located behind your forehead and can serve as a gateway to greater psychic abilities. Developing your third eye could unlock the powers of clairvoyance and telepathy and may even enable you to pursue astral projection.

Why is Developing Your Third Eye Essential?

While developing your third eye can help you hone your clairaudient abilities and tune into sounds and intuitions from other realms, neglecting this chakra can have negative effects. After all, your third eye is a key component of your visual abilities, and when it remains closed, you effectively create a sensory barrier.

When you can't properly sense with your third eye, you'll quickly become confused and uncertain, and over time, you could become negative or cynical. In contrast, tapping into your third eye can aid your ability to perceive, helping you see more clearly and become more decisive.

How Can Meditation Help?

For many people, meditation is the key to developing the third eye. When

you meditate for this purpose, be intentional in all your actions. Choose a time and place where you can be truly present, and take care to eliminate distractions. Get comfortable, relax your body, set your worries aside, and feel your body. As you meditate, focus on the act of breathing, and empty your mind completely.



Eventually, you can focus on accessing your third eye. Try focusing on a single object, event, or concept. If everything else fades into the background, you've activated your third eye. When you successfully tap into this chakra, you'll feel as though your mind has ascended to a new level, and you'll sense an accelerated flow of energy around you. Practice tapping into your third eye

every day, and the ritual will become easier and more natural every time.

What Can You Do Besides Meditate?

While meditation is the most common way to tap into your third eye, you can also use a combination of crystals and manifestation to help develop this chakra. Violet crystals, such as amethysts and tourmaline, work best for accessing your third eye since this chakra has a violet hue.

To get started, cleanse your crystal of all negative energy. Hold it in your hands, and then place it directly on your third eye. While holding the crystal in place, create an image in your mind of your desires. Imagine the job, love, and positivity you'll feel when your desire manifests. Focus on this desire for a few minutes before removing the crystal. With regular practice, you'll further develop the pathway between reality and the psychic realm, ultimately using your third eye to visualize and manifest what you truly want to see.

Seeking more insight into your third eye and how you can use its power to your advantage? Talk with an authentic psychic and learn how tapping into your third eye could help you take your abilities to new heights. ■

Meditation for Beginners: Master the Basics

With the help of this infographic you'll be floating into your subconscious in no time!

GET STARTED ►



Advisor Talk: How Do You Help People Manifest Intentions?

Top psychics speak from personal experience in helping people turn their intentions into reality.



Anthony x8064

"I have my callers use their psychic imagination to visualize their happiest future in their mind's eye and feel that happy future in their hearts. I ask them to see love shining in the warm bright yellow light of the sun and to see the perfect Universe just for them. Then I ask the tarot cards and see what the symbolic dream power of the poetic mind of the Universe can tell us about the best possibilities for them to achieve their future vision."



Carmaleena x8689

"Manifesting intentions or desires is something we all want. It's human nature to strive for our dreams. But, how do we bring our dreams into living reality? The process of manifesting is an internal process. It takes focus, time, and understanding to achieve manifestation. However, it isn't hard once you know how to do it. I suggest meditation to my clients. Meditation helps calm you and this automatically begins eliminating blocks that have prevented success in your life. You should make it a daily practice to change your life for the better."



Kimberle x8608

"The trick to manifesting your intentions is to get to the core of those intentions. You simply ask yourself, 'Why?' For example if I want to manifest more like-minded people in my life I ask myself why I want this. The goal is a clean intention. If I hear myself saying that it can't happen or wondering where these people will be then I am away from the core of my intention. There is no right or wrong intention, but we do have to believe in it. Also, it's always easier to manifest things that do not impose on the will of others. For example, if you are manifesting the love of a specific person, that's not as pure as asking to have someone to share love with. Leave it open to bring you what you need instead of what you think you may want."



Faith x9292

"I love to help my clients manifest intentions! For example, if your intention is to meet your lifetime partner, there may be three possible roads to this outcome, but one road takes 12 months, another takes six months, and another takes one month. One of the main ways I can help is by reading the future possible outcomes and recommending the course of action that will produce your intention most quickly. And then we can be excited to see it manifest!"



Levana x9252

"Energy does not lie or take sides. The important thing to remember then is that when manifesting your intentions both your hopes and your doubts get manifested. Any challenges, hurdles or delays you face may well be your own fears, insecurities and worries reflected right back at you. Overcoming your fears is therefore the first step to manifesting your intention—whether internally or externally."

What are we doing to spread kindness?



Learn about our Kindness Initiative. Read heartwarming stories or share your own.

[KINDNESS BLOG ►](#)



Danielle x7913

"Surrender to win.' You can have everything if you can let go of everything. The first time my mentor taught me this principal I thought it was nonsense. Over the years I have experienced this principle to be true, and I try to convey this to every client who wishes to learn the art of manifesting. I have found that the energy of control is fear-driven and a lower energy. The energy of surrender is rooted in peace and detachment—it accomplishes much more than the energy of control. Try it. Let go, and 'surrender to win.'



Arthur x8237

"When it comes to manifesting your intentions, there are two simple words many people use that can get in the way, muck things up, and cause delays: "I hope." Now, don't get me wrong, having hope is a wonderful thing; however, when it comes to manifesting something in life, think about replacing "I hope" with "I know." For example, "I hope I get that job" vs. "I know that job (or something better) is mine." Manifestation is all about positive intentions. Hope to hold a snowflake. Know you deserve what is yours. Also, when putting something out to the Universe, make sure to add something like "or something better." Why limit yourself? Stay amazing!"



Carla x7682

"The way I work with customers is to help them identify the thought that led to their emotions and has subsequently created their current situation. Once the thought that had created the emotion is anchored in their current reality, it is too late to reverse without going back to the point of origination, which is their thought process. If the client can go back and change the thought, and match it to the emotion, the current reality changes very fast. This can be a life-changing experience for people."



Charity x9310

"I believe in empowering my clients to believe in themselves and their own intuitive abilities since self-love is the most fertile grounds for desire manifestation. And, the path to self-love is through self-awareness and meditation. Once the seeds are sown all we can do is let go and let God."



Stella x7343

"First, you must have no doubts and include all the details. For instance, if you're manifesting for a new car, you must include the make, model, year, color and equipment wanted. And don't forget the money to pay for the car (your part to make happen). Visualize this car as completely yours with your name written on it. Thank your higher power immediately! You'll receive a positive sign from your angel(s). Understand that manifesting is not a game. When you truly are in your spiritual belief space, all will become a reality that is for your highest good. Accepting, knowing, and understanding have just been added to your spiritual growth, and another step is in place moving you forward on learning. Blessings always!"



Raven x9580

"In truth, we are always manifesting. That is the nature of being alive. We are creative beings so we are constantly creating. Unfortunately, so many of us are manifesting from a frequency of fear or lack. Thus, we get what we want and still do not feel satisfied. The only way to shift your manifestations to fully satisfy you is when they are born from pure love. Remember that your true essence is love so focus on embodying this frequency as much as possible. Naturally everything you create in your reality will also come from this same vibration."



Bridgette x8133

"Before I begin, I envision a silver cord between myself and my caller. I instruct the person how to go into a deep breathing meditation, breathing in peace and love and exhaling all disharmonies. With each breath you imagine yourself going higher and higher within yourself until you're outside of yourself in the Universe tumbling in complete harmony with the sun, moon, and stars. This is where your spiritual guides reside. You may feel your guides as vibrations or see them as brilliant colors. You will feel them envelop you. Talk to them as if they're your best friends. They've been waiting all these years for you to acknowledge their presence. All you need to say is, 'Pave the way for my heart's desire.' When you truly believe with a child-like belief and trust, miracles happen. I taught spiritual development workshops for 30 years and this always works."

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Have you tried a video
psychic reading?

Just you and your Advisor,
so you can focus on what's
important.

5 Yoga Poses For Channeling Inner Strength

In today's technology-based society, we often forget to disconnect, slow down and self-reflect. Our busy schedules cause us to feel stress, anxiety and worn-out. Yoga is a powerful tool for connecting spiritually and physically. Poses that strengthen the physical body also help us to connect our internal resources. By channeling our inner-strength, we can face daily obstacles with energy and mindfulness.

By Staff Writer
Erin



Mountain Pose
(*Tadasana*)

Mountain pose is the foundation pose for all standing postures in yoga. Not only is this pose great for improving posture but it allows us to completely ground ourselves. By grounding all four corners of our feet into the floor below us, we can draw energy up from the Earth. Close your eyes and tap into your breath.



Warrior 1 Pose
(*Virabhadrasana*)

Warrior Pose draws your inner strength up and out into the physical world. The powerful posture helps to create strength, flexibility and endurance in our physical bodies which house our mind and spirit. Hold this pose for eight breaths to receive the strong benefits. With each inhale, tap into your inner warrior. With each exhale, release any negative thoughts or fears.



Crescent Lunge
(*Anjaneyasana*)

Crescent Lunge is great for stretching the legs and hip flexors which provide strength for our standing postures. However, one of the best benefits of this pose is the opening of the chest and shoulders resulting in the opening of the heart chakra. The heart chakra is where the physical and spiritual meet. By opening the chakra, we become self-aware and fully ourselves.



Tree Pose
(*Vrksasana*)

Tree Pose allows you to ground as well as challenge your balance. This pose is great for building strength around the spine, the backbone of the physical body. Imagine you are a tree and feel the light sway of your body as you ground into your roots. This pose can help us to get in touch with our true-born selves.



Child's Pose
(*Balasana*)

Child's pose takes us back to our mother's womb. This gentle pose relaxes the brain and allows us to breath deeply into our lower back which holds most of our stress. With each exhale, release that stress and allow yourselves to relax deeper into the Earth.



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The Secret Behind the Law of Attraction

By Psychic Adele
x9214



The book "The Secret" started the Law of Attraction craze years ago, and created a cottage industry around it. This law says that by thinking positively, one can attract positive outcomes. If you want a car, or an attractive partner for instance, you are supposed to focus your thoughts upon receiving these things and the Universe will bring these to your doorstep. Many classes exist to teach people the "secret" behind "The Secret," so they can bring to life their desires.

However, evidence has shown that the clear majority of people (about 99%) who try to use the Law of Attraction to their advantage find that their wishes do not materialize. A tiny percentage of people who do use this principle are spectacularly successful.

What makes this minority different from the rest?

I am not saying that the Law of Attraction is inaccurate. I'm simply saying that it is incomplete. The Law of Attraction brings both the conscious and subconscious thoughts and feelings to life. For the Law of Attraction to work, one must also bring their conscious and subconscious in alignment with positive intent.

A Lifetime of Memories

All people, without exception, are programmed since birth through their experiences from ancestral memories; other lifetimes as well as this lifetime. Other entities, contracts and vows may also block positive manifestation. Most people's lives are run by these memories. One must become aware of them and clear the memories that bring about undesirable outcomes.

For example, you may have problems manifesting a happy romantic relationship. You may have had a normal, stable childhood with no traumatic experiences yet if you look at your subconscious, you may find many ancestral memories of abusive or neglectful relationships that leave their energetic signature in your memory.

The Law of Attraction is like gravity, in that it will reliably bring you the strongest vibration and memory in your mind, whether negative or positive, from your conscious and subconscious.

Since the subconscious holds 90% of your overall memories, what is in there will determine your decisions as well as what you bring to your life. Your fate is paved by these memories.

For the lucky few who have positive subconscious and conscious memories, the Law of Attraction works in their favor. Like a laser, they can easily and quickly use this natural phenomenon to bring to them what they want, because their vibration from their memories is in alignment with positivity. You bring to you what you have inside of you.

You Have the Power to Change Your Fate

Does this mean that the rest of us are doomed to misery and failure? No, of course not. Many healing modalities, both traditional and alternative, exist to address this. The first step to lasting happiness and prosperity is to realize that you have the power to change your fate by seeing, understanding and releasing these limiting memories.

You must go deeper than the present, and dive into the thoughts and feelings of those ancestral memories that you carry, as well as other elements that block you from your dreams.

It doesn't mean you have to clear every single subconscious memory you can find. It simply means that you can, with some help, discern the ones that get in your way and clear them, so that your present consciousness will have the space and energy needed to manifest the things you want. ■



Mantra Cookbook

Recipes to Release Fears and Bring Forth Positive Outcomes

Whatever you are trying to gain or let go of, we've put together some of our favorite mantras to help you achieve peace in your daily life. Print this page or jot down the recipe that speaks most to you.

Key Ingredients:

- Find a quiet place.
- Close your eyes.
- Make yourself comfortable.
- Concentrate on your breath.

Recipe to Reduce Anxiety

If a quiet place is not possible, focus your thoughts inward.

Say each mantra out loud or in your head three times before moving onto the next:

- "I am calm."
- "It's only a moment."
- "I am in control"
- "I am free of anxiety."

Recipe for Inner Peace

Designate a place in your home or nature where you feel calm and relaxed.

Say these mantras together or alone, over and over, until you feel truly peaceful:

- "Peace begins with me." (Best to use in the morning.)
- "I am at peace."
- "Om shanti shanti shanti."

Recipe to Attract a Partner

Visualize your ideal partner. What does he or she look like? What personality traits will your soul mate possess?

Say these mantras, in order, three times over:

- "I love myself."
- "I am worthy."
- "I welcome love with open arms."

Recipe for Healing

Visualize yourself healthy, strong, and happy. Imagine what it will feel like to be healed.

Say each mantra out loud or in your head three times before moving onto the next:

- "My illness/injury does not define me."
- "I can accomplish anything."
- "I am strong and healthy."
- "I am healed."

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