



Happy
Easter



@reallygreatsite

LOVE THOSE FOUR ELEMENTS

Since I did my Shaman Apprenticeship many years ago, I have loved working with the four elements as well as the four directions. I must have done a lot of rituals in another life because they breathe life into me whenever I do them. Many of you that have done meditations with me and when I take you to your safe place, I will have you drink out of a chalice (water), look into a candle (fire), put an obsidian stone at your feet (earth) and a crystal in your hand (air). Balancing these four elements are important as well as the Chakra clearing.

The East represents Spring and the element of Air. It connects the soul with the breath of life powering the mind. The Hawk and the Owl along with all winged ones represent this direction. The South represents Fire and Summer. It is the direction of the strong will, purifying masculine energy. Fire can heal or harm. Animals that represent this direction are the Lion and the Wolf. The West represents Water as well as the Fall. It represents cleansing and purifying. It has passion and emotion. The Snake represents this direction because it is a time to shed your skin. The North represents Winter and the Earth. It is a feminine element and represents fertility and stability. It is associated with Goddess energy and the White Buffalo and the Bear are animals that represent this direction. One night, I was settling down my Grandson Collin and I put on Nickelodeon Jr. on the television and there were 2 hippos going to bring the king pizza and needed to deliver it to the golden pyramid. Looking for the correct pyramid, the hippos went to 4 pyramids and each of the elements and the directions was described. The king was in the fourth, fire in the South. Since then, I have paid attention and are amazed at how much of our children's program include the directions and the elements. They are put in softly and this generation will just naturally be brought back to their roots and have an understanding of the elements and directions. If you do any ritual work, go to each direction and call in the elements, animals, seasons and directions. When you are trying to manifest things, try including this to your practice. It is powerful stuff! Those that do not do ritual work, just ask for the four elements to help in balancing your energy. Try including it when you clean and clear your Chakras. It is fun and makes you feel so good. If you read Tarot, the 4's are when things come into balance like 4 legs on a table. We will try to include more ceremony in our classes and fieldtrips and when you hear the directions, you will be able to connect even

more. Bring them into your
life.
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.

Courtney Cribari ~ Tarot and Numerology Readings, Reiki and Hypnosis

March

2024

Sunday

Monday

Tuesday

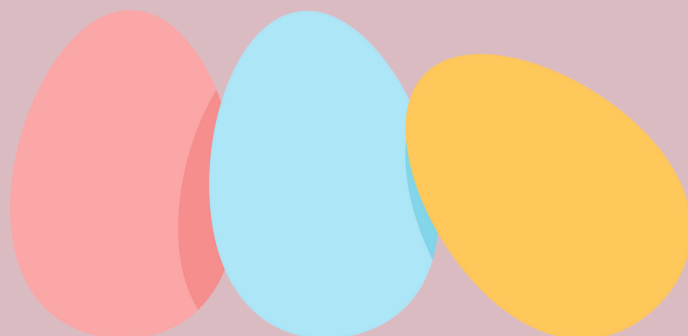
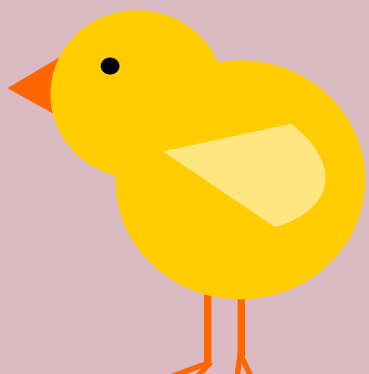
Wednesday

Thursday

Friday

Saturday

					1 6:30 Meditation Night	2 10-3 Karmic Reiki
3	4 6:30 Sound Healing	5	6	7	8	9
10	11	12	13 6:30 shapeshifting	14	15 6:30 Shamanic Journey	16
17	18	19	20 6:30 Development Circle	21	22	23
24	25	26	27	28	29 6:30 Painting w/ Jeremy	30 2:00 Saltitudes
31						



April

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:30 Sound Healing	2	3	4	5 6:30 Meditation Night	6
7	8	9	10 6:30 Heal with Medicine Wheel	11	12 6:30 Shamanic Journey	13 10-3:30 Reiki 3
14	15 6:30 Dream Journaling	16	17 6:30 Development Circle	18	19	20
21	22 6:00 Psychic Dinner	23	24	25 6:30 Trance Class	26	27
28	29	30 6:30 Psychometry				

