

January- February

the mindz eye



Happy New Year It Is Time To Take Care of You

The holidays are over and you have given to everyone else and now it is time to give to yourself. Instead of the winter blahs, allow this time to put things into your life that will balance your mind, body and spirit. Take time for bubbles or sea salt in your bath. Quiet your mind and meditate. Connect to your own spirituality.

Set your 2026 goals that include fun and laughter. Every time you laugh, your body releases endorphins that send happiness and healing throughout your body. When you allow life to take over and you are tense, you send out the fear and flight chemicals throughout your body. Everyone will do this part of the time, but you should not release this more than 3% of your life. Touch your arm lightly, take a deep breath and continue on. This will stop the release of negative chemicals in your body. Put both your hand together and press the finger tips. This is another way to send out endorphins throughout your body.

Meditate as often as possible. If you have problems going into a meditative state on your own, sit quietly and see the letters spelling nothing until you think of nothing. I did this everyday for weeks when I first started doing meditation. Soon I was under in seconds. If you prefer guided meditation, there are many out there as well as our website. Think of your favorite place to be and off you go.

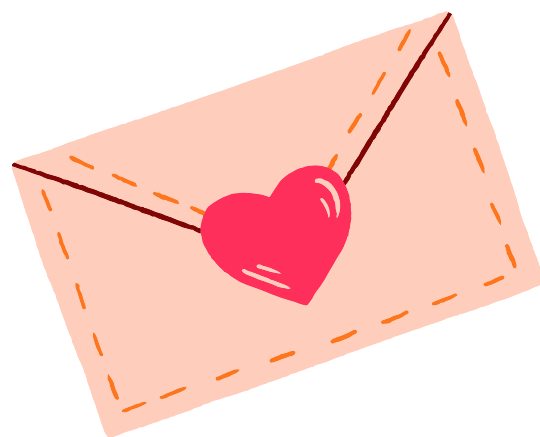
Remember to give thanks to those guiding you from the other side. This will increase your connection to those fabulous energies that help you stay on your path. As soon as you realize that it isn't you and lose the ego, life is so much easier. I constantly try to take the control back, but I am getting better and realizing it faster.

Have a wonderful 2026 and treat your self with the love and respect you deserve.



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.

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5 6:30 Sound Bath	6	7	8	9 6:30 Medatation Night	10
11	12	13 6:00 Psychic Dinner	14	15	16	17
18	19	20	21 6:30 Development Circle	22	23	24
25	26	27	28 6:30 Animal communication	29	30	31



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15	16	17	18	19	20	21
22	23	24 6:00 Messages From Heaven	25 6:30 Development Circle	26	27	28