



May-June

the mindz eye



Inspired by the Sun

I took a short trip to see a friend in North Carolina early April a few years ago and it helped me in so many ways. I don't think that I have relaxed since the loss of my daughter. One of our friends flew down with me and we enjoyed our girl time to the max. Kathy was the best host and she lives in a small town where it is all about nature. The trees were flowering and there were horses, cows, goats and llamas at every turn. We went out to dinner and it is so different in the restaurants. I told one waiter that he had to come from north of there because he moved so fast. Everyone was amazing, calm and just friendly. At night we hung with her 6 silky terriers and a little Sangria.

This was just what the doctor ordered and a week after I came back, I was so excited that our trees were budding. I probably would have been so wrapped into life that I would have missed the beautiful scenery. It not only made me realize that I need to slow down sometimes, but I also decided that maybe we could all use a nice shot of vitamin D now and then.

Make sure you take time for yourself. The last few years along with our crazy weather has created a lot of wound tight people. Take advantage of going outside. We are so lucky that we have beautiful beaches and scenery and take time to go outside and notice things. The other fun thing about this time of year is that we also get to see the messengers from the other side. If anyone ever heard me talking to the Robins in my yard, they would really shake their head. I have a male that stares into my eyes and lets me know that my Dad is here and close behind is a female Robin quietly letting me know that my Mom is watching.

Besides getting fresh air and sunshine, it is so wonderful to know that we are watched over. One of my grandchildren is wound a little worrying about her other Grandmother. She told me today that Grandpa Joe is watching over her because a black bird is overhead whenever she goes outside (my husband is a Raven or blackbird with the family and sends a dragonfly when it is just me)

Pay attention to the world around you and the beauty of this time of year. Take deep breaths and release life's obstacles and soon you will be amazed at how great you will feel. Watch for the wonderful messengers letting you know that you are never alone.

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.

MAY

2026

SUN

MON

TUES

WED

THURS

FRI

SAT

31

1

2

6:30
Medatation
Night

3

6:30⁴
Sound
Bath

5

6

7

8

9

10

11

12

13

14

15

16

17

18

6:00¹⁹
Psychic
Dinner

20

6:30
Development
Circle

21

22

6:30
Palmistry

23

2:00
Saltitudes
mediumship
gallery

24

25

26

27

28

29

30

JUNE

2026

SUN

MON

TUES

WED

THURS

FRI

SAT

6:30
Sound
Bath¹

2

3

4

6:30⁵
Medatation
Night

6

7

8

9

10

11

12

13

6:00 Evp
Adventure

14

15

6:00
Messages
From
Heaven

16

6:30
Development
Circle

17

18

19

20

21

22

23

6:30 psychic
detective²⁴

25

26

27

28

29

30