



**Many of you are very happy 2022 is coming to an end. It was a year of cleaning and clearing out people, places and things that are no longer of your highest good. It is never easy to release these things and it has made it very difficult for many of us. Learning boundaries is one of the hardest things we ever do. Those of you that did what was needed to release things will be open for the new to come in. Releasing clutter in your home is an excellent way to help clear the way. If I haven't bothered with something for over a year, I find somewhere to donate it to someone that can use it.**

**Now that we have released the old, we need to be positive to draw in the fabulous new. Plan fun things to do, watch comedies, listen to music and of course meditate. My family dynamics have changed immensely in the last year and it has been very difficult for me. We tried to set up activities to replace the old and this year we added the Riddle Room and out to eat to give the kids more cousin time. I have been planning more adult time as well and taking an adult cruise in February as well as girl's nights out.**

**If you have trouble meditating, make sure you take deep belly breaths. When I first started meditating, I imagined blocks floating and spelling the word nothing.**

**At first it took many times and soon I was under in seconds. Guided meditations are all over Youtube as well. Take the time for yourself. You deserve it!**

**I hope you all had a great holiday season and are ready to make 2023 a really good year. Be good to yourself and take time to relax. Hope to see you all soon and Happy New Year.**

**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.**

**Maureen Warner ~ Reiki Master**

**Courtney Cribari ~ Tarot and Numerology Readings, Reiki and Hypnosis**

<b>January 2023</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Years	2	3	4	5	6	7
					6:30 meditation night	
8	9	10	11	12	13	14
15	16 M.L.K. Day	17	18	19	20	21
		6:30 palmistry 2	6:30 development circle			10-4 mediumship 2
22	23	24	25	26	27	28
	6:30 Brett's tarot	6:30 palmistry 2				
29	30	31				
	6:30 Brett's tarot 6:00 phychic dinner					

# February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Groundhog Day	3	4
			6:30 trance class		6:30 meditation night	
5	6	7	8	9	10	11
	6:30 Brett's tarot			6:30 numerology with Courtney		
12	13	14 Valentine's Day	15	16	17	18
	6:30 Brett's tarot		6:30 development circle			
19	20 Presidents' Day	21	22	23	24	25
	6:30 Brett's tarot					
26	27	28				