

JULY / AUGUST 2022

# The Mindz Eye

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## RELEASE AND LET GO

Written by Patti McGarrahan

Many people have been coming to do hypnosis for releasement. I usually talk about this for Spring cleaning, but anytime is the perfect time to release those things that are not of your highest good. Start with physical things by removing the clutter in your homes and donating the items that you have not bothered with to those that could use them. I have a strict rule for myself and that is if it has not been used in a year, give it to someone who will use it. It is so difficult for some people, but so rewarding when you do it. You help someone while you are helping yourself.

Next, it is time to clear your mind of negative thoughts and ideals. This may seem much harder at first, but a simple way is to write it down. If you have been obsessing over someone or something, write a letter. Put it aside and then read it later to see if it is what you need to say. After that, burn it and it will release up in the universe and your intension will be heard. This, like cleaning out physical clutter, will let the universe know that you are ready for new beginnings and you have made room for it. Whenever I have done this, amazing things have happened.

## 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

**Larry** ~ Shaman Teacher, Shamanic Reiki, Animal Spirit Readings



## RELEASE AND LET GO (CONT'D)

Once you have done these two steps, scan yourself and see if there is anything else that is bogging you down. Light a white and a black candle asking that the black candle absorbs the negativity and the white candle sends out white light of protection. You will find that this will help you release negative people, places and thoughts. Chakra clearing and cutting of any dark cords are a great way to keep them clean on a regular basis.

Now you are ready for the first day of your new life. Your mind, body and spirit will be open to new positive thoughts and ideas.

It is amazing how open you will be with all of the clutter gone. This will help bring in new career ideas, new love and most importantly, happiness. Other times of the year, if I feel bogged down, I begin by cleaning a closet and positive things begin to roll my way.

Meditation and Hypnosis are great ways to help you release as well. If you need assistance, let me know. You need to release the old to make room for the new wonderful things that want to come to you. Open your arms and know that you are worthy and accept them!

ENJOY THE NEXT AMAZING CHAPTER OF YOUR LIFE.

LOVE & LIGHT,

*Patti*

# July 2022

## MONTHLY PLANNER

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	01 6:30 PM Meditation	02	03
04	05 10 - 6 Karuna Master	06 6:30 PM B. Tarot	07	08	09	10
11	12	13 6:30 PM B. Tarot	14	15	16	17
18	19 6:30 PM Development Circle	20 6:30 PM B. Tarot	21	22	23	24
25	26	27 6:30 PM B. Tarot	28	29	30	31 Saltitudes

### NOTES

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# August 2022

AT THE MINDZ EYE

MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03 6:30 PM B. Tarot	04	05 6:30 PM Meditation	06	07
08	09	10	11	12	13	14
15	16	17 6:30 PM Development Circle	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## NOTES

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