

# Insights for Life

Fall 2019



# Two Worlds Become One

# Bridging the gap between us and the afterlife.

The spirit world can seem like a mystical realm to some—a place we dare not venture or perhaps don't know enough about. A curious mind is not to be ignored! Instead of wondering what goes on in the afterlife or hoping for a sign from a lost loved one, it's time to take matters into our own hands and get the answers we desire.

As an avid member of the Psychic Source community, you're surely familiar with the quality and dedication of our Advisors. But one thing we're particularly proud of is the incredible gifts of our psychic mediums. Since the veil between "our world" and the "spirit world" is thinnest around this time of year (specifically Halloween!) there's no better time to utilize these gifts and embrace that curiosity!

If you're looking to connect with a passed loved one, overcome grief from a loss, develop your own mediumship abilities, or simply read some fun ghost stories, we've got a lot in store for you. This fall, we're excited to share:

- Help distinguishing ghosts from spirits
- Real life ghost stories and tales of mediumship
- Tips for overcoming grief
- A step-by-step DIY tarot guide

Light a candle, grab your divination tools, and dive into one of our most spiritual, enlightening newsletters to date!

# IN THIS ISSUE:

When the Veil Is Thin: How to Connect When Spirits Try to Contact You

Real Life Ghost Stories

- Once a Curious Child Now an Experienced Psychic Medium by Psychic Raquel
- Mediums: Our Gateway to the Other Side
- 6 Mediumship Under a Magnifying Glass by Psychic Minerva
- DIY 4-Card Tarot Spread
- 8 Surviving the Loss of a Loved One by Psychic Stasch

# When the Veil is Thin

# How to Connect When Spirits Try to Contact You

We're upon the time of year when the veil between us and the spirit world is thin, making communication with the spirit world easier than ever. If you're looking to open the lines of communication, there are a few key things you'll want to know first. Our new infographic provides detail on the following topics:

## Ghost vs. Spirit: Who's Communicating?

Heed caution—spirits and ghosts may exhibit similar signs and it's easy to confuse the two. They differ in their purpose, location, and mission, among other things. Before you reach out, it's helpful to know with whom you're speaking!

## Signs of Communication

There are plenty of ways spirits and ghosts will contact you, such as appearing in your dreams, manifesting as unexplained emotions, or causing strange noises or smells. Once you can recognize the signs, you'll be more apt to opening the lines of communication.

#### ❖ How to Communicate Back

Spirits can be tricky. For example, a mischievous spirit could be impersonating a loved one! You'll want to know how to protect yourself, set an intention, and be open to receiving messages.

To learn the ins and outs of cross-veil communication, check out our new infographic.

Check out our Infographic

# Is there a message waiting for you?

Contact a medium to see who comes through.

Two days of unlimited bonus dollars

Monday, October 7th Tuesday, October 8th

**UNLIMITED OFFER** 

Add \$50 - Get \$10 free bonus dollars
Add \$100 - Get \$20 free bonus dollars
Add \$200 - Get \$40 free bonus dollars

Redeem promo code 141714

**Get Bonus Dollars** 

\*Unlimited Offer for existing members only.
May not be combined with any other offer.

# This is the best time to communicate with spirits.

Get assistance from an experienced Advisor while the veil is thin.

Two days of unlimited bonus dollars

Tuesday, October 29th Wednesday, October 30th

**UNLIMITED OFFER** 

Add \$50 - Get \$10 free bonus dollars
Add \$100 - Get \$20 free bonus dollars
Add \$200 - Get \$40 free bonus dollars

Redeem promo code 767178

**Get Bonus Dollars** 

\*Unlimited Offer for existing members only.
May not be combined with any other offer.

# **Real Life Ghost Stories**

Not Just for Camping Trips & Goosebumps Books

Spirits often visit the living to provide long-awaited messages, and for many of our psychic mediums, these spiritual encounters are simply a part of everyday life.



by Psychic Raina x3342

### An Airport Apparition

While at the airport waiting to board a flight, I became aware of a little girl jumping up and down to get my attention. Oh, and she was see-through! She told me her name and that the woman next to me was her aunt: "I need her to tell my parents I am OK," she said to me. I was reluctant but she was insistent. Nervously, I turned to the woman and said, "Excuse me...I am just going to say this. I have a little girl here named Sarah about six years old, saying that you are her aunt." The woman's eyes got very big. "She is saying, right now?" she asked, looking around. I nodded. "Let me explain, I'm a medium. I know this seems weird, but she wants you to give a message to her parents." There is no way to describe the look on that woman's face. "That's my niece. She died last year. I'm on my way to see her father, my brother." We exchanged a long look. I explained that Sarah knew her family had let balloons go on her birthday, along with other information. She agreed to tell the parents and left. Sarah was gone, her message delivered.

## The Unexpected Audience Member

As a medium, I used to read an audience at a hall/event space on Saturdays. Typically, the spirit of someone's past loved one would show up where I'd describe them and the way of their passing. During the readings, the audience as well as I, would hear quiet footsteps or movement. One day, the owner asked me what the noises were and I mentioned that source, spirit, and light were showing me a little boy about nine years old dressed in retro clothing from decades ago—there used to be a Victorian house where the club now was. He would walk around, hang out, and touch stuff during my readings. One day after the event, as we were chatting about this little boy who I insisted was making the noises, two small handprints appeared in front of the bar about two feet away from us. The owner was shocked as well as the staff, as no children were allowed at the location because they served alcohol. Hand prints had never shown up before, but the staff would hear objects moving throughout the day. Spirit has their ways of showing they are real!



by Psychic Nirvana x 3405



by Psychic Craig x9485

# Messages from Beyond the Grave

For the past 20 years, I've lived in one of the world's most supernatural cities: New Orleans, Louisiana. Because of this, I have supernatural experiences daily visiting grave sites. Every year at Halloween, souls at Marie Laveau's grave site approach me to relay messages to various people of New Orleans. The souls begin talking to me as they approach me, showing symbols, and even allowing me to see visions of their deaths. This helps me to understand their passing. Sadly, relaying some messages is nearly impossible due to the "receiver" of the message being located across the country. Although I can't relay the messages in that moment, I reassure the spirit that I will perform a white energy clearing and send messages telepathically to the people they are intended for. Living in New Orleans as a third generation Warlock is very challenging yet rewarding. Remember, for your loved ones to connect with you, a white cleanse/white wall of purity is needed for messages to clearly come through from the spiritual world.

# Skeptics Connected with Their Parents

Not everyone believes in mediumship...until they're blown away like Psychic Source members Carol and Larry describe in their testimonial.

Watch the video



# Once a Curious Child

Now an Experienced Psychic Medium



by Psychic Raquel x9488

Raquel, a medium whose abilities precede her adulthood, shares personal stories of loss and connection from her youth.



The Alamo, San Antonio, TX

Children are wonderful conductors of energy. Some children are even gifted with mediumship from birth that carries on throughout their lives. I was lucky enough to be one of those kids, seeing and connecting with spirit for as long as I can remember. I was always very interested in the spirit world and loved to hear about the history of the person who still lingers on. My mother, being a medium as well, nurtured my curiosity and taught me how to keep myself open to the opportunity of communication.

One of the first encounters I can recall is from when I was six years old, traveling through Texas with my mother. Because of my fondness for history and the spirit world, my mother took me to the Alamo in San Antonio. During my exploration of the old stone building, I saw a soldier standing near a corner. He was wearing a pale blue uniform jacket with gold buttons and cream-colored pants. I could see through his spectral form that his legs were not visible below the thighs. We locked gazes and acknowledged the fact that I was truly seeing him as he faded from view. I remember being so excited—not afraid—by this encounter that I couldn't wait to tell my mother. She nodded in approval and off we went to the next exhibit. Recently, an internet search of the uniform colors I'd witnessed proved to be those belonging to a Mexican soldier, validating what I saw so many years ago.

My first personal communication came through at the tender age of nine. One afternoon, my family and I returned home from an outing to the phone ringing. The phone call came from my grandma telling us that my grandpa had passed away.

I loved him very much and took the news hard. I ran to my bedroom, threw open the door and saw him sitting on my bed. He had a comforting smile on his face and a sheet over his legs. The intense feeling in the room was that of love. He gently pulled back to sheet to reveal his once amputated legs, fully intact. I then realized his powerful message: "I am OK! I love you!" Unspoken, but I understood in full clarity what was being communicated with me. I ran from the room exclaiming, "Grandpa is on my bed and he has his legs back!"

My grandpa was a diabetic and had both his legs amputated below the knee. In my mind, he was always a big, strong, wise, old Japanese man, whom I loved dearly. Though he always kept a smile on his face, seeing him with his legs taken from him was devastating for me. Receiving that message gave me so much needed comfort and relief.

I now hope that the messages I receive and pass on during readings can provide similar feelings of comfort and relief to those mourning their loved ones.

Read real-life ghost stories that will leave your hair standing on edge.

Check back October 25-26th for 2 new stories!

Watch a
Ghost Hunt
with Psychic
Raquel
on Facebook

Watch Now



# **Mediums:**

# Our Gateway to the Other Side

When life as we know it ends, especially for someone we love dearly, we're often so grief-stricken by the unknown. Where are they now? Are they at peace? Do they forgive me for shortcomings? Thankfully, we've been gifted with psychic mediums to bridge this gap and answer our questions so we, as well as our loved ones, may find solace.

Here, three mediums share personal stories about connections they've made and how their lives are affected.



by Psychic Kimberle x8608

## The Loss of a Child: Setting a Soul Free

I strongly believe that as a medium I work equally for the spirit people as I do for the clients that call in seeking to connect to their loved ones on the other side. On this day a client called in eager and hopeful to reach her son. He passed a few years prior and she couldn't find peace around his passing. I quickly connected to her son who had explained to me that it was a suicide. He was an excellent communicator who gave his mom a great deal of evidence that it was him coming through, including details of his passing.

He was very upset about his decisions and had kept himself in a space of self-punishment on the other side. This wasn't something he had to do but his belief system while in body created so much fear that he was afraid to move toward a brighter light space. His guides were respecting his decisions but were very happy to see me connect to him. I enjoyed explaining to him that he needn't punish himself any longer. His spirit went from being gray and sad to knowing his soul was loved and accepted on the other side. It was like watching a sponge fill with water and triple in size. He was also now able to easily transfer his love to his mother and give her the signs she had been begging for daily. This is why I love my job!

### Visions of a Sailor

A strange series of events in 2012 showed me I could truly communicate with the departed. We lived down a dark, winding road along the river in Charleston, South Carolina. Over the course of a month, I saw the same apparition three times at night, shining in a blueish color.

The first time I saw the apparition I was in the woods and I couldn't make out the detail of this glowing figure. The second time it was raining, he was walking near the road dressed in a sailor uniform and soaking wet. I was able to see his black hair and piercing blue eyes. The final time, he emerged from a cloud of smoke in front of my car, we locked eyes and he disappeared. I was frozen but not scared, as somehow I knew I would get confirmation and clarity.

Soon after these experiences, I divinely received his full name. From there, I was guided to Ancestry.com where I found his draft records and picture confirming it was him. I was amazed. He helped me connect, and I believe he was able to find rest after our encounter. I attribute this experience to allowing me to identify my abilities as a medium.



by Psychic Devi x3197

# A Protective Brother's Important Message

One of the most amazing mediumship readings I ever experienced was when the client wasn't asking to connect with anyone, but someone (a passed loved one) took absolute control over the reading.

I received a call from a young woman who never called a psychic network and didn't know how it worked. She told me she was driving, pulled over, and decided to try it. She had no questions and gave no information, so I just allowed whatever to come to me.

I started to see a young male in his twenties...hair color, eye color, body shape, personality, interests...a skate boarder, and the letter "R" came to me. As I was giving the description, she was crying and said, "That's my brother, Ryan. He died last year."

This was very different for me—passed loved ones don't usually create the reading. I said, "OK, I'm just going to let him speak, because he has something he wants to say." The first thing I received from Ryan was that someone was contemplating taking their own life and that he wanted to stop them. Her crying grew stronger. She admitted that while she was driving, she was thinking about her brother, how much she missed him, the pain she was feeling, and thinking about taking her own life.

I said to her, "Do you realize what your brother just did? He made you pull over your car, call a psychic network, and pick me just so he could tell you not to think that way. He IS still very much with you and he just proved it to you in the last 20 minutes. Ryan will never leave you, loves you, and wants you to live!"



by Psychic Noah x9084



x3455

Get a Reading

# Mediumship Under a Magnifying Glass



by Psychic Minerva x3180

If you're wondering what the spirit-human connection during a reading with a medium really entails, Psychic Minerva is happy to quench your curiosity!

It's often assumed that all mediums are created equal—behaving a certain way and obtaining results the same way every time. Supernatural TV shows perpetuate the stereotype in which the main character can see ghosts all the time and tap into every realm as needed. In reality, mediums bridge the spirit world and the material world. We don't get to choose the information we receive or by which channel we receive it. In fact, spirits aren't always cooperative.

#### Seeking the Assistance of a Medium

The reasons vary, but regardless of motive, it pays to understand what they do, what you're getting into, and how to make the most of your reading. Mediums don't read minds. Nor do they supply information when none is presented to them. Spirits can be fickle and not always reveal details so it's best to be prepared.

#### Vital Tips for Your Reading

- · Different mediums specialize in different techniques.
- Spirit connection can vary from period to period regardless of whether you use the same medium.
- Spirits communicate through various tools and techniques.
- Communication is often fast and does not always repeat so pay close attention.
- · Spirits don't always communicate clearly or in full sentences.
- · Spirits may or may not present themselves.

Our main purpose is to gather information and share it with the client as clearly and concisely as possible. This exchange of information can occur in flashes of vague images, sensations, single words or, if we're lucky, in detailed messages.

# Types of Mediums

**Spiritual Mediums** - Deliver messages from loved ones who've passed over.

Physical Mediums - Use physical objects that belong to the deceased to gather information from spirit.

**Energy Workers** – Work with spirit guides, guardian angels, or ascended masters to provide healing messages and assist individuals in emotional and physical pain.

**Channeling Mediums** – Use their physical bodies as a channel for spirit to converse through. This requires that the medium goes into a trance-like state.

#### Various Divination Tools Used by Mediums:

- · Tarot cards
- · Scrying on clear or dark surfaces
- Channeling spirits, angels and ascended masters
- · Automatic writing
- Pendulums

- Angel cards
- Oracle cards
- Runes
- Séance
- Shells, bones, tea leaves, coffee grinds

Using a divination tool is a matter of personal style rather than an indication of effectiveness or quality. Mediums select the tools that allow them to access information based on personal comfort and experience or exposure. At the end of the day, it's not the tools or the style of the reading that truly matters, but the contact made with our loved ones and the message(s) conveyed.

During a reading, if the medium doesn't provide you with evidence or specific secrets you'd shared with the deceased, do not despair. Remember, spirits are fickle and need to feel connected to the medium working with them. Just imagine yourself going for help and the person helping you bringing in a surprise guest to assist them. How would you feel revealing your secrets in front of someone you barely know? Spirits, though dead, still retain some parts of their personality, which means they need to feel at ease with the medium just like you do.

The best way to get a reading from a medium is to realize it takes time to process information before it makes any real sense. And most importantly, be open to the possibilities!

# Cleanse away emotions of grief and pain.

Water is an all healing element.

Watch Minerva's Video



# Are you being held back from moving forward in life?

Tap into messages from spirit to gain insight and clarity and overcome life's challenges.

# Expert Tips for a Successful Tarot Reading



Christopher x3373

Advisor Tip #1:

Psychic Christopher on Formulating Your Questions
Reading your own cards is more challenging than one may believe. The big obstacle is to tame your ego. Many times, we want to read into the cards what we're wishing for rather than what's being displayed. The more specific the question, the more specific the answer. Instead of vaguely asking spirit, "Tell me about love," a better question is, "Tell me about the love that John, born April 15, 1985, feels about me right now." Your spread will be very specific after that.



Ginger *x3037* 

#### Advisor Tip #2:

Psychic Ginger on Reading the Pictures on the Cards
Reading pictures in the cards can be very inspirational. Understanding what the sun, moon, and various environments mean to you and tarot is a great start. Pay attention to the animals and the direction the people are facing/looking. Use your intuition. For example, deserts often have longer weather patterns, so a person meditating in a desert may signify having to pause and turn inward to get a better understanding of the situation. Little details like that will speak to your inner voice.



Izzy x9366

#### Advisor Tip #3:

Psychic Izzy on Tuning into Your Intuition

Recognizing and trusting your intuition, gut feeling, and divine guidance is an art form. We are all born with these innate abilities that we need to practice and trust. It's always best to be calm, grounded and at peace. One easy way to start is with a deck of playing cards (using only red and black numbered cards). Lay them face down and "guess" if they are red or black. Bottom line, turn down the volume on your busy monkey mind (ha) and come from your heart. Enjoy!



# Psychic Therese's Sample Tarot Spread to Move Forward with Your Life

#### **Deck of Choice:**

Rider Waite Deck. I add my own psychic and spiritual wisdom to the interpretations.

#### **Question to Answer:**

My client, Ava, is frustrated and feels stagnant in life. She's looking for clarity, direction, and insight. Specifically, Ava would like me to focus on her work/career path.



Therese x7215

#### The Spread:

- **Card #1** The Seeker's Present: Three of Pentacles Reversed shows me that Ava lacks confidence in her knowledge/education regarding her job. Or that she's accomplished but just feels insecure in this area. Let's dig further...
- Card #2 Roadblocks: Knight of Pentacles Reversed represents, to me, that a negative young man, who lacks confidence himself, seems to either run her down, steal her ideas, or try to discredit her. Ava takes his actions to heart and stays stuck. This resonated with her.
- Card #3 Suggestions and Actions: Queen of Wands is an indicator to go to her supervisor to review her concerns and ask if further training might be warranted.

  Ava agreed to do this. Ace of Wands Amplified by Page of Pentacles denotes new beginnings and training. It looks like the conversation with her supervisor will result in her being trained so she can move up in the company.
- **Card #4** Future: Chariot Trump Card indicates that Ava will possibly move into another, better position.
- **Card #5** Bonus Card/Special Message from Spirit: Nine of Cups signifies very positive outcomes in Ava's work/career goals.



Surviving the Loss of a Loved One

by Psychic Stasch x9303

The loss of a spouse, loved one, or a faithful pet is devastating. As hard as it may be, there are productive, healthy ways to overcome the pain.

Death comes as a shock, even when anticipated, and there's no way to fully prepare. Some handle loss quickly, some need time to cope, and others don't feel the full impact until after the loss has transpired. The finality is what makes it difficult to accept. There's no "correct" way to feel grief.

Fortunately, understanding the progression of grief can make it more manageable.

#### The Classic Stages of Grief

- Stage 1: Denial is often the first phase. You may be aware, but there could be a part of you that has not accepted that the end is near. You may even hold onto hope that perhaps this is not going to happen or it's a mistake.

  Overwhelmingly negative experiences can be difficult to absorbed immediately.
- Stage 2: Anger arrives when you see the inequity of loss or feel powerless. It's that lack of control, the arbitrary nature of loss, that can be upsetting to the point of rage.

  Anger may not take obvious external forms, but it may be present.
- Stage 3: Bargaining begins when you attempt to set up some type of "deal" that, if honored, will alter the course of events. It can take the form of promising to donate time and money to a noble cause. It can be offering to be a better spouse, friend, or even person, in hopes that such a deal will stop loss. It's an attempt to regain control after feeling powerless.
- Stage 4: Depression enters when the realization comes that, irrespective of what you say, do, feel, think or promise, the loss is here to stay. This is when the pain is at its most severe. You may reminisce about the past and feel sorrow knowing that there will be no future memories. You are realizing that what you had has disappeared forever.
- Stage 5: Acceptance is the last phase, when you have emotionally and intellectually dealt with what has happened and you're ready to move forward with living. It doesn't mean you forget, or even stop caring, but that you're able to look back without experiencing devastating anguish. You can know that you have dealt with loss successfully.

Everyone may not experience every stage in this order. Some may even go from anger to acceptance. Awareness of the phases of grief can offer some comfort in knowing what to expect.



#### Why Does Grief Persist for So Long?

While it may sound counter-intuitive, one reason why grief can persist for months, even years, is that we do not allow ourselves to feel loss. To avoid feeling bad, we could be postponing a phase of grief we need to experience. When you allow yourself to fully feel an emotion this powerful and literally "let it out," the release can be healthy. Repressing grief is not only unhealthy, it can prolong the process.

#### **Managing Grief**

Experiencing hurt can propel the suffering into isolation so it's important to have support. This could just be having someone listen to you or attending a support group where you're with others experiencing grief. It helps knowing you're not alone.

One important note: If grief goes on for months at a time with no change, it may be time to seek medical and psychiatric help. Loss can be a catalyst for other issues to emerge. Do not assume that grief means you must lead a new life of discomfort. One can learn to live with loss without living in agony.



21+ years of experience

Compassionate reading style



Watch His Video

