

Winter 2018

## An Attitude of Gratitude

*Why it's important to stay present beyond the holiday season.*



By Psychic  
Paige  
x7868



Gratitude during the holiday season always appears to be front and center. Whether on social media, television, or face-to-face, we see others being thankful for family and friends, spreading kindness and returning favors during this time period.

There is more to gratitude than just the quality of the word. It's the "feeling of appreciation" we feel or show. Did you know that, according to Wikipedia, the study of the emotional effect of gratitude in psychology only began around the year 2000? Traditionally psychology focused more on understanding distress than on the positive emotions of gratitude.

During the holiday season, we hear more and feel more empathy towards difficult situations people are facing. It's a period during which people will tend to focus on problems rather than solutions, often missing someone after a breakup or thinking of a loved one who is no longer on the earth plane.

It is not only the attitude of gratitude each of us can focus on but it is the feeling behind gratitude and what it points to in our lives. I have learned from the channeled teachings by the Power of 10 to be grateful for all that I have. To paraphrase Power of 10, it is a never-ending cycle. By being grateful every day for what you have, the more you

will manifest. And each day you wake up you have the opportunity to feel grateful to be alive and to have the adventure of another day or a "do over."

To stay centered during this holiday season, remember you always have the power within you to choose how you will feel. You can tell yourself a story of how you have nothing to be grateful for or you can choose to be grateful each day you wake up for the opportunity of another adventure.

Whenever I find everything is out of whack or the day isn't going how I thought it would, I stop and clear my mind (like erasing a chalk board of thoughts) and focus on being grateful for all that I have. As you continue along the path of gratitude, you will find yourself giving to others and being grateful for what your family and friends have as well. Remember to be grateful you have a roof over your head, air you can breathe, water you can drink, a smile you can give a stranger, a door you can open for someone else and the freedom and power to choose how you feel during the day.

I am grateful for the clients I have and the opportunity to explore the many possibilities of creating what your heart desires.

Wishing everyone a peaceful, joyful and wonderful Holiday Season, with gratitude and love.

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The Gift You've Been Waiting For (Hint: Bonus Dollars may be involved!)

# What Do You Gain by Showing Gratitude?



By Psychic  
Mackenzie  
x9602

Have you ever seen a smile on a disabled person's face, peaceful and pleasant despite their obvious personal trial? It often inspires others to think about what they have to be thankful for and reminds us how our own peace and pleasantness will embolden others to seek the same.

## A thankful heart draws others.

Like being kind-hearted, graciousness is an attractive quality that others wish to have for themselves.

## Being thankful means watching our tongue.

A complaining heart brings discontent whereby a thankful heart brings joy.

## We stop comparing ourselves to others.

Gratitude is a personal gift, so as we face our own personal hard times it is comforting to keep our own perspectives and not compare ourselves to others. We have the powerful gift of free will. This is your opportunity to open new blessings' doors. Gratitude is as personal as the hue and color of our eyes.

During serious, sometimes life-altering changes, whether in health, grief or love, we can wear our sensibilities out. When we build grace by standing strong, we alter the course of events literally in an instant. Poof! It just happens to go better now. Gratitude has power, just like the power of true love. It's literal magical-medicine to soothe our very soul.



Gratitude keeps our focus on what's important. It reminds us that we're not in control of everything and to be humble to our Creator, so we can go with the flow. A heart full of gratitude doesn't have time to complain; they see the beauty in a mud puddle. A grateful heart forces negativity to flee and wards off the bad, opening you up to a stronger, more peaceful life and manifesting more good to be drawn to you.

It's easy to feel grateful when all is going well. Yet it often seems impossibly harsh to strive for gratitude when times are hard. But that's just when we need gratitude's magic the most. In fact, in dire situations when a fire is heaped upon us, we have the most to gain by a grateful perspective on life. Gratitude has the power to energize us in the face of what feels demoralizing. When we are broken, gratitude has the power to heal. In despair, gratitude is a solid hope.

Science has proved those who are grateful are in much better physical and mental health. It creates a sense of calm versus anxiousness. Those who make a conscious effort to be truly grateful, and act on it daily, will see the long-lasting benefits to both body and spirit.



## Podcast Series: Gifts to Mindfully Navigate the Holidays



**Feeling lost in the chaos? We have the perfect solace!**  
In this series we will be offering the gift of five separate podcasts that will help you find your center in the midst of the busy holiday season.

### Available Now:



#### The Gift of Gratitude

by Mackenzie x9602

A meditation to help you harness the benefits of a grateful heart.



#### The Gift of Self Care

by Roxanne x3051

A meditation to help you find your center and feel more balanced and whole.

### Coming Soon:

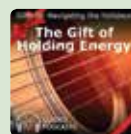


#### The Gift of Being Present

by Mylie x8974

Scheduled for release 11/30/2018

A meditation to help you find peace and strength by slowing down and learning to be in the moment.



#### The Gift of Holding Energy

by Evelina x3078

Scheduled for release 12/7/2018

Harmonize the energy of a room, so everyone present can feel grounded and free.



#### Moving from Darkness to Light

by Angelica x9393

Scheduled for release 12/19/2018

Contemplate how to find and stay true to your own inner light in this darkest of seasons.

## Can You Stay Centered and Mindful During the Holidays?

Instead of focusing on showing gratitude only when you feel thankful and joyful, our Advisors explain the importance of finding gratitude in moments you feel resistance. The holidays can throw us off center and suck energy out of us. We encourage you to find ways to come back down to earth and focus on what's important.



**Robbin x9341**

"The Angels have always suggested that I give my clients little gems of wisdom to help them see the importance of being completely in the here and now. Archangel Gabriel said it best:

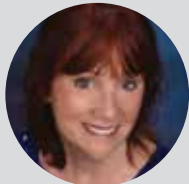
"Gratitude is a form of love that will help center the heart and soothe the soul in times of stress." As a reader, I've had the opportunity to use that advice to help others see that even in times of stress there is something to be grateful for, reminding them that worrying about tomorrow only diminishes the beauty of today."



**Barbara x7866**

"Being present and living in the moment is a gift. However, most people struggle with this concept. When we are not fully present, this could lead to feelings of depression, anxiety, regret and

disappointment. What does being fully present really mean? It means you are not worrying about the future or things that have happened in the past. It means to completely be mindful of living in the here and now. Try saying over and over again, "Release and let go." By saying this simple mantra you are showing the universe that you have faith in its divine plan and divine timing. It's very empowering! The Universe is full of magical things we just have to slow down and be present to see them."



**Stella x7343**

"My experience has taught me to STOP, be still and LISTEN to what I am "feeling" whenever I become anxious, start to worry, form adversity in my thoughts, or when someone's words open a wound

in me. Initiating these actions places my mind back in the perspective I have always been taught. I've learned from all my spiritual experiences to know that all that I am experiencing at the moment is temporary and giving no fuel to this fire will extinguish all of these thoughts as fast as they began."



**Carly x3151**

"From my own experience the holidays have always brought me great joy. I feel being grateful for the small things is key to happiness. It's so easy to get overwhelmed with shopping that

sometimes we forget what matters: family. Being mindful of others and sharing holiday joy is so important to me as well. Holidays can be quite stressful but it is so important to stay grounded and spend time with love ones and help others. Being an expert on Psychic Source helps me to help others stay grounded.



**Matthew x3075**

"Sometimes it's easy to focus on the negatives in our lives which then limits us from seeing what there is to be truly grateful for. I always take a moment each day to count at least three things

that I am blessed with. This time allows you to live in the present for a moment and to see how your life is at that second in time. With all the hustle and bustle going on it is very easy to get carried away and use up too much energy over matters that are not that important in the great big scheme of things. Appreciate just something that is around you, even if it's not everything you want it to be. Tomorrow will come in the same way it did today."



**Roxanne x3051**

"Getting swept into the commotion of the holidays and everyday life can leave you feeling stressed, overwhelmed and distracted. By keeping an attitude of gratitude and really being present in the

moment, you will enjoy quality time with others without distractions or worry. Focus on the present moment rather than thinking about what is next, or what you have left to do. You will feel more connected to others and show that you care by being truly present! A gifted Advisor can help you integrate mindfulness and help you create a daily routine for your gratitude practice for the holiday season and beyond!"

**30**  
*Years*

*is just around  
the corner*

**Keep an eye out for  
Psychic Source's birthday!**

We're proud to have been  
establishing and cultivating  
strong connections for  
almost 30 years!

## The Gift We Know You've Been Waiting For.

Save extra on a reading with this mega-Bonus Dollar deal!

Use this time with your Advisor to focus on calming your mind and spirit during this busy season!



**Three days of  
unlimited bonus dollars**

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Add \$50 ..... Get \$12.50

Add \$150 ..... Get \$37.50

Add \$300 ..... Get \$75.00

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