

Finding Balance with Clairvoyant Meditation

By Lauren Skye & Penni Louise

With relatives safely back to their hometowns and holiday decorations packed away, celebration and merriment tend to slowly surrender to the pressures of new work deadlines and the responsibilities of everyday life. Looking forward to gifts and comfort food is replaced by drive-through windows and exasperation.



This post-holiday season, consider carrying your favorite holiday vibrations, such as love, peace, and joy throughout the year. Clairvoyant Meditation is an opportunity for intentional decisions about what energy you want to hold throughout each day, and is a great way to create balance in your day and life.

'Clairvoyant' simply means 'Clear Vision'. Clairvoyance is an ability we all have, but tend not to use. It is like that "aha" moment when you realize the truth behind a situation, and recognize it for what it really is. Clairvoyant meditation brings this ability to the foreground of consciousness and makes our spiritual vision stronger.

Try this simple process; ground the body by imagining a connection from the base of your spine (the first chakra) all the way into the center of the earth. A beam of light or tree trunk works great. Next, settle your awareness, your point of attention, in the center of your head, behind the third eye. Take a breath. Imagine a balloon in front of you. Fill it with all your troubles and cares. Let the balloon go. Take a break from these considerations and breathe. Imagine a big gold ball of energy above your head. Imagine that this ball is filled with joy, peace, abundance, or whatever vibration you'd like to experience. Drop this ball into your body through the top of your head, like a setting sun. Allow the energy to permeate your whole body, every cell and the spaces between the cells. And, when the body is full, let this golden light surround you as well. Bring in another gold ball if you'd like. This short meditation takes just a few moments, and it can change your whole day.

By consciously creating our own energy fields, we can manage our stress, stay healthy, and are not subject to the whims of the alternating, agitating winds of humanity around us. We become proactive co-creators with spirit, manifesting a more joyous adventure of life. Through Clairvoyant Meditation, we can not only connect with our creative power to intend and manifest, but allow space for relaxation, personal reflection and connection.

Lauren Skye & Penni Louise are with the Inner Connection Institute, a center for spiritual growth and psychic development, where people come to learn about their spiritual essence through meditation, healing, and clairvoyance. Denver and Wheat Ridge locations. InnerConnection.org. See ad page 28.

Psychic Readings and Mediumship Have Answers For You

By Intuitive Joise Roase

Egyptians believed so strongly in an afterlife, that their dead were buried with treasures to take into the next world. Today, while burial with possessions is forsaken, the quest for answers about the afterlife still remains. We turn to religious texts and spiritual leaders for comfort. Some seek paths of prayer or meditation; still others look for those gifted with abilities to psychically communicate beyond this realm of five senses.



There is no shortage of books on the subject of life after life. Numerous experts such as Raymond Moody, M.D., Danion Brinkley and Judith Orloff, M.D. have stories of experiencing communications with loved ones who have left this life. Just as these respected leaders in their fields have realized life is a continuum, we are never alone, and we do not die, we too have our experiences, to give us proof of the immortality of the soul.

Loved ones who have crossed over and Masters have many pearls of wisdom to give us, as we meditate and communicate with the realms of Spirit. They address prior lifetimes, present challenges and possible futures, based on our choices.

Here are some ways you will benefit from a gifted medium or psychic communicator:

- ◆ Answers and insights into relationships and partnerships; marital or business;
- ◆ Turn financial blocks into stepping stones to greater prosperity;
- ◆ Gain insight into the life path you are on, the challenges you are facing, and ways to overcome the past; from this lifetime or prior incarnations. There is opportunity for those in the physical and non-physical to truly heal and achieve peace together;
- ◆ Answers to your health questions about your family, you or your animals;
- ◆ With a broader range of information all can make better decisions. When receiving guidance from extraordinary realms of wisdom and love, you will know how to attract those with whom you can co-create a life of fulfillment and being of service. Your own Master within can be activated and your power restored to you once again;
- ◆ *Preventive Is Easier Than Curative!* Intuitive sessions can give you just the edge you need to master this approach to life.

Receiving confirming information that no one could know, or descriptions of a loved one or animal that has passed, is very helpful in trusting your communicator. Always feel free to ask specific questions to help you be at ease and then just remain open to experiencing miracles!

Joise Roase has been a gifted medium, psychic and healer since childhood. Appointments for psychic readings, animal communications or closure with loved ones that have passed over, and Master Guidance, can be made at 303-968-9438. JosieRoase.com. See ad page 12.

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