



Guidance Through Channeling Newsletter

OCTOBER 2008

VOLUME 1, NUMBER 7

OCTOBER BIRTHDAYS

HAPPY BIRTHDAY

TO:

Cynthia D. – 10/15/81

Lisa G. – 10/2/64

James N. – 10/15/64

Bobbie W. – 10/28/74

Kelly K. – 10/6/60

Mary E. – 10/3/31

Christine S. – 10/5/58

Chris G. – 10/9/79

Adnan A. – 10/26/79

Hello Everyone! How is everyone doing? Are you looking forward to fall and with that comes Halloween?

Yes Diane is available to do Halloween Parties, so be sure to call early and get her booked for a fun filled party, after all, what is a Halloween party without a good psychic, right?

Ok, go ahead and pull up your chair, get your favorite beverage in hand and let's get started. This month's newsletter is going to be asking once again for just a little willingness to look at and be more aware of your thoughts both positive and negative and then making the choice of which one you want to think more about and how we are so quick to justify and rationalize our negative/judgmental thoughts as to say I just don't want the attack thoughts anymore and I want peace.

The one main reason we have attack thoughts is because someone is not doing what we think they should be doing, ok, let's say this in another way, she did not do what I wanted her to do so forget her. And then we follow that up with all kinds of examples of how she did not do what I wanted her to do and in saying those examples, we are justifying our attack thoughts of how she did not do what I wanted her to do. Now let's take a moment and think about that, think of one person who has not acted the way we wanted them to act and then went on to say all the things they should have done and didn't do.

I am going to use a very extreme example of how someone did not do what they were suppose to do and how that carries over to all aspects of your life, not just with personal friends. When I was in high school I took this beginning typing class and was taught to use my first finger on my left hand to type the letter "R" on the keyboard. Well from the start I found using my second finger on my left hand to type in the letter "R" was much more of an easy flow and I could type more rapidly that way. The teacher at the time noticed this right away and commented: "Diane you know you are suppose to use your first finger for the "R" key not your second finger. And I answered: "Yes, I did know that, however, using my second finger felt more comfortable and I was able to type faster that way." So the teacher suggested my using my first finger for the "R" key for awhile and if that did become too uncomfortable and did slow me down to go ahead and use my second finger, but to at least give it a try. Then we started being timed for certain material and she suggested using my first finger on one timed material and then using my second for another timed material. Well, that convinced her because she saw in black and white that it did indeed slow me down and so from then on I was able to type the way that was comfortable for me.

This is a very simple example of how following the rules of typing had to be followed and how when it effected my speed and accuracy, then and only then was I able to

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do what was comfortable for me and was accepted by the teacher. This is very important to understand because don't we all want to be accepted for who we are? Remember in last month's newsletter when I talked about the mirror exercise to help with loving yourself?

It is in loving ourselves that we can begin to accept other people for who they are because we are comfortable with ourselves. It is in loving ourselves that we can put the attack/negative/judgmental thoughts of ourselves and others behind us and slowly begin to realize that when we are loving and positive with ourselves then we can take a step aside from being so quick to judge/attack other people. The process of change in our thoughts comes from just a little willingness to slow down in our life and take time to "do loving" things for ourselves. There is always one thing I tell people in every reading I do and this is to take just fifteen minutes out of your day and do something you love to do or just take an hour a week and do something that you love to do but have not done in ages. It may sound simple but yet you would be surprised how many people are not even sure what it is they could do "to" love themselves.

Through the years I have worked jobs that I may not have been fond of and I remember one job I had in my early twenties where I worked for an insurance company. I was responsible for making sure all the correct information was filled out on the claim form, if it was not, than it was my responsibility to call the insurer and get the information. It was a very repetitive type of job and I had been called on the carpet for not sounding very professional on the phone to clients. I struggled with making my voice sound enthusiastic and it got to the point where I worried about losing my job over it. So one day I was in a toy store shopping for a gift for a friend son's birthday and came across a toy that when you turned this key it would walk across the floor in this odd and funny way, like Herman in "The Munsters." It made me laugh and laugh and so I got the idea that I would be able to take it to work with me and play it when I started to feel bored. So I did just that and soon afterwards I found myself feeling better about my job and so my tone in my voice did become more professional and I ended up getting a promotion rather than getting fired. The little toy changed my own outlook of my job because for just seconds a day I could laugh! And I find myself even to this day when I feel the world is closing in there are things I turn to if it's only for fifteen minutes and I found that when I return I feel more refreshed and able to love and accept rather than judge and attack.

So next time you want to attack/judge a friend, say to yourself: "What can I do right now that I love" so I am able to see this person, situation or stop my attack/judgment thoughts?" Just have a little willingness to try loving things for yourself and you will start to see the difference in your thoughts about yourself and the people around you.

Let's get started now. Make a list of all the things you love to do. Check in with yourself to see how you feel when you are done doing the list. I guarantee you will start to feel a whole lot better just in making the list. Imagine how you are going to feel after you have done one of the things on your list. And then just keep going and add as you check things off.

Have a great October and Happy Halloween!!

Diane & Maureen