

SPIRIT CHANNEL

Marla Mitchell

December 2015

On my radio show I frequently use the phrase, “*Focus on what you want, not what you don’t want.*” As humans we tend to let our minds go to that place... you know what I’m referring to, it’s the place of never-ending, mumbo jumbo, crazy, negative, nonsensical thoughts that just cycle around and around all day long in our heads. If we’re truly paying attention, we’ll even notice that it’s often the same thoughts, past events and irritating people that keep re-surfacing. Wouldn’t it be great if we could just, “*Stop the Madness?*” Well you can!

Here’s a fun and easy way to release for good, those negative, destructive thoughts:

Look around for something to drop that won’t break like a book, and then close your eyes and think the negative thought while holding it. Put all your frustration, anger, worry, etc., around that issue into the object. Then take a deep breath and... DROP IT while exhaling. (*Don’t throw it.... just drop it!*) If you have to do this more than once, that’s fine. A book is good because it’s heavy and makes a louder noise than say a pen or your keys. There’s something about the physical act of dropping an object and hearing it land that encourages the release of the negative emotion. You can also add healing words like, “*I choose to release all thoughts pertaining to (fill in this space) or I ask my Higher Power and Angels to help me release this thought for my highest good and well-being.*” Your desire to let this go plus the physical act and spoken words create the energy for the release.

This DOES work if you are truly ready to let it go but you’ll have to do it more than once until the cycle finally stops. It will gradually decrease in its appearance and pretty soon you’ll notice that you rarely think that thought anymore. Give it try... you have nothing to lose and only happiness, well-being and a positive mental attitude to gain from this exercise!

Hint: New Year’s Resolution... *To Think More Positive Thoughts!*

Marla Mitchell

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Certified Reiki Master/Teacher and Medical Intuitive

For information about private sessions with Marla, Workshops, Classes or Retreats, call: 970-223-3457 or visit marlamitchell.com

UPCOMING EVENTS

REIKI LEVEL I

SATURDAY, JAN 23RD

9:30 – 3:30 P.M.

\$250

REIKI LEVEL II

SATURDAY, FEB 13TH

9:30 – 3:30 P.M.

\$300

REIKI LEVEL III (MASTER)

SATURDAY, APRIL 9TH

10:00 – 3:00 P.M.

\$350

RADIO PROGRAM

EVERY WEDNESDAY

8:00 – 9:00 A.M.

94.3 FM (THE X) STREAM IT LIVE:

[HTTP://THEXFRONTRANGE.COM/LIS](http://thexfrontrange.com/lis)

[TEN-LIVE/POPOPUP/](http://thexfrontrange.com/lis)

IN THE SKIES

MERCURY RETROGRADES

January 5th – January 25th