

SPIRIT CHANNEL

Marla Mitchell

October 2015

Are you willing to try a little experiment with me? Sitting in an upright position with your spine straight, close your eyes and ask yourself this question, “*How do I know my feet are there, without looking at them?*” (Long pause...) Were you able to tune-in and truly feel your feet? Perhaps you noticed the surface underneath them or even the sensation of your shoes/socks touching them. Try it again but with intention. When we put focused attention on our body, it feels different. Normally, we tend to go about our day taking our body for granted. It’s there, we know it’s there but we don’t really take the time to notice it and we should.

Our body is the vehicle that Spirit needs in order to stay in human form. When we practice tuning-in to the “*whole body*” through meditation, we can actually “*feel*” the body as the exterior part of us and Spirit as the inner part. The body feels like a warm protective cocoon and our Spirit feels like space. When we inhale and exhale in this state of awareness... we can feel the space all the way down to the feet and all the way back up. (*Try it now and see if you can feel the space all the way down and back up again*).

A good way to imagine what the body and space might look like is that of a soap bubble, the ones children play with. Our body represents the form (*the bubble*) and our Spirit is the space inside. When the bubble pops, the form goes away but the space remains. Like the body, when we die... the form goes away but our Spirit remains.

When we can take the time each day to focus and tune-in to the body and ideally the “*space inside*,” we are giving our Spirit the nurturing it needs. We spend countless hours on our phone, TV, computer, etc., feeding our Ego (*the mind*), but very little time with Spirit. Given the fact that Ego is impermanent...shouldn’t it be the other way around? Shouldn’t we invest in and give our attention to something that is real and ever-lasting?

Marla Mitchell

Spiritual Coach, Psychic Medium,

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

NUMEROLOGY WORKSHOP

October 17th

1:00 – 4:30 p.m.

\$85

REIKI LEVEL III (MASTER)

SATURDAY, NOV 7TH

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/POPOP/](http://thexfrontrange.com/lis)

IN THE SKIES

MERCURY RETROGRADES

September 17 – October 9