

# SPIRIT CHANNEL

*Marla Mitchell*

*September 2015*

Life for all of us has many ups and downs. No one is exempt from pain and suffering due to our inherited behaviors and traits. Ninety-six percent of all American families are to some degree emotionally impaired (dysfunctional) and so it is a safe bet to say, that most of us are habitually exhibiting unhealthy behaviors and expectations when it comes to relationships. Should we blame our parents and grandparents for these traits? Of course not. Can the buck stop here? Absolutely!

Now more than ever, we have the ability to shift and change these negative behaviors. With ever-changing technology at our fingertips, huge advancements in western and eastern medicines, as well as vibrational shifts creating more awareness in the masses (not just certain individuals), we can heal ourselves from the inside out and feel better emotionally, physically and spiritually. However, this takes "hard work" and a daily commitment to tough it out; no matter what.

Recognizing that our dysfunctional habits and traits reside in the Ego is part of this inner healing process. Our Ego lives either in the past or the future... not in the present. When we harbor anger, resentment, jealousy and blame, we are living where Ego resides. We automatically create pain and suffering for ourselves and others when we do this. The Ego isn't bad, it is just doing what it thinks is best and trying to survive and defend itself against the inevitable. It knows that when the physical body dies, it dies too. Can you blame the Ego for trying to defend, control, manipulate and hold-on via any means possible? That being said, a dysfunctional Ego is not an excuse for creating drama, causing pain and hurting other people.

Staying in the present is where Spirit resides. Only in the NOW can we let go and move on and begin the healing process. We must first forgive ourselves for our past behavior and actions, which isn't always easy.

*NOTE: I am not talking about having regrets or wishing you could change the past. You can't. The past is over and done with. Forgive yourself knowing that what you did or said can't be taken back and that whatever outcome occurred... is exactly what was supposed to happen given the*

## UPCOMING EVENTS

### MEDITATION WORKSHOP

September 19<sup>th</sup>  
1:00 – 4:00 p.m.  
\$75

### REIKI LEVEL II

SATURDAY, OCT 3RD  
9:30 – 3:30 P.M.  
\$300

### NUMEROLOGY WORKSHOP

October 17<sup>th</sup>  
1:00 – 4:30 p.m.  
\$85

### REIKI LEVEL III (MASTER)

SATURDAY, NOV 7TH  
10:00 – 3:00 P.M.  
\$350

## IN THE SKIES

### SOLAR ECLIPSE IN VIRGO

SEPTEMBER 13<sup>TH</sup>

### LUNAR ECLIPSE IN ARIES

SEPTEMBER 27<sup>TH</sup>

### MERCURY RETROGRADES

September 17 – October 9

*circumstances. Accept the outcome, forgive yourself and trust that Spirit will do the rest and by all means try to stay in the NOW as much as possible.*

Loving ourselves fully (including Ego), creates acceptance and inner peace. When we can apply our new healthier habits towards the forgiveness of others is when a much deeper healing takes place. Remember everyone here has their own inherited dysfunctionalities that they have to overcome. See yourself in them and know that we are more alike than we are different. When we forgive others, we do this for our "own" healing. If you have trouble forgiving someone, remember that those who hurt you must also go through the same learning, accepting, and healing process... no one is exempt. This is the only way to heal and achieve Spiritual Awakening and for some, forgiving themselves may be the hardest thing they will ever do. Understanding this and applying kindness and compassion makes forgiving others easier and goes a long, long, way towards balancing and shifting old negative energies.

This work IS life-changing and profoundly healing on all levels of our being. When we can forgive ourselves and others, a strengthening presence (self-awareness) instills itself within. Life, of course, still has its obstacles, challenges and problems... what's changed is us. We no longer choose to play the Egoic games.

Like the song says: *"All we are, we are. All we are, we are. And every day is the start of something beautiful..."*

*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](http://marlamitchell.com)*