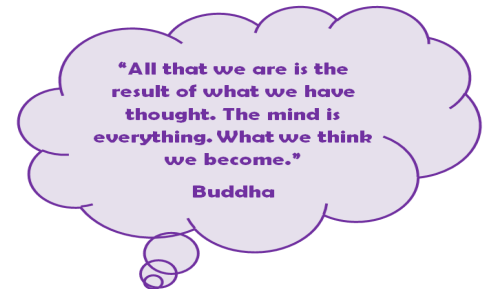


The Intuitive Connection

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You Are What You Think



I'm sure you've heard the saying "you are what you eat," but "you are what you think?" It's true! Whether you realize it or not, your thoughts play an important role in what energy and events come into your life. It's called the law of attraction and here's how it works. Let's say you are running late to an appointment and your predominant thought is how late you are going to be. Since all of your focus is on being late, the universe works to match that energy. You jump in car and race towards your appointment, only to hit every red light, traffic jam, train, road closure, etc. The universe does not distinguish between positive or negative, only matching like energy, and equaling the vibration that your thoughts are putting out. So it's important to pay attention to what you are focusing on. Here's my example of how my thinking manifested a not so fun experience, reminding me why keeping my thoughts in order is important.

I'm a new Grandma. My first (and only) grandson was born on 2/10/24, and of course I planned a visit to meet him. So I scheduled a series of flights and planned my trip. There is a small airport about 25 minutes from my house and it's much more convenient than driving to the big city which is at least 90 minutes away (if traffic is flowing). The smaller airport is more convenient, but the downside is there is only one outgoing and incoming flight daily. Also it is not a direct flight so I'd have to change planes at a bigger airport to get to my destination. The other downside was that I only had 30 minutes to get off the small plane, and make it to the connecting flight. I was worried about being able to make the second flight. And so my thoughts of missing that flight began. I kept telling myself logically that I'd make it. I checked the airport layout and the gates were next to each other. I checked the weather and it wasn't bad, only light rain at the connecting airport. As much as I tried to remain positive, those nagging thoughts in the back of my head wouldn't stop.

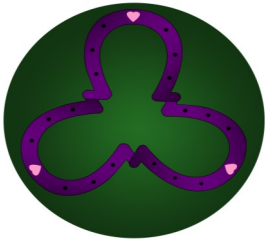
The morning of the trip, I got to the airport with no issues. Went through security, and got on the plane which was on time. As we began taxiing out to the runway, we made a sharp U-turn and headed back towards the gate. The connecting airport stopped us from taking off due to the rain and we had to sit on the plane for 45 minutes before being allowed to take off. I was going to miss my connecting flight! Then I remembered that I am an hour ahead of where I'm landing so I could still make it. The problem was my thought energy had already put things in motion and guess what? I missed my connecting flight by 10 minutes. I was instead routed to another airport with another connecting flight that was 30 minutes apart. Once again, boarded the plane, began taxiing and stopped on the tarmac with another 45 minute delayed take-off. It was at this point that I changed my thinking to "just let me get on that flight. Delay the flight to allow me to board." My sole focus was on those thoughts and I put them on a loop playing them over and over in my mind. I missed connecting flight #2 by 10 minutes. Now there were no more flights headed to my destination until the next morning (and no hotel voucher because weather caused the delay). Ugh.

You can imagine my mood. I was not leaving the airport to try and find a hotel, so I located a place to sit, charged my phone, and began my wait (8 long hours). I still had the thought "just let me get on that plane." Then something amazing happened. People were coming out of the gate and they were not happy. I noticed the sign at the

gate still had my destination city listed. I took a chance and went over to the gate and asked if this flight was headed to my destination. It was! You see, the connecting flight I was supposed to be on, but missed, got delayed not once, but TWICE. I explained that I was supposed to be on the flight, and why I missed it. The airline employee said it wasn't full so she tried adding me, but couldn't. Once a flight leaves they technically can't add anyone to it because its no longer there in the computer. She had to call her customer service to find out how to get me added, and there was a 10 minute hold. The reason for the second delay was a flat tire, which meant boarding would resume shortly. After several minutes, her call was answered. Yay, luck was with me. Boo, they couldn't help her so she was transferred to another department, with another hold. I continued with my hyper focused thought of "I am on this plane" and added the visualization of her giving me a boarding pass and me walking down the gate and onto the plane. After several more agonizing minutes, and another department transfer (with two employees working to get me on the plane), she hangs up, adds me to the plane roster and hands me a boarding pass about 1 minute before they started boarding again.

Once on the plane, I kept my thoughts in line by focusing on arriving at my destination where my son was waiting to pick me up. With no further delays, I arrived at my final destination with my son waiting. I spent 3 glorious days with my grandson. When it was time to leave and take two flights to get home, I kept my thoughts in check and stayed focused on how easy it would be and I arrived a few minutes early on each flight.

Could it all have been coincidence? Maybe. But just maybe there's a little more to it than that. Next time you find yourself running late or focusing on a negative outcome, change your thoughts. Focus on the outcome you want. Add pictures and positive emotions to make the message to the universe even more clear. Remember, you are what you think, so happy thinking.



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