



# The Intuitive Connection

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## Change...



The only constant in life is change, and recently I've had quite a lot. From moving across the U.S., to moving in with friends, to going from a dry hot climate to humidity, I've definitely experienced a lot of change lately. Like everyone else, I find myself struggling at times with all the change. So I'm writing this month's newsletter as a reminder on how to help deal with change.

The first reminder on dealing with change is its unavoidable. Change happens whether we like it or not. While some change is planned (like moving), other changes happen unexpectedly (like a death in the family). Whether planned or not, it can be stressful because most change pushes us outside our comfort zone. Let's take a look at some things that you can do to help cope with change.

- Develop a routine. If you've got a lot of change, find some structure. Whether it's the same wake up routine, or exercising at the same time of day/night, developing a structured pattern can help things to feel less chaotic. The more regular the routine, especially if you can adapt some of the changes into the routine, the easier it will feel with the changes taking place.
- Accentuate the positive. It might be time to change your thinking. If you are only focusing on the negative, then the change will feel overwhelming and bad. Focus on the positive aspects, and use affirmations and manifesting tools to visualize how you want things to be to turn those negative thoughts around. The more positive energy you put out, the more positive energy you get back.
- Acknowledge how you feel. Repressing feelings only delays the inevitable. If you feel your emotions are running the show, acknowledge how you feel, then try grounding and releasing to get your balance back.
- Break it down into manageable tasks. Looking at the whole picture might seem overwhelming, so write out a to-do list and break things down into small bite-sized pieces. Once you see how many things you were able to accomplish and cross off your list, the changes can feel less challenging.
- Ditch the pity party. If you are surrounded by people who are also focused on the negative, it can make you feel even more overwhelmed. While you may not be able to get rid of your inner circle, try hanging out with people who have a more positive outlook on life to help lift you up.
- Show yourself some love. There is nothing wrong with taking care of yourself or putting yourself first. Make time in your schedule for "you time." Take a relaxing bath, get a massage, go to yoga class, listen to relaxing music, whatever it is that let's you unwind and relax.
- Have an attitude of gratitude. While it might seem hard to be grateful for certain changes (such as a death), try to focus on what you are grateful for. What did that person or animal bring into your life? What did you learn from them? Whatever the change, being grateful for what you have (or what you don't have such as leaving an abusive relationship), what you've gained, or lessons learned, goes a long way and shifts the energy into the

positive (which goes back to bullet point #2). The more positive energy in your life, the more positive things you attract.

- Use your tools.
  - Crystals such as Fluorite help to incorporate structure into daily life. Cedarwood, Cyprus, Lavender, Lemon, Peppermint, Wild Orange and Rosemary aid focus and concentration to help you stick to your routine.
  - Amber, Beryl, Calcite, Citrine, Smoky Quartz, Rhodochrosite, Sunstone, and Tourmaline all help promote a positive state of mind. Essential oils like Cinnamon, Citrus (all citrus oils), Eucalyptus, Lemongrass, Neroli, Peppermint, and Ylang Ylang are uplifting and aid positive thinking. Burning herbs such as Allspice, Common Vervain, and Sweetgrass bring in positive energy. Don't forget to smudge and use Sage or Palo Santo to cleanse your space (and yourself) of old/negative energy.
  - Citrine, Fluorite, Magnesite, Pietersite, Rhodochrosite, Sodalite, Tourmaline and Zoisite aid in processing suppressed emotions. dōTERRA has an entire emotional support line to aid with emotions (Motivate, Cheer, Passion, Forgive, Console and Peace). Burning Meadowsweet aids in letting go of old emotions.
  - For calming, try Agate, Ametrine, Aquamarine, Howlite, Rose Quartz, and Blue Tiger's Eye. Adaptiv and Calmer two essential oil blends are specifically designed to aid stress/anxiety and bring calming thoughts and feelings. Burn Bay Leaves, Desert Chaparral, Hyssop, Lavender, Lemon Balm, Mugwort, and Rose for calming energy.
  - Need help with affirmations or manifesting? Use Rose Quartz or Topaz crystals. Diffuse Clary Sage, Frankincense, Patchouli or Sandalwood to aid manifesting. Add Acorns, Calendula, or Holy Basil to aid manifesting.

While change is unavoidable, and can feel uncomfortable, you can't avoid it. Practice the tips mentioned, and if you still feel overwhelmed seek help from a professional. After all, we could all use a little help now and then.



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