

# The Psychic News N.Z.



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Welcome to The Psychic News N.Z. July / August issue.

As the old adage goes "A change is as good as a rest" so, I decided to change the format a little.

I invited my clairvoyant students to share some of their experiences with Spirit. Annmarie and Juri's stories are on pages 10 & 13 and there will be more stories from other students coming in the next issue.

Thomas Cato's continuing article Journey of an Old Soul in a Young Man's Body is on hold this issue due to a family bereavement, but, he was inspired to share with us a beautiful message (in the middle of grief and exams no less) on page 11.

Thank you to Gwen Read who joins us this issue with Channelled Insights. Some of the regular columns that are not in this issue, will return at a later date.

On a personal note, I would like to acknowledge your support of The Psychic News N.Z. with your readership. The hard work that goes into creating this magazine from all of our contributors is rewarded by your engagement and enjoyment. On behalf of all of us, including Spirit, we thank you.

*Time to put the kettle on!*

*Eunice x*

Editor in Chief

Founder: New Zealand School of Psychic Arts

[thepsychicyou.simdif.com](http://thepsychicyou.simdif.com)



## **Want help? Listen to your Soul!**

**By Eunice Stott**

In a reflective moment have you ever wondered why you have experienced the challenges that you have had so far? Challenges colour our life with feelings. The issues don't have to be huge in the scheme of your life to affect your wellbeing, but, it's the big challenges that we tend to take more notice of. Births, deaths, divorce, redundancy, prolonged illness, moving house, being in a family that is always at odds with one another, bad time management, forgetfulness, shyness, constantly being down trodden and picked on... The list of human conditions in all their forms on a spectrum of minor to major is long. So, why does life have its ups and downs and for some, more downs than ups?

Each time a Soul decides to incarnate into a new physical body, due to the magnificence of the Soul, only a small percentage can manifest within the human form at a time. The balance of the Soul remains in Spirit. We know this as the Higher Self. The piece of the Soul that manifests into being, into YOU, is the part that is now ready to heal. Over life times the same piece of Soul has been incarnating again and again until healing is completed. There will be some people you know, or celebrities you read about, that always seem to lurch from one drama to the next. They are the ones who are just beginning the healing process on a new part of their Soul. Whereas, others find they only have a minor bump in their road now and again. Meaning they are coming to the end of their Soul's chosen healing.

The way the Soul makes itself known to us is by getting attention and the Soul gets attention by projecting its past traumas into emotions / feelings. Feelings are vibrations and are picked up by others with the same or similar vibrations - attracting like to like. Feeling happy? That has a vibration. Feeling sad or angry or shy? They each have different vibrations. As the Soul's need for healing increases, so does the feelings around the particular issue increase. If the Soul's request is not heard and action for change not implemented, negative feelings (emotions) increase until there is a breaking

point where the individual's free will comes into play. Either responsibility for oneself is accepted or ignored.

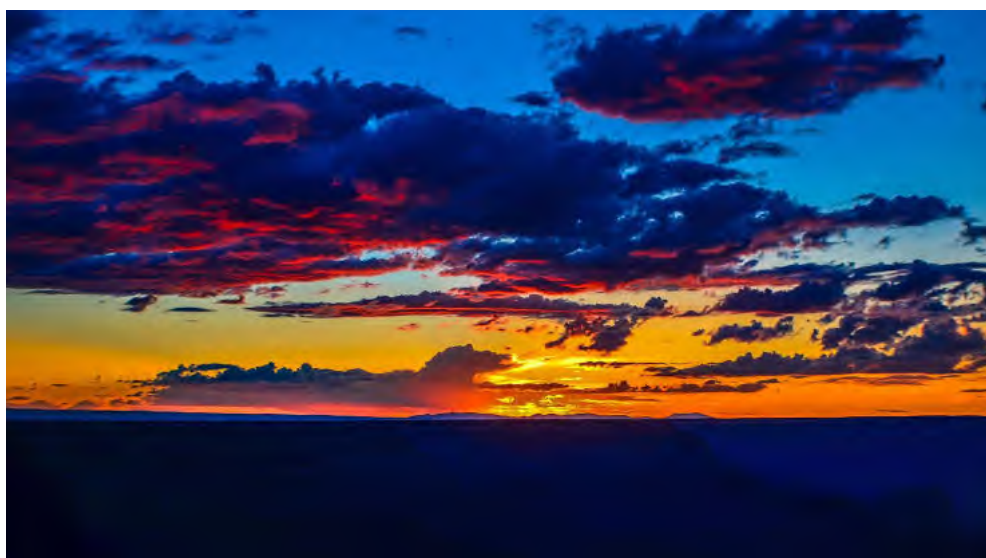
Spiritual awakening is the beginning of taking responsibility for oneself through conscious decisions. Often perceived as the harder road to follow, but in reality the easier of the two. With consistency of thought and effort, conscious decision making gets easier with practice and becomes the natural way. Choosing to stay on the difficult path, because the individual "can't" or "won't" look for a way out of their maze of difficulties, may seem to be the easier decision at the time, but in the long run it's the hardest. Life continues to change around the individual, but is not noticed. So, no action towards change is taken; the individual continues to wait for someone else to take responsibility for change, believing in time their life will be better, happier, healthier or wealthier.



But, as reality comes into play time and time again, they witness their future staying the same as the present, which, sadly is the same as the past. Their hopes and wishes are nothing but a pipe dream. The only life that can change, for the betterment of their personal experience, is their own. The only person who can change their life is them. That is what their Soul is wanting them to do. That is what their Higher Self is offering to help with.

When you finally "get the message", possibly after many lifetimes, the decision to change and effect change on a constant basis is made, allowing feelings to modify. Vibrations change. Experiences change. Friendships and relationships change. Like attracts like. Ever increasing, ever raising our vibration until dramas and traumas in life become the odd bump in the road with eventually no bumps at all. This healed part of your Soul returns to the whole and another element of your Soul, awaiting manifestation, gratefully accompanies you into incarnation to witness, experience and help you step into your next level of awareness, healing, learning and growth. Challenges become a distant memory and living in love, joy and happiness becomes a constant.

Heaven is, indeed, on Earth.





**Pisces age AD 1 to AD 2000 Aquarian Age AD 2000 - AD 4000**

### **Transformative Times - By Anita Taylor**

The Winter solstice occurred on 21 June at 9.43 am NZ time, coinciding with a solar new moon eclipse when 5 planets were retrograde followed by Neptune on 22 June. Powerful, unstable energies unleashed, reminding us to reassess and reflect. Have we learned the lessons set for us? If not, the lessons will be repeated. There was a full lunar eclipse on 5 June with another to come on 4 July, the birthday of the USA. This eclipse cycle occurs every 19 years, the last exact to the day in 2001. What does this signify? Eclipses bring into the light what is hidden. In 2001 there were the hidden activities of terrorists leading up to 9/11. In 1982 these were the early days of the AIDs epidemic coming to light. This year of a global pandemic indicates that more is to be revealed, with hidden agendas, institutions and corporations being examined and practices questioned.

An alternate, but compatible, view of these current eclipses is this; Death (5 June), Resurrection (21 June) and Freedom (4 July). The collapse of health systems, the pandemic death toll, the breakdown of economies, the BLM protests, all represent losses leading to grief and fear. Yet there is hope of something better as people come together, seeking solutions for a less blighted future, rising up and creating from the well-spring of the soul the life we are meant to lead. The last eclipse, as mentioned above, occurs on Independence Day when the USA claimed freedom from its colonial past. The energy of the eclipse this year is to seek freedom to be the spiritual being we all are, coming into the understanding of Oneness with all. The impact of this solstice will continue for the next six months until the Summer solstice on 14 December, meaning continued turbulence we need to adjust to. How we respond will be the key? We are at war with ourselves on many levels, destabilising ourselves and our world. We are being asked to look within and see if

we wish to continue with the old ways, the old “normal”. As spiritual beings we all have the ability to effect change and transformation for ourselves. Some of us can and will be transformational as changemakers in this world.

How can we help ourselves though this time? Recognise that with the acceleration of change we are likely to find ourselves on a roller coaster of emotional highs and lows, particularly during this time of seismic events overturning everyday reality. Remember to ground yourself to maintain balance and equilibrium, using what you learnt and enjoyed during lockdown; escaping into nature, switching off from noise, allowing time to renew or create an intimate relationship with the Soul that you are. Check your old programming and free yourself if it feels constrictive and blinkered. Dig deep for that inner power and strength so that you dream anew, design and build a more welcome reality. If you are naturally inclined to focus outward, step back and look within for the inner wisdom to support you. Naturally inward looking, then this might be time for you to come out of your protective shell and take action in support of the changes that are occurring. Everyone has a part to play. Change impresses on us to take responsibility, to deal with our hurts and to seek to grow through our healing. This is our time to step up in consciousness and to work with the cosmic awakening.

Yes, it is challenging! But let’s remind ourselves that we have chosen to be here at this time, so we know inwardly that we can effect the necessary changes, finding peace, hope and harmony individually and collectively. It all starts with ourselves. Me! Attuning to the Light and Love of the spiritual being we are, working with our spirit team, responding to the challenges with love and not reacting in fear, all contribute to a collective as well as an individual well-being. Our own bright light will bring hope to others and brighten their path. The Age of Aquarius is about group awareness and collective responsibility with the heart centre showing the way-support each other, respect each other, love each other.

As we continue to move into the Aquarian Age, keep in mind those positive qualities of the Aquarian zodiac sign. Wikipedia says, “traditionally, that Aquarius is associated with electricity, computers, flight, democracy, freedom, humanitarianism, idealism, modernisation, astrology, nervous disorders, rebellion, nonconformity, philanthropy, veracity, perseverance, humanity, and irresolution”, much of which is evident now. So, we find that Aquarian souls are visionary, have a social conscience and philanthropic outlook, seeking through progressive thinking to make the world a better place and doing so through community and collaboration. These are the qualities and energies we are all called upon to utilise in this present time. As we do so, transforming our reality we lift ourselves to a new level of consciousness, the Fifth Dimension, and contribute to the planetary shift. Transformative times, challenging, difficult, yet, the



ultimate reward is having realised that creative energy from the Source within ourselves and our world is the solution for the problems faced by humanity. The answer resides in the stars!

"When the moon is in the Seventh House  
And Jupiter aligns with Mars  
Then peace will guide the planets  
And love will steer the stars



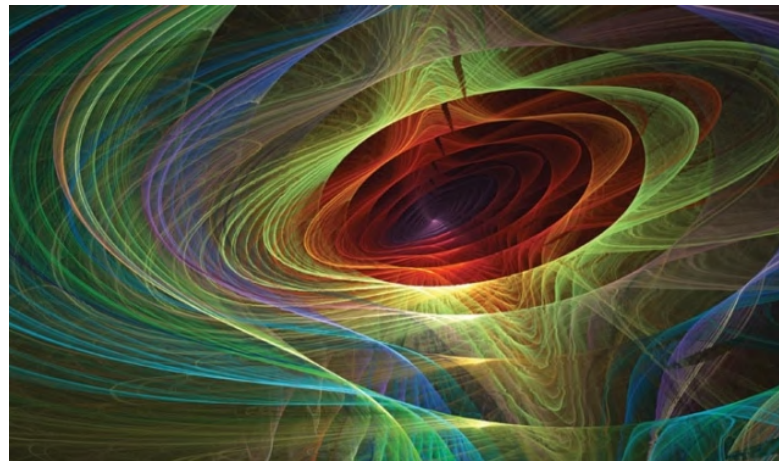
This is the dawning of the Age of Aquarius  
Age of Aquarius  
Aquarius  
Aquarius  
Harmony and understanding  
Sympathy and trust abounding  
No more falsehoods or derisions  
Golden living dreams of visions  
(Mystic crystal revelation)  
And the mind's true liberation, Aquarius  
Aquarius

When the moon (when the moon) is in the Seventh House  
And Jupiter (Jupiter) aligns with Mars  
Then peace will guide the planets  
And love will steer the stars  
This is the dawning of the Age of Aquarius"

(1969 Group - 5th Dimension Age of Aquarius Song Lyrics)

## DIMENSIONS 3rd - 5th IS HUMANITY READY TO CHANGE?

By Rhoda Chignall  
Solutions Counselling



Predictions of apocalyptic events that would result in the extinction of humanity, a collapse of civilisation, or the destruction of the planet have been made since the beginning of the Common Era. Polls conducted in 2012 across 20 countries found over 14% of people believe the world will end in their lifetime. We are now in the year 2020 and, hopefully, the majority of us can see very clearly that the biggest threats to humanity and the destruction of the planet are all man made. We have over population, climate catastrophe, man's destruction of nature with a million species in danger of extinction and let's not forget "man's inhumanity to man". It is a grim picture but there is hope and it is literally we must all "see the light".

Many learned people believe we are not alone in our Universe. Einstein is one who believed there is life on other planets and in other dimensions. For thousands of years we have had people walk this earth to show us the way, we have called them saviours, gurus, prophets, lightworkers, wayshowers and many such descriptions. Some of us have listened but not enough to swell the numbers to raise our vibrational resonance to save our World. Are we ready?

In the last issue of the NZ Psychic News, I outlined the 13 Dimensions in our Universe. On our planet the dominant frequency is the 3rd Dimension. Just to recap, a dimension is a vibrational frequency, it is not a separate place. 3rd D means that we live in a state of consciousness whereby duality exists, everything is polarised and something is either this or it is that; black or white, night or day, left brain or right brain, good or bad and so on. We have a strong attraction to ideologies, to control nature and mankind. We live in survival mode and we are driven by fear, guilt and separation. Take a look at media information, world news if you need convincing. The information is staggering and all doom and gloom. Our World, the Planet, is collapsing around us and, until collectively we raise our vibrational band, this is all we have to look forward to.

Let me ask you a question: how many of you during the period of isolation with Covid-19 thought about our universe, our place in it, what



is wrong with how we are surviving and is there a better way? It is an unprecedented time when guilt free you could get off the wheel, spend time with the families and look inward. Making the leap from 3D to 5D is not as difficult as you may think. For many centuries this 'enlightenment' has seemed to be only for the spiritual leaders in our world but the time has come for us all to expand our consciousness and take a leap of faith. Here is what I wrote in the last issue of The Psychic News NZ about the 5th Dimension:

**THE FIFTH DIMENSION** - The plane of light, the dimension of unity ( Ref. Previous issue for more information).

This is where the individual merges harmoniously with the group, in oneness. We have a collective consciousness where the individual, without sacrificing their uniqueness, becomes increasingly aware that we all are one. The issues of duality, you and I, become we. The polarities of male and female, light and dark, good and evil are all transcended as now we understand these opposites were never in conflict only complementary. Actions are based on love and not fear. At this point in your ascension, immortality is attained.

Raising our vibrational energy can begin with what I suggest is a simple pathway, requiring just a little change of perception. You must believe in the vast universe that is beyond our knowing and at times our comprehension. During our time on earth we will remain in the 3rd dimensional space, however, by raising our consciousness to the 5th D, we will come to see that fear, suffering and all the human frailties are unnecessary. Accept that we are all one even though we can still retain our individual characters which have become so important to us.

Spend 5 to 10 minutes a day observing your thoughts. This is where your power is. Say, "I am not my mind, I am not my body, I am a spiritual being". Allow you yourself to be in the world but not of it. As you observe your thoughts, you will no longer be affected by events outside of yourself and life will become more peaceful, less stressful, maybe even bliss. There is so much more on the topic of our ascension, just remember when you do it for you, you do it for all mankind. There are many willing to help you once you commit to the path.

**Good Luck Rhoda x**







## *Channelled Insights*

### *Striving to be More of Me - By Gwen Read*

"To strive for something implies working towards something currently beyond your reach, beyond your expertise, beyond your experience. It is good in life to have goals, for in setting goals you set the intention. Once the intention is set, to work towards something, the steps are put in place for that to come into fruition.

But when you are speaking about becoming more of yourself, the situation is different. You have within you everything that you need. It is not a case of looking outwards. It is a case of looking inwards, to connect with all that you are, most of all to allow that connection to become a reality, to be able to be worked with, to be utilised, and the fruits of that inner you to be allowed to blossom. It is not looking outward that is important. It is allowing that connection within to resolve-to dissolve-the barriers, the self-imposed barriers, to allow that connection to be fulfilled.

The inner fears which hold you back, which hold back the desire for self-expression, which hold back your full development, need to be addressed, to give you the freedom to be truly and completely who you are, to allow all that is within to be expressed, to be utilised and to allow you to move into your fullness.

There is so much within which needs to be expressed, which needs to be shared, and, while these fears prevent this happening, there will always be an inner sense of frustration, for your soul is ever prompting you to allow full expression of all that you are.

So, let your striving not to be for MORE of who you are. Let your striving be for ALL that you are to shine fully in the light of love and firmly set your intention to work to your potential in the service of the spirit world and of mankind.

You know this is your purpose and we urge you to be conscious of the degree to which you are preventing this.

You do know that you are always supported, from both worlds, always have been and always will be, and you inwardly know that there is no logical reason not to allow yourself to be all that you can be.

Rejoice in the possibilities and the fulfilment which will be yours when you allow this, and know that the rejoicing will not only be within you, but equally from many in the spirit world also.

Please be ever mindful of your true purpose and allow yourself to be ALL of who you are".



## My Uncle's Proof of Life After Death By Annmarie Bourne



My Uncle passed away a year ago last month which was unexpected and a complete shock to my family.

He lived in Australia, so I travelled with family to attend his funeral. His service was lovely, he had been in the military and they played The Last Post for him which was such a nice touch and he would have loved that.

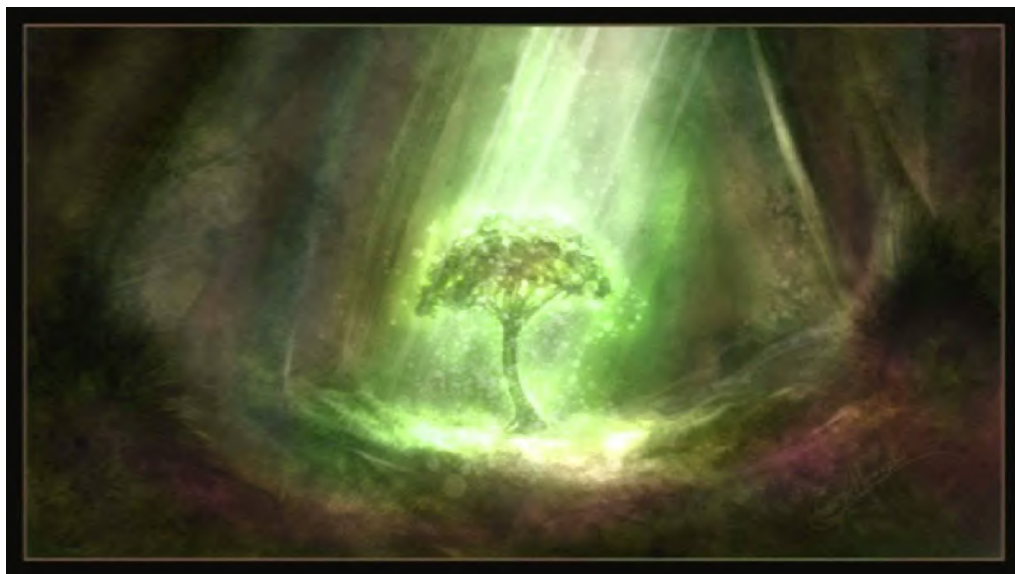
A few months after returning from his funeral, I had a reading with Eunice as I wanted to connect with my Uncle. I came looking for answers as to why he had taken his own life - my family desperately needed this. Eunice was able to describe him perfectly and one word which he used was my confirmation that we had connected with him. At the beginning of the reading, he was quite distressed because of his action and the resulting hurt this had caused. Through the session, I was encouraged to talk to him and we had a good two way conversation. By the end he had calmed down and we were both feeling more at peace. He told me he would visit me when he was ready.

Months passed and one night, I had a visitation dream from my Uncle. This dream was different, unlike the usual dreams I have, and it felt like we had actually met. I can remember every little detail, as you would if you met up with someone in real life, and I have no doubt this was a visitation as opposed to a regular dream. My Uncle came to me, just like he said he would in my reading with Eunice. He was happy and looked exactly the same as he did when I last saw him which was such a happy occasion - he even had the same outfit on. He ran over to me with a big smile on his face and was genuinely happy to see me. I was able to give him a big hug and a kiss on his cheek and give him a message - something I wasn't able to do before he passed. Although he didn't say anything to me, it was confirmation that he was happy, had completed his healing and was now where he needed to be.

Anzac Day was always a day my Uncle was involved in. He would attend the dawn service and march in the parade with pride alongside his fellow members. As a way of honouring him this Anzac Day, my family paid tribute to him by making a milk bottle lantern and standing at our driveways for the Dawn service.

A little later that morning I opened the curtains and the windows were completely covered in condensation except for one patch that looked like a poppy. I have taken this to be a gift from my Uncle to let us know he is ok.





Life is the river upon which the soul flows, as it meanders through all kinds of stages, inclusive of both beauty and despair. This ends where reflection upon one self's death is the fundamental force which allows the journey to continue in the most appropriate form and direction. At times, life can be ridden with anguish, and darkness consumes the mind. But it is in these times when an acknowledgment of a higher calling must be heard, and the willingness to face hardship transmutes into a pathway of light.

In order to live in contentment, the soul must witness the dark, to truly understand itself, so it can learn and grow.

By Thomas Cato

June 2020





## Meditation - An Explanation By Shakira Quinn Fusion Therapy

As the popularity of meditation is spreading, more people are discovering the physical, mental and emotional benefits of this practice. But meditation is not static, rather it is an ongoing and evolving process, enabling the mind and body a sense of freedom, awareness and for many, a strengthened spiritual connection.

There are many reasons to incorporate meditation into life - increased self-awareness, spiritual evolution, improved levels of concentration, and as a useful method of stress reduction. Through this gateway, people often discover other benefits such as increased pain tolerance, self-discipline, better sleep patterns, changes to their outlook on life, elevated mood, and the reduction of anxiety disorders, phobias, paranoid thought patterns and obsessive-compulsive behaviours and addiction issues.

There are many styles of meditation, both active and passive. For some, meditation is about concentration and contemplation, for others it requires activity. The aim of Passive (focused meditation) is to bring the mind to a single point of stillness – visualising a flame, chanting OM, focusing on the breath, and guided meditation. More active practices can take the form of expression such as chanting – as in Kirtan, physical movement such as Tai Chi, or walking meditation known as Kinhin.

But meditation can be so much more than rigid practices. Developing the capacity to control our brain into non-activity and silence is an achievement. But why? Surely the construct of 'quietening the mind' to find something eternal or sacred, robs us of the eternal flow of creative force that is our sacred existence.

**“The soil in which the meditative mind can begin is the soil of everyday life, the strife, the pain and the fleeting joy. It must begin there and bring order, and from there, move endlessly. But if you are concerned only with making order, then that very order will bring about its own limitation, and the mind will be its prisoner”** (Extract from Krishnamurti's book MEDITATIONS)

I believe meditation is one of the greatest arts of life – and can take place anywhere, anytime, while doing anything and everything. Meditation is directly related to our everyday activities, not something separate. And in remembering this, our life can become our own unique and greatest meditative practice – the living meditation.

**Shakira is a clairvoyant healer, bodyworker and musician, who has created guided meditations available on the Fusion Therapy YouTube channel, which can also be accessed via her website, under meditation [www.fusiontherapy.co/meditation](http://www.fusiontherapy.co/meditation)**





### A Gift from the Other Side - By Juri Kato.

In 2007, I came to New Zealand to study English.

I was meant to return to Japan after a year but I loved it here so much, I decided to stay longer and continue my study.

In 2016, I found myself in an emotionally abusive relationship and my only solace from this relationship was a Spiritual development circle.

My tipping point came when my mum called from Japan to tell me that my granddad had a stroke and was on life support. My grandad and I always had a very special bond. I was born on his 50th birthday and I was his little princess.



My handsome Grandad  
with me as a baby

Devastated by this news, my partner was no support and we had a huge argument. At breaking point, I left the house in a very distressed state and managed to pull myself together enough to attend my class but I struggled. My heart literally couldn't take anymore and I broke down at the end of the class. A couple of the circle members comforted me and afterwards, I went home to organise my flight to Japan but unfortunately, the earliest flight was two days away.

Once I got to the hospital in Takasaki my home town, I was told that my grandad's body had basically shut down already but his heart was still beating strong.

My mum and I stood by his bedside and sent him healing. Several hours after my arrival, my beloved grandad passed away with us holding his hands.

At his funeral, I not only got a sensation of gratitude and love from my grandad, but also an image of a man I knew who was one of the circle members and had comforted me on the night my mum had broken the news of my grandad's stroke. I thought it odd and I didn't give much thought to this but it kept happening. Every time I sensed the presence of my granddad, it was accompanied by an image of the same circle member and my granddad would push the image towards me.

When I came back to New Zealand, I was determined to leave my partner and oddly enough, this circle member offered help and support I needed at this time.

We didn't know much about each other and there is a huge age difference between us so I brushed off the reoccurring images of him my grandad continued to send me. But I did have to accept that there was this undeniable "pull" towards this man. Months later one night after circle he asked me out. I questioned him in disbelief. Why on earth would he ask me out? A person whose life is a total mess?

His answer was, that he was just drawn to me. I felt a very strong presence of my granddad around us.

That circle member is now my husband and I am truly blessed to have such a supportive and loving person in my life. I am forever grateful for my grandad for this amazing gift of introducing me to my true love from the other side.



Cameron and me on  
our wedding day



## ARCHANGEL RAPHAEL: BREATHE IN THE EMERALD GREEN RAY OF LOVE AND POWER

*Let it fill you and enfold you in its warm healing power and assist you on your journey by bringing you back into a high vibrational state...* Channeled by Genoveva Coyle.



Greetings dearest ones! I AM Raphael, I AM Archangel of Love and Light, I AM Healer of the Universe – always on call, in service to the Mother and to you all.

I come today to bring you the Emerald Green Ray of Love and Power. I come to ask you to breathe it in so that it fills you and enfolds you in its warm healing power. I am here to ask you to allow the emerald green of healing to assist you on your journey so that you can proceed gently and calmly on your chosen path.

Healing comes from forgiveness of yourselves and of all the negative experiences that you remember. There are some bitter bits and pieces of your story that come into your minds from this lifetime, and some from previous ones, but it really matters not when you chose to experience any of these harsh lessons. What matters is that you remember them to get the entire picture and the gem of the lessons and then let go of them.

Shed emerald tears of healing and forgiveness for as long as you need, but do not allow these memories to pin you down in low vibration for too long. This is not what you intended to do when you decided to go through those scenarios with the beloved members of your soul family.

You have this tendency to ponder on your perceived problems or traumas in the false belief that the more you study and re-live them, the deeper you get into the reasons for the experience undertaken, and that, therefore, it would be easier to avoid the same in the future. But the truth of it is that you need to see them as events and planned experiential roles and templates that you decided to undertake for the sake of your soul's expansion and growth.

You do not want to have them repeated and felt, in real life or in a dream state. And so, all you have to do is to let them go and then move on. They have the same weight and importance as your experiences of the other side of the spectrum – the positive, light, and good ones. Both of them had extreme power to teach you about life in duality, about the balance and moderation that is needed for a smooth and even expansion of all of the parts of your wondrous selves.

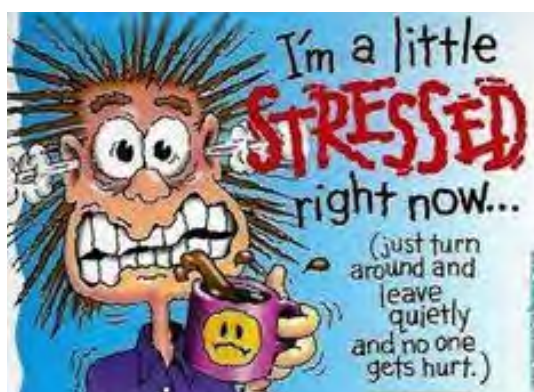
Let the emerald green remove and dissolve any harsh feeling and suffering. Call on it and give it a few minutes every day to bring you back into a high vibrational state that will help you to stay centered and poised, a stable leader and pillar of light, a teacher and healer of all.

I thank you for your service. I commend you for your fortitude and stable presence on planet Earth at this time of chaos and transformation. Stay in love and peace! Farewell!

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**Feeling Stressed? Confused? Doubtful? Anxious? Nervous? Shy? Failing to learn Life's lessons? Feel like your Back is against the wall? Constant Worrying Thoughts going Around and Around and Around in your head ???!!!**



## **YouThrive Bach Flower Blends** **The Easy Way To Feel Good**

Natural pleasant tastings drops to help you feel emotionally stronger and sleep better.

Most people have heard of Rescue Remedy.

There are 38 Bach Flowers in total. 5 make up Rescue Remedy. I've chosen the 6 below to outline their properties, because right now I feel they are pertinent for the challenges some people are experiencing emotionally right now.



**Wild Oat** is the remedy for people who feel they want to do something worthwhile with their lives but don't know which direction to go. They tend to drift from one thing to another without finding a true path. They become frustrated and downcast as a result.

In a Wild Oat state, the goal itself is less defined. For example, you know you want a fulfilling life. But does that mean getting married or staying single? Finding a career? Changing religion? It's much more difficult in a Wild Oat state to define the options as our goal is not clear. When we are in this state of frustrated and vague ambition, Wild Oat helps us find our true path. It puts us back in touch with our sense of purpose so that the way ahead seems clearer.



**Cerato** helps with the problems that come after a decision is made. Doubts creep in and we are no longer sure if what we have decided is right. Cerato helps us have more faith in our judgement so that we can listen to our inner voice and trust our intuition and the decisions we make.





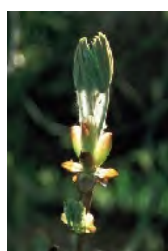
**Mimulus** is used as a type or personality remedy for those of us who tend generally to be nervous, timid and shy. We might blush easily or stammer, and will usually avoid social occasions and any event where we will be in the limelight.

It brings out the quiet courage and strength that lies hidden in all of us so that we can face the everyday trials of life without fear.



**Larch** is the remedy for people who feel that they are not as competent as others. They lack confidence in their ability to do things well, assume they will fail, and often don't bother to try. The remedy helps us to move ahead regardless of thoughts of success and failure.

The more prepared we are to take risks and get involved, the more we get out of living.



**Chestnut Bud** is for people who fail to learn the lessons of life.

They may repeat the same mistakes over and over, such as taking a succession of identical jobs and being surprised to find each one unfulfilling. It's good to move on and leave the past behind, but in a Chestnut Bud state we are almost too ready to do this. We give so little thought to the past that we fail to learn and are doomed to repeat our failures. Chestnut Bud helps us learn and move on to genuinely new experiences.



**Sweet Chestnut** is the remedy for people who have reached the limits of endurance. They have explored all avenues and see no way out of their difficulties. They feel there is nothing left for them but annihilation and emptiness. In this extreme state, the remedy helps us remain masters of our lives, and renews our hope and strength.

Sometimes a way ahead may open even when we expect it least.



**White Chestnut** is the remedy for unwanted thoughts and mental arguments that intrude into the mind and stop us concentrating.

White Chestnut thoughts are often described as 'worrying' – but they are not necessarily anxious or fearful, more repetitive. They worry at us like a dog worries a bone. They circle round and round in the head like a looped recording. The remedy helps us think straight. We can deal calmly and rationally with any underlying problems that might be causing the trouble.

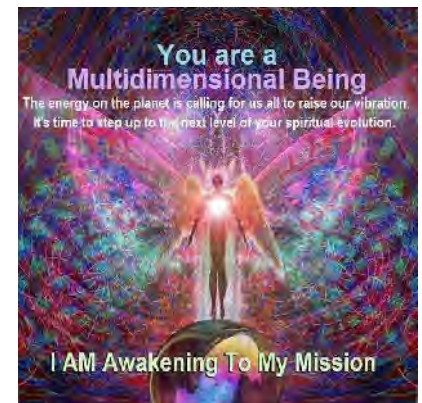
These plus other remedies are mixed together in YouThrive Flower Essence Blends to help you feel better naturally.

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Acknowledgement - The Bach Centre U.K.

If you feel it's better to stay in the background and keep your light hidden, think on this.

When you feel pushed to the fore front  
It is Spirit that is pushing you.  
When you are seen others begin to take notice.  
When they take notice the seed is sown  
Then you are able to be of more effective service to Spirit.



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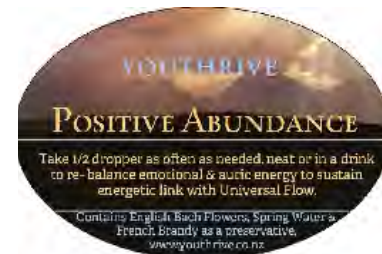
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