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The Intuitive Connection

Just Ask

This newsletter is all about you and your questions. I call it the "Just Ask" segment. Without further ado...

Animal Communication Questions

Q: How does animal communication work?

A: Animals communicate telepathically, which means they send thoughts directly from their mind to ours. Anyone can be an animal communicator (in fact you are already doing it). Thoughts are energy. When you think "I should take Spot for his walk," that translates into energy which is received immediately by the animal. That's why Spot is already sitting and waiting by the door before you've even picked up his leash. It just takes an open mind, grounding, and practice to receive the message from the animal.

Q: Do you really hear what the animal is saying, or does your brain just translate the message?

A: I believe my brain translates the energy into a meaning that makes sense to me. For example, a spider got into our house, so I called my son over to take the spider outside. My son put a cup over the spider and tried to get it to crawl up the side of the cup so he could take it outside. The spider refused to cooperate, so my son suggested that I communicate with him. I asked the spider to climb up the side of the cup and explained we would take him outside. The message I received back was "bite me." Did the spider actually say "bite me"? Probably not. But my brain translated his thoughts/energy into a message that was clear and made perfect sense to me what he thought about my suggestion to climb up the cup. In case you are wondering what happened to the spider, my son had to take a piece of paper and slide it under the cup to take him outside. He thoroughly refused to cooperate and climb up the cup.



Q: Can you communicate with animals that have passed?

A: Yes. Even though they no longer have a body, their essence doesn't cease to exist when they die. Their energy still exists and is often seen, felt, sensed, or even smelled many times by their guardians. Communication works the same way as with a living animal. It is a matter of tuning into their energy and having a telepathic conversation.

Q: Do animals have souls?

A: I truly believe all living beings have souls, which includes animals. Like humans, animals also have a purpose and lessons to learn in their lifetime.

Q: My dog won't stop barking, how can I get her to stop?

A: Without knowing all the specifics, I'm going to offer some general advice. You may be part of the problem. When your dog barks, your first thought is most likely "don't bark." If this is your first thought, what you've really communicated to your dog is "bark." How, you might ask? If you think of the phrase "don't bark," the picture in your mind is of your dog barking. What you actually communicated is the picture in your mind, not the words. Animals don't understand negatives like "don't." They do understand the picture of them barking, which means you want them to continue to bark. Instead, what you need to do is picture the behavior you want (like your dog laying or sitting quietly). Hopefully this helps with the barking.

Q: Why does my cat sit and stare at me? Is she trying to tell me something?

A: The answer is most likely yes. When your cat gets quiet and just sits and stares, she may be trying to connect and send you a message. Try sitting quietly for a moment, take a few deep breaths, and just allow any thoughts to enter your brain. If one thought stands out, it might just be from your cat.

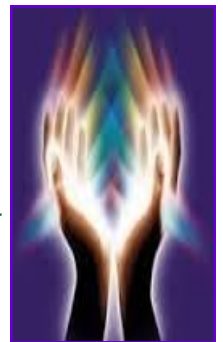
Q: How can I tell the difference between an animal sending me thoughts and my own thoughts?

A: This is a little tricky, because the telepathic communication comes into the same part of the brain as your imagination. It is difficult to separate the two thoughts, as our mind is always trying to fill in any blanks. The best way I can explain it is that the thought doesn't originate in my brain, it just sort of appears. It feels different. For example, my dog could be sitting and staring at me. My brain will start to think what does he want? Is he hungry, does he need to go outside, and suddenly in the middle of my own thought process the word "ball" appears or I see a picture of a ball in my mind's eye. My thoughts weren't going in that direction, but yet the "ball" suddenly appeared. Another way I can distinguish the communication is when the word "ball" appears in an actual voice in my head. These thoughts are much easier to distinguish from my own thoughts as there is literally a different voice (other than my own) attached to it.

Energy Healing Questions

Q: How does energy healing work?

A: Our bodies are made of energy. When we are healthy, our energy flow is strong and continuous. When we are ill, the energy flow is slow, unbalanced, or fragmented/broken. Energy healers use their bodies as a conduit and call in healing energy that an individual needs to restore the strong and continuous flow of energy. The healer can send energy to the part of the body



(or aura) where it is needed, or remove excess energy if there is too much in one area. This helps to restore the strong and continuous flow, thereby returning the body to its natural healthy state.

Q: How many energy healing sessions will it take for my “condition” to be healed?

A: Everyone is different. I’ve been able to assist people with their condition in just one session, while it takes multiple sessions for others. I believe a big part of it has to do with the person wanting to get better. If the person is not ready to get better, there is no amount of energy healing that will work. I also believe the person’s condition plays a role in the healing. If they have been living with the condition for a long time (such as arthritis, diabetes or cancer), they have “accepted” that condition as part of who they are. Once you have accepted something as your own, it takes longer to change not only your thought process, but to change the energy in your body itself to reverse the condition. Energy healing can assist with this process.

Crystals/Stones Questions

Q: How can crystals/stones help heal me?

A: Everything has a vibration, even crystals/stones. When your body has an “issue”, as mentioned in the question on how energy healing works, your natural energy flow is disrupted. For example, when we catch a cold, our body begins to conserve energy (we become lethargic, tired) to fight off the virus. Having a crystal/stone on or near your body allows your body to absorb the vibration. Absorbing the vibration raises your body back to its full healing capacity, which allows you to get over the cold (or issue) faster. The really cool thing about crystals/stones is they are not limited in their healing. Usually when an issue appears in your physical body, it has been manifesting for a while. The issue could have originated in your spiritual or emotional bodies, each of these components being part of your aura (energy field). The crystals/stones don’t distinguish where the disruption is. Your aura just absorbs the vibration and sends the energy where it is needed to heal.

Q: How do I know what crystal/stone is right for me?

A: Two words, muscle testing. Muscle testing allows your own body to determine what it needs or doesn’t need. Your body instinctively knows what it needs or what is good for it. Muscle testing allows your body’s instinct to take over and determine whether the crystals/stone is the right one or not. This is a little tricky to explain without a visual, but basically you want to stand with your feet about shoulder width apart, and your weight evenly balanced on both feet. Hold the stone or crystal in your hands, and place your hands in front of your abdomen, just below your belly button (this is the area where you get your “gut” reactions at). Now ask (or think) “Is this for my highest good?” If the vibration in the stone would benefit your body, your body will actually start pulling you forward towards the stone. If the vibration is not beneficial, your body will lean away from the stone and go backwards. If you don’t move one way or the other, then the stone is neutral, not good, not bad, just okay.



Introducing New Workshops

Animal Communication Workshops

This workshop will teach you the basics on how to communicate with animals. The workshop includes guided exercises to help hone your communication skills, materials to take home, and ends with a live communication with my dog Montezuma.

Dates:

Saturday, 7/25/15

Saturday, 8/22/15

Times:

9:00-11:00

Location:

Fairfield, CA

Wire Wrapping Workshops

This workshop includes hands-on instruction in wire wrapping loose stones/crystals. Participants will receive their own kit, which includes: a case, tools, wire, and other materials to take home. Stones will be provided, or feel free to bring your own. Class size will be limited to 6 participants to ensure personalized attention.

Dates:

Saturday, 6/27/15

Saturday, 8/8/15

Times:

9:00-11:00

Location:

Fairfield, CA

Advanced payment is required for all workshops. For your convenience, PayPal buttons have been included on my [Trinity Healing website](#). If you need to pay by other means, please contact me. Address will be provided after payment/registration.

Upcoming Events

Healing Arts Festival

Sacramento Scottish Rite Masonic Center

6151 H St

Sacramento, CA

Saturday, July 11

Sunday, September 13

10:00–6:00

Animal Communication and Custom Stone/Crystal Healing Jewelry

Santa Rosa Gem & Mineral Show

Wells Fargo Center for the Arts

50 Mark West Springs Rd

Santa Rosa, CA

Saturday, September 26 & Sunday, September 27

10:00=6:00 and 10:00=5:00

Animal Communication and Custom Stone/Crystal Healing Jewelry



Trinity Healing

STACEY FERRELL

Fairfield, CA

Phone: 707-631-0052

E-mail:

contact@trinityhealingconnection.com

Website:

www.trinityhealingconnection.com

Services offered:

Animal Communication

Energy Healing

Custom Stone/Crystal Healing Jewelry

Educational Workshops

For your convenience, services can be scheduled in
person or remotely.