



# The Intuitive Connection

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## Recharging Your Batteries

I don't know about you, but I'm exhausted. Now that the holidays are over, I find that my energy is drained. Don't get me wrong, I love the holidays, family, and all the traditions that go with it, but I'm tired and I just haven't found a way to "catch up." Or maybe I just haven't taken the time to "catch up."

It's important to find ways to take care of you, and renew and recharge your energies in order to have a healthy balance between body, mind and spirit. Since everyone is different, let's explore several options on how to "recharge" ourselves to enjoy what the new year has to offer.

### Cleanse Your Body & Eat Healthy

Over time, our bodies build up toxins from the products we use, to the food we eat, to the air we breathe. It's important to help your body get rid of those unwanted toxins so that it can function efficiently. Detoxing can help recharge your body, boost your energy, improve digestion, improve skin, and sometimes shed a few of those unwanted pounds. There are many good and *healthy* detox regimens out there. Just make sure that the one you choose is truly healthy and can be incorporated into your lifestyle in order to get the full benefits. Here is one example of a 30 day cleanse using dōTERRA products. Equally important is what you put back in your body. Eat healthy with whole foods (avoiding processed foods if possible) and make sure to drink plenty of water.

30-Day Renewal			
	GX Assist	1/meal 2-3x's per day*	10 days
	PB Assist+	2 capsule with 2-3 meals/day*	10 days
	TerraZyme	1-2 capsules with meals/on empty stomach*	30 days
	Zendocrine	1-2 capsules with AM and PM meals*	
	Zendocrine	2 drops in capsule with AM and PM meals*	20 days
	Slim&Sassy	1-2 softgels 20 minutes before each meal*	30 days

### Get Plenty of Sleep

If you don't get enough sleep, your health can really suffer. Here are some of the negative side effects of not getting enough sleep: trouble concentrating, feelings of anger or depression, having trouble learning, remembering or thinking, getting sick more often, feeling less motivated, weight gain, lackluster skin and increased signs of aging, higher blood pressure, decreased sex drive, etc, etc, etc. Studies show that over time, people who get less sleep feel as if they've adapted, but show impaired mental alertness and performance. We get to a point that we don't even realize how impaired we are due to sleep deprivation. Some tips on how to improve the amount and quality of sleep include: avoid chemicals that interfere with sleep (caffeine, alcohol, nicotine, etc), establish a soothing pre-sleep routine (take a bath, read a book, put down your cell phone), go to sleep when you are truly tired, don't watch the clock (it can induce stress and make it harder to sleep), have a lighter evening meal, balance your fluids, exercise regularly, and avoid too many naps. There is no *right* number of hours of sleep that you should get (as everyone is different), instead look forward to waking well-rested without the aid of the alarm clock.



### Toss Out Those Negative Thoughts

Besides physically detoxing your body, you should detox your mind too. Negative thinking does not solve problems, in fact the opposite is true. You are what you think, so if you get stuck in that negative space, you attract more negative things your way, and the viscous cycle continues. This includes hanging around negative people. Positive thinking is not only good for us mentally, but is good for us physically by reducing the amount of undue stress we are under. You may not be able to escape every negative thought (or person), but as soon as you catch yourself thinking something negative, mentally erase it and replace it with a positive thought (or try and remove yourself from the negative person's influence). I promise you will see amazing results in your life simply by changing how you think and by adding positive people in your life.



### Make Time For Yourself

Most of us are so busy taking care of others or to-do-lists, that we don't take any time to care for ourselves. Not only do we put ourselves at the bottom of the list, there are times when we don't even make the list at all. It is NOT selfish to take care of yourself! If you are not healthy, how do you expect to care of someone else? Put yourself at the top of your to-do-list. Whether it is exercise, taking a nap, going out into nature, getting a massage, doing yoga, or taking a quiet bath, carve out some you time. I recently started taking yoga classes twice a week with a friend. No matter how tired I am at the beginning of class, by the end of the hour I feel stronger, more alert, and energized because I took some me time.



### Release and Take Back Your Energy

For those who are empathic, like me, it is vital that you develop a routine to "purge" the energy you've picked up from others. Empaths naturally take on the emotional and physical ailments of others whether they realize it or not. In my work with animals, I let down my shield and allow what the animal is feeling into my body to deliver more accurate information to the person I am doing the reading for. I'm aware that I'm doing this, but if I'm not careful to release the energy once I'm done, what I've allowed in can quickly become mine. I've gotten pretty good at releasing the energy, but I'm not always perfect and I forget how much another's energy can influence my well being. One of my way's of releasing is to ground and connect myself to the earth and call in healing light energy. I consciously release any energy that is not for my highest good (whether mine or from someone else) into the earth. From there, I transmute (or change) the energy into healing energy for the planet. After all, if I don't want the negative/toxic energy, it's not fair for me to dump it into the planet without changing it first. The other thing I like to do is to "reclaim" my energy that I've left scattered around. As we go places, and interact with people and things, we leave a little part of our energy out there. So calling back your scattered energy is a good way to get a "boost" as it returns to where it belongs. Just make sure to transmute it first into healing energy, otherwise you might end up with other negative or toxic energy attached to it.



Please take care of yourself, and give yourself time and permission to recharge. Get a buddy, if needed, and use tools available to help you (I use essential oils, natural supplements and crystals as my daily personal tools). Remember, you are important and no one can replace you.



## Upcoming Events

### **Mile High Mystics Love Is In The Air Spiritual Arts Festival**

Hassayampa Inn  
122 E Gurley St  
Prescott, AZ  
February 9th  
9:30-4:30



*Trinity Healing*

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## Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

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

### Referrals

Needing a service I don't provide? I recommend the following:

**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: [info@anneangelheart.com](mailto:info@anneangelheart.com)

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**Kris Tondee**

Psychic Reader

Website: [readingsbykristondee.com](http://readingsbykristondee.com)

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