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# The Intuitive Connection

## Surviving The Holidays

I'm always amazed as I walk through the aisles at the store and find Christmas decorations in October. October?! Halloween hasn't even happened yet, let alone Thanksgiving. That's usually about the same time of year that I realize that I also haven't done any of my holiday shopping either. You see, each year I vow to shop and buy gifts throughout the year, so when the holidays role around, I will be done. Yet each year, I find myself fighting over parking spaces, going elbow to elbow with shoppers, standing in long lines, fighting fatigue, and getting cranky and stressed out the last two weeks before Christmas. I haven't even mentioned the dreaded "R" word yet (relatives).

Let's face it, the holidays can bring out the best in people, and the stressed in

people. Let's look at just some of the things that we are likely to try and accomplish during the holidays.

First there is Thanksgiving. If you are the host, you have the responsibility of planning the perfect meal, coordinating, shopping, cleaning, decorating, playing chauffeur, cooking, entertaining, playing referee (between the relatives), playing concierge (to relatives or guests staying with you), cleaning dishes, and cleaning again once everyone leaves. Now this list doesn't include when things go wrong.

Then there is Black Friday. I've attempted to par-

ticipate in this event twice, and I will never do it again. You've just finished surviving family and all the food; you go to bed, get a couple hours of sleep (if you are lucky), and then get up at an ungodly hour to stand out in the freezing cold, in a line that never ends, surrounded by equally cranky or pushy people, competing for those super-savings discount items (all two of them).

Next, we have Christmas. Some of the things you can look forward to are: travel, shopping, more cooking, more cleaning, trying to find parking, more shopping, pushy people, money madness, mailing or shipping, more relatives, wrapping gifts, decorating, parties, religious celebrations, and finally credit card bills.

Somehow, the true meaning of Thanksgiving



and Christmas seems to have gotten lost. It's no wonder with all the pressure we put on ourselves (and what society and retailers pressure us into) that we are **STRESSED** out.

There are a lot of tips you can find on how to deal with stress, such as stay positive, be yourself, have a plan, get plenty of sleep, make a budget, etc. But this isn't

called the Intuitive Connection for nothing, so I plan to offer a few tips to help relieve stress that are "outside the box."

Over the next few pages, I'll offer you some alternative solutions to relieving stress such as meditation and grounding, natural stones or crystals, and energy healing.

My goal is to give you some

tools that will help you to have the most memorable and positive holidays, while leaving the stress behind.



## Meditation and

What image comes to mind when you think of meditation? Does it look similar to the picture on this page? That was always my vision of what meditation looked like. Crossed legs, fingers and thumbs touching, eyes closed, deep cleansing breaths in, while exhaling the standard "Ohmmmmmm." While this type of meditation might work for some people (I'm not knocking it, really), I personally could never get comfortable enough to relax (my legs and backside would end up screaming out in pain).

While taking a workshop several years ago, I learned how to

"ground" myself. What is grounding, you might ask? Grounding is the process of focusing your thoughts, energy, and feelings back to the present moment. The process that I learned involves opening your chakras and connecting to the Earth, but there are many different ways to ground. And different ways work better for different people. Which ever way you choose, some of the benefits of grounding are that it helps you to relax, opens your mind, helps you to be present in the moment, allows you to receive healing energy, and allows you to release excess or negative energy. Physically, grounding

helps you lower blood pressure, release stress or anxiety, and helps you feel more relaxed.

I've included one grounding technique for you to try. You can have someone read the technique for you, or you can record it and play it while you try the technique. I hope you find it helpful.

### Roots Technique:

Sit or stand in a comfortable and relaxed position, with your feet flat on the floor. Let your arms rest gently on your legs in an uncrossed position. Close your eyes, take a deep breath, and feel yourself begin to relax. State

your intention "I intend to ground to connect to the universe and all things," or "I intend to ground to become one with nature," whatever feels right and fits your situation, as long as it is positive.

Take a deep breath in. When you exhale, imagine that you have roots growing out of the bottoms of your feet and your tailbone (Root chakra). The roots can look like anything you want—dark and strong like tree roots, bright and flexible, beams of



light, whatever you are comfortable imagining. Continue to take deep breaths, and with each exhale, send your roots deeper and further into the Earth. Imagine your roots reaching the center of the Earth, where you see the Earth's core. Wrap your roots around the core and let the energy from the core absorb into your roots. Your feet might feel tingling, or you might feel a pulsing sensation like a heartbeat as you make that deep connection with the Earth.

Now, focus on your Crown chakra on the top of

your head. Imagine opening up the chakra, like a flower opens its petals, or like two doors opening slowly outward. Ask God, Universal consciousness, Spirit (whatever you are comfortable with) to send you a beautiful beam of light down from the sky (you can ask for a specific color, or whatever color is for the highest good, or white light, which is neutral). Allow the light to enter through your Crown chakra and fill your body. Allow the energy to completely fill your body, flowing down into your feet.

Let the Earth energy and Light energy mix together at your feet, then bring the mixture up into the rest of your body. Feel the combined energy as it moves up your calves, knees, and thighs. Feel the energy as it fills up your pelvic area and torso, then past your waist, and up into your chest. Now feel the energy as it reaches your shoulders, then flows down, filling up your arms and flowing into your fingers and hands. Allow the energy to continue filling your body as it moves up your neck, then face, and finally

your head. Your entire body is now filled with the light energy.

Take a deep breath, and when you exhale, feel the connection with the Earth and with the light energy. Take a few more deep breaths, and exhale. When you are ready, open your eyes. You should feel relaxed, centered, and present in this moment. You might feel heavy or weighed down, have goose bumps, or feel tingling. If your hands feel hot or tingling, this means that you can do energy healing work or hands on healing.



## Natural Stones or Crystals

Natural stones or crystals have been used throughout the ages as decorations, signs/gifts of affection, symbols of power, and money. However, crystals have also been used for healing or to make healing elixirs and bring balance to the body.

Crystals or stones were created as the earth itself was being formed. They continue to form and change as the earth forms

and changes. Think of them like the DNA of the earth. They contain the records of how the earth developed over millions of years. At their core, the crystals or stones contain atoms with rotating particles which are in constant motion. Although it may appear that the crystal is not moving, at a molecular level it is constantly vibrating or resonating at a specific frequency. This vibration is what gives the crystal its energy.

At our core, our bodies are also made up of atoms. Like the crystals, we are also vibrating at a specific frequency. This is why our bodies can accept and use the energy from the crystals or stones for healing. Some crystals also contain minerals that have therapeutic properties. In addition, crystals can produce light, electricity, and sound waves which can be directed and focused to heal the body and organs.

Because our bodies con-

tain many levels of vibrations (mental, physical and emotional levels), different crystals/stones can be used to heal or relieve issues at each of these levels through vibration, and rebalancing the body's energy fields.

There are too many crystals or stones to mention in this small article, but since the focus is on coping with stress, I'll focus on the stones that are the most beneficial for stress relief. The following information

was taken from The Crystal Bible by Judy Hall.

Disease caused by stress can be relieved with Ametrine and Beryl. Emotional stress can be assisted with Amethyst, Aragonite, Azurite, Kunzite, Lepidolite and Magnesite. Stones that can assist mental stress are Blue Lace Agate, Ametrine, Apophyllite, Aquamarine, Obsidian and Onyx. Physical stress can be assisted with Amethyst, Herkimer Diamond, Obsidian and Onyx.

Reducing stress can be helped with Apophyllite, Aquamarine, Atacamite, Charoite, Fluorite, Lepidolite, Moonstone, Peridot, Rhodochrosite and Tourmaline. Stones that can be used to release stress are Moss Agate, Azurite, Diopside, Kyanite, Lapis Lazuli, Smokey Quartz, Smithsonite, Tiger's Eye and Tourmaline. Stress can be relieved with Amber, Amethyst, Beryl and Staurolite. Finally stones that can help support in times of stress

are Jasper, Larimar, Onyx and Smokey Quartz.

Which stone is right for you or how do you choose? The best way is to find a rock shop with a wide variety and then pick up each stone and hold it. Feel the vibration of each stone ask yourself "how does this feel?" If it doesn't feel right, put it down. Or do you find yourself being drawn to one in particular? Your body knows what it needs, let your intuition be your guide. You can also

find a qualified healer that uses crystals.

If you live in or near Solano County, I recommend Consolidated Rock and Mineral located at 5115 Quinn Rd in Vacaville, Ca. But be warned, you can get lost for hours in the virtual treasure trove of all things rocks. What appears to be a small shop is in fact a giant warehouse, and is one of the largest in the United States. Happy hunting.



## Energy Healing

ous flow of energy. When an energy imbalance occurs, it prevents the body from functioning normally and healing itself.

So what exactly is energy healing? Energy healing is a non-invasive method that works to restore the balance and flow of energy in the body. Here's how it works.

Everything is made of energy. Our bodies have different energy fields (often referred to as an aura). These energy fields occur at the physical level, emotional level and spiritual level. Each energy field has its own vibration. A healthy body has a continu-

The energy imbalance can occur at any vibrational level, but will manifest itself physically. Have you ever gotten a headache when you were really stressed out?

Energy healing works on all vibrational levels. It assists the body in returning to a natural healing state. Using their hands, energy healers "scan" an individual's energy field to determine where the imbalance is. Their hands sense or "feel" where the imbalance

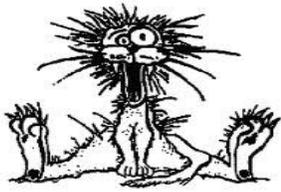
is. The energy healer does not have to actually touch the individual's physical body to "feel" the imbalance. In fact, for me, I prefer to work about 1-2 inches away from the body to get a better "feel" for where the problem is. Some of the things I've felt are heat, cold, a vibration, a void (lack of vibration), a block (thick or heavy feeling), pain or pressure.

Once the location of the imbalance is determined, the energy healer will then send healing energy into the affected area, remove excess energy from the affected area, and help to

restore the balance of energy to the body.

The cool thing about energy healing is that it can be done in person, or remotely. Energy has no limit on how far it can travel, so the energy healer can be on the other side of the world and the process will still work.

Animals can also benefit from energy healing. In fact, in most instances they are more receptive because they see and feel energy all the time. For them, they are just happy they are getting help. Now getting them to hold still is another story.



### "STRESS"

One of my first clients, who also happens to be a friend (and a co-worker at the time) was suffering from carpal-tunnel in both hands. Using energy healing twice a week, we worked together to help control the amount of pain she was in.

Because of our continued work together, I became very in-sync with her, and on a few occasions, the intuitive information I received had nothing to do with her hands, but with the amount of stress she was dealing with (which in turn would manifest in her

## Success Story

hands, creating more pain, swelling, etc).

You see, work was a very stressful place for her. She is the type of person who calls it like she sees it (which isn't always popular with the powers that be). Let's just say some bridges were burned and some injustices were created.

After a lot of soul-searching, she decided to retire. The unit she worked in planned to throw her a retirement party. It was a semi-formal after work party with hors d'oeuvres and gifts. She was accepting of this gift from her co-workers, but did not want anything from management

due to the conflict.

On the day of the party, also her last day of work, she wanted to do an energy healing on her hands. We met in the usual spot, and I could feel the tension in the air. Earlier, she learned that management would be at the party to present her with a plaque. She was so stressed out over this news that it was actually creating havoc on her body. Her heart was beating fast, she felt ill, was in pain, and was pretty much miserable. Her emotional state needed healing, not her hands.

Going with intuition, I instead sent her healing energy to relieve the stress.

In addition, I helped guide her through a grounding process where I helped her put up a protective shield, surrounding herself with white light so she would feel safe at her own party.

It wasn't until we met outside of work later that night that I realized how bad it had been. Because of the stress, she admitted to me that she was actually going to skip out on her own party. She thanked me for helping her to release the stress, and giving her the tools she needed to maintain her composure and enjoy a party that she had rightfully earned after 30 years of service.



## Shelter Stars

Being able to communicate with animals has been a blessing in my life. Animals have given me so much comfort and joy, that I felt compelled to somehow pay it forward. So in December 2010 I started volunteering at the Solano County Animal Shelter. Every Sunday, I select 2-3 dogs or cats to work with. I

send them healing energy and help them work out issues such as fear, trust, abandonment, sadness, etc. Some just need to be touched and loved. Others need to understand why they are there. Whatever the need, I do what I can to help them.

I wish I could adopt them all, but my home (not

to mention my budget) is not large enough for them all. So in addition to working with the animals, I decided to start a Facebook campaign. I take their pictures and I write a bio story on their personality, and likes and dislikes that they communicate. Here are a couple of the adorable animals that are still available

for adoption at the Solano County Animal Shelter in Fairfield, CA. Each animal is assigned a special ID number that starts with A.

If you are interested in adopting one of them, contact the shelter at 707-784-1356 or visit them Tuesday-Friday 10:00-6:00 or Saturday 10:00-5:00. Don't forget to mention their ID #.

A157588 (Baby)



She is a 5 year old black and tan Chihuahua. She was found as a stray in Dixon on 9/15/11.

Nicknamed Baby, she needs a loving and nurturing adopter. She is a little timid and afraid. She has trust issues, but really wants to open up. She was abandoned and left to fend for herself. She is underweight and needs some TLC. She

is the perfect lap dog. Her only interest is being held, and she will crawl into your lap every chance she gets. Given some reassurance, she does come out of her shell.

A155462 (Max)



He is a buff and white domestic shorthair. He was found as a stray in Fairfield on 7/19/11.

This little guy is adorable. He purrs when

touched and is a total ball of fun. He loves to play, and will play with anything. He is not shy or scared. He is especially happy when you are playing with him. He is fun to watch when he rears up on his back legs and pounces. He has a great personality.

A155770 (Sissy)



She is a 4 month old brown and white pit bull/border collie mix. She was

found as a stray in Dixon on 7/27/11.

Nicknamed Sissy, she is what you think of when you think of a puppy. She is sweet, but has a short attention span. She is very playful and will pick up anything in her mouth. She doesn't like balls, but she does like rope toys or any toy that makes noise (she found a plastic water ball and had a blast chewing it). She is a high energy dog. She is very food motivated and learns quickly when food is used as a reward.

If you can't adopt, consider volunteering. Contact your local animal shelter for more information.



# Trinity Healing

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