

Metaphysical Musings

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Janet Sharp - Editor

Happy Summer everyone. I know it's almost gone but there is still the great month of August to enjoy.

It's been a year since I've been in touch and I've missed sending out my newsletter. But life throws us all a curveball every now and then, and I am no exception. Things are better now and I feel like I'm getting back to my normal routine. I have been busy with readings and psychic parties, and I believe they have helped me to heal. I've never been on the receiving end of healing before and I have to admit it took some conscious effort on my part to accept it.

I've always been the sender, the healer, (psychologists have a different word for it!) and now my lesson was to receive. I can't tell you how good it felt to have people sending good thoughts and energy my way. It sounds so abstract and a bit like new age lingo, but I could sense it and even dreamt about being healed. I am so grateful, and it has sent me on some interesting journeys of the soul.

How much, for instance, we effect each other in the course of our lives. When we're sad, angry or just anxious, we should be aware of how it effects the people we share our space with. Even if we don't verbalize it, the subtle energy seeps into those around you. I know how it sounds, but trust me, it's as real as the radio waves we share the air with. These things have become crystal to me and over and over again I get proof of my theories. I love to tell the story of waking up one morning and, out of the blue, deciding

to sell my house. I took out the real estate section of the paper, started checking online, you name it, I was on the hunt. My husband couldn't understand it, normally we discuss things that crop up before we charge ahead. A few days later, my sister announced she was putting her house on the market and moving. I was quiet for a while, realizing I was tapped into her strong feelings about moving. That happened a while ago and it was a good lesson for me about checking in with my feelings before putting things into action. I know what some of you are thinking, that it happens to me because I work directly with psychic energy, *but it happens to all of us*. I could regale you for hours about how often I find this to be true.

Edgar Cayce talks about this in his readings all the time, how thoughts are real. But I didn't understand what he meant exactly, and maybe I still don't get it completely, but my visual for it is imagining it like water. If the waves are steady and easy we aren't really effected by them, but if they get strong or turbulent we (or our emotions) get tossed around. That's why *the Secret* has become so popular, positive thinking is more than just living in lala land, or hoping for the best. It has true energy and it's own vibrations that effect us. Not to mention it puts out into the universe what we want, instead of what we fear or despise. If we focus on the negative things we bring them closer to us by default. So be conscious of whats going on in your head and your heart... you are more powerful than you think!



About Dreaming

Since we are on the subject of positive thinking, let's take it a step further. As a child, I was plagued by nightmares. (Very dramatic, I know) but it felt that way, and it was also an important lesson for me since it taught me how to wake myself up and later have some control in my dreams. I still think that is what pushed me to explore the world of spirit. For many years, when I worked in advertising, I would go to sleep worrying about my job and what was expected of me the next day.

At first it was the old nightmare scenario again, then I started asking, praying I guess, to be given some insight to whatever situation was going on. At first it was some info about things that were bothering me...relationships and such. Then I started to get design ideas and practical info. It was wonderful when I could harness it. When I started to learn about the metaphysical world I would use it to get insights for other people, or about a situation that needed some help. Sometimes it would be so clear it was spooky.

Now I ask to have healing dreams or pleasant ones that just make me feel good and I wake up happy and energized. So it's more of the same idea...don't be directed by things you can control. Put some thought and energy into what you really want and let your dreams help you get there. It's such a simple concept and one of the reasons I'm still fascinated by the dreamstate. So think idyllic thoughts or ask for solutions to some of your issues and see what happens. Good luck and happy dreaming.



Love the moment, and the energy of that moment will spread beyond all boundaries.

Corita Kent, artist



Now for some updates....

I have started something new and I think it's worth mentioning. I will be doing some of my readings at a beautiful new store in Mount Sinai (my hometown, how convenient is that!).

The owner, a young woman named Jena Turner, has been taking reservations for readings (both private and open readings) in her store. You can call the store directly @ 631-642-2377 for the days I'll be there and any other information. She also has people offering their expertise, like meditation and reflexology.

As for the store itself, she sells some metaphysical items along with gifts, jewelry, home decorating and even some furniture! I want to shop every time I'm there to work. It's a wonderful addition to our community and I'm very happy to be associated with it. The name of the store is **BREATHE**.

I hope you'll check it out.

Don't worry, I'm still doing private readings and parties as well. You can email me at my website Janetsharp.com (leave your email address or I can't contact you), or call me directly @631-476-4356.

One last thing, if you want your name taken off my list, contact me, and I will be happy to oblige, but I hope you contact me for better reasons!