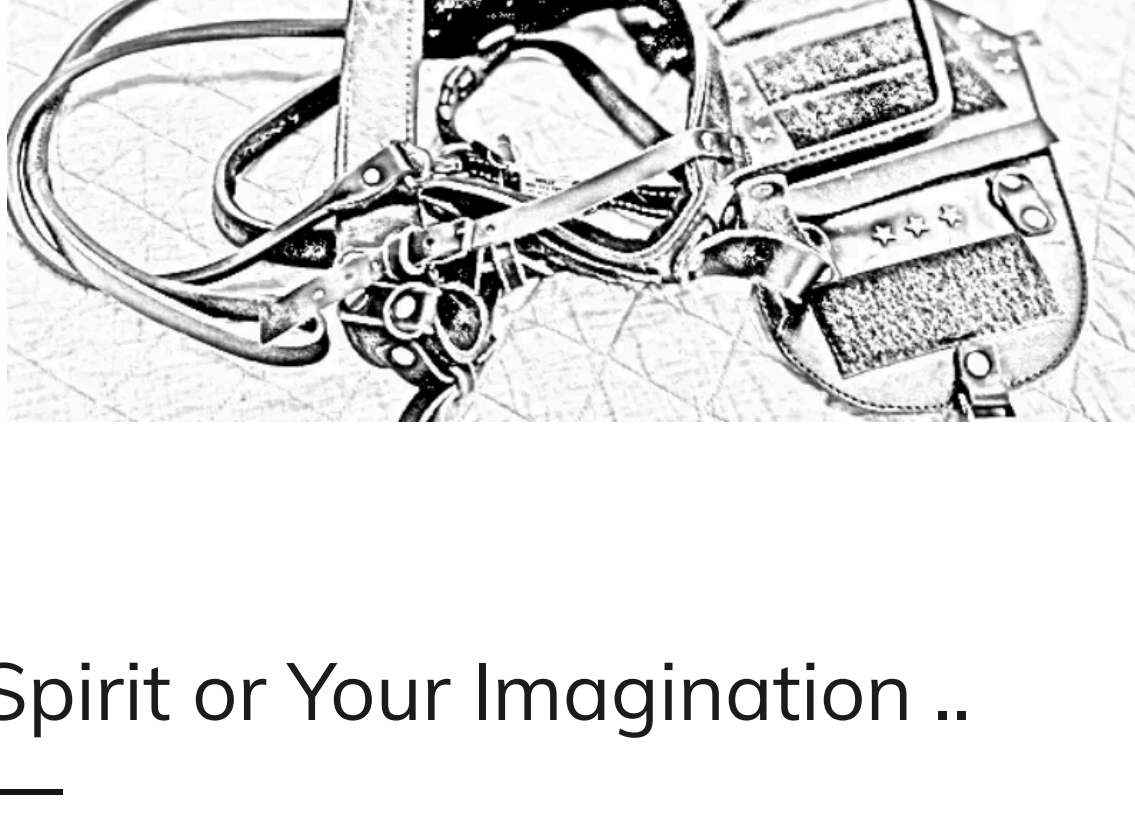




## Connecting the dots ... Illusory Pattern Perceptions ... Evidence of Life After Physical Death?



### Spiritual Journey: Signs from Spirit or Your Imagination ..

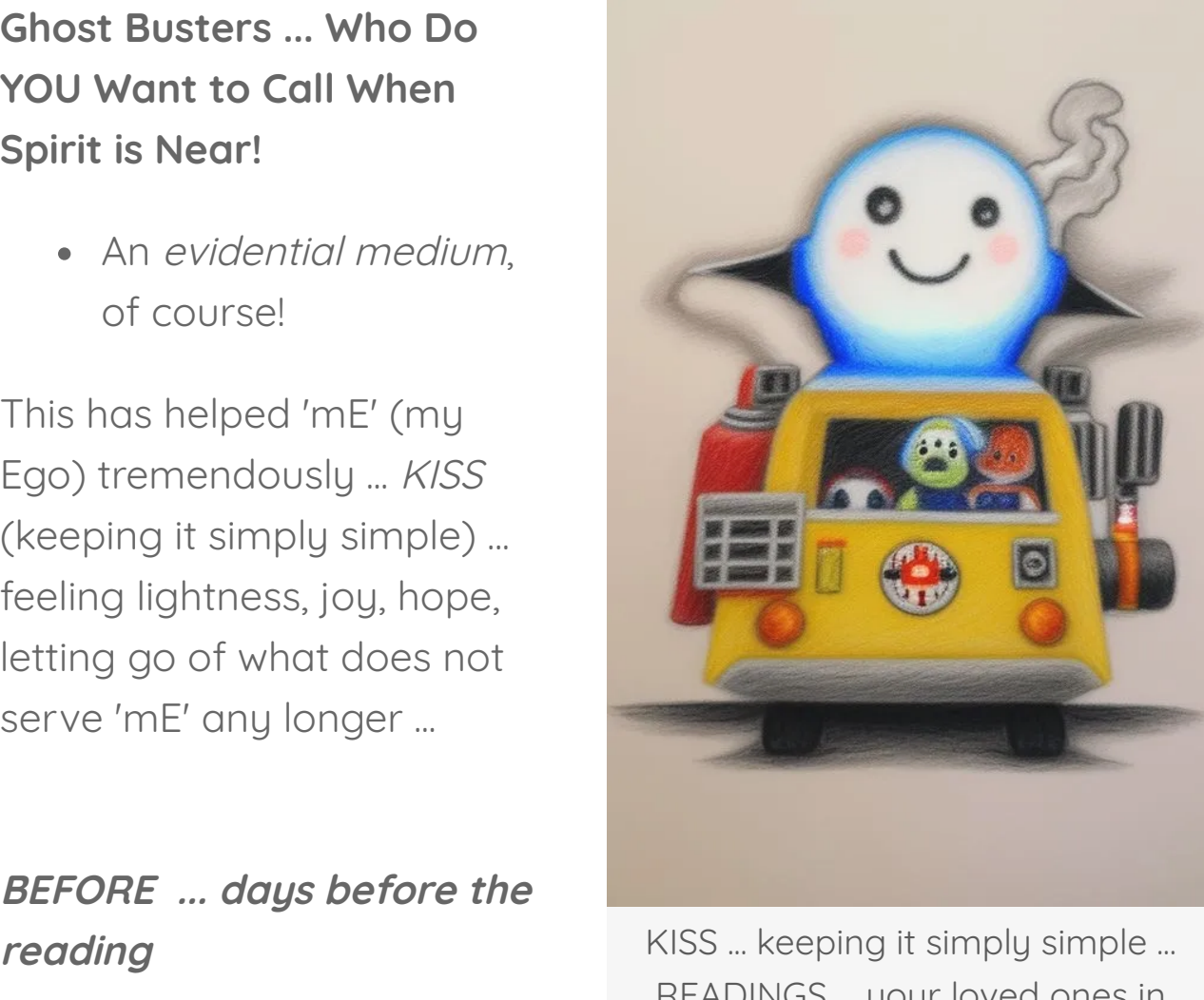
Community Gardens ... [GUIDES to the Gardens of Your Mind](#) -- Allow the Universe to GUIDE you ...

*"To plant a garden is to believe in tomorrow" - Audrey Hepburn*

< All Posts

## Preparing for a 'Reading'

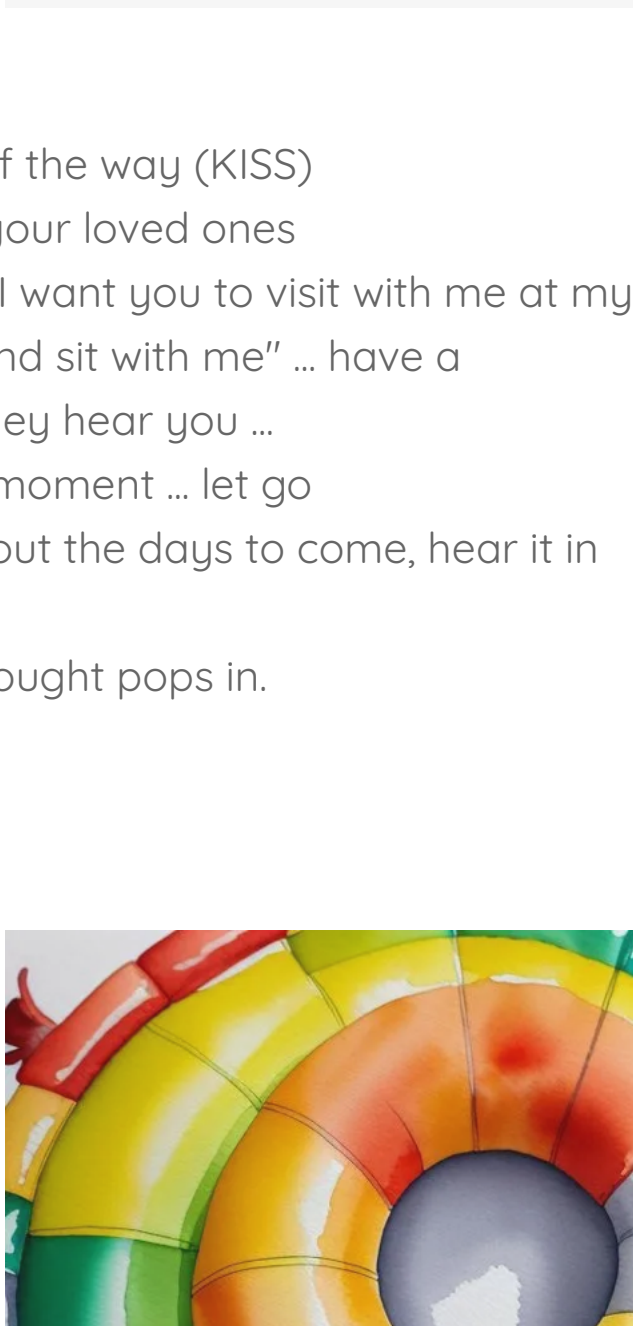
October 25, 2024 | Chakras, Guided Meditation, Readings ..., Self-Help



### Ghost Busters ... Who Do YOU Want to Call When Spirit is Near!

- An *eidential medium*, of course!

This has helped 'mE' (my Ego) tremendously ... *KISS* (keeping it simply simple) ... feeling lightness, joy, hope, letting go of what does not serve 'mE' any longer ...

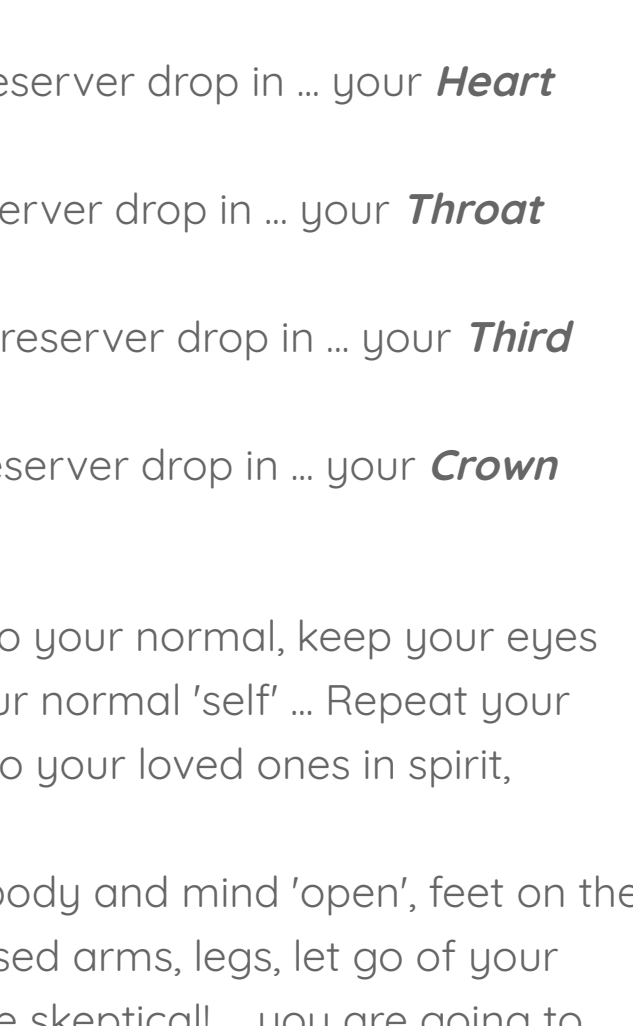


### BEFORE ... *days before the reading*

1. Sit back, lay down, relax ...
2. Breathe in, hold, out -- count of 1..2..3 each step of the way (KISS)
3. Close your eyes ...think of your loved ones
4. Say, silently or out-loud ... "I want you to visit with me at my reading" ... "Please come and sit with me" ... have a conversation with them. They hear you ...
5. Hold those thoughts for a moment ... let go
6. Open your eyes ... throughout the days to come, hear it in your mind
7. REPEAT ... whenever the thought pops in.

### PRESENT - Now ... *the reading*

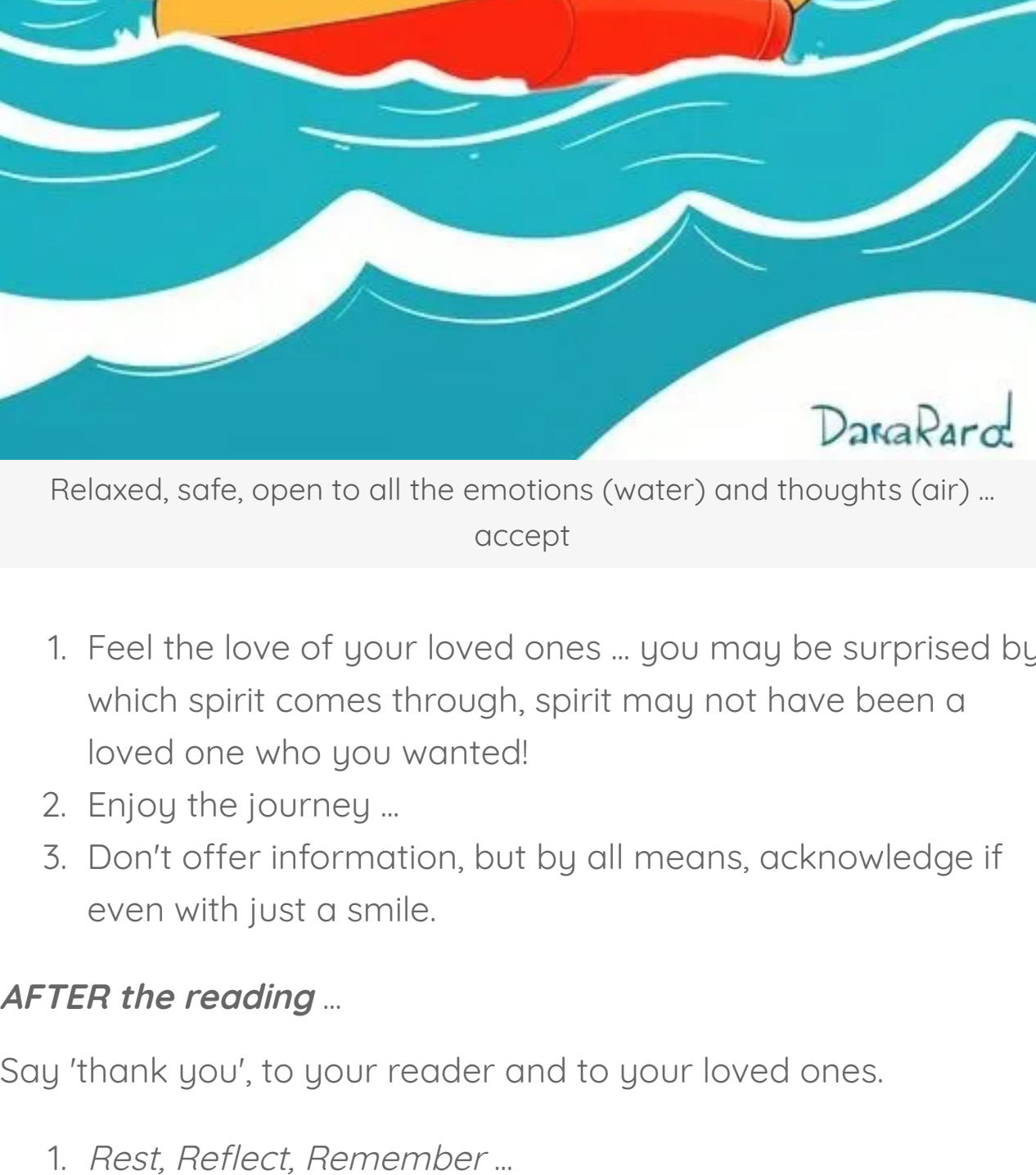
- Relax, take several deep breaths, envision your body being enveloped with a beautiful white light. The white light from the rays of the sun ...
- **Open your psychic and spiritual awareness ... your energy centers** (*chakras* - the connections between your physical body and your aura) **by seeing the colors of the rainbow** flowing within this white light as they 'drop' in starting at the crown of your head as though **each color was a life preserver, a 'tube' of energy** ... with each successive inhalation, continue to see a tube of energy encompassing your body.



1. Breathe in, see a **red** life preserver drop in ... your **Root Center**
2. Breathe in, see an **orange** preserver drop in ... your **Sacral Center**
3. Breathe in, see a **yellow** preserver drop in ... your **Solar Plexus Center**
4. Breathe in, see a **green** preserver drop in ... your **Heart Center**
5. Breathe in, see a **blue** preserver drop in ... your **Throat Center**
6. Breathe in, see an **indigo** preserver drop in ... your **Third Eye Center**
7. Breathe in, see a **violet** preserver drop in ... your **Crown Center**

- Let your breathing return to your normal, keep your eyes closed as you return to your normal 'self' ... Repeat your intention ... your invitation to your loved ones in spirit, silently.
- Sit comfortably with your body and mind 'open', feet on the floor, welcoming ... no crossed arms, legs, let go of your ego (the E in me) ... don't be skeptical! ... you are going to witness a new language and know you are living with your loved ones in a different way.

*Kundalini* ... 'the serpent' ... a life force energy ... all energy travels in spirals, you are in the process of raising your Kundalini in a controlled manner using meditation to open your energy centers ... *chakras* ... you are pulling up your energy. *Let it occur naturally.*



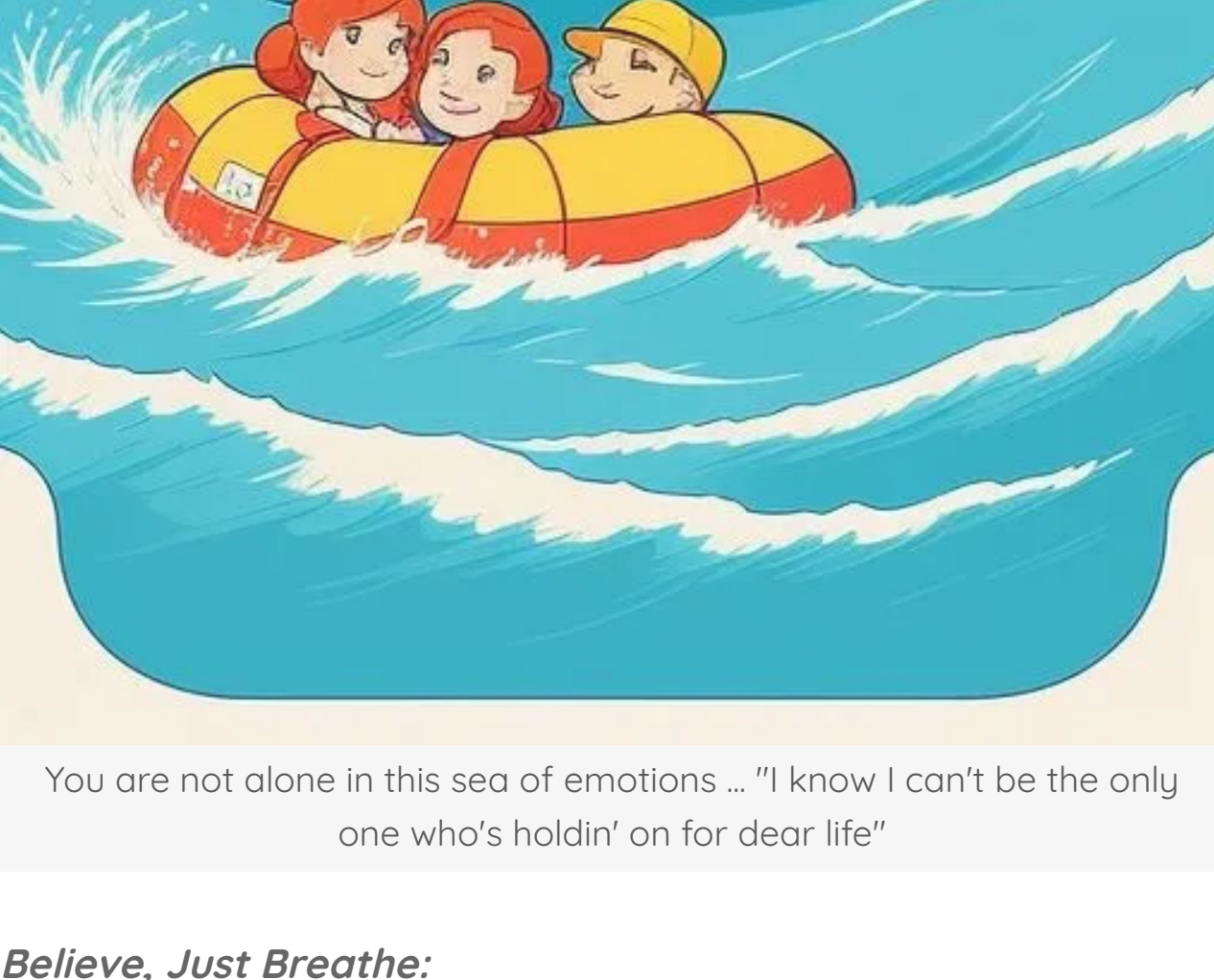
1. Feel the love of your loved ones ... you may be surprised by which spirit comes through, spirit may not have been a loved one who you wanted!
2. Enjoy the journey ...
3. Don't offer information, but by all means, acknowledge if even with just a smile.

### AFTER the reading ...

Say 'thank you', to your reader and to your loved ones.

1. *Rest, Reflect, Remember ...*

*Creative Arts Therapy (music) ... I'm not OK, but its all gain to be alright ... I can't be the only one who is holding on for dear life. -- Jelly Roll*



### Believe, Just Breathe:

The above 'cartoon' images were generated by *artificial intelligence (AI) ... like spirit*, we may not be able to see or understand but we know that the outcome is real ... believe, spirit's communication through an evidential medium is real. Maybe a form of AI! Trust that Spirit is near ...

We know they are still around us ... the medium is like the energy between a phone call and a "HELLO" ... we just don't always know who is going to call us in a reading. Whether your phone call is a wireless call or a hard-wired call ... **Accept all calls** ... don't 'block' an unwanted call.

**AI tool:** <https://perchance.org/ai-photo-generator>

..... connecting the dots .....

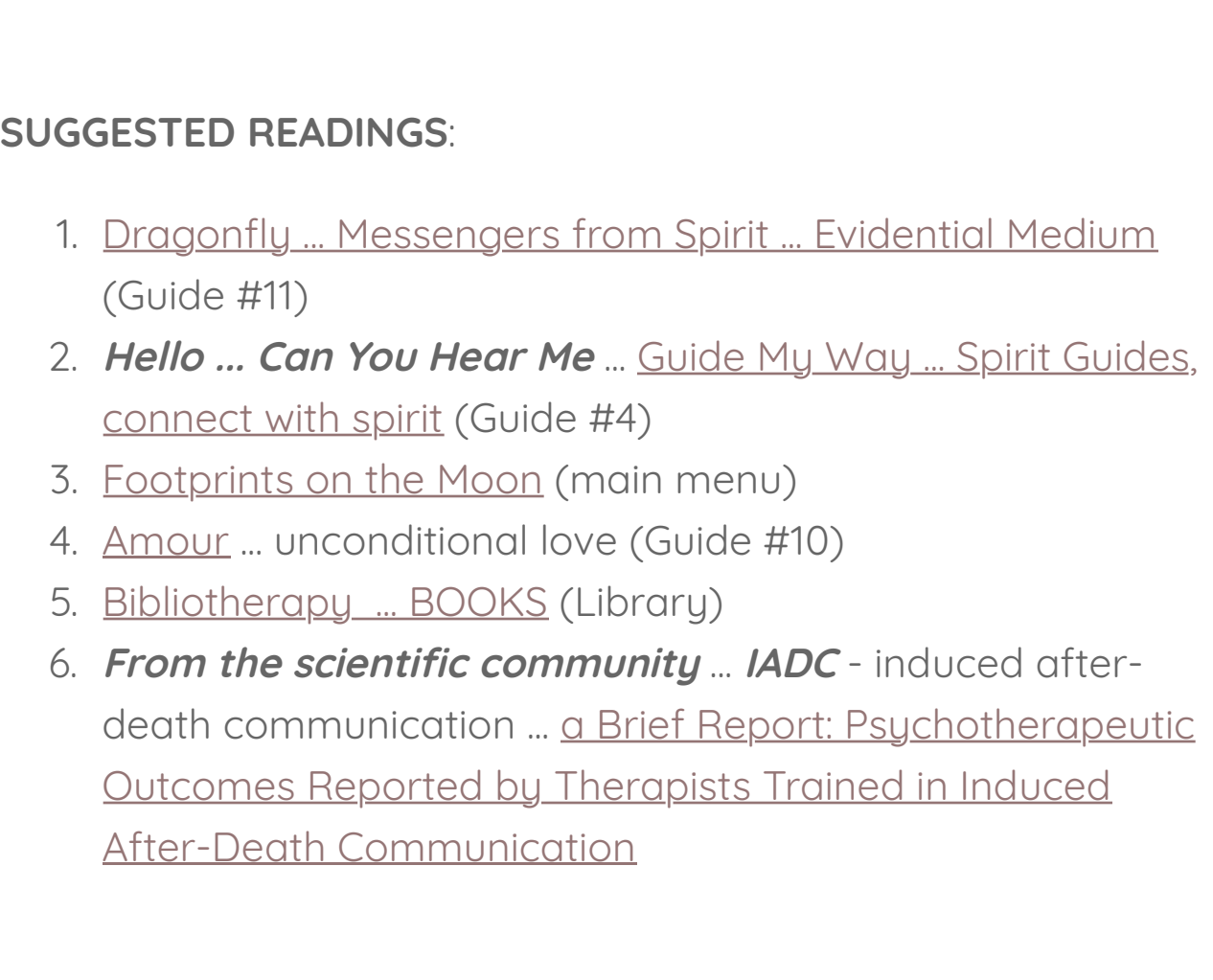
**Community Gardens** ... sowing the seeds of hope and health, one garden at a time. Healing through *ecotherapy (nature)*, *creative arts therapy (music)*, and *bibliotherapy (books)* ... *sharing stories*

... **allow the universe to guide you** ...

### SELF-HELP

If you find it hard to start meditating, here is a guided meditation to help you get started ... e.g., find a quiet room, a place for reflection ... take a walk in the woods, listen, sit amongst the tree trunks ... walk through your gardens, find a resting place ... breathe.

An 'extremely powerful **guided meditation (approximately 45 minutes)** to help you ... raise your vibration ... **invite your loved ones to join you at your reading** ... from your heart's space ...



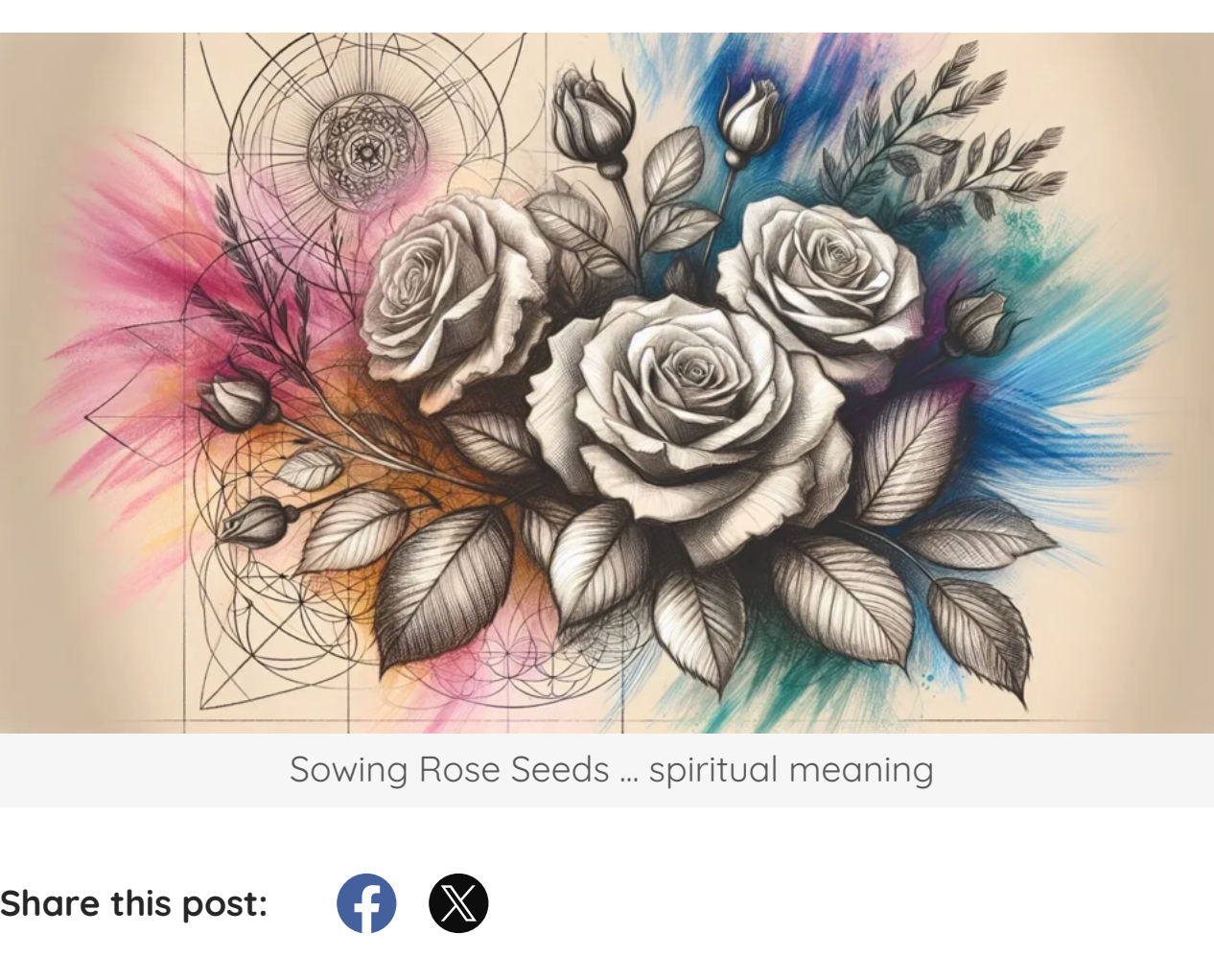
### SUGGESTED READINGS:

1. [Dragonfly ... Messengers from Spirit ... Evidential Medium](#) (Guide #11)
2. **Hello ... Can You Hear Me ...** [Guide My Way ... Spirit Guides connect with Spirit](#) (Guide #4)
3. [Footprints on the Moon](#) (Guide #10)
4. [Amour ... unconditional love](#) (Guide #10)
5. [Bibliotherapy ... BOOKS](#) (Library)
6. [From the scientific community ... IADC - induced after-death communication ... a Brief Report: Psychotherapeutic Outcomes Reported by Therapists Trained in Induced After-Death Communication](#)

### SUGGESTED TOOLS:

*Learn With Me, From the experts:*

1. [Community Gardens ... TOOLS](#) (Library)
2. **Angel Number 69** [Letting Go of the Past and Moving Forward](#)
3. [A Beginner's Guide to the 7 Chakras and their meanings](#) ... Energy points in your body
4. **Chakras ... colors explained:** <https://www.colorsexplained.com/yellow-chakra-meaning/>

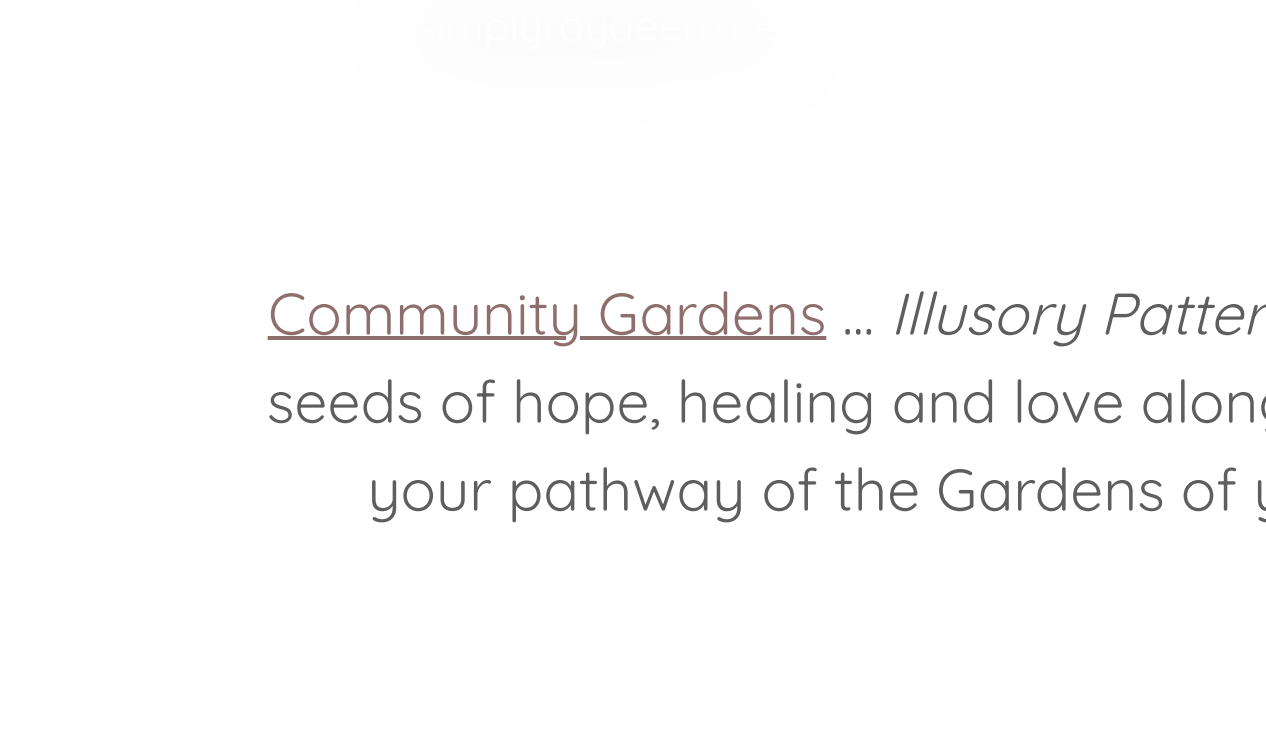


Colors Explained, e.g., Solar Plexus Chakra ...

### REMEMBER:

**If your life gets rough ... you can always sow rose seeds as you follow your path through the gardens of your mind ...**

The spiritual meaning of 'roses' ... Learn with me ... from the experts ... the [Spiritual Meaning Academy](#) ...



Sowing Rose Seeds ... spiritual meaning

Share this post: [f](#) [x](#)

## Community Gardens ... Illusory Pattern Perceptions ... sowing seeds of hope, healing and love along your journey through your pathway of the Gardens of your mind and soul.

“

If For Only A Day  
... 1 day, 1 step, 1 breath at a time.  
... Strive to be grateful, humble, and kind.  
... Follow the seeds of honesty, respect and peace.  
... Follow the path of LOVE in the meandering gardens of your mind.  
... If only for 1 day, 1 step, and 1 breath at a time.  
... BELIEVE ... power of 3

— Raydeen @ SimplyRaydeen.me, my Spirit Guides , KISS

## Hello ...

"Hello, Can You Hear Me, Am I Getting Through To You ...?"

Start by sowing your seeds (stories) and watching the growth of hope, health, spirituality, healing, and self-discovery along the way.

[Guide My Way ... Spirit Guides - Guide #4](#) *Learn With Me Series 1:* ... Open yourself up, step out of your comfort zone, receive your *spirit guide's* support in ways beyond your expectations.

Community Gardens ... connecting the dots

SHARE YOUR STORIES ...

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