

Bradmonk Spiritual guidance newsletter
Newsletter

Well I shall learn not to say anything I am not sure about. It has taken me two months to get back online and with a house move in between. I was hoping to do a newsletter a month but heh, the intention was good. I put the word out and the universe provided me a friends place, all on my own. What bliss to have your own place to your self. I am producing a few meditations, visualizations that have helped me over the coming months to keep focused. I realised that my profound information given by my guides comes when I am interacting with others and so am going back to doing readings. I have included some special donation prices just for you and my Ebay prices are £14.50, so if you or a friend need a reading then please let me know. I am also going to include the chance for people to win readings each month aswell.

My website, <http://www.bradmonk.com>, so take a gander and see what you think.

Thoughts that have come to light:

By focusing on what we are grateful for we can truly see and feel that life is worth living. By changing our perceptions we can truly have the life we want. It is so easy to get yourself into a spiral effect to which we attract more hassle into our lives, for like attracts like. This follows on from being in charge and realising that we choose the people, situations and even parents before we come into the world. By focusing on what we are grateful for we are humble to the life we have and realise that life isn't so bad. By doing this you are giving out good thoughts and changing your mind set. The big picture is that nothing can harm you or effect you unless you let it. If you don't believe that you deserve more out of life then it doesn't matter how many affirmations your still telling your mind to attract the opposite. Next time you feel negative or a situations occurs that is out of your control, send it love and see how the problem doesn't look so bad. I do this on people and it works a treat.

Have a think of these thoughts to be grateful for:

Being a special person

Being in charge and can change your life.

Special moment that make you into the wonderful person you are

Good things you have done for people and yourself

Your good points of who you are and what your good about

Unconditional love you give out to others and can give to yourself.

Program yourself in the morning and see the messages come back.

Ask the angels / guides to show how you love yourself

Ask the angels / guides to show you the future you could have.

Perfect souls who can attract anything we want into our lifes and will be given.

Ask your mind to make you healthy and watch those extra pounds just float away.

Special moments, the good points of who we are,

<http://www.eternalflow.org/ebook/psychic.exe> (how to find right psychic and prepare free e-book).

Special Offer – Psychic readings

Make a donation to lot4less@hotmail.com through paypal and receive a psychic reading.. Donations £1 - £5.00 1 question asked + 4 angel cards, £5 - £9 7 angel cards, 2 questions or £10 + full reading worth £35.00. Full name and date of birth needed plus any questions, guides permitting a time will be allocated for the reading. Please contact Bradmonk for any questions [mailto: bradmonk@hotmail.com](mailto:bradmonk@hotmail.com).

Each month someone will be chosen for free psychic reading or focusing on changing their lives by the soul inner voice programme. (if your name is shown on newsletter, please contact me. This can be used as gift to family and friends).

For more e-books and information visit my ebay shop.

http://stores.ebay.co.uk/enlightengems_W0QQsspagementameZMEQ3aFQ3aSTQQtZkm

For anyone who would like to know more about creating there own e-book, here is a link to buying a wonderful e-book I highly recommend called How to write and publish your own e-book in 7 days.

<http://bradmonk.7dayebook.hop.clickbank.net/> (just click link to see more or to buy).

Switching the light on;

I have over the last year found so many people who just needed to switch the light on to getting connected to spirit and becoming a psychic. There are loads of natural gifted people who only have to look within for answers. Are you one of them? Anyone who gets gut feelings or intuition or just gets a thought in there head to phone someone is receiving messages. The quickest way to switch the light on is to start a journal. Note down all the times you get messages to do something. Or contact someone. A medium gets messages and passes it on. The journal will help you to do this and you will be able to recognise signs and messages. By looking within you will realise that you have all the answers. You don't know how long you have been on this earth and how much info you have inside. So don't think you have started now, you have had many lifetimes of connecting. The key is to be a open vessel, a middle person to spirit. By learning to look for signs, your environment, and to follow your inner thoughts you will learn quickly to re-educate yourself, like you a reconnecting to the source. Watch as your thoughts become reality, as you accept messages and another takes its place but look for the pitfall that most psychics fail upon, ego and need. When we want to be better than the rest or put importance to our work, we lose connection. Spirit will work with good and bad but you will be found out because the ego always takes over. If you need to be psychic to fill your life, then you will stop the flow, for energy is in everything. Messages come from energy and so we just need to be a vessel that passes the information on so the person cant

interpret. By keeping a journal you will be able to reflect and see good points and bad points to where you went wrong. Meditation and learning to visualize is important. In the next edition I will give you the secrets to both. As you meditate you may have experiences of problems or blockages but this is good because you are clearing out the negativity that makes you doubt or fear. The last but most important key is to let go, don't try and control everything you get. It has to be free flowing, like a river, for energy is. Do not expect pictures to be clear, it might just be a knowing spirit are there but the more you create a safe place you feel safe and on there level the easiest it is to connect.

Souls inner voice thoughts:

17. Don't look to what you haven't, rejoice in what you have
18. Don't give energy to negativity, it will make it stronger.

Recommended reading / material

Manifesting with the angels Doreen Virtue (this was great for me to look beyond the moment and see that the future is bright because I am being guided.)

Coming next time:

Meditation cd – Chakra cleansing journey with the angels
More insights/ thoughts from souls Inner Voice Changing your life
Psychic development secrets

Paranormal events

Derby Paranormal Hunters.co.uk is the local group I help out to help lost souls move on.. Also to hear one of the most scariest voices captured at Pembroke castle in Wales, click this link at YOU TUBE, look at my favourites for Pembroke voice or why not have a look at some pictures of orbs (spirit showing or ghost mist)..

<http://www.youtube.com/profile?user=bradmonk7>

Don't forget to send my newsletter to anyone you feel would benefit from it or my website address <http://www.bradmonk.com> so they can receive free newsletter and chance to win free reading. .

Love and light

Bradmonk

Ps. Any ideas and thoughts you may have then please email me
<mailto:bradmonk@hotmail.com>
Hope this has been helpful.

Love and light

Bradmonk