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## The Ghost Queen E-zine

### MarVeena's March Events

March 11, 2010

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#### Five Minute Mini Meditation

#### Invocation To The Unified Chakra

I breathe in the  
Light  
Through the center  
of my heart,  
Opening my heart  
Into a beautiful ball  
of Light,  
Allowing myself to  
expand.

I breathe in the  
Light  
Through the center

### Welcome Light Warrior's

Spring is around the corner, this is a great energetic time to plant your dream (seed's) of desires you want to participate with this coming year.

Speak them out loud or better yet, write them down and bury them in the back yard.

Just like it takes time and effort to grow crops from seeds it will take the same to gather the fruit of these dreams.

Walk out side to your dream garden once a week to water it with your emotions.

The emotion of joy is the highest vibration and the closest to our soul essence.

Try to imagine the joy as if you had your dream come true right now.

This helps to gather the universal life force molecules and structure needed for a physical manifestation.

#### Bright Blessings for a Powerful Spring Planting!

Speaking of new beginnings, here are some ideas to help you create a healthy physical body.

### Vibrant Health

of my heart,  
 Allowing the Light to  
 expand,  
 Encompassing my  
 throat chakra  
 In one unified field  
 of Light  
 Within, through, and  
 around my body.

I breathe in the  
 Light  
 Through the center  
 of my heart,  
 Allowing the Light to  
 expand,  
 Encompassing my  
 brow chakra  
 And my navel chakra  
 In one unified field  
 of Light  
 Within, through, and  
 around my body.

I breathe in the  
 Light  
 Through the center  
 of my heart,  
 Allowing the Light  
 to expand,  
 Encompassing my  
 crown chakra  
 And my base chakra  
 In one Unified field  
 of Light  
 Within, through, and  
 around my body.

Tashira Tachi-ren  
 What is Lightbody?  
 Namaste'

Email me for a  
 private bookings  
 For

Here are 7 tips for creating a Wellness and Vibrancy Plan. I am using the number 7 because it is a power number that corresponds with your Sacred Dream.

1. Write down the names of any one you have outstanding business with. Did they cause you harm, or pain, do you owe them money, do they owe you? After you have a list begin to go through it and do ceremony with each person on the list. Ask forgiveness if necessary, say what needs to be said. If you need to forgive and let go then this is the time to do it! This is so important.

2. Eradicate the words illness, disease and cancer from your vocabulary, inform the people around you to do the same when talking to you. Just let them know that you no longer want to be defined by that, you are busy re-creating another phase and have some strong ideas about how to do that.

It is a part of stepping into our power, learning to set boundaries and insisting that people respect them on your behalf.

3. Make it your business to sit with your Soul/Spirit one time a day for 30 minutes. The 3 is a power number too, one of the meanings is life-death-rebirth. Meaning to re-birth ourselves a new, we must let some aspects of our self die a little death. If we can die the little death successfully we don't have to die the big death(physical).

While we sit with spirit we want to have a dual approach, the first part is to send out our prayers to spirit.

The second part is to meditate and listen to what spirit suggests. There is a powerful way to pray and that is to not ask for anything rather to say thank you for what you desire before you have it. In this case, Thank you

Universes/God/Goddess/Angels for streaming vibrant well being into my physical, mental and emotional bodies. While you are saying the words, be feeling it on all of your five senses. Through visualization, pretend you feel strong, healthy, well, energetic, happy, peaceful etc...

4. Consult a holistic doctor who can help you detoxify the chemicals, metals and any parasites you have. These totally hamper your healing curve. A good holistic doctor can help you put together a supplement plan and good food approach. You will always need to be adjusting your supplements as your body shifts and changes through the cleanse.

5. Pursue yoga or another movement meditation to help move the Ki through your meridians. If nothing else do some walking. There are some yoga breathing exercise you can do in bed or in a wheel chair. Super important!

6. Consider some spiritual healing techniques to help you like Reiki, massage, acupuncture, EFT. A good practitioner can help you determine where you have sluggish spots that are wanting attention, how to get some balance back into the physical.

Consider taking a Reiki 1 class to help you help your self! Reiki is one of the few healing modalities you can do on your self. Yea!

personal meditations  
and Hypnosis  
sessions.

See  
[www.marveena.com](http://www.marveena.com)  
for details

Send in your results  
and ideas for  
meditations. I like to  
hear your questions  
too.

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#### 7. Utilize some affirmations into your lifestyle.

Like I am feeling stronger and more vibrant all the time. I like  
feeling connected to my higher self.

These are a few steps to take to help you get back into balance.  
Always be paying attention to your gut instincts and what your  
angels are trying to tell you.

I would also consider giving away or clothes you associated  
with your illness. This is a good time to purchase new clothes  
for a fresh start. Look for power and healing colors.

Take a good look at your living space, radically clean it out so  
there is no junk in your space. Only things that you love and  
use or are special to you. Everything else needs to go to a new  
home or the trash.

Try to eat only organic foods, at least get your dairy products  
organic and the majority of other produce.

Consider for the time being at least a raw food life style, If you  
have to eat meat get it Kosher, or do a Blessing for the animal  
that gave up it's life to nourish yours.

Take the time it takes to do it right, and your physical, mental  
and emotional bodies will be in a better frame to support your  
souls journey here.

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Be well!

If you would like to use this article in your e-  
zine or newsletter, you may do so. All I ask is  
that you keep it intact and include this  
complete blurb: From Dallas, TX MarVeena  
Meek publishes her Ghost Queen E-zine each  
week with hints and tips on psychic  
development and spiritual awareness. You can  
sign up for it free at her web site.

[www.ghostqueen.com](http://www.ghostqueen.com)

## March Events

### March 19th Friday Night Spirit Circle

Location: Forney, TX

Time: 7 PM

Cost: \$20.00

Be my guest as we walk between the worlds to hear  
messages from those who have gone on before us.

please do so here.  
I send out two emails a month regarding spiritual and paranormal events. Privacy assured.

### MarVeena's Bio



I had a NDE (Near Death Experience) three days before I turned 21. That is interesting timing. The number 21 breaks down to 2+1=3. the number three represents among many things life, death and rebirth. Which was the case for me.

It was the most traumatic thing that ever happened to me. One minute I was on top of the world. Healthy, loved my career and life. The next thing I knew I was hovering between this world and the next.

Any how this was my turning point. When I was sent back to finish what I came here to do. I started being aware of other spirits that were a live but not focused in a physical body.

They had messages for those of us here in a physical body. I am the go between. From my heart I do my best to relay what your loved ones in the spirit world want to tell you. I relay the inspiration and ideas from your guides, teachers and angels.

It is my way of touching the world with beauty. To help us understand that life goes on after the breath leaves the body.

Walk in Beauty  
MarVeena-Ghost Queen

**Circles are small, a perfect way to spend an evening. It is a treasure to hear from some one long gone. Let me know if you plan to come so I can save you a seat.**

**972-564-0753 or email  
[Mailto:marveenameek@aol.com](mailto:marveenameek@aol.com)**

### March 13th Reiki 3 Class

**Location: Forney, TX  
Time: 10 AM TO 3 PM  
Cost: \$350.00**

**This is a third level training class and attunement. You will learn the mysteries of the Master Reiki symbols, be attuned to them, gain some understanding of how to make use of them in your treatments and your life, a certificate of completion and much more information about doing energy work.**

**This is a nice environment for a journeyman interested in continuing to develop self mastery with Reiki.**

**You can pay with a card here or on site.**



**Email me if you need more information and to hold your spot.**

**<mailto:marveenameek@aol.com>**

**Call me at: 972-564-0753  
or book on line and pay with a credit card here:  
[www.marveena.com](http://www.marveena.com)**

**Private readings by phone, in person or by Skype available, please contact MarVeena for dates, times and details.**

**See my new web site here:**

**[www.ghostqueen.com](http://www.ghostqueen.com)**

**I now have my blog on my web site, so it is easy to find.**

I will be adding meditations ideas and stories every day or so.

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### My Iron Woman Juice!

Use all organic produce when possible. Start with a 3 lg carrots, 1 med size beet, 1 Sm clove of garlic, 1 granny Smith apple. Cut up your produce and then run it through the juicer alternating a little carrot, then apple, etc..It is really good!

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### Down home on the ranch:

We have some cute foals born at the end of Feb. You can see their Baby Pictures on my Facebook fan page. Just go to Ghost Queen Communications and see the photos and videos. It is free to sign up for Facebook, I would love to hear from you.

If you come out for a reading bring your boots and we can go out and see them after your session!

Come to see us!

Definitely bring your mud boots though!

### Blessings

### MarVeena-Ghost Queen

Book your Private reading, Hypnosis session, Reiki Class, Soul Clearing by email:

[marveena@marveenameek.com](mailto:marveena@marveenameek.com)

[See my archived emails here](#)

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