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The Ghost Queen E-zine

MarVeena's April Events

April 8, 2010

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Five Minute Mini Meditation

Om Shanti Om

The Om is a seed sound, which is extremely potent and expresses a particular energy. It is also known as the Soundless Sound or the Sound of the Universe. By chanting Om and then Shanti which means peace we are striving to know inner peace and the

Welcome Light Warrior's

The sun is shining in Texas, we are soaking up the vitamin D. We have three new foals and they are wildly entertaining! Go see their pictures on my Facebook page (Ghost Queen Communications)

Spring Seed Blessing

Here is a fun way to do a garden blessing.

On a sunny day take your seeds out into the garden. Have something to represent the elements. Like a candle for fire, a cup of water, a small pot of earth, and a stick of incense.

Send out from your heart a prayer for the seeds to be held by the earth, nourished by the water spirits, the sun shine brightly and embraced by the wind spirits.

If you don't feel comfortable doing that, send out a prayer from your heart how you feel best that the seeds know the love you are placing with them into the earth.

I think this makes all of my veggies taste better when I harvest them. Never cut all of one plant at once. I leave a little to grow. I try to also say a blessing that the spirit of the plant know that I appreciate the give away of it's life to sustain my own.

This an ancient way of giving them honor and

real meaning of that. Chant this verse over and over again 108 times. It won't take long maybe five minutes. It is a wonderful meditation. For more chants and incredible music see this site:
www.sanskritmantra.com
www.marveena.com for details
 Send in your results and ideas for meditations. I like to hear your questions too.

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I think it helps them to grow a little better for you!

It also helps to harmonize their vibration to your, so when you ingest them they an have more of a benefit for you.

Plus always acknowledge your plants when you go by them, I always talk to my plants and trees. Since I live in the country I don't have to worry what the neighbors think any how:~)

I haven't heard them talk back but legend has it that when you get a fragrance from one of the plants or trees that they are sending hello's to you!

**I always acknowledge them and say thank you! Happy Planting
 Namaste'**

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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

April Events

April 16th Friday Night Spirit Circle

Location: Forney, TX

Time: 7 PM

Cost: \$20.00

Be my guest as we walk between the worlds to hear

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If you would like to join the " Ghost Queen E-Zine" 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 every 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.

messages from those who have gone on before us. 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)

April 17 Reiki Level 1

Location: Forney

Time: 10 am to 3 pm

The magic we Learn the teachings of Reiki. We will cover the history, basic hand positions, self treatment techniques, how to facilitate a Reiki session on a client, the cleansing process and the attunement. After the class you will be presented with your certificate. Contact me for more information

all me at: 972-564-0753 Or book on line with my Secure merchant account, as well as Paypal!



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

The Art of Mediumship

Psychic Medium John E dwards of Crossing Over and Medium /Channel Allison Dubois who the hit TV show Medium was modeled have really turned the metaphysical and paranormal world upside down with their success. Allison is known as the Paranormal Princess on Facebook. John and Allison both tour and give modern day seance's

Walk in Beauty
MarVeena-Ghost Queen

they call gallery's or mediumship presentations across the country. They have helped take the spookiness out of equation and create a relaxed space , using humor to set you at ease. They proceed to blow you away with their scope of the unknown. See the rest of the article [here](#)

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Down home on the ranch:

The weather has been really nice for a change. The foals are really fun to play with. We have one more to go. I will be glad to see the new foal!

I have some of my foal pictures on my blog. Also I have a lot of pictures on my Facebook page at ghost queen communications and some video on the Facebook page as well as my account on You Tube.

Go check them out and send in some ideas for names!!! Come to see us soon!

Blessings

MarVeena-Ghost Queen

Give me a call, we can set up your spring reading!

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

marveena@marveenameek.com

[See my archived emails here](#)

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[The Ghost Queen Blog](#)

April Spring Sale on One Hour Readings for \$90.00
That is right if you book it by April 15, you can get
one half off the Regular \$180.00 cost. Buy it here:



Offer good until April 15, 2010



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